



THE CHALICE

UNITARIAN UNIVERSALIST FELLOWSHIP
OF THE RAPPAHANNOCK (UUFV-VA)

P.O. Box 1266
White Stone, VA 22578

June 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

June 2

Scott Mabe: Measuring Your Self-Worth

Scott will share his thoughts about how we may measure our self-worth. It is likely that we have asked ourselves such questions as “What is my life’s purpose? Has my life had meaning? How do I measure my self-worth?” Scott will outline why these questions are important life questions, not just at the end of our lives, but at any time, because the way we choose to measure our self-worth affects the kind of life we live.

Scott and his wife, Beth, live in Middlesex County. He earned his graduate degree at the University of North Carolina at Chapel Hill. Prior to his retirement, Scott was a family counselor for 25 years, and later taught sociology and psychology at Rappahannock Community College for 15 years. He is currently involved in his annual organic gardening therapy.

UU Kids: On Summer Break, returning in September

June 9

Dr. Susan Moseley, Pastor: The Wisdom of Friendship

True friendship may be the most valuable treasure in life. But, how do we know when

we have found it? Why do some friendships last forever and some only last for a season? This talk does not provide definitive answers, but it may just help each of us discover our own individual responses to those questions.

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.

June 16

Rev. Lee Anne Washington and Pastor Susan Moseley: God Loves a Garden

In 1923, Norbert Capek, the minister who founded the Unitarian Church in Czechoslovakia, introduced Flower Communion to his congregation. He developed the ritual as a way of binding a diverse people more closely together. Rev. Lee Anne and Pastor Susan will lead us in Flower Communion. Come join us, bring a flower, and celebrate our diversity and our deep connection as a Unitarian Universalist community.

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 UUFR-VA. Rev. Lee Anne 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 for her first call as a UU minister.

UU Kids: on Summer Break, returning in September

June 23

Rev. Alane Cameron Ford:
Rebuilding Empathy in a Fractured Society

It is an imperative of many religions to build interpersonal bridges, repair fractured relations, and befriend the stranger. What is the responsibility of the individual in a social landscape that can seem irreparable?

Rev. Alane Cameron Ford received a Master of Divinity degree from Union Theological Seminary and has served the UU Community Church in Glen Allen, VA, and the First UU Church of Richmond, VA. She works for Nayar Hospice and is the host of Death Club Radio on Richmond Independent Radio, WRIR 97.3 (www.wrir.org) Thursdays at 12:30 P.M. She is married to Phil Ford, and they have three children.

June 30

Dr. Susan Moseley, Pastor: Poetry Sunday

This will be a wonderful service of shared insight and wisdom. Please join Susan

Moseley and other members and friends of the fellowship who will be sharing some of their favorite poems.

Please join us for the 5th Sunday Potluck immediately following the service.

Student Recognition



Congregant Roman Cutler, and classmates, were recognized for presentation of their senior research projects at a symposium held at James Madison University. View The Fredericksburg Star article [here](#).

UUFR-VA Memorials

There have been some questions lately about what memorials are allowed at UUFR-VA, who pays for them, and who can be memorialized. UUFR-VA Memorial Guidelines were initially developed by the team that worked on the construction of the Pathways of Remembrance. These guidelines have recently been updated and are now available on the UUFR-VA website. Questions can be directed to Bob Weekley or Janet Hemming.

Life in Sierra Leone

Katherine Cassidy (Lois Williams' daughter) will be speaking at RW-C about her life in Sierra Leone, Africa, on Thursday, June 20, at 3:45 P.M., followed by a Wine Reception.

UUFR-VA folks are invited. Email Lois if you are coming.

Leadership Corner: River Readers

by Elaine Weekley

Way back when, Adele Failmezger, a founding member of UUFR-VA, and I were searching for a book group to attend. Both of us belonged to discussion groups when we lived in Northern Virginia and wanted to continue to enjoy them after retiring to the Northern Neck. (Actually, I needed one to make sure I would read at least one book a month!) After attending a couple of meetings where each person would review the book they thought was interesting, we found that format not quite right for us and decided to start a book group of our own.

We began by inviting all who were interested in a monthly meeting to discuss one particular book to join us. From the beginning, anyone, not only UUFR-VA people, was included, and in February 2000, we held our first meeting at the Lancaster Community Library to discuss *The Shipping News* by Annie Proulx. We chose our name - and The River Readers were off and running!

Members recommend novels that they feel will yield interesting discussions - from mysteries to classics, from Toni Morrison to Jane Austen. The monthly selections are then chosen by popular vote. The only request is that we read 100 pages of the book-of-the-month in order to participate in the discussion.

