



THE CHALICE

UNITARIAN UNIVERSALIST FELLOWSHIP
OF THE RAPPAHANNOCK (UUFV-VA)

P.O. Box 1266
White Stone, VA 22578

October 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

October 7

Hank Stupi: Awareness Is Freedom

Eddie Correia writes: "The first step toward self-fulfillment is self-awareness ... understanding why you act and feel as you do. It is not the most pleasant process in the world. In fact, it can be quite painful, but it can be deeply rewarding." Join Hank as he introduces techniques that are helping him on his journey toward self-awareness and freedom.

A member of the fellowship since 2009, Hank is the Music Coordinator for Sunday services and the current Program Committee Chair at the UUFV-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, MD, where he taught accounting (and occasionally automotive technology) for 23 years. Hank retired and moved to Middlesex County with his wife, Nancy, in 2006.

UU Kids: It's Apple Time!

We'll play some games to get to know each other better, and we will be creating Apple Votives to place on the refreshment table for all to enjoy (outside, if the weather allows, or in pots if it is raining). A reminder that on the

first Sunday of the month we begin in the sanctuary with the adults at 10:30 A.M.

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

October 14

Roman Cutler: What I Learned From Joining Robotics

Roman will share his perspectives of being involved in two different robotics teams. He has experienced the challenges of being a team member, being a captain, teaching others, and learning about teamwork. Each has provided him a learning experience and an opportunity applicable to the world outside of robotics in everyday life.

Roman Cutler is in twelfth grade and attends Lancaster High School (LHS) and Chesapeake Bay Governor's School (CBGS). He is a member of the LHS National Honor Society, Phi Theta Kappa Honor Society, and the Lancaster County Virginia Education Foundation. He also volunteers at the Northern Neck Free Health Clinic, Habitat for Humanity, and the Food Pantry. For two years, Roman has been a captain of the CBGS Mate ROV team that won first place each year. He was also the captain of the LHS Robotics Team that made the state's

competition. Additionally, Roman is a member of various other school clubs like the Leo club, LHS jazz band, and LHS marching band.

October 21

Pastor Susan Moseley: Living in Paradox – Exploring the Contradictions That Vex and Enrich Our Lives

How do we live with the apparent opposition between good and evil, scarcity and abundance, individuality and community, death and new life? If we hold them as paradoxes, not “either/ors,” the tension can then open our minds and hearts to new ways of seeing and being. Opposites are necessary to the whole – light and dark, up and down, in and out. Where logic wants to separate and divide, the seeker looks for what Thomas Merton called life’s “hidden wholeness,” the underlying unity of all things.

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.

UU Kids: All People Should be Treated Fairly

Our story this Sunday will consider the challenging concept of discrimination in a way that kids can understand. We’ll explore what makes things fair or unfair. We will create a group folk tale about why people have different skin colors. Weather permitting, we will also be playing outside. A reminder that on the third Sunday of the month, you bring your child(ren) back to the children’s space between 10:15 A.M. and 10:30 A.M. for a full hour of children’s programming.

October 28

Rev. Andrew Millard: Onward and Upward

For generations, our Universalist and Unitarian ancestors-in-faith sought to grow the Beloved Community by fostering “the continuity of human development in all worlds, or, the progress of humanity onward and upward forever.” And yet, we know that progress is never linear, that there are always setbacks and disappointments along the way. How do we temper our optimism while still striving for a better world?

Rev. Andrew Millard has served the mission of the Unitarian Universalist Fellowship of the Peninsula (in Newport News, VA) as minister since 2010. Born and raised in England, he came to the United States for graduate school in physics; some years later he joined the Sierra Club, the Institute on Religion in an Age of Science, the World Pantheist Movement, and the Unitarian Society of Hartford (in that order). He went back to school at Hartford Seminary before transferring to the Iliff School of Theology in Denver. Andrew lives in Yorktown with Allison, their daughter, and their furry family.

Memorial Service for Tara Wallace

As you may be aware, our good friend Tara Wallace passed away on September 11th. On Sunday, October 14th, there will be a Memorial Service for her at UUFR-VA at 1:00 P.M. Tara’s family invites all of her UUFR-VA friends to attend. There will be an opportunity to share stories and remembrances.

In order to have time after the morning service for the family to set up the sanctuary and prepare for the Memorial, we will be limiting our after-service refreshments to just beverages. A reception will be held after the Memorial. UUFR-VA has offered to assist the family in providing food for the reception. If any of you would like to bring treats, please contact Marge Rowden.

Leadership Corner: Kids First – An Update on an Amazing UUFR-VA Initiative

by Celane McWhorter

Pears, Peaches, and Plums interspaced with Carrots, Kale, and Cucumbers. Quite a menu! But the back and forth between veggies and fruits and other health foods is the core of the Kids First (KF) Nutrition Program, instigated and supported by UUFR-VA for three-year-olds in Middlesex and Lancaster Counties. The nutrition program is just one of many early education strategies in the UU-supported Kids First program, providing a strong beginning for preschool-aged children born into circumstances that present challenges to their ability to fully develop their potential. Many come from families experiencing generations of poverty, resulting in poor performance in school. The Kids First strategy reaches these children in their earliest years of school with a solid preschool curriculum designed to break the cycle.

With strong support from UUFR-VA, under the tutelage of Tom Kinney, the Kids First was piloted in Lancaster County in 2013 and spread to Middlesex in the 2016/17 school year. In both localities, it has proven to be a hit with the school systems and certainly successful in providing a better beginning for the children. The following statement from Kim Aliff, Middlesex County Kids First teacher, pretty much says it all:

*“From the day the Middlesex Kids First three-year-old program started, teachers in the building applauded the concept. Now that we’re in our third year, teachers in Preschool 4 and Kindergarten stop us in the hall and **thank us** for sending them students who are ready to learn! Academic learning can take place immediately because students are comfortable in the school environment. Many of the stumbling blocks (speech and language issues, behavior, knowing how to cut/draw/write, recognize their name) have been addressed and remedied. It is amazing to watch our students and their parents become comfortable with the mechanics of the school year.”*

To confirm what we hear from the teachers and learn from our own visits to the classrooms, the performance level of KF graduates is scientifically tracked to compare their performance to that of their peers without the challenge of generational poverty. From the numbers to date, we are happy to report that the Kids First graduates are closing the gap. We will be watching carefully as the first graduates complete fourth and fifth grades. This scientifically collected and interpreted data will be critically important in affirming the UUFR-VA-supported Kids First approach creates a major and lasting change.

Tom Kinney reports: “What may be the best news is that the word seems to be spreading throughout our target segments of the community that this is an excellent program to boost their little ones in school readiness. Applications each year have continued to increase - such that for the coming year both the Lancaster and Middlesex programs have each received 34 applications from parents to enroll their children. Interviews assessing the development status of each child are conducted by the teachers in order that those children most in need of assistance will fill the 24 openings at Lancaster Primary School and the 12 openings in Middlesex Elementary School.”

So, what do pears, peaches, plums, carrots, kale, and cucumbers have to do with success? Part of the curriculum for these young children and their families is nutrition, and UUFR-VA and other community residents volunteer time and creativity each week when they visit the class with a snack, nutritionally designed to match up with lessons of the week.

The program began in Lancaster County and was introduced to Middlesex in 2016 with four teams of two UUFR-VA members and a few other local residents. Once a week, a team arrives with the fruits and veggies, the latter carefully chosen to get over the

sometimes automatic “*I don’t like that!*” from little ones.

As every adult knows, with

1. a cheery, almost musical voice,
2. a huge smile,
3. creativity in visual design, and as a last resort,
4. “Oh, just try One,”

almost all the kids will.

In Lancaster County, Lois Williams coordinates snack-day volunteers from area churches. The Middlesex KF snacks are coordinated through local churches and other community groups, including the Middlesex Women’s Club, by Hank and Celane Roden. Lois, Celane, and Hank also work during the year to coordinate family events in the evening that include a nutritionally balanced, family friendly meal and a speaker with nutritional or other such relevant messages. Volunteers are always welcome to help with the nutrition program.

All who have been around to watch the evolution of the program and the enthusiasm of the teachers and children alike will no doubt agree that this has been an amazing undertaking by the UFR-VA community and one that will lead to a lifetime of change for many children and their families.

Building Expansion Update

by **Bill Gimpel**

Hot off the press ... Update!

We have been on a very long journey, but I could see the light at the end of the tunnel back in March - when the Lancaster County Building Office approved our proposed plan for an addition and issued UFR-VA a Construction Permit. That was exciting! We tallied up our donations to date and put pencil to paper to get a new estimate of materials and labor costs to begin construction. Our estimate was that, indeed, we had sufficient cash-in-hand to get to a closed-in watertight shell.

The next hurdle was to invite contractors to bid on the excavation, footings and foundation, framing, siding, exterior doors, windows, and roofing of the building to attain a watertight structure. After five months of searching for a contractor, we finally signed a contract with RW Gordon, LLC, of Kilmarnock.

Our projected schedule is to begin the excavation and footings in late October and, weather permitting, set the foundation block soon after the first of the year. By mid- to late January, we should see framing activity.

Once RW Gordon has completed their portion of the project, we will use residual funds on hand and additional donations made in the next two months to begin phase two ... the inside work on electrical, plumbing, mechanical (heating and cooling), insulation, drywall, flooring, interior trim, and paint.

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:

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

November 26: *Varina* by Charles Frazier

December: No meetng.

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

The Pastor's Platform

by Pastor Susan Moseley, D.Ed.Min.

We dodged a bullet ... at least some of us did! I'm writing this article the week after the hurricane scare, and I realize now that all my planning for the high winds and waters of Hurricane Florence were for naught. The most we got at Windmill Point was tidal water enough to cover the roads in a few places, but with each low tide, the water would recede.

My memories of another hurricane make for a very different story. That was Hurricane Floyd in 1999. Floyd flooded most of the counties in Down East North Carolina. We had just moved to Rocky Mount, about two months before the storm. After Floyd passed by, we found ourselves living on an island of high ground with rising waters surrounding the town. The destruction was devastating, much like the stories I keep hearing about Florence's cruel impact on the Carolinas.

Growing up in Florida, I had experienced hurricane winds and rains on several occasions. My dad was a confirmed weather fanatic. He would watch the weather on all three network stations and plot the coordinates of the hurricane's path using special hurricane graph paper. We stayed glued to the television every time a storm was reported out in the Atlantic, and I secretly hoped it would come our way, just for the thrill of playing games by candle light and possibly getting out of school for a day or two.

But storms aren't fun anymore. They are bigger and do more damage than I remember from my Florida childhood. And, even if we "dodged the bullet" this time, millions of others did not ... and the worst is not over. For the towns and farms and neighborhoods that flooded, the recovery will take years.

We may feel safe and disconnected from those in the flood-damaged areas, but the truth is we **are** all connected in "the interdependent web of life." So what can we

do? We can make contributions to flood relief. We can check on friends and family who are suffering. We can hold them in the Light. Or, when the time is right, maybe we can go and help. For the next ten years, there will be volunteer teams from churches and organizations that travel to distressed areas to help in recovery efforts.

Some of us can clean and repair houses. Others of us can sit and listen to the stories, which need to be told ... over and over again. We can be present and caring. This is where I think the true recovery begins.

Sharing always seems to lighten the burden of woe and fear and of what to do next. When we go and listen, we are reassuring the survivors that they have not been forgotten. When emergency services and television crews pack up and leave, as they eventually must, things get mighty quiet. That is when you realize the public is moving on to the next big event. That's when people of compassion need to show up!

In joy and peace,
Susan

Budget Time

All Committee Chairs and Spending Centers are requested to provide their 2019 budget needs to a member of the Finance Committee no later than Sunday, October 21. The committee will then draft a 2019 budget proposal for the Board of Stewards' review and revision in November. The proposed 2019 Budget, will be presented at the Annual Congregational Meeting on December 9th. Members have until the January 13th Board of Stewards meeting to provide additional input to the Board, at which time the 2019 budget will be adopted. Thank you for your continued support.

Your Finance Committee: MJ Anderson, Paula Greenwood, Barbara Haynes, Janet Hemming, Tom Kinney, Lynn Langley, and Gus Shelton.

Where We Are

UUFR-VA people who would like to hear a longer version of the “Land on Which Our Building Stands” (presented in May by Lois Williams in a joint program with Tom Kinney) are invited to RW-C’s First-Friday Breakfast as Lois’ guest on Friday, October 5, at 8:30 A.M. Call Lois by October 3, if you will be coming.

Building Expansion Fundraiser

by Terrie Dustin

Thank you for your support of the Mug and Coaster sales. *To date, you have contributed \$490 toward the Building Fund.* In return, you are enjoying a beautiful mug that holds 16 ounces of coffee or tea, and heats in the microwave and comes out steaming hot but with only a warm handle. The “no drip lip” is spaced just enough above the logo to provide a comfy sip.

The coasters have tested true to form and will absorb the condensation of an icy cold glass of tea with no problem! They also provide a great way to acquaint yourselves and your children with some of the symbols of the many beliefs to which Unitarian Universalism opens our minds and hearts.

Please consider these lovely items for the upcoming holidays. Once this initial supply is gone, it will take eight weeks to restock. You can email your order to me and I will deliver your order to UUFR-VA the following Sunday.

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**, 9:00 A.M. to 4:00 P.M. “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 Ourselves, 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

UUFR-VA Activities at a Glance

October 2018	
Oct 7 to 9	UUFR-VA Retreat – Camp Chanco
Oct 13	Tidewater Cluster –Williamsburg UU
Oct 19	Ladies’ Luncheon – 11:30 A.M. – ICYCC
Oct 24	River Readers – 6:30 P.M. – ICYCC

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

Web Site

<http://www.uufrappahannock.org>
<http://www.uufr-va.org>
Bob Prescott, Webmaster

Board of Stewards

Dave Dustin, Past President
Hank Stupi, Program Chair
Janet Hemming, Membership Chair

Newsletter

Deadline for articles: 20th of the month
Bob Prescott, Editor (editor@uufrappahannock.org)