



THE CHALICE

UNITARIAN UNIVERSALIST FELLOWSHIP
OF THE RAPPAHANNOCK (UUFRA-VA)

P.O. Box 1266
White Stone, VA 22578

February 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

February 4

Sara Mackey: Inherent Worth and Dignity

In this turbulent time in our history, and with the inescapable presence of social media, we can't avoid hearing the constant anger, hurt, and bitterness of people talking about whose lives matter, whose rights count, who has to give up something so that somebody else can have enough. We are called as Unitarian Universalists to work harder than we once did to affirm and promote our UU principles, especially our first one. Come and join the conversation as we consider just how and why we affirm the inherent worth and dignity of every person, particularly those whose values are deeply opposed to ours.

Sara Mackey has been a friend of UUFRA-VA since her seminary days, when the fellowship met in the Women's Club down the road. She lives in Richmond and currently works at Union Presbyterian Seminary, where she earned her M.Div. She has served Williamsburg UU as Director of Faith Development, and she has volunteered in many capacities over the years at UU Community Church in Glen Allen. Always on the lookout for new perspectives, Sara currently attends evening worship at St. Stephens Episcopal Church in Richmond.

Sara has a son, daughter-in-law, and pre-school grandson who live in Brooklyn, and a daughter and son-in-law in Richmond. She has a dog and two cats who share her home. She loves to make things and is improving her knitting and crochet skills, inch by inch.

UU Kids: The kids will join all of the members of the fellowship for the first portion of the service; after Joys and Concerns, we will head back to the UU Kids space for some special programming.

February 11

Eddie Correia: Four Steps to Self-Fulfillment: Part 2 - Self Acceptance

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*.

February 18

Suzanne Shepherd: How Can We Help Make the Invisible Visible

Suzanne will focus on the community integration of people with intellectual disabilities, discussing not only how she came upon this topic, but also how it impacts her daily life. She will share some vignettes about her job, the people she's met working with folks with intellectual disabilities, and what each of us can do to make true community integration a reality and to recognize those with intellectual disabilities as fully realized people.

Suzanne is a resident of White Stone, where she moved shortly after marrying her husband, Blair Kenyon, in 2010. She has two children, Oliver (14) and Ashlin (5), who attend Christ Church School and Chesapeake Academy, respectively. She is the daughter of Ruth Micklem and Kristi VanAudenhove.

Suzanne is the Program Supervisor for the Community Options Division of Middle Peninsula Northern Neck Community Services Board (CSB). She supervises the staff and operations of the CSB's group homes for adults with intellectual disabilities. She is grateful for this opportunity to share some of her knowledge and passion.

UU Kids: Programming will be offered for both kids and teens. Weather permitting, we'll be outside for part of the hour, so please be sure your UU Kids come dressed for outdoor activity.

February 25

Vashti Jones: Meaningful Conversations Lead to Improved Race Relations

Throughout their professional careers, Vashti Jones and her husband, John, lived in Maryland. Upon John's retirement in 2007, they relocated to Virginia where John was raised. Their original goal was to relax and enjoy boating and fishing. However, both became earnestly involved in their church and many community organizations – leaving very little time for recreation and relaxation.

Vashti's community involvement has included serving on the board of Lancaster/Northumberland Habitat for Humanity from 2008 to 2013 and serving on the board of Linking Hope and Help, Inc. (The Link) from 2012 to 2017. Although no longer on the board, she continues to work with The Link – as a member of its Advisory Council and as a coach in its Coaching Program. In addition, she is an active participant in the Interracial Conversations Group of the Northern Neck of Virginia.

Vashti and John are dedicated members of Mount Olive Baptist Church in Wicomico Church, where they serve in various capacities. John and Vashti are committed to family and much of their joy comes from their children, grandchildren, and great-grandchildren.

Leadership Corner

Our Home Team

by Bob Weekley

When our congregation was meeting at the White Stone Woman's Club and dreaming about having our own church, the plan was called, "A Home of Our Own." Our permanent "Home" would be a place that reflected our congregation. The building would be of a friendly, functional design that we could decorate in ways that reflected our spiritual interests. The grounds would include a labyrinth for reflection, a playground for the kids, a memorial area for remembrance, and a nature walk that reflects our environmental commitment. That dream is coming to pass, year by year.

Now that we have achieved that "Home of Our Own," we care for it as we do our own homes. Many have committed to our "Home Team," and are on a list of those who volunteered to devote time and energy to caring for some feature of the building or grounds. A copy of the "Home Team" players and areas of responsibility is in the foyer. If you have forgotten what you volunteered to do, check the list. If you are not on the list and want to help care for our "Home," just add your name to the list.

