



# THE CHALICE

UNITARIAN UNIVERSALIST FELLOWSHIP  
OF THE RAPPAHANNOCK (UUFV-VA)

P.O. Box 1266  
White Stone, VA 22578

**December 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

### December 2

**Dr. Susan Moseley, Pastor:** 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 UUFV-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 Reverend Jim Moseley, Pastor for Campbell Memorial Presbyterian Church in Weems, VA.

### **UU Kids: Decorating the Tree!**

The UU Kids will decorate our fellowship tree with their handmade ornaments. We’ll be enjoying some holiday music, and testing out a few different ways to make music of our own! A reminder that 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 either UU Kids Sunday. Let me know names, ages, and any allergies or special needs. Thank you!*

### December 9

**Ruth Micklem:** Bringing Light into 2019

We gather here at our Unitarian Universalist Fellowship of the Rappahannock each Sunday to listen, to learn, to grow, to share our thoughts, to eat and sip coffee, and to drink in the company of one another. Many of us have needed respite this past year, the respite that comes with seeing friends, sharing our day to day joys and concerns, meeting new people and growing in our fellowship. This past year has been a year of growth for UUFV-VA – a year upon which to reflect – and a strong foundation upon which to build. Now let’s talk about how to bring about radical change to our community and to our world. Join Ruth as she shares her thoughts on 2018, and a vision for Bringing Light into 2019.

Ruth Micklem has served as President of UUFV-VA for the past three years. She lives in White Stone and currently works the Community Engagement Coordinator for the

VA Sexual and Domestic Violence Action Alliance in Richmond, VA. In that capacity Ruth provides leadership to a Statewide Partnership of Agencies and Organizations working to enhance the criminal justice response to sexual and domestic violence throughout Virginia. Ruth also works to build partnerships and engage members of the communities throughout VA to identify and change the social structures that contribute to this violence. Ruth makes her home and life with her partner of almost 30 years, Kristi and their menagerie of animal companions.

Everyone is invited and encouraged to attend the Annual Business Meeting which will be held immediately following the service.

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### **December 16**

#### **The Fellowship Singers: Music Brings Us Together**

For the eighth year, Hank Stupi, our music coordinator, will again be joined by the Fellowship Singers, all eager to perform some of their favorite songs guaranteed to warm your heart or perhaps even tickle your funny bone. Please join us and allow the music to bring us together that day.

*The Annual Holiday Party at the home of the Kinneys' will follow the service.*

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

The message of our story this Sunday: "Each night a child is born is a holy night." Our story will be interspersed with holiday carols, and we'll be talking about topics such as "what makes a good mom or a good dad?" and "what do children need to grow up healthy and happy?" 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.

### **December 23**

#### **Sara Mackey: The Value of Mercy**

Long ago, at the beginning of a newly emerging movement that would come to be known as Christianity, oppressed people heard the story of a way of life that would be different, a way that would depend on the value of mercy. Join us and Sara Mackey as we look at Christmas with a twenty-first century perspective and see where mercy becomes visible.

Sara Mackey has been a friend of UUFR-VA since her seminary days, when the fellowship was meeting 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 two cats who share her home.

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### **December 30**

#### **Dr. Susan Moseley, Pastor: Rituals and Rhythms – Weaving Together the Human and the Holy**

Stories, relationships, symbols, and rituals are the raw materials for shaping and sustaining a meaningful life. This talk will provide a bit of inspiration to begin the New Year both communally and individually.

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 Reverend Jim Moseley, pastor for Campbell Memorial Presbyterian Church in Weems, VA.

## Leadership Corner: Our Uncommon Fellowship

by Tom Kinney, Finance and Legal Committee Chair

A nationwide UU billboard campaign a decade ago included the tag line “The Uncommon Denomination.” Our fellowship could be termed “The Uncommon Fellowship within the Uncommon Denomination.” One thing that makes us so, is how we manage our financial needs. Here are three ways we do things differently:

In regards to our annual budget which keeps the lights on, and our outside speakers and minister paid, what we do differently is that we depend upon each member to be very generous without the pressure (some may say “coercion”) of an every member canvass or pledging. The Finance and Legal Committee is conservative in projecting the Sunday morning income budget for the year ahead and liberal in planning expenditures. The budget is not made in some dark corner but is proposed to all at the Annual Congregational Meeting on the second Sunday in December. The members can provide their input to the Board prior to mid-January, at which time the Board approves the budget. When we (members) add to our expenses like engaging a minister, we increase our generosity accordingly.

In regards to when we would like to see an improvement in our building or our activities, what we do differently is that we have our “vote with our checkbook” system. The project idea or need comes from our membership or from leadership. However, the leaders do not dictate how funds will be spent but add the item to our “Project List.” The congregation then “votes” by funding the project by dropping an extra check in the Sunday morning basket until that project can be realized. That keeps us from letting our wishes overspend our available funds.

However, some commitments have long-term consequences. What we do differently is that we establish our Endowments, managed by our elected Trustees. Individuals that donate to an endowment are assured that *only* the income from those funds will be spent, and then *only* for the exact purpose of the Endowment. The Trustees are legally bound to invest wisely and to use the income from each Endowment only as intended. Our building is a long-term commitment that must be supported through good times and bad, furnace failures and roof replacements. Our Building and Grounds Endowment is fully funded to do so. Same with our memorial area, our “Pathways of Remembrance,” where we need to whack the weeds, clear the leaves, and resurface the paths. We have a long-term commitment to be strongly involved in supporting our communities through our Servetus and Founders Endowment which can be added to by those willing. But currently, and most important, is our recent decision to engage a part-time minister moving our fellowship from a lay-led group to professional support. Realistically, that is a one-way decision. There is no turning back. Our new fund, the Ministerial Endowment, badly needs funding to ease the burden on coming generations – by guaranteeing professional assistance far into the future.

The three Trustees you have elected, highly experienced in financial management, economics, and investing, have produced excellent returns on your invested funds. Since 2003, the average return has been 9.5% with 15.7% over the last two years. Trustees are members of the Finance and Legal Committee and each year choose one among them to Chair that committee. Thus, the congregation always has an elected member in that position. The additional four committee members are drawn from the congregation, each being approved by the Board since they may be exposed to donor confidential information.

Your Trustees also oversee and advise the Treasurer on managing funds, and make themselves available to counsel individual members on personal financial management/investing issues.

Current members of the Finance and Legal Committee are MJ Anderson, Paula Greenwood (assistant Treasurer), Barbara Haynes (Trustee), Janet Hemming (Trustee), Tom Kinney (Trustee, Chair), Lynn Langley (Treasurer), and Gus Shelton.

## **Attend Our Annual Meeting!**

**by Shirley Kinney**

The UUFR-VA Annual Meeting is scheduled for Sunday, December 9, immediately following the service. This is an important meeting for all members – we hear about what’s happening at UUFR-VA, what *will* be happening, and we’ll be able to engage in active conversation about UUFR-VA’s future. Plus, the votes for the new Board of Stewards will be announced. If you are a member, you have received your ballot so you can cast your vote. If you don’t receive a ballot, there will be some available at the December service, as well as a ballot box for you to deposit your vote. As always, the future of UUFR-VA is your hands, so take the opportunity to stay informed.

## **Some Reasons for Wearing your Name Tag**

**by Scott Mabe**

Wearing name tags assists our new members as they begin to interact with us.

Even over time, few people can identify everyone in the fellowship.

Sometimes, we all need help with names, and name tags can help us avoid embarrassment.

Knowing names make conversations more personal.

Wearing your name tag makes you more approachable and encourages other people to reach out to you.

## ***The Pastor’s Platform***

**by Pastor Susan Moseley, D.Ed.Min.**

### **Home for the Holidays**

As a child, I remember experiencing the days from Thanksgiving to New Year’s as the very best time of the year. That is because I was blissfully unaware of all the adult emotions that plagued my parents during the holiday season.

Little did I know that my mother did not enjoy cooking (I come by it honestly.) She always had delicious Thanksgiving and Christmas dinners, but I learned later in life that cooking was neither relaxing nor fun for her; she cooked because it was expected of her. Little did I know that, for my Dad, the holidays were poignant reminders of his parents – both of whom had died soon after I was born. Little did I know, when I was a child, that for many adults the holidays brought stress, anxiety, sadness or depression.

Once I grew up and had a family of my own, it seemed imperative that I recreate the magic of my childhood Christmases for my children. A lovely tree, Santa gifts, stuffed stockings, even an elaborate turkey dinner, were all necessary ingredients for the perfect holiday experience. But as the years went by, I began to realize that holidays are more about paradox than perfection. They are mythic in our memories, and the traditions we preserve have somehow become sacred. Yet often when people come together to recreate an idealized memory, the expectations can produce a simmering stew of emotion that, if left unattended, can boil over and scald our frazzled egos.

In my post-middle-aged condition, I want to believe I have developed a wise perspective on the holidays ... one that lets go of the “perfection syndrome” in favor of a type of “joyful abandon.” John Lennon’s famous lyric, “let it be,” has become my new mantra for the month of December – with all the excitement and anxiety it holds.

But that's just it ... paradox is still the word of the day. You see, I can't quite shake the desire to produce another mythic memory with festive decorations and memorable gifts, so that when my adult children and young grandchild come to my house this year, some magic will shine through the chaos. Such "near-perfection" never happens - never even close - but maybe, just maybe, being together, whether with family or friends, is good enough.

My wish for each of us is that this holiday season will be filled with plenty of patience, not too much stress, genuine forgiveness, moments of magic, and heaps of love!

With appreciation,  
Susan

## **A Holiday Party Invitation**

by Shirley Kinney

You're all invited to our annual Holiday Party on Sunday, December 16, immediately following the service. The venue is the home of Tom and Shirley Kinney, 1167 Ottoman Ferry Road.

- From UUFR-VA, head through Kilmarnock on Rt. 3, through Lancaster, then turn left at the blinking light in Lively, onto White Chapel Road.
- Go 3 miles on White Chapel Road until the road dead ends. Turn left onto River Road.
- Go about another 3 miles on River Road, then turn left at Ottoman, onto Ottoman Ferry Road.
- Go 1 mile and turn left at the driveway marked by a brick mailbox.

Bring a dish to share and a bottle of wine, or what you want to drink, and be sure to wear your best Santa hat and a smile. There are always lots of people, so be prepared to have a wonderful time with your UU friends.

## **Save the Date**

by Shirley Kinney

May 4, 2019 is the date for our first ever UUFR-VA Silent Auction.

We'll be auctioning off amazing items and stupendous services (and perhaps a few other things) and offering wonderful appetizers and a cash bar. What could be more fun!

We will be sending you more details in January but, in the meantime, start thinking about what services or quality items you might want to put up for auction. Perhaps an evening of elegant dining at your home or tickets to that ballet you didn't want to go to anyway or dog sitting for someone. Items large and small are welcome.

Ten percent of the auction proceeds will go to the Northern Neck Food Bank and the balance will help support our UUFR-VA operating expenses.

So, plan on coming and bidding generously!

This is also an opportunity to invite your non-UU friends to our church. They'll enjoy a lovely time and perhaps come away with a cherished item or two. If you know a local business that might want to donate something and receive free advertising in our auction brochure, please talk to them.

If you have something you wish to donate to the auction, contact me, or Lynn Langley or Janet Hemming. We'll be happy to give you details right now!

## **Tax Worries? We Can Help**

As each one of us begins to think about our 2018 income taxes and consider actions needed this month, please keep the fellowship in mind. The new tax laws mean larger charitable donations are needed to reduce your taxes. And, coincidentally, larger donations are needed here this year as well.

Our two primary funding needs are for our building addition and our ministerial

endowment. The building expansion project is fully funded to the “closed in” stage, about 60% of the total, but needs a financial boost to complete the inside and make ready for use. Participants in our crowded Sunday UU for Kids space or Tara’s memorial service of 130 that spilled beyond our foyer (SRO) know the importance first hand of adding this needed space.

The ministerial endowment secures our longer-term commitment to have a minister without a heavy financial burden on the congregation. The target is for the endowment income to provide 50% of an eventual full-time minister expense. This new endowment very much needs your help.

Treasurer Lynn Langley is ready to accept your tax deductible donations. Just drop your check in the Sunday morning offering basket with a notation as to your preference: building addition construction or ministerial endowment. Your donation will be included in your tax letter that Treasurer Lynn mails shortly after the end of the year.

A big *thank you* and Happy Holidays from your Finance Committee for your continued support of the fellowship. It is because of each of you that we are a financially healthy and strong church, able to accomplish all that we do for each other and our community.

## How to Reserve the UUFR-VA Facility for an Activity

By Dave Dustin

If you, as a UUFR-VA member, would like to host an event at our facility, please go to the UUFR-VA website ([uufrappahannock.org](http://uufrappahannock.org)) and check our calendar to see if the date of interest is free.

If that date is free, please send an email to me (Dave Dustin) and include the date, and time, you would like to reserve, along with a short description of your event. I will add your event to the UUFR-VA calendar.

If you know of an outside organization or group that would like to use our facility, please contact Blair Kenyon. Blair is our new facilities use coordinator for outside entities. He will help steer them through the process of renting our facility.

If you have any questions please contact Blair or me and we will be happy to steer you in the right direction and help you get your activity on the UUFR-VA calendar.

### Contact information:

*Dave Dustin or Blair Kenyon*

## 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:

**December:** No meeting.

**January 28:** *The Heart's Invisible Furies* by John Boyne.

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



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



**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.

www.soul-action.com  
 info@soul-action.com  
 804-818-6084



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



**Saturday, January 5, 2019**  
 12:00 - 2:00pm  
 \$15 Voluntary Contribution  
 ("Challenging Weather" rescheduling date: January 12<sup>th</sup>)

**Rev. Laura's Annual Intention Setting Gathering**  
 2019 marks the 11th 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 2019. 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 a great way to launch the new year. Come and enjoy community, fellowship and new cocreations!

RSVP "Yes to Setting Powerful Intentions" to [info@soul-action.com](mailto: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."

## UUFR-VA Activities at a Glance

December 2018	
Dec 9	<b>Annual UUFR-VA Meeting – Following the Service</b>
Dec 16	<b>Holiday Party – Following the Service – Kinneys' Residence</b>
Dec 21	<b>Ladies' Luncheon – 11:30 A.M. – Kilmarnock Inn</b>
Jan 28	<b>River Readers – 2:30 P.M. – Lancaster Community Library</b>
May 4	<b>UUFR-VA Silent Auction</b>

### 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@ufrappahannock.org](mailto:editor@ufrappahannock.org))