

THE CHALICE

UNITARIAN UNIVERSALIST FELLOWSHIP
OF THE RAPPAHANNOCK (UUFRA-VA)

P.O. Box 1266
White Stone, VA 22578

October 2017

Fellowship Services

Fellowship services are held each **Sunday** at **10:30 A.M.** at 366 James Wharf Road, White Stone, VA.

Meditation is held each Sunday from 9:30 A.M. to 10:00 A.M. in the sanctuary.

All are welcome. Coffee and conversation follow the service.

Sunday Programs

October 1

Rev. Jim Moseley - *Do You Hear What I Hear: A reflection upon what our responses might be to disasters ... both natural and man-made.*

Drawn from the story of the Israelite people returning to their homeland after spending forty years in Babylonian captivity, Jim will share his response to the major flooding caused by Hurricane Floyd in North Carolina prior to his moving to Delaware. Thirty-three counties of Eastern NC were flooded. For a five-year period Jim helped coordinate long-term recovery in coordination with Presbyterian Disaster Recovery.

Rev. Jim Moseley is the Executive Presbyter of New Castle Presbytery, which serves 53 congregations and connected ministries located in Delaware and on Maryland's Eastern Shore.

UU Kids: The children (up to age 12) will be exploring the idea of being a leader—as well as the rituals and symbols that go along with leadership in a UU congregation. Teens are welcome to join or to remain in the Sanctuary to hear our speaker.

October 8

Bob Weekley - *Where Do We Find the Meaning of Life?*

As people become conscious of the fact that they have one life to live, many sense a need to find a deeper meaning for their life than mere existence. What is “meaning” and where is meaning found? In Religion? Art? Science? Work? Adventure? Play?

Bob Weekley is a retired career U.S. Army officer and international business executive. He is a past-president and a long-time member of UUFR. He and his wife Elaine moved to Lancaster from Arlington in 1998.

October 15

Shirley Kinney - *What? Me Worry?*

Worry about life. Worry about death. Worry about politics. Worry about health. There's lots to worry about in our world, even though we live in a wonderful place. But, there is a secret to handling all this worry, which Shirley will share with you so you can view life and death and politics and health with a happier outlook.

Shirley Kinney, a retired elementary school teacher and law firm administrator, creates whimsical fantasy figures from clay and cloth and whatever is available. She is active in the UU Fellowship, having served as President, Program Chair, and currently as the Secretary of the Board of Stewards. Among her many contributions, Shirley leads us in song on the piano most Sundays and guides us through our 'Imagine That!' program.

UU Kids and Teens: If you had to choose between courage or honesty, which would you choose? What about kindness or respect? The teens will grapple with such questions in a values auction that introduces the topic of how our values form a foundation for healthy relationships.

The younger children will be playing games and enjoying the playground!

October 22

Eddie Correia - *The Higher Self and Relationships*

The higher self can serve as a guide for what to say and do in important moments, such as significant interactions in relationships with others.

Eddie Correia is a Washington, D.C, attorney and an adjunct professor at American University's law school. Eddie was Chief Counsel of the Senate Antitrust Subcommittee and served in the Clinton Administration as Special Counsel to the President for Civil Rights in the White House. He is a member of the Board of Directors of the Lawyers' Committee for Civil Rights Under Law. He is the author of *The Uncertain Believer: Reconciling God And Science, Teaching Your Child About God In A Scientific World*, and two novels, *The George Washington Constellation* and *Elysia*.

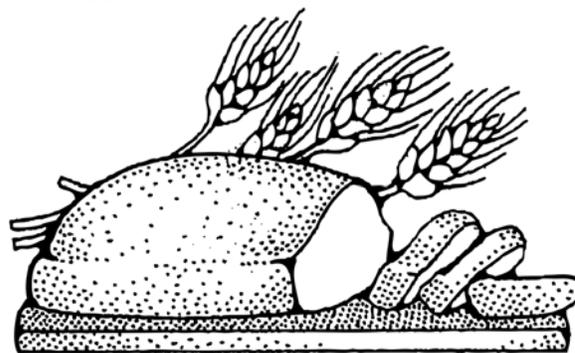
October 29

Suzanne Best - *Tenets of Yoga: The Five Klesas*

Suzanne will offer an introductory exploration into yogic philosophy. To many people the word "yoga" conjures visions of humans twisted into various pretzel shapes. But a yogic life is more than asana or physical postures. Yoga is "the union between the individual soul and the universal soul." Both in Buddhism and yogic philosophy klesas are referenced as "afflictions" or obstacles. They are impediments to the realization of self/Self. These afflictions are considered the base cause of suffering. The presentation will examine these five self-imposed hindrances to enlightenment.