As the fellowship has matured, we have budgeted to "contract out" some of the maintenance. We have a cleaning team that takes care of the interior of the building. We no longer do our own grass mowing. We arranged for a maintenance contract for our great geothermal heating and cooling system.

But we also love to pitch in ourselves. Pam Collins and Lolly Riley care for the beautiful butterfly garden and cultivate new plantings. Mike Knez's awesome play area is edging to completion with help from his team. Dave Dustin takes on some of the big jobs, like the annual renewal of the sea grass. Marge Rowden and Diana Jamison ensure the expendable supplies for bathrooms and

kitchen are available. The list goes on and on. People like to help care for our "Home."

After some ten years (can you believe it!), we are noticing some needed repairs around the building that will require professional work. Your weekly offerings will support that work.

Any ideas or suggestions are welcome in caring for our "Home of Our Own."

Fellowship Members to Vote on Minister

by Bob Weekley

Susan Moseley, PhD, has responded to the UUFR-VA solicitation for a contract, part-time minister. Susan received her doctorate from Columbia Theological Seminary, an MA Degree from Union Presbyterian Seminary in Richmond, and a BA Degree from Furman University, Magna cum Laude. She has been employed as a church educator for the past eighteen years. Susan's work has been in the Presbyterian Church. She has spoken at UUFR-VA previously.

Susan Moseley's application to serve the UUFR-VA was endorsed by the Board of Stewards, and she was asked to give a presentation at the Sunday service on January 21 as well as to meet with the congregation at the potluck luncheon afterwards. She answered questions from members of the congregation about how she would fulfill the ministerial needs of UUFR-VA. In addition to directly serving the spiritual needs of our congregation, she wants to represent UUFR-VA in the wider communities of the Northern Neck and Middle Peninsula.

After her warm reception at the potluck luncheon, the Board of Stewards overwhelmingly voted to recommend her to the UUFR-VA members as part-time minister. UUFR-VA members will be asked to vote their approval on her selection, and ballots will be sent by email or postal mail. The Board of Stewards, by their approval, recommends that members vote in favor of her.

If you have questions, please contact any member of the Minister Selection Committee: Bob Weekley, Janet Hemming, Kristi VanAudenhove, Scott Mabe, Lynn Langley, and Nancy Stupi. Members, please watch for the ballots which will be sent to you, and please respond promptly. The deadline for submitting your ballot is February 28.

Food Bank Purchases Land for Future Expansion

by Pam Collins

The Northern Neck Food Bank finished 2017 with the purchase of a four-acre tract of land in Richmond County Commerce Park. Discussions began in the summer, and subsequently the Richmond Board of Supervisors unanimously voted to sell the tract of land to the Northern Neck Food Bank.

The land is on Commerce Park Drive. President and CEO Mark Kleinschmidt states, “When we moved to our current facility in October 2013, we were serving 6000 clients per month and distributed 8000 pounds of food. At the end of 2017, we were serving 12,000 clients per month and distributed over two million pounds of food.”

The Northern Neck Food Bank will soon become “Healthy Harvest Food Bank: Your Local Farm to Food Bank.”

Bravo! Let us support them, and our community, with our donations. As Winston Churchill said, “We make a living by what we get, but we make a *life* by what we give.”

An Update on Marjory Bradwick

From Faye Bradwick

We are writing to provide you with another change-of-address for Marjory Bradwick, our mother. We last contacted you in early October 2017, but since then, Marj-Mom’s living situation in Virginia deteriorated.

During Thanksgiving week, we moved her to assisted living in St. Petersburg, FL, just minutes from her son, Mark Bradwick, and daughter-in-law, Jane Bradwick.

If any UUFR-VA members are visiting in the St. Petersburg, FL, area – **and** – if they knew Marj-Mom over the years (she still has some long-term memory), **then** a short in-person visit from them might be nice. Just contact Mark Bradwick beforehand.

(Mark visits Marj-Mom several times a week, so he will hand-deliver cards and letters to her.)

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:

February 26: *The Sympathizer* by Viet Thanh Nguyen

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

April 23: *The Underground Railroad* by Colson Whitehead

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

Sponsor a Child

by Margaret Socey, Founder, LCVEF

On March 16, 2018, almost 85 Lancaster Primary School third-grade students will, once again, travel to Washington, D.C. This will be the eighteenth year students will be boarding chartered buses and spending a full day touring our nation's capital. For some students, this will be their first and only opportunity to visit our nation's capital. The students will visit the National Zoo; tour the monuments, memorials, and museums; see the White House and the United States Capitol.

