



# THE CHALICE

UNITARIAN UNIVERSALIST FELLOWSHIP  
OF THE RAPPAHANNOCK (UUFV-VA)

P.O. Box 1266  
White Stone, VA 22578

September 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

### September 2

#### **Bob Weekley:** Refugees and Immigration – A Personal Experience

Previously, Bob was deeply immersed in refugee and immigration crises. He lived with refugees amidst the heartache as well as the joys of helping them overcome fear and alienation. Perhaps his experiences will help us in understanding the present dilemma.

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 UUFV-VA. He and his wife, Elaine, moved to Lancaster from Arlington in 1998.

#### **UU Kids: Welcoming the Fall**

We'll play some games to get to know each other better, and we will be planting a fall garden (outside if the weather allows, or in pots if it is raining). A reminder: On the first Sunday of the month we begin in the sanctuary with the adults at 10:30.

*Please send a quick email if you plan to bring children on a UU Kids Sunday. Let me know names, ages, and any allergies or special needs. Thank you!*

### September 9

#### **Rev. Dr. Cathie Stivers:** The Indigenous Practice of Shedding

Rev. Dr. Cathie Stivers will once again present information from her book, *Reviving Our Indigenous Souls: How to Practice the Ancient to Bring in the New*. Her talk will focus on “feeling” and “shedding” as ancient practices that are critical at this unprecedented time in cosmic and planetary history.

Rev. Dr. Cathie Stivers is an ordained Unitarian Universalist minister, affiliated with the UU Community Church of Glen Allen. Cathie was a pediatric chaplain for over a decade at the Children's Hospital of Richmond at VCU. She was also a scholar at Stephen Jenkinson's Orphan Wisdom School (2011 to 2014), and she has continued her studies and writings about indigenous ways of being in the world. Her new book, *Reviving Our Indigenous Souls: How to Practice the Ancient to Bring in the New*, is available from Balboa Press and from Amazon in softcover and electronic versions.

## September 16

### **Lynne Larson:** Celtic Voices Speak Today: The Celtic Medicine Wheel

In modern times, the Celtic Medicine Wheel is a way to revive the ancient way of honoring the seasons and cycles of life in our inner and outer worlds. Celebrating the vitality of creation, the Celtic tradition guides us to find balance and peace with others and within ourselves. Join us to learn the prayer practice of the Celtic wheel for healing and restoration.

Lynne Larson, M.A., has been formally trained in spiritual direction and continues her interest in the mystics and spiritual practices. In 2004, she established retreats to offer seekers a time to set aside the demands of everyday life and come together for rest and spiritual renewal. She offers retreats and workshops on Julian of Norwich and other spiritual programs. She sees in ancient spiritual traditions a modern approach to heal the human condition through the constant reminder that God thirsts for us, loves us without blame, and is present in all. With over 40 years of dream study and listening to thousands of dreams, she teaches and conducts dream workshops and works with individuals privately. She lives in Virginia Beach, VA.

### **UU Kids: Each and Every Person is Important**

Our story this Sunday will consider how we include people with different abilities as a part of our group or team. We'll talk about the things we are good at and things that are challenging for us. We'll consider what it means to include others. Weather permitting, we will be playing outside.

**A reminder:** On the third Sunday of the month, please bring your child(ren) back to the children's space between 10:15 and 10:30 A.M. for a full hour of children's programming.

## September 23

### **Shirley Kinney:** A Wood Wide Web

Using the book, *The Hidden Life of Trees, What They Feel, How They Communicate*, Shirley will explore our UU Principle of the interdependent web of all life. Trees and plants are connected to each other, to insects, and to us. What can we learn about ourselves by examining the life of trees? More than you might suspect!

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.