Suzanne M. Best, C-IAYT, E-RYT® 500, is owner and president of Santos Studio, LLC in Kilmarnock, VA (www.santosastudio.com). She is a certified yoga therapist by the International Association of Yoga Therapists, Yoga Integrated Science® certified graduate and ambassador, AFAA certified personal trainer, AFAA certified group exercise instructor, Second dan black belt, and a Bay Center for Spiritual Development board member.

Please join us for the 5th Sunday Potluck immediately following the service.



Leadership Corner

Faith in Action: Kids First

By Tom Kinney

Our members, in their Vision and Planning package from 2002, envisioned finding a need within our four-county community where we could be a major change for the better. The words used included "making us the 'go to' organization" for all those willing to help us reach that goal. By 2012, UUFR-VA had achieved a "Home of Our Own" and sufficient financial stability to move toward that Vision. By a vote of 92% in favor, we chose breaking the cycle of generational poverty through establishing a high-quality early preschool for at-risk three-year-olds utilizing the public school system for operational expertise and sustainability - and supplementing the early preschool with a nutrition program.

Now named "Kids First," we set out to raise \$225,000 in seed money for each county school system and \$5,000 to support our nutrition program volunteers. Three years of seed money enables the schools to confirm off-budget that this program closes the gap between generational poverty children and their more fortunate peers, freeing the youngsters to be able to succeed in their studies and in life.



- Lancaster County has completed the three years with amazingly good test data

and is now continuing the program as a part of the regular school budget.

- Middlesex is in its second year of seed money and already talking about establishing a second class at their own expense based upon the excellent results.
- Northumberland approved the program to start this fall but needed to delay a year to switch their 4preK from half days to full days and to free up another classroom.
- Mathews County preparations kicked off with a county-wide Kids First forum September 21 for 30 or so leaders at which your Kids First team and LCPS Superintendent, Steve Parker, shared data confirming that the program works.

Has your UUFR-VA progressed toward its goal of being the "go to" organization for this change for the better within our community? Nine churches in Lancaster and six in Middlesex have joined us in this effort with more interested. Contributions have been received from 106 donors in Lancaster and 83 so far in Middlesex. Good progress.

Our recent survey included many favorable comments about how Kids First has become the "face" for UUFR-VA in our community and the pride we all take in that outreach. Please become a part of that if you are not already.

How long has it been since you have had the thrill of spending 20 minutes with a gang of three-year-old children? Now is your chance to participate in this Faith In Action activity. We need you. Contact member Lois Williams who is the 2017-2018 nutrition program coordinator for Lancaster, or contact member Hank Roden who is guiding the Middlesex nutrition program. You'll have more fun than you have had in awhile and do some good for these children in the process.

If you wish to get the periodic progress reports sent to the Niche / Kids First team members, please contact Tom Kinney to add your name to the Kids First fan club.

“Finding Your Way” with Cliff Schelling, CPPC

7:00 to 8:30 P.M., Tuesdays

**October 10, 17, 24; November 7, 14,
21; and December 5**

Find a spiritual practice that fits your personality.

Translate that practice into a way of life that results in greater health and happiness.

Form a support group that will encourage and challenge you on your journey.

Intrigued? Join Cliff Schelling for this seven-week workshop designed to help each unique individual find a healthy way of responding to our contentious environment.

The last day to register is October 8. A sign-up sheet is in the foyer, or you may contact Elaine Weekley.



Time for Budget Requests!

Fom the Finance Committee

All Committee Chairs and Spending Centers are requested to provide their 2018 budget needs to a member of the Finance Committee **no later than Sunday, October 22**. The committee will then draft a 2018 budget proposal for the Board of Stewards' review and revision in November. The proposed 2018 Budget, as revised, will be presented at the Annual Congregational Meeting on December 10th. Members have until the January 14th Board of Stewards meeting to provide additional input to the Board, at which time the 2018 budget will be adopted.

Thank you for your continued support. Your Finance Committee: MJ Anderson, Paula Greenwood, Barbara Haynes, Janet Hemming, Tom Kinney, Lynn Langley, and Gus Shelton.

River Readers

The book discussion group meets on the **fourth Monday** of each month at **2:30 P.M.** at the Lancaster Community Library. Everyone is welcome. Please read the book and join us. The upcoming selections are:

October 18: *Barkskins* by Annie Proulx
“Big Book” Only

Dinner and Discussion at ICYCC – 6:00 P.M.

November 27: *The Tea Girl of Hummingbird Lane* by Lisa Sec

December: No meeting

If you have a recommendation for a noteworthy book to discuss, please contact **Elaine Weekley**.

New Books

By Shirley Kinney

As always, you are encouraged to check out our library books. Perhaps you've been dying to do a Sunday talk, but didn't know what to talk about? One of these books would be a great jumping-off place.

Perhaps you've been wanting to increase your knowledge of the world's religions? Perhaps you just want to satisfy that insatiable craving for knowledge you've always had? Here's the place to satisfy all these needs.

Fight On, My Soul, by Dr. James Norris

Review by Tom Kinney

Unique among the many racism books, "Fight On, My Soul," by Dr. James Norris, focuses but three miles from our church. UU's act against racism, nationally and locally. Thus, it's valuable to know how and why local racial barriers are so exceptionally high and who, white and black, successfully penetrated that wall for the good. Plus the story includes a fair share of "OH! That's an interesting bit."

Morgan Norris, born in 1883 in a one-room cabin just south of Lancaster, was smart, aggressive, and a networker. His subsistence farmer father co-founded Willie Chapel Baptist Church, named after the land donor's son,, Willie.

Returning from 18 years of advanced education and internship, the then Dr. Norris, M.D., built the two-story home that is at the south rise into Kilmarnock. Included in his network were Jessie Ball DuPont, heir to the DuPont fortune, and Unitarian minister, Henry Foote, a co-director with Norris, of Hampton University.

We learn why two annual fairs evolved, black and white. How the large brick school where Mt. Vernon Baptist's Rev. George Russell was the first principal (now the Jehovah Witness' church) was built through African-American fundraising, then essentially confiscated by Lancaster Public Schools. Why Dr. Norris built the gas station / auto repair that most of us remember as Joe Curry's lawn ornament shop prior to Joe's recent move. How the boundaries of Kilmarnock were changed by the Black community to exclude themselves. And conflicts surrounding the A.T. Wright high school that was across the road from our church.

Can we help put some more holes in that wall? A must read for anyone interested in anti-racism in the NN or Middle Peninsula.



UUFR-VA Activities at a Glance

October 2017	
Oct 8-10	UUFR-VA Congregational Retreat - Chanco on the James
Oct 10	Finding Your Way (Session 1)-UUFR-VA 7:00 P.M.
Oct 17	Finding Your Way (Session 2)-UUFR-VA 7:00 P.M.
Oct 18	River Readers- ICYCC 6:00 P.M.
Oct 24	Finding Your Way (Session 3)-UUFR-VA 7:00 P.M.

Peny Gallogly; Diana Jamison; Vicki Kinsel

Consider Participating!!

TIDEWATER CLUSTER ASSEMBLY, OCTOBER 14, 9:00-4:30...all UUFR-VA members invited!

The Assembly theme, Courage Times Seven, reflects both the seven cluster congregations and the seven UU principles. The day's schedule will focus on how we can act to further the values embodied in our principles. Our keynote speaker will talk about Being the Voice for Those Who Have Been Marginalized. Workshops will focus on social justice issues including ending racism, the Virginia 2021 initiative to end gerrymandering, climate change and sustainability, and building coalitions to effect social change. There will be workshops about how we can help strengthen Unitarian Universalism, as well as our individual congregations. There will also be programming specifically for youth participants. Early registration is available through Wednesday, October 11. \$17 donation includes lunch; fee is waived for youth participants. Child care is available at no charge. For online registration please [click here](#).

VOTING CAMPAIGN

Rappahannock Indivisible—We the People, which meets monthly here at the UUFR-VA, is looking for volunteers to provide transportation to those who need a ride to the to the polls on election day. They are also offering training for those who want to become certified to register others to vote. Gary Ellis, our state Voting Coordinator will talk to us about voting in Virginia and will provide the brief training at the conclusion of the October monthly meeting. All are welcome to attend this presentation sponsored by the Rappahannock Indivisible - We The People and held at UUFR-VA on Wednesday, October 11 at 7pm.



Board of Stewards

Ruth Micklem, President
Bill Gimpel, Vice President
Lynn Langley, Treasurer
Shirley Kinney, Secretary

Dave Dustin, Past President
Nancy Stupi, Program Chair
Janet Hemming, Membership Chair

Web Site

<http://www.uufrappahannock.org>
<http://www.uufr-va.org>
Bob Prescott, Webmaster

Newsletter

Deadline for articles: 20th of the month
Bob Prescott, Editor (editor@uufrappahannock.org)