We meet eleven months each year, leaving December for all the holiday festivities, and have a "Big Book" dinner and discussion, usually in October and usually at Indian Creek Yacht and Country Club. Our "Big Book" is sometimes longer (bigger!), may be a classic or the winner of one of the acclaimed prizes for books, and is considered somewhat challenging.

We have a group of avid readers and always enjoy the interesting and stimulating discussions. Please join us!

Anti-Racism Here and Now

by Tom Kinney

Making progress against racism in our community is a part of our ten-year Vision and is an important goal. One segment of that goal is our efforts to eliminate generational poverty. Another is to steer our community to a better place from where it was and is. It is helpful to deepen our understanding of where our community was and is, as well as to learn how other communities created a just place with more love, respect, and caring. The library in our foyer has multiple copies of three historic references to help.

Against The Tide, by J. H. Sullivan, tells of a successful African-American of the Lancaster-Middlesex area who was targeted and defeated economically.

Fight On My Soul, by Dr. James Norris, reveals how certain leaders in the Lancaster African-American community successfully struggled against the racial box that was constructed here to confine them. It will open your eyes to recognize pieces of that box that are still in place today. Expect some familiar names of individuals and locations involved.

And finally, *A Stronger Kinship*, by Anna-Lisa Cox, brings in a breath of fresh air by demonstrating that it doesn't have to be this way. And, it wasn't in their community in the midst of the Jim Crow era, because they decided a little more than a century ago that love, respect, diversity, and justice is what they wanted for their friends and neighbors. They made it happen.

Please read, think, then let's get to work.

Servetus / Founders Endowment 2019

Your Servetus/Founders Endowment funds pre- and post-high school programs for students in need within our four-county community. Grants supporting the arts are also available where current funding is lacking. Your elected Trustees review recommendations from our members and seek opportunities through nonprofits that serve/support community programs.

Each 3preK class in Lancaster and Middlesex Public Schools will again receive a \$1000 grant for a Book-per-Child-per-Month program to build a library of children's books in each generational poverty home that has a child in our 3preK program.

Previous year scholarship recipients keep in touch with the Trustees to let us know how they are doing academically and financially. They also share any revisions to their academic plan and their goals. All seven of our previous scholarship winners now enrolled will receive \$2000 scholarship renewals.

The Rappahannock Concert Association, based in Northumberland County, initiated a program to teach violin and cello to area students - an opportunity that was missing locally. Your Trustees helped fund the startup of this program and, to meet the increasing demand, will provide an additional \$2,000 this year for its expansion to serve 20 additional students. Lancaster and Northumberland churches and YMCA's provide space for the classes.

Fellowship member, Terry Smith, notified the Trustees that Friends of Belle Isle State Park had lost a sponsor for their "Music By The River (MBTR)" series due to a shift in that sponsor's priorities. The Trustees will provide \$800 to help MBTR partially recover from this loss of financial support.

Your Trustees (Barbara Haynes, Janet Hemming, and Tom Kinney) encourage input from all of our members to help identify needs and opportunities to provide financial support to programs consistent with the constraints our endowment donors have specified.

2019 Servetus Scholars

Our fellowship is awarding five \$4000 Servetus Endowment scholarships this year to economically challenged graduates from Lancaster, Mathews, Middlesex, and Northumberland High Schools. One is a re-award of an unused 2018 Lancaster High Scholarship. Each student benefited from dual enrollment classes with RCC. Your Trustees have selected:

Northumberland High's **Anna Pitts** will attend VCU toward becoming a Radiologist/Medical Diagnostician. She has maintained a GPA of 4.4 and graduated 5th in her class of 113. Anna volunteers at Riverside/Tappahannock's ER and med lab between her part-time work at Callao Supermarket, adding to both her medical experience and funds for her education.

Mathews High recipient, **Morgan Buchanan**, will enter RCC this fall on her way to becoming a Surgical Registered Nurse. Morgan placed 9th out of 86 with her 4.25 GPA. She volunteers at Riverside Walter Reed, as well as Mathews Rescue Squad. Her work at a local pharmacy plays a part in preparation toward her professional goal.

Middlesex High's **Kayla Paulos'** next step toward her career goal of being a medical researcher is a Biochemistry degree from UVA. With a GPA of 4.4, she graduates 4th of 92. Kayla maintains a busy schedule in sports and student government, as well as working at nursing homes, the Cryer Center with Hands Across Middlesex, Beth Page Campground, NN YMCA, and the Kilmarnock Inn.

Because there are two Lancaster scholarships available, the Trustees were able to award scholarships to both the Valedictorian and Salutatorian. **William Austin McCarty** graduates 2nd of 90 with a GPA of 4.3. He heads to UVA to advance his skills in Computer Science with an intense interest in artificial intelligence, cyber security, and compilers. Austin's leadership on the robotics team focuses not so much on winning, but on helping others gain experience in building/programming. He brings that same focus on