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## September 30

### **Pastor Susan Moseley, D.Ed.Min.:** A New Understanding of the Bible – Respecting Both Tradition and Reality

Our Unitarian Universalist living traditions draw from many sources, including “Jewish and Christian teachings.” Those teachings primarily come from the Old and New Testaments of the Bible. Can we take the Bible seriously without taking it literally? We will look at two very different ways of reading and interpreting the Bible: the literal-factual way and the historical-metaphorical way.

Susan Moseley, D.Ed.Min., is Pastor for the UUFR-VA. She received her Doctor of Educational Ministries degree from Columbia Theological Seminary in 2012 and her certificate in spiritual direction from the Haden Institute in 2017. Susan is married to the Rev. Jim Moseley, Pastor for Campbell Memorial Presbyterian Church in Weems, VA.

**Founders' Day Picnic follows service.**

## Leadership Corner: UUFR-VA's Religious Education Program for Children and Youth 2018-2019

by Kristi VanAudenhove, UUFR-VA Member

Ahhh ... September. Evenings begin to cool off, fall flowers and vegetables take over the garden, and school buses are back on the roads. Here at UUFR-VA, we begin a new year of UU Kids with special programming on the first and third Sundays of each month. Members and Friends are invited to bring their children and grandchildren to participate.

This year our first and third Sunday activities will focus on kids who are between the ages of three and twelve. (With advance notice, children under three who are comfortable away from their caregivers are welcome to join us.) The first Sunday activities will focus on community building – connecting to the fellowship as a whole and building connections amongst the kids. On the third Sundays, we will have a more formal religious education program using storytelling from *What if Nobody Forgave and Other Stories*, edited by Colleen M. McDonald, to learn about the Seven UU Principles.



The first Sunday of each month, we will start the morning at 10:30 A.M. in the sanctuary with the full fellowship. Caregivers and children will be a part of the opening chalice lighting and will get the opportunity to sing together for our opening song. Everyone will have the chance to share joys and concerns - including the children - and we will all listen to a "Story for All Ages" that invites

reflection and learning. Then the adult members will "sing the children out" when it is time for the children to head back to the children's space for some kids-only activities.

The third Sunday of each month parents/caregivers are asked to bring their children back to the children's space between 10:15 and 10:30 A.M. The kids will have an experience designed just for them that includes lighting their own chalice; sharing the joys and concerns of their week; and an educational program that includes a story, discussion, and lots of different kinds of activities. The morning will include a snack, some outdoor play (weather permitting), and a special closing circle.

We are not forgetting the teens in our midst (Roman and Oliver!). With busy schedules, we know that it is hard to make one more commitment. So, we welcome them to join the adult members on any Sunday that works for their schedules, and enjoy the programs that offer insight and learning for young adults as well. We are planning a special five-week session for the winter that will be just for teens - our UUFR-VA teens, their friends, and/or teens from the community. We'll be using the Side with Love campaign "30 Days of Love" as our guide, and meeting weekly from January 15<sup>th</sup> through February 14<sup>th</sup>.



Have questions? Want to volunteer to help out? I would love to hear from you! Send me an email.

## ***The Pastor's Platform*** **Chalice Wine and Dine ...** **Divine!**

What a great time we had at our very first *Chalice Wine and Dine* event held Friday evening, August 17<sup>th</sup>, in the wonderful worship space of the UUFR-VA! Launching a new event of any kind takes some guts. Launching a new event to address budget, finance, and faithful giving can be done only when our passion for our ministry is fully ignited.

Last Friday night, we stepped into a beautifully decorated room filled with savory foods and delicious wines, provided by our Board of Stewards. The space filled quickly with warm smiles and conversations, and the most creative part of the evening was the clever “Jeopardy” parody with multiple categories of UU/UUFR-VA history and numbers. Three table-top teams competed for big points and the pride of coming out on top.

A toast to Kristi and Ruth who went the distance in posing to us questions that highlighted budget items and strategic plans we have been pursuing over the past few years. These updates were followed by a review of our operating budget and financial needs for the coming year. So much has been accomplished by the devotion of UUFR-VA’s many members and friends.

Our community is strong, our confidence is high, our opportunities are many, and we are **growing!** Our inward growth is measured by our affection for one another and our gratitude for our fellowship. Our outward growth is experienced through our increase in members, as well as new levels of outreach and mission.

All of this suggests to me that we are hardy and happy and hopeful. What a joy to have such a spiritual home, and how fun to have fun while being intentional about our work.

Let’s plan this again for next year. I’d drink to that! Will you join me?

In joy and peace,  
Susan

## **A History of UU** by **Hank Stupi**

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

**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.

## **Meals-on-Wheels Team** **Building**

by **Terrie and Dave Dustin**

October 2015 was the start of one of UUFR-VA’s Community Outreach projects: delivering Meals On Wheels. UUFR-VA has manned this effort for the past three years, making meaningful connections with members of the community, and providing a much-needed touchstone of support for their caregivers.

The schedule runs from **October 1 - 31, Monday, Wednesday, and Friday.** Meals pick-up is at the Tartan Village Bay Aging Office at 11:30 A.M. Delivery usually takes about one hour and covers about twenty miles.

If any UUFR-VA members or friends are interested in teaming up to cover one day of

the three, or providing back-up coverage to the regular team [of two people], please contact Terrie Dustin.

We will need to have a route team roster ready by **September 15<sup>th</sup>**.

## **Phood and Philosophy Call Out**

**by Celane Roden**

We're issuing a Call Out for Phood and Philosophy hosts and participants! In the spring, Katie Turner hosted our first "resurrected" Phood and Philosophy evening, and it was terrific. With summer behind us and one evening to build from, we are now looking to make Phood and Philosophy a more permanent event within our UUFR-VA fellowship.

For that to happen we need both hosts and participants.

The "phood" is potluck, so the host need only provide a location to gather, eat, and engage in lively discussion. Topics are chosen and announced ahead of time in the Sunday bulletin - and hopefully The Chalice - by the host. Participants bring food and beverages and come ready for an evening of discussion on the selected topic. Easy and fun for all!

Currently, Janet Hemming will host September's dinner, and Bob and Elaine Weekley are tentatively scheduled for October. Watch for updates and specifics! To finish 2018 we need a November host. We will begin again in January.

If you are interested in helping fill the calendar, or if you just want more information before making the commitment, contact me.

More information on dates and topics will be announced via email, bulletin, and The Chalice as it comes in!

## **Phood and Philosophy**

**Janet Hemming** will host this month's Phood and Philosophy in her home on **Saturday, September 15**, beginning at **6:00 P.M.**

The topic for the evening will be "Your Favorite Word."

Bob Hope said his favorite word was "Laughter," and for Larry King it was "Why." Come prepared to share your favorite word, what it means to you, and how it has affected your life."

Everyone is invited. Bring a dish or two to share and your preferred drinks. Please let Janet know if you are coming so she can prepare the space.

## Building Fund Raiser

by Terrie and Dave Dustin

We are happy and hopeful that you have all had a chance to see the **Mugs and Coasters** that are on display in the foyer. Samples are on the side table underneath the name tag board.

We are looking forward to supporting the upcoming UUFR-VA Building Expansion by offering these beautiful Stoneware Mugs and Coasters for sale to friends and families of UUFR-VA. The funds generated will be 100% profit for the UUFR-VA Building Fund. Both items reflect the open and inclusive philosophy of Unitarian Universalism.

Checks made payable to **Terrie Dustin** will serve as your order. *Please note the quantity of each on the Memo Line.* Orders can be placed in the offering basket or mailed to Terrie

Mugs are \$25 each, and Coasters are \$10 each.

They will be delivered to you at UUFR-VA with a copy of your cancelled check for your invoice. Thank you in advance!

## 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:

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

**October 24: 6:30 P.M. - Big Book Dinner and Discussion at ICYCC:** *Pachinko* by Min Jin Lee

**November 26:** *Varina* by Charles Frazier

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

## Mark your Calendars for the UUFR-VA Retreat

by Shirley Kinney

It's time for our annual UUFR-VA congregational fun retreat. We'll be gathering again at the wonderful Camp Chanco on the James River, east of Richmond, **October 7 to 9.**

Our retreat is a time for fun, laughing, relaxing, burning marshmallows, and getting closer to our fellow UUFR-VAers.

This year we'll be transported (in our minds) to another galaxy (far, far away), where it will be our job to save humankind. ***We Can Do It!***

We'll solve puzzles, meet robots, navigate our way through an alien world, learn more UU history, and just generally have a lot of fun doing it all.

The cost will be about the same as last year. For a double occupancy room, the cost is \$145 per person. For a single occupancy room, the cost is \$190 per person. (So it pays to have a friend to share with!)

This cost includes two nights lodging, and, on day one: dinner; day two: breakfast, lunch and dinner, and day three: breakfast.

If cost is an issue, sign up anyway. The fellowship can help.

We'll have a lot more fun if you can be there, so sign the board in the church foyer and write your check payable to UUFR-VA and give it to Lynn Langley. Pack your clothes and go. Easy!

## Our Regional UU Gathering

by Bob Weekley

All members and friends of UUFR-VA are encouraged to attend the “Tidewater Cluster” gathering at the Williamsburg Unitarian Universalist Church on **Saturday, October 13**. “Clusters” are a means by which UU congregations, within defined geographical regions, can work cooperatively at yearly gatherings to further UU principles; remain accountable to each other; and share ideas concerning spiritual, congregational, and personal growth. This year, our theme for the day will be “Transforming Our Selves, Transforming Our World.” Our Tidewater Cluster includes all congregations from Fredericksburg to Virginia Beach, and this year’s event will include a dynamic visiting speaker, plus 15 available workshops (three one-hour sessions) that will address: Immigration, Anti-racism, Congregational Leadership, Interfaith Initiatives, Spiritual Practices, and Congregational Business. The cost for the day will be \$25.00 per person, which includes a light breakfast and a Panera boxed lunch. Register in advance at <https://www.cognitofirms.com/WilliamsburgUnitarianUniversalists/TidewaterClusterRegistrationForm>

Form a carpool or let me know if you would like to carpool. Questions?

Bob Weekley

## Founders’ Day Picnic

by Janet Hemming

This year, our annual picnic is named the Founders’ Day Picnic. We are celebrating the 20<sup>th</sup> anniversary of the founding of UUFR-VA. Our picnic will be a little different this year. We will hold the picnic at UUFR-VA immediately after the service on **September 30<sup>th</sup>**. We are asking that you bring a friend to the service and the picnic that day. Perhaps you know someone who has been curious about UU or someone who has been looking for a caring community.

UUFR-VA will supply the hamburgers, hotdogs, and beverages. We ask that you bring a side dish or dessert. So we can be sure to have enough food for everyone, please RSVP by September 22<sup>nd</sup> to Janet Hemming.

## UUFR-VA Activities at a Glance

September 2018	
Sep 2	<b>Long Strange Trip – Part 5</b> – Following Service
Sep 9	<b>Long Strange Trip – Part 6</b> – Following Service
Sep 15	<b>Phood and Philosophy – 6:00 P.M.</b> – Janet Hemming’s Home
Sep 21	<b>Ladies’ Luncheon – 11:30 A.M.</b> – Chao Phraya, Kilmarnock
Sep 24	<b>River Readers – 2:30 P.M.</b> – Lancaster Community Library
Sep 30	<b>Founders’ Day Picnic</b> – Following Service
Oct 7 - 9	<b>UUFR-VA Retreat</b> – Camp Chanco on the James River
Oct 13	<b>Tidewater Cluster</b> – UU Williamsburg

**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)