



# THE CHALICE

UNITARIAN UNIVERSALIST FELLOWSHIP  
OF THE RAPPAHANNOCK (UUFRA-VA)

P.O. Box 1266  
White Stone, VA 22578

January 2018

## 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

### January 7

**Mike Knez:** Willpower – Got to Have It!

What is willpower? How important is it? Is its source spiritual? Is it learned or instinctual? Is it a measure of character? Is it a consistent aspect of our personalities? It might be all that, but new research proposes that it is like a mental muscle that can be developed. Mike's major source material is the 2011 book, *Willpower*, by Roy Baumeister and John Tierney. He will share practical ways we can strengthen and avoid falling victim to a weak willpower. That is, if we can muster enough willpower to put them into practice.

Mike Knez has been attending the UUFRA-VA since 2009. He lives in Middlesex County. He is a father of three, a grandfather of two, and husband of one. He currently works as a family advocate for Bridges Head Start which serves the Middle Peninsula. He considers himself a lucky man.

**UU Kids:** This is a UU Kids day for the younger children. We'll start out in the sanctuary, and then head back to the classroom after Joys and Concerns. We will return to our exploration of UU practices.

This month we will learn more about circles: caring circles, closing circles, and more. We are going to have fun fooling around!

### January 14

**Eddie Correia:** Four Steps to Self-Fulfillment: Part 1 - Self-Awareness

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*.

## January 21

### **Susan Moseley: A Sacred Revolution**

Revolutions are associated most often with violence, chaos, and death. Revolutions overthrow kingdoms and topple governments. Susan will talk about a revolution of the heart that is resisting the violence of institutional hierarchy and emboldens people of faith to create alternative structures.

Susan Moseley is the church educator for Westminster Presbyterian Church in Wilmington, DE. She received her Doctor of Educational Ministries degree (D.Ed.Min.) from Columbia Theological Seminary in 2012 and her certificate in Spiritual Direction from the Haden Institute in 2017. Susan is married to the Reverend Jim Moseley, Executive Presbyter for the Presbytery of New Castle.

**UU Kids:** Our Teens are going to spend the morning unpacking gender roles and stereotypes. In Sweden, national curriculum guidelines require schools to give girls and boys “the same opportunities to test and develop abilities and interests without being limited by stereotypical gender roles.” In some schools, teachers intentionally greet children by their names or, as “buddies,” rather than welcoming “boys and girls.” Hmmm ... what do you think of that idea?

The younger kids will be in the kitchen making some special treats to share with everyone after the service.

## January 28

### **Mohamad Barbarji: Journey to the Unknown**

Mohamad Barbarji was born in Beirut, Lebanon, in 1964. At the age of twelve, Mohamad and his family fled the ongoing civil war in Lebanon to Saudi Arabia. They lived in Riyadh until he graduated from high school, and in 1986, Mohamad decided to pursue his higher education in the United States. He graduated from Old Dominion University in Electrical Engineering Technology and then earned a Master’s degree in Technology Education at Virginia Tech. He has been teaching at West Point High School for 24 years. He has been married for 24 years to his lovely wife, Kimberly, and has three children: Hamed, 19, Tre’Von, 17, and Zach, 15.

### **Potluck Luncheon to Introduce Candidate for Minister**

by Bob Weekley

Please attend a special potluck luncheon on **January 21** to meet the candidate for UUFRA-VA’s part-time minister. At the luncheon, all will have the opportunity to hear some of the candidate’s ideas in response to the ministerial needs we have expressed. It will be an opportunity for all to engage the candidate personally and ask questions.

Please bring a dish to share. Don’t miss this important opportunity for members and friends of UUFRA-VA.

### **Supporting Our Partners**

Bob Weekley reminds us that UUFRA-VA has a partner church, Walmsley Unitarian, in Walmsley, England. As such, UUFRA-VA is a member of the UU Partner Church Council. UU members and friends may find the organization’s activities of interest. See [www.uupcc.org](http://www.uupcc.org).

## ***Leadership Corner***

### **A New Year's Hope**

by Ruth Micklem

It is the Winter Solstice, the shortest day of the year, 2017. As I sit and ponder this past year, the coming light, and my hopes and dreams for 2018, I am reminded of a passage from one of my very favorite books, *The Kin of Ata Are Waiting for You*, by Dorothy Bryant.

This particular passage begins... "The silence lasted for only a moment. Then somebody giggled. The boys and girls who had carried me ran up the steps again. The first row of people stepped forward toward me, but then went beyond me to the fire. They picked up some of the earthen pots and went up the steps. One of them came to me, pulled something out of the pot and held it to my mouth. I opened my mouth, and he put it in. It tasted like sweet potato.

Everyone around me was laughing and smiling. People carried pots and walked around putting bits of food in the mouths of others. No one fed himself from the pots, except one or two of the small children. I noticed that when they fed themselves, someone always rushed up to them, smiling, and fed them from another pot. Then someone would take the pot away from the child and feed him and others, unless the child caught on fast enough to start feeding others.