The trip is provided by the Lancaster County Virginia Education Foundation (LCVEF).

LCVEF is a 501C(3) organization whose mission is to enhance and advocate educational excellence and expand learning opportunities for students in the Lancaster County Public Schools. Your tax-deductible contribution of \$50 will open the eyes and mind of one child. Please send your donation to:

LCVEF, P.O. Box 928, Kilmarnock, VA 22482

Web site: www.lcvef06.org

Thank you for your generosity.

UUFV-VA Activities at a Glance

February 2018	
Feb. 16	Ladies' Luncheon - 11:30 A.M. – The Corner in Lively
Feb. 26	River Readers - 2:30 P.M. – Lancaster Community Library

Activities Group: Peny Gallogly, Diana Jamison, Vicki Kinsel

The Mid-Tidewater Chapter of the National Alliance on Mental Illness
is offering

HELP FOR FAMILIES



Family-to-Family consists of 12 classes for persons who care for or are related to individuals affected with Bipolar Disorder, Major Depression, Schizophrenia, Schizoaffective Disorder, Panic Disorder, Obsessive/ Compulsive Disorder, Co-occurring Brain Disorders and Addictive Disorders, Post Traumatic Stress Disorder and Borderline Personality Disorder.

For more information on NAMI - National Alliance on Mental Illness, check out www.nami.org

- Classes are structured to help family members understand and provide support while maintaining their own well being.
- Participants receive current information about mental illness, medications, and research on effective treatments; strategies for medication adherence; guidance on locating services within the community; and appropriate ways to deal with crises and relapse. Other topics will also be covered.
- There is **NO CHARGE** for this program.
- Worldwide over 300,000 family members have attended this program and have found it informative and extremely helpful.

**WHEN: CLASSES WILL BE HELD TUESDAYS AND THURSDAYS
STARTING MARCH 13 FROM 6:00 PM TO 8:00 PM FOR 6 WEEKS
WHERE: LANCASTER COMMUNITY LIBRARY, 16 TOWN CENTRE DR,
KILMARNOCK, VA 22482**

**Registration is required for this FREE 6 week Family to Family course
To Register or for more information please call: 804-725-3721
OR e-mail namimidtidewater@gmail.com**



Rev. Laura Jackson Loo
Owner & Founder, Soul Action &
Quantum Communications, LLC

Annual Intention Setting Gathering
UU Fellowship of the Rappahannock
366 James Wharf Road
White Stone, VA 22578

Saturday, February 24, 2018
12:00 - 2:00pm
\$15 Voluntary Contribution



Rev. Laura's Annual Intention Setting Gathering

2018 marks the 10th anniversary of Laura's Annual Intention Setting Gathering! This event has produced powerful results for those who have attended.

Laura walks you through a ceremony where you list all that no longer serves you (with gratitude). Everyone releases this list through a burning ceremony. Next, you write all the intentions you want to anchor in for 2018. How big can YOU intend?

People have shared how many wonderful things have come to pass throughout the year following this ceremony. In January 2016, one of Laura's intentions was to get a new car, which happened unexpectedly in less than 30 days. Another lovely lady who attends annually shared how she discovered one year that EVERYTHING on her list came into being. *P.S.: It doesn't always look how you think!*

This is a fun gathering and great way to launch the new year. Come and enjoy community, fellowship and new cocreations!

RSVP "Yes to Setting Powerful Intentions" to email address info@soul-action.com.

Namaste

"The opinions, findings, conclusions, and recommendations expressed in this program are those of Rev. Laura's and do not necessarily reflect the views of the UUFR."



Rev. Laura Jackson

LOO is a speaker, author, consultant, soul coach and musician, living in Hampton Roads, Virginia. Through her company, Soul Action, she gives people the tools and knowledge - enabling them to shift and transform - and traverse living in a whole New Era. While Laura is a nationally-recognized speaker on Earth Changes, she speaks on many topics including metaphysics, ancient prophecies, the New Era, New Paradigm Business and New Paradigm Community.

Through her talks - and live flute music she performs - she bridges Edgar Cayce's readings and ancient prophecies with modern science and quantum physics. Called the "Connect-the-Dots Lady," Laura helps people recognize opportunities to positively shift their lives and live their soul purpose. Speaking nationally as well as at Edgar Cayce's A.R.E., in Virginia Beach, Virginia since 2008, Laura gives lectures and workshops and has been featured in print, and on radio and television.

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Board of Stewards

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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)