



THE CHALICE

UNITARIAN UNIVERSALIST FELLOWSHIP
OF THE RAPPAHANNOCK (UUFRA-VA)

P.O. Box 1266
White Stone, VA 22578

August 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

August 5

Rev. Laura Jackson Loo: Maturity: A Childlike State!

In a world ruled by full schedules and endless challenges, how do you cope? It begins by changing your perspective. What better perspective than a child's? Children remind us how to live from the heart with an innocent, creative, and unclouded outlook. Transcend today's polarity by seeing the world through the eyes of a child – and return to a state of universal and unconditional love embodied by our children.

Rev. Laura Jackson Loo is a national speaker, author, coach, and musician. Her divine service is helping people recognize how they can positively shift their lives and live their soul purpose. Through her talks, Rev. Laura paints a beautiful mosaic by interweaving ancient prophecies and Edgar Cayce's readings with quantum physics and future visioning. Embrace the New Era by transcending our rapidly changing world and step into a life filled with infinite possibilities.

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.

August 12

Sara Mackey: Light in Darkness

We are living in dark times in our country right now. It's not the first time, and it won't be the last. As people of faith, it's our responsibility to be sure we don't let despair and hopelessness overwhelm us. Come join us as we think about how we maintain hope.

Sara Mackey has been a friend of UUFRA-VA since her seminary days, when the fellowship was meeting in the White Stone Woman's Club. 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. She 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.

August 19

Rev. Doug McCusker: Uncovering Wow!

Do you pull over for a beautiful sunset, or stop what you are doing when you hear a particular piece of music? If so, then you are caught in the wow zone of awe and wonder. It is hard to escape the joy that comes over us when we encounter these moments. These are the times when we are truly human. The good news is that just about anything can trigger these sacred moments as long as we are paying attention.

Rev. Doug McCusker comes to us from 90 miles upstream. He is in his third year as the settled minister of the UU Fellowship of Fredericksburg. He also served at the UU Congregation of Rockville in Rockville, MD. Rev. Doug leads a prison ministry with the Humanist Group at the Coffeewood Correctional Center in Mitchells, VA. He earned his M.Div. from Meadville Lombard Theological School in Chicago, IL. Before going into ministry, he retired from a 32-year career with the National Geospatial Intelligence Agency. He and his spouse Marie live in Fredericksburg, and they have an adult child, Bree, who lives in Massachusetts.

August 26

Pastor Susan Moseley, D.Ed.Min.: Mandalas: Circles of Healing and Wholeness

Carl Jung refers to the mandala as “the psychological expression of the totality of the Self.” Mandalas are found throughout nature, architecture, and the visual arts. The mandala, or sacred circle, is one of the most profound and universal symbols of Wholeness. The experience of drawing a mandala or reflecting on a mandala can help one calm the mind and allow unconscious thoughts and feelings to surface. It is a “template for the mind, a state

of peace and order, a resolution of the chaos within.”

Susan Moseley, D.Ed.Min., is Pastor for the UUFV-VA. Her final project for the certificate in Spiritual Direction from the Haden Institute was about using and creating mandalas in spiritual direction.

A History of UU

by Hank Stupi

The six-part video series, “Long Strange Trip,” begins this month at noon after each Sunday service. The schedule is as follows:

August 5: Part 1 – In the Beginning ... (0 c.e. - 1553 c.e.), which examines the early roots of liberal religious thought.

August 12: Part 2 – The Birth of Unitarianism (1553 - 1794)

August 19: Part 3 – American Unitarianism (1620 - 1860)

August 26: Part 4 – Universalism (1600 - 1860)

September 2: Part 5 – Evolution (1861 - 1961), which follows both Unitarianism and Universalism through the late 19th and early 20th centuries as they evolve from Christian bible-oriented religions to our present-day non-creedal movement.

September 9: Part 6 – Unitarian Universalism, which tells the story of Unitarianism and Universalism consummating their merger. It then follows Unitarian Universalism through the 50+ years of its existence and ends with some comments on what its future might hold.

Our Minister's Musings

Bug bites! I hate them, but nobody who enjoys the out-of-doors escapes the inevitable mosquito bite or thorn bush scratch or sun burn. These are normal features of the environmental landscape we call Mother Earth. What we know about this wonderful earth of ours is that her every resource is being taxed to sustain the billions of people and their demand for food and energy.

As I write this, I am looking out the windows of my home on the water, a cove off the beautiful Rappahannock River. Recent reports on the health of the Bay state that this once pristine waterway of America now supports only a percentage of its former fish and plant life. As climate change brings more frequent and heavier downpours onto the East coast, the runoff from agricultural lands, industrial sites, and parking lots is washing nitrates, phosphates, and petroleum waste into our watersheds. The damage to our already threatened estuaries, streams, rivers, and bays is frightening.

Long before church spires and gothic arches, the stars, mountains, and woodlands formed the first sanctuaries for worship. John Phillip Newell calls these stunning open spaces "living cathedrals." He suggests that we once lived in a way more intimately connected to nature and its seasons and rhythms of life.

We are learning every day how intimately we are connected to the earth and the cosmos in ways our ancestors never imagined. Quantum mechanics, environmental sciences, and even family systems theory are all teaching us that the whole world, all of nature, our bodies, and our relationships are interconnected in such a way that a change or alteration in any one part affects the whole. If this is true, and I believe it is, then we must confess that the accelerated loss of species and habitat and communities around the world means we are out of balance ... out of sync ... out of sorts with the earth ... and with ourselves.

Humans think we know enough to be in control, and yet the world is infused with divine mystery. The creation is sacred. The question before us is whether or not we retain sufficient humility to acknowledge what is not working and what is "wronging" the world. The earth is talking to us and inviting us into a new friendship, a new harmony, a new intimacy. How will we answer her?

I believe the environmental crisis we face is first and foremost a spiritual crisis; that is, the way we interpret human need and responsibility in relationship to the creation determines how we live. I am thankful that our Unitarian Universalist Principles include "respect for the interdependent web of life." Let us, UUFR-VA, be visible and vocal in our communities as we continue to embrace and live this principle.

In joy and peace,
Susan

Mark Your Calendar!

by Bob Weekley

Make plans to attend the annual meeting of the Tidewater Cluster of UU Churches on October 13th in Williamsburg. The Tidewater Cluster is a gathering of Unitarian Universalists from Richmond, Fredericksburg, Newport News, Williamsburg, Norfolk, and our UUFR-VA of White Stone. The day will feature Connie Goodbread, a highly regarded, dynamic speaker, workshops, lots of fellowship, and lunch together.

Sixteen workshops to choose from will include Membership, Stewardship, Buddhism, Sacred Readings for UUs, Legislative Engagement, Anti-racist Training, Sanctuary Church, and more. Tom Kinney will present the UUFR-VA Kids First program, and there will be a "Presidents' Roundtable."

More information to follow, including advance registration. Let's get a big turnout from UUFR-VA. Carpools!

Faith In Action Kids First - It Works!

The test results for school year 2017-2018 are in. The data continues to prove that our fellowship's Faith in Action Kids First program is working! In 2012, our members worked to define our niche, a permanent change for the better in our four-county community. Studies led to our 2014 decision to break the generational poverty cycle by helping at-risk kids achieve success in school. Establishing high-quality early preschool for three-year-old children in the public schools predicted success. We follow the 141 Kids First graduates as they advance through the grades by comparing the average scores on the fall and spring tests against the average scores of all the children at grade level to assess if the typical performance gap between the at-risk children and others has closed.

The first classes of children have now completed third grade. In their fall tests, they actually outperformed their more fortunate peers by 9%. All four subsequent groups of children, preK to second grade, that have completed the program as three-year-olds showed **no gap** in their average test scores against their classmates as a whole. The two classes for three-year-olds in Lancaster and the one in Middlesex are now "graduating" 36 children per year -- all well prepared to succeed in school and in life. Hopefully classes in Northumberland and Mathews will be approved shortly. And, that is making a major change for the better in our community.

See Lois Williams in Lancaster and Hank and Celane Roden in Middlesex to get involved. Contact Tom Kinney if you are interested in helping Kids First expand into Northumberland and Mathews Counties.



Back row: UUFV-VA Trustees Barbara Haynes, Tom Kinney, and Janet Hemming. Front Row: Lucinda Wigfield of Northumberland, Bella Silvus of Mathews, and Marisa Jones of Middlesex. Not shown: Katelynn Dawson of Lancaster.

2018 Servetus Scholars

Our fellowship is awarding four \$4000 Servetus Endowment scholarships this year to economically-challenged graduates from Lancaster, Mathews, Middlesex, and Northumberland High Schools. Each student benefited from dual enrollment classes with RCC. Your Trustees have selected:

Lancaster High's Katelynn Dawson will attend RCC toward a degree in business and entrepreneurship with the goal of having her own business in the transport industry. She has maintained a GPA of 4.1 and graduated 14th in her class of 89. She has worked for years, side-by-side, with her father in his lawn care business to help support the family and her younger sister. Her mother is disabled through heart attacks and stroke.

Mathews High's recipient is Edythe "Bella" Silvus, who is off to Longwood University for a Master's Degree in Special Education. She found her passion while working with three-to-five-year-old children in a Head Start program. Bella, being identified with dyslexia and ADHD in kindergarten and on medications ever since, is highly motivated to help other children deal with such challenges. She has been working three jobs: restaurant server, kitchen worker in a church camp, and as Head Start aide while maintaining a 3.1

GPA, ranking 39th of 96 in her class. Her mother holds two full-time jobs to provide the basics for the two of them.

Middlesex High's Marisa Jones chose the University of Virginia toward becoming an Orthopedic Surgeon. She has a great start with a 4.4 GPA, ranking 2nd in her class of 100. In addition to her academic skills, Marisa is an accomplished dancer with the Bayside Youth Ballet. Her mother, a teacher, is the family's primary breadwinner. Her family includes an older brother, currently at UVA in the public health field, and a college-bound younger brother.

Lucinda Wigfield, of Northumberland High, has chosen Old Dominion University to pursue her goal in Biotech Engineering and Biochemistry toward genetically improving the world's crops to help feed those most in need. She has traveled with her church on aid missions within Virginia and to El Salvador. Lucinda graduates 12th of 94 with a 4.2 GPA. In addition, she is a member of the school's marching band, academic bowl team, and the Blue Crab Bowl team on marine science competitions. You may have met Lucinda where she works at the Subway in Heathsville and T&J's Dairy Bar in Burgess. Previously wholly dependent upon their father's income now gone, her mother, with no previous employment experience beyond Avon products, is struggling to support her two daughters' basic needs.

Your UUFR-VA Trustees host a luncheon for these scholarship winners as the first step toward following these graduates as they complete their education and achieve their goals. Your Trustees: Barbara Haynes, Janet Hemming, and Tom Kinney.

Books, Books, and More Books!

by Shirley Kinney

UUFR-VA sells used books on Amazon.com --books that you all have donated for sale. Any books that we can't sell on Amazon for more than \$7.00, we sell here at UUFR-VA about twice a year. Any books that don't sell here are donated either to the library in Kilmarnock or Ye Olde Book Store in Heathsville.

We've been doing this since about 2008, which has enabled us to give \$10,720 to UUFR-VA. For several years the money went to the general operating budget. Then, when Kids First got underway, the money went to that fund. This year the funds are directed to the Ministerial Endowment Fund, which, once fully funded, will mean we'll always have sufficient funds to be able to afford a minister. This year alone, \$1000 has so far been given to that Fund.

You can help by donating any books or movies you no longer want to keep. Any sorts of books are great, although not sets of encyclopedias, please. If you wish, we will send you a letter for your tax files, crediting you for the books you donated.

If you wish to give books, you can do it several ways -- bring them to UUFR-VA and put them in the foyer or the back room, clearly marked "For Shirley Kinney." Or, you can contact me, and we can arrange to pick them up from your house. Or, just bring them to Sunday service and give them to me at that time.

This is a great way to make some money, clear off your bookshelves, and give people access to books at a great price. If you are shopping on Amazon, check out our store -- UUFR-VA is the name. We have more than 300 books listed currently.

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:

August 27: *The Last Painting of Sara de Vos* by Dominic Smith

September 24: *Beachcombing for a Shipwrecked God* by Joe Cooper

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

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 AUGUST 21, 2018, FROM 6:00 PM TO 8:00 PM FOR 6 WEEKS**

**WHERE: GLOUCESTER PEER RESOURCE CENTER
7603 HOSPITAL DRIVE, GLOUCESTER VA 23061**

Registration is required for this **FREE 6-week Family-to-Family course**

To Register or for more information please call: 804-725-3721 or 804-557-2879

OR e-mail namimidtidewater@gmail.com

UUFRR-VA Activities at a Glance

August 2018	
Aug 17	Ladies' Luncheon – 11:30 A.M. – The Tides Inn
Aug 17	UUFRR-VA First Annual Chalice Wine and Dine – Flyer Follows
Aug 27	River Readers – 2:30 P.M. – Lancaster Community Library
Oct 13	Tidewater Cluster – UU Williamsburg



The Board of Stewards of the Unitarian Universalist Fellowship of the Rappahannock would like to invite you to attend the **UUFR-VA First Annual Chalice Wine and Dine**, on Friday Evening, August 17th, 2018, at 6:00 P.M. until 8:00 P.M. at the UUFR-VA Fellowship Building on James Wharf Road in White Stone, VA

All members and friends of the UUFR-VA are invited to attend the dinner and presentation. Dinner will be served by the Board Members and will be followed by a presentation and discussion on the Future Needs of UUFR-VA.

Board members will present an overview of the current assets of our Fellowship, provide an exciting presentation on “Understanding the Inner Workings of UUFR-VA”, that includes an overview of the current financial picture, how it all works, and what we need as we move forward into the next few years.

We will also engage the participants in a discussion of the upcoming challenges and opportunities we face at this turning point in the Fellowship's growth. This is an exciting time for the UUFR-VA and we invite you to be an active participant, dine with your fellow UUFR-VA friends, have some fun, and learn more about how you can contribute as we move forward into the next phase of our growth.

Please RSVP to Ruth Micklem by August 10th, 2018

Board of Stewards

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

Dave Dustin, Past President
Hank Stupl, 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)