The black woman walked up to me and held out a morsel, smiling at me. I took it into my mouth and looked straight into her blue eyes as I chewed and swallowed. Then I took the pot from her, and, never dropping my gaze from hers, I took a bit of the food in my fingers and offered it to her. She smiled and opened her mouth. I reached for more, but she made a gesture to the people around her. They were looking at me expectantly as if they wanted me to feed them. When I walked around putting food into their mouths, they laughed and clapped their hands and made general gestures of delight. I supposed that

they considered it a special honor to be fed by me until I noticed that they made the same gesture when a small child stopped feeding himself and held out food towards others."

I read this book a number of years ago for the first time, and this feeding ritual has always stayed in my mind. Metaphorically, I believe it speaks to the childlike ego and the practice of spiritual growth. The giving and feeding of others. Letting go of our egos and focusing on the needs of others.

This also leads to thinking about a conversation I had some time ago with a wise Unitarian Universalist leader and teacher. I was pondering leaving a congregation and musing on how this particular church was just not meeting my needs at that time. She very lovingly looked at me, and replied, "Maybe this time, it's not so much what you can get out of it as what you have to give."

We often enter a new year with hopes and dreams of a better year than the last. I know we have many challenges ahead of us in 2018. It is my hope that I can take the lessons learned and let go of the childlike practice of "feeding" myself and focus my energy on the "feeding" of others – and that others will do the same - and as we delight in those behaviors – they will multiply – and spread throughout our congregation, into our community, through the State, and overtake the Country - for it is through giving that we truly receive.

In this winter hibernation – may we ponder what gifts we have to give and come into the light of spring sharing them with everyone, - "feeding" our friends, our families, and strangers we may meet. We can share our resources, our minds, our friendship, our thoughts, our hugs, our values – our Unitarian Universalist principles and our love with all we may encounter, and – Let's Stand on the Side of Love - and maybe if the people lead, the leaders will follow.

This is my hope for the coming year.

## “Finding Your Way”

by Elaine Weekley



(Left to Right) Nancy Johnston, Kristi VanAudenhove, Judi Caples, Terry Smith, Cliff Schelling, Bob Weekley, Barbara Haynes, Marge Rowden, Pam Collins, Eve Jordan, Elaine Weekley –photo by Fran Schelling

A great big **Thank You** to **Cliff Schelling** for his superb job of providing a workshop to assist the group above to “Find Our Way!” He planned and led seven informative, provocative, and caring sessions to help us create a healthy way to respond to our contentious environment. We now have some valuable tools to guide us as we go forward.

### 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:

**January 29:** *News of the World* by Paulette Jiles

Please note that the **January meeting** is on the **fifth Monday**.

**February 26:** *The Sympathizer* by Viet Thanh Nguyen

**March 26:** *A Gentleman in Moscow* by Amor Towles

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

### 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 starting point. 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.

#### **The Age of Faith. A History of Medieval Civilization—Christian, Islamic, and Judaic—from Constantine to Dante; A.D. 325 – 1300**

by Will Durant

This book, written by the acclaimed Will Durant, aims to give as full and fair an account of medieval civilization as space and prejudice will permit. Its method is a presentation of all phases of a culture or an age in one legal, military, moral, social, religious, educational, scientific, medical, philosophic, literary and artistic aspect of four distinct civilizations –Byzantine, Islamic, Judaic, and Western European.

#### **Program Committee Changes**

by Hank Stupi

Effective January 1, 2018 there will be some important changes to the Program Committee...

- Hank Stupi will be the program committee chair, stepping in for Nancy Stupi who is resigning at the end of the first year of her second two-year term.
- Nancy Stupi will continue as a program committee member with responsibility for scheduling speakers for the Sunday services.
- Diana Jamison will be joining the program committee with responsibility for the

scheduling of service leaders for the Sunday services.

- Gini Hill will be joining the program committee with responsibility for contacting speakers to obtain the publicity information for their Sunday services.
- Program committee member Bob Weekley will assume responsibility for preparing the announcements page of the Sunday bulletins. Announcements should pertain to UUFR-VA activities and be submitted via email to Bob. Please keep in mind that bulletins are typically printed a week in advance of each Sunday's service.
- If something comes up at the last minute that is important to the congregation and

needs to be communicated, write it down and hand the note to the service leader who will make a *brief* oral announcement during the service. Announcements made during the Sunday service need to fit at least one of these categories:

It impacts at least 50% of our audience

It is a direct step from teaching that would add value to our audience

It is a key on-ramp to a UUFR-VA ministry.

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## UUFR-VA Activities at a Glance

January 2018	
Jan. 19	<b>Ladies' Luncheon - 11:30 A.M.</b> – Sal's Pizza, Kilmarock
Jan. 21	<b>Meet Candidate for Minister - Potluck after the Service</b>
Jan. 29	<b>River Readers - 2:30 P.M.</b> – Lancaster Community Library

Activities Group: 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  
 Hank 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: 20<sup>th</sup> of the month  
 Bob Prescott, Editor (editor@uufrappahannock.org)