



THE CHALICE

UNITARIAN UNIVERSALIST FELLOWSHIP
OF THE RAPPAHANNOCK (UUFV-VA)

P.O. Box 1266
White Stone, VA 22578

May 2019

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

May 5

Rev. Lee Anne Washington: The Importance of Staying Grounded

Since the 1980s, we have seen a rise in stress-related illnesses, such as high blood pressure, inflammation, and chronic pain. Some scientific and medical researchers are now discovering what ancient Eastern medicine has known for millennia: Our bodies are electricity generators that need to maintain balance in order to maintain good health. Rev. Lee Anne will lead us through an imaginary hike and then discuss recent research which concludes, among other things, that going barefoot is a good thing for our spirits and our health.

The Rev. Dr. Lee Anne Washington has been an advocate, author, and educator for over 30 years. She is a graduate of the College of William & Mary, the University of Virginia Law School, and Union Presbyterian Seminary, where she learned, among other things, to read biblical Hebrew and Greek. She was raised in the United Methodist Church, lived 10 years as a Modern Orthodox Jewish woman, and is a member of UUFV-VA. She is a native of the Northern Neck and lives in White Stone with her cat, Princess. Her daughter, Lucy, is attending the University of Virginia. Rev. Lee Anne is

currently traveling around the country in search of her first call as a UU minister.

UU Kids: On Hiatus this week

May 12

Dr. Susan Moseley, Pastor: Staying Connected to the Mother Ship - UUFV-VA and the UUA Sharing Resources, Wisdom, and Inspiration

We will explore the purpose of the Unitarian Universalist Association and the many resources available to nurture and equip UU congregations. We will also look at the impact that our growing fellowship can have on the larger UU landscape. As Unitarian Universalists, we “live our values aloud, not alone.”

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 Rev. Jim Moseley, Pastor for Campbell Memorial Presbyterian Church in Weems, VA.

May 19

Sara Mackey: Church and Circus

In this time of change in the church, many denominations are experiencing shrinking membership. Seminaries and congregations are looking at places where the church intersects with the rest of the world, rather than being set aside on Sunday mornings. Much to her surprise, Sara Mackey discovered that the church is very much alive and thriving in the circus. Join us as we consider how much the church and the circus have in common.

Sara Mackey has been a friend of UUFR-VA since her seminary days, when the fellowship was meeting in the Woman's Club down the road. She lives in Richmond and will soon be retiring from 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 and a French bulldog who share her home.

UU Kids: We Should Care for the Earth and Its Plants and Animals

Our story this Sunday, *Reverence for Life*, will introduce the kids to Albert Schweitzer, a famous minister and doctor whose life was centered around caring for all living things. We'll spend some time outside, observing the plant and animal life that surrounds UUFR-VA, and explore what it means to have "reverence for life."

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.

May 26

Rev. Doug McCusker: A Trip Becomes a Journey After We Lose Our Baggage

If you know exactly where you are going, and you reach your destination as the same person, then you've had a nice trip. But, if you are willing to set out into the unknown and leave your baggage at the station, then you've just stepped aboard the journey of your life. Getting to that place of exploration requires self-awareness, healing of old wounds, and companions.

Rev. Doug McCusker comes to us from 90 miles upstream. He is in his fourth 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.

Lois Williams Presents

Lois Williams will be the speaker for RW-C's First-Friday-of-the-Month Breakfast on May 3rd, at 8:30 A.M. The topic is "Col. James Gordon: Tobacco Trader at Merry Point on the Corrotoman, 1759-1763." Persons with an interest in local history are invited to attend as Lois' guest. Call and leave a message. Address: Rappahannock Westminster-Canterbury, 132 Lancaster Drive, Irvington, VA.

Leadership Corner: Music Coordinator Reflections

by Hank Stupi

“Music and singing are integral parts of our UU worship services. Whether it’s classical, rock, folk, or a cappella, music shifts the energy of worship and moves it into our bodies.”

~Unitarian Universalist Association (UUA)

It’s getting real close to the ten-year anniversary of that Sunday in 2009 when I first volunteered to accompany the fellowship for a couple of songs. It went well, and it wasn’t too long before it would be quite rare to see me at church on a Sunday without my guitar in hand. All of this eventually led to me being offered the position of Music Coordinator for Sunday services at UUFV-VA about a year or so later. I’ve greatly enjoyed the journey. My close involvement with music and singing at UUFV-VA has helped me to grow, not only musically, but spiritually as well.

Recently my best friend since childhood was complimenting me on my growth as a guitarist; he thinks I’m a lot better than I really am. I told him of what I was most proud – the fact that I’ve relentlessly summoned up courage to keep on playing and singing in front of others, despite the feelings of self-doubt and anxiety that have gone hand-in-hand with my performing. I told my friend that if he had walked into my room while I was playing my guitar ten years ago, I would have instantly stopped playing due to nervousness and a lack of confidence. My friend heartily thanked me for sharing this. He thought that he was alone in putting down his instrument if someone entered his space. I assured him that he wasn’t alone; many have performance anxiety issues. It encouraged him to realize that it’s possible to learn to live with, and perhaps even befriend, performance anxiety – to not let it hold you back from doing what you love. I believe that the magic lies outside the comfort zone – not only in

music, but also in life. I know many within the fellowship who have spoken and performed in front of others for the very first time in their lives. Many felt nervous and anxious, but they stepped outside their comfort zones and let their voices be heard.

If you have a song in your heart and you’d like to share it in the warmth and acceptance of what is our fellowship, please let me know. I can accompany most folks to almost any song, and I’m always happy and willing to give it a try. Additionally, I’d like to mention that our pianist, Shirley (Charley) Kinney, will be traveling extensively during the summer months. Any help that I can get with gathering music and/or song accompaniment would be greatly appreciated. Feel free to talk to me about possibilities.

And finally, for those that have said over the years, “We should have a choir at UUFV-VA!” ... I think that would be wonderful.

Unfortunately, I don’t have what it takes to be a choir director. But that doesn’t mean we couldn’t do it. As I see it, it would take some folks with the interest and willingness to put in the time and effort to get something going. We’re not a big church, so any choir we might have probably wouldn’t be a big one. My dream is that one day somebody will say to me: “Hey, Hank! A few of us have put together a little group, and we’d like to sing a song or two on Sundays from time-to-time.” There’s always plenty of room in the Sunday services for something like this. I’m sure the fellowship would love it.

Keep a song in your heart!

Phood and Philosophy

Our next Phood and Philosophy will be on Saturday, May 25th, at **Janet Hemming’s** home on the Corrotoman. The question for the evening: Do you have a purpose in life? If so, what is it, and how has it affected what you do? If not, why are you here?

If the weather is nice, we will have dinner on the deck. Please bring a dish to share and the beverage of your choice. The festivities will start at 5:30 P.M.

Please RSVP to ensure there are enough chairs!

Wine & Cheese Sunset Cruise Saturday, June 22

The UUFR-VA is going on a Sunset Cruise! We will board the charter boat in Deltaville. (We can carpool from the UUFR-VA.) The boat has benches, so you don't need to bring a chair. (Unless you can't sit on a bench!)

The cruise will include riding along the Rappahannock River, toward the bridge, where we will enjoy the sunset behind the bridge. Bring your camera!

This will be a great time to invite your friends, kids, and grandkids! Especially, because kids 18 and younger will be **free!**

Please bring your choice of drink. (Wine, beer, etc.) Juice bags and water will be provided. Also, bring cheese and food to nibble on and share.

Now, remember that we, at the UUFR-VA, are a **community!** That means that we want *everyone* to be able to join us! So, if you don't like to drive at night, no problem! Just tell Belinda and someone will be **happy** to give you a ride.

If you are worried that your physical situation will prevent you from getting to and off the boat, no problem! (Just let Belinda know when you sign up.) We will get you on the boat! The Captain has assured us that he will get everyone on the boat!

So, if you haven't been on a boat in a long time because you didn't think you could do it, physically, don't miss this opportunity! Remember, we are a **community** and that

includes everyone! We will not leave anyone behind! Please join us!

A sign-up sheet will be in the UUFR-VA foyer. The first 25 people to sign up **and** give a check for \$20 each will go on the Sunset Cruise on Saturday, June 22. Kids 18 and younger are **free**; each kid needs to be signed up.

Please make checks out to "UUFR-VA." (Please see Belinda if you need financial assistance. Don't let that stop you from going!)

If we fill up the boat, with 25 people, on June 22nd, then a second Wine & Cheese Sunset Cruise will be offered on Saturday, June 29th. Stay tuned! (Sign-up will be in the foyer, if we have enough interest to go on a second Wine & Cheese Sunset Cruise.)

We will board the boat (time TBD) at Chesapeake Cove Marina, 170 Green's Cove Road., Deltaville, VA. 23043.

Don't forget to invite your friends and family and sign up!

Belinda Gaskins

All Are Welcome! In all UUFR-VA Spaces!

By Ruth Micklem, UUFR-VA President

Inclusion and Affirmation of people of diverse gender identities and expressions takes intentional work on the part of communities of faith. Here at UUFR-VA, one of the intentional acts we have taken is to make our restrooms gender neutral.

As of this month, the UUFR-VA Board has made the decision to ensure that everyone feels welcome – at least where restrooms are concerned. You may notice that we no longer have a women’s restroom and a men’s restroom. We now have two Everyone Restrooms!

In the spirit of recognition of the fact that change can be difficult and that some folks just don’t feel comfortable sharing their bathroom time with anyone, please note that both restrooms have locks on them. If you feel the need for privacy, you can lock the door!

This change has been made to ensure that everyone feels included and affirmed in their gender identity and that no one feels they have to lose themselves to make a choice about what restroom to use.

UUFR-VA Mugs and Coasters

by Terrie and Dave Dustin

Please be reminded that there are still some beautiful UUFR-VA Mugs and Coasters available. They make lovely hostess gifts or gifts for visiting guests and benefit our Building Expansion Fund. The mugs are \$25, and the coasters are \$10. Just mark your check *Building Expansion*, and put it in the collection basket. To order ahead just email and I will bring your packaged order the following week. Thank you for your continued support.

The Pastor’s Platform

by Pastor Susan Moseley, D.Ed.Min.

Is it May already? Church picnic, Farmer’s Market, Silent Auction, Yoga Breakfast, Leadership Retreat, Memorial Day are all hints that summer is just around the corner. This time last year, Jim and I were in the process of moving permanently to the Northern Neck and beginning our new ministries.

Last May was a blur of boxes, piled high packing paper, recyclables, give-aways, and endless questions about what goes where, and where on earth is the coffee pot? It was not a peaceful time, but there was an undercurrent of excitement about our next unfolding chapter.

Our ministry together began officially on June 1st, and what an amazing year it has been. Here are some of the highlights for me:

- Visiting with members in homes, coffee shops, and restaurants.
- Exploring favorite topics as I prepared for Sunday talks.
- Listening to a wonderful variety of speakers from our own fellowship along with many special guests.
- Representing UUFR-VA at Interracial Conversations, Interfaith Service Corp, and the Lancaster Ministerial Association.
- Meeting and talking with curious seekers at the Irvington Farmers’ Market.
- Enjoying time spent with many wonderful women at the Ladies Luncheons.
- Practicing meditation on Sunday mornings.

As a new year together unfolds, here are a few things I look forward to:

- Attending UUA General Assembly in Spokane, WA, in June and taking a UU polity class while I’m there.
- Supporting UUFR-VA’s participation in the Pledge to End Racism.

- Continuing to welcome visitors and new friends to UUFR-VA's Sunday services, fellowship, and mission.
- Adding the new addition to our beautiful building.
- Being your pastor and sharing good times, sad times, and the challenging times together.
- And ... **The last Sunday in June, the 30th, will be Poetry Sunday** at UUFR-VA. This will be a wonderful service of shared insight and wisdom.

If you would like to share a favorite poem with our fellowship that day, please email me with the title and author of your poem by Monday, June 3rd.

UUFR-VA is the place to be on the Northern Neck and Middle Peninsula for all those who want a safe and affirming community to explore questions of meaning and purpose. Share the love, and invite your friends and neighbors.

Namaste,
Susan

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:

May 27: *Warlight* by Michael Ondaatje

June 24: *Less* by Andrew Sean Greer

July 22: *Eleanor Oliphant Is Completely Fine* by Gail Honeyman.

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

Plan to Attend the UUFR-VA Retreat

by Shirley Kinney

No, it's not too late to plan to attend our annual UUFR-VA Retreat on October 5, 6, and 7 at Camp Chanco. That's Saturday through Monday morning. This is a new time for the retreat. We've switched to beginning on Saturday to make it more doable for all of the working folks.

This year we'll be wandering through an intriguing landscape, exploring a deserted mansion, and figuring out all we see along the way. Remember: All who wander are not lost.

If you'd like to reserve your space, just let me know, and I'll put you on the list. The cost will be about the same as last year (~ \$150 per person). This includes two nights and all meals. More details on price will be available soon. If cost is an issue for you, we have scholarships available.

If you have any questions, contact me. If you want to know how much fun we have at Chanco, just ask anyone who has attended in past years. This retreat comes highly recommended!

UUFR-VA Activities at a Glance

May 2019	
May 4	Irvington Farmers' Market – 9:00 A.M. to 1:00 P.M. – Irvington Commons
May 4	UUFR-VA Silent Auction – 4:00 P.M. – UUFR-VA
May 5	New Members Luncheon – After Service – UUFR-VA
May 15	UU Womenspirit Spring 2019 https://themountainrlc.org/event/uu-womenspirit-spring-2019/
May 17	Ladies' Luncheon – 11:30 A.M. – KC's Crabs and Cues
May 19	UUFR-VA Board Meeting and Retreat
May 25	Phood and Philosophy – 5:30 P.M. – Janet Hemming's home
May 27	River Readers – 2:30 P.M. – Lancaster Community Library
Jun 19	UUA General Assembly
Jun 22	Wine & Cheese Sunset Cruise
Oct 5	UUFR-VA Retreat

Scenes from the Ladies' Luncheon at ICYCC



Photos by Belinda Gaskins

Board of Stewards

Ruth Micklem, President
Bill Gimpel, Vice President
Lynn Langley, Treasurer
Vicki Kinsel, Secretary

Web Site

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

Dave Dustin, Past President
Diana Jamison, Program Chair
Janet Hemming, Membership Chair

Newsletter

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