



THE CHALICE

UNITARIAN UNIVERSALIST FELLOWSHIP
OF THE RAPPAHANNOCK (UUFR-VA)

P.O. Box 1266
White Stone, VA 22578

November 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

November 5

Rev. Alane Cameron Ford: The Strangest Power Point of Your Life

Alane will indirectly sermonize via subverting tools of work and popular culture to illustrate existential concepts. Part theater of the absurd, part philosophy, part comedy; this is a service that will invite you in, to imagine and reflect about what life is. Goals: Carnival of the surreal; Awe and wonder; Eruptions of head scratching and giggling.

Rev. Alane Cameron Ford received a Master of Divinity degree from Union Theological Seminary and has served the UU Community Church in Glen Allen, VA and the First UU Church of Richmond, VA. She works for James River Hospice and is the host of Death Club Radio on Richmond Independent Radio, WRIR 97.3 (www.wrir.org) Thursdays at 12:30 P.M. She is a newlywed with Phil Ford and they have 3 children.

UU Kids: The kids will be learning about Joys and Concerns and other signs of caring in our fellowship. We'll practice each part of the ritual, and make some special candles for the fellowship to use the first Sunday in December, during Joys and Concerns.

The teens are invited to participate with the adults, but are also welcome to join the kids, especially if they are feeling crafty!

November 12

Hank Stupi: The Language of Emotions

Are there differences between emotions and feelings? Are some better or worse, or are all emotions purposeful and important parts of our lives? What about the different intensities of emotions? Are emotions always true and always right? Are there healthy ways to work with our emotions? These are some of the questions that will be explored as we delve into the world of emotions, universally experienced but quite often misunderstood.

A member of the fellowship since 2009, Hank Stupi is the music coordinator for Sunday services at the UUFR-VA. He worked as a CPA for ten years before spending three years as an ASE certified automotive technician. He then became a professor at Montgomery College in Rockville, Maryland, where he taught accounting (and occasionally automotive technology) for 23 years. Hank retired and moved to Middlesex County with his wife, Nancy, in 2006.

November 19

Donna Sequeira: Fear, Survival and Hope – What Womanist Theology Has to Tell Us about Coping in a Chaotic World

Over the last 9.5 months, Donna has heard so many people talk about their fear, their anger and sometimes, our very survival. She has also noticed what seems too often to be missing in those conversations ... and that is hope. She has often found Womanist theology to be a frame for finding hope in the midst of pain and fear. Come, as Donna shares some of what she has learned from Womanist Theology that has offered her hope, and survival or strength, amidst political and personal chaos.

Donna Sequeira, M.Div. ministers, as she is able, to those outside (and inside) religious communities through spiritual direction, teaching and celebrating life transitions. She is a graduate of Starr King School for the Ministry and is the former Social Justice Coordinator for the Southeast District. Donna lives in Richmond with her spouse, Margaret, and their daughter, Mollie.

UU Kids: Our UU Teens will be exploring the concept of body image. Did you know that the average teen is exposed to more than 5,000 messages about what it means to be attractive each year? We'll take a look at what our families, communities and culture tell us about our bodies and our image – and we'll spend some time considering the consequences of negative body images as well as how to build a positive body image that can carry positivity into every aspect of our lives.

The kids will work on some fall crafts and enjoy the playground.

November 26

The Rev. Dr. Janine Howard: Centered Life

Janine will offer some thoughts on current circumstances (global to local and in between) and possibilities for doing more than merely coping. She will draw on her context in the Methodist tradition, as well as from other sources of wisdom and practice.

The Rev. Dr. Janine Howard is the District Superintendent of the Danville District of the United Methodist Church (UMC). Janine's previous appointment was as pastor of Lower UMC in Middlesex County. She previously served at Warsaw, New Hope, and the Calvary-Greenbush Charge in Accomack County. Janine was ordained in 2000 and received a Doctor of Ministry degree from Wesley Theological Seminary in Washington, D.C., in 2007. Janine lives with her dog, Kobi, in Martinsville, Virginia.

Back to the Same Ol'

A Tip of the Hat goes out to Kristi VanAudenhove for publishing the spectacular October issue of *The Chalice*. The layout, articles and stories surpass most of what the current, and extremely lazy, editor has been able to put together for years. And luckily, Kristi has promised to return to the editor's desk at a future date for her sequels. That's something we can all appreciate.

Also of note, our long-time proofreader, Elaine Weekley, is enjoying a well-deserved vacation. You may notice missing commas, run-on sentences, and grammatical anomalies in this issue. We'll do better next month.

Leadership Corner

Program Committee

by Nancy Stupi

Ever come to church on Sunday and, on the way home, thought to yourself, “That was a nice service!” Ever give any thought to what went on behind the scenes to make that service happen? Well, that’s what the Program Committee is about.

Months before any given Sunday service, speakers are contacted and worked into the schedule. First-time speakers require extra effort and attention. They need to become informed about UUFR-VA (what Unitarian Universalism is; the diverse nature of our particular fellowship, etc.) so that their chosen topics are a good fit for us. Service leaders from within the fellowship also need to be scheduled for each Sunday’s service.

On the first of each month, all speakers for the *following* month are contacted and informed that their publicity information (title, blurb, and bios) must be submitted by the 20th of the month. Some speakers need a reminder a week before the deadline. A few need “last call” reminders. After any necessary editing of submitted publicity info, all the final publicity write-ups are sent to Bob Prescott for inclusion in *The Chalice* newsletter and UUFR-VA website. They are also sent to Susan Johnson for inclusion in the UUFR-VA Facebook page and the church directory section of the local newspapers.

Now begins the task of putting together an Order of Service for the Sunday bulletins. A quote or two (or more) and/or an image are selected for the Order of Service to help set the scene for the speaker’s topic. Music is then selected by the music coordinator (frequently with input from the speaker) that ties in with the topic and that can be sung by the fellowship without excessive difficulty. Oh, ... and there are the hours of practice by those in the fellowship who generously volunteer to provide musical accompaniment,

gathering music, and offering music on Sundays.

The Order of Service is finalized well in advance so that bulletins can be printed at the church the Sunday *before* each service. Copies are sent to the speaker and service leader and communication takes place so there’s no confusion about who is responsible for what. The program committee is also responsible for publicizing the bulletin announcements and communicating with members of the fellowship for the necessary information.

The service leaders also have work to do. Preparation goes into what will be said to welcome the congregation at the very beginning of the service. Opening words, chalice lighting, and extinguishing words need to be selected. Speaker introductions are prepared, often of a more personal nature than the biographical information that is printed in the bulletin announcements. If the speakers will not be doing their own readings and closing words, then the service leaders need to select something appropriate to read or say. There are other details ... ensuring that the chalice has oil, candles are ready for joys and concerns, the sound system is working, etc. We have a small but mighty group of people who are warm, welcoming, and willing to help make the Sunday services meaningful and relevant for all.

The Program Committee coordinates with those speakers who desire to make use of the wireless overhead projection system. To ensure that there are no technological glitches, the program committee obtains all projected images, words, videos, etc. for transfer onto devices configured to communicate with the wireless overhead projection system. There is always a “run-through” of the projected material in advance to ensure that everything is functioning properly.

Yikes! ... and every now and then a speaker (or service leader) has to reschedule or cancel ... so there’s the occasional crazy juggling to get the schedules rearranged at those times.

So if you ever see a Program Committee member just chillin' after a Sunday service, it's likely that they are taking a breather from the preparation that went into that morning's service and to gather the energy to do it all again next Sunday.

New Books

by Shirley Kinney

A new book has been added to our UUFR-VA library in the foyer. 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.

God for Nothing. Is Religion Bad for You?

by Richard MacKenna

Is God for nothing in today's world? Has the Christian religion, and the Church that upholds it, anything relevant to say to us? For most of the population the answer is no, and the institution that was founded to comfort and help people to love themselves and their fellow man now seems to many to be the abode of a smug elite, laying down conditions and scorning those who most need their care.

This book was born of years of accumulated frustration and inner anger. It is an outspoken condemnation, by a man who has seen the Church from both sides – as churchgoer and as clergyman – of both the traditional concept of God which, he believes, bears no relation to the original teachings and example of Jesus, and of the stultified hierarchy that the Church has become.

Life does have a meaning, says the author, and we can find it by peeling away the centuries-

old layers of dogma and misinterpretation and going back to the bare facts of Jesus' life and death. He may or may not have been divine, but he showed people how to make sense of their lives, whatever their station, and that they mattered.

Christmas Shopping?

by Shirley Kinney

We have the answer for all your holiday shopping questions. ***Get Them a Book!***

And, to make it easier for you to do just that, UUFR-VA will have a gigantic book sale, beginning November 5th. Most of these books are in like-new condition, and will make perfect gifts – for others or for yourself. And, to sweeten the deal, all money earned will benefit our Kids First program to help three-year-olds in our communities.

We've been selling your books donated to UUFR-VA on Amazon for more than ten years. And, this year, it looks like we will reach the \$10,000 mark for UUFR-VA. That's pretty darned impressive!

So, come early and shop often. It's for a terrific cause and you will get all your holiday shopping done in one stop.

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:

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

December: No meeting

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

Marjory Bradwick

We recently received an update regarding our long-time friend, and founding UUFR-VA member, Marjory Bradwick, from her eldest daughter, Faye Bradwick, who is President of First UU Church of Indiana, PA. Faye writes that Marjory is still living in her Urbanna Harbour home, but has dementia and is in declining health. She will be 90 on May 1st. Faye writes: “Marjory rarely leaves home these days, but she does enjoy receiving mail from her friends. For sure, her children are appreciative of all the cards, letters, [and] phone calls you have made to her over the past few years. Recently, we took several years of mail from her home, and discovered the lovely communications you had sent to our mother. Many thanks for your consideration and kindness.”

Marjory has two other children, her youngest, Mark, lives in Gulfport, FL, and is assisting Faye in managing Marjory’s affairs. Marjory’s middle child, who many of us know, is Roberta Bradwick, owner of Eckhard’s restaurant in Topping.

Faye notes: “If she hears the phone, Marjory can answer it and talk – but – she pretty much will not remember the conversation. She may or may not remember you. Marjory cannot look up phone numbers and make calls. That capability has been gone about two years. Marjory does not read much anymore, but we know that she still enjoys receiving the newsletters from about three organizations – including [ours.]”

UUFR-VA Activities at a Glance

| November 2017 | |
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| Nov. 7 | Finding Your Way (Session 4) – UUFR_VA 7:00 P.M. |
| Nov. 14 | Finding Your Way (Session 5) - UUFR_VA 7:00 P.M. |
| Nov. 17 | Ladies’ Luncheon - 11:30 A.M. at The Lancaster Tavern |
| Nov. 12 | UUFR-VA Board meeting after the Sunday Service |
| Nov. 21 | Finding Your Way (Session 1) - UUFR_VA 7:00 P.M. |
| Nov. 27 | River Readers - 2:30 P.M. at the Lancaster Community Library |

Peny Gallogly; Diana Jamison); Vicki Kinsel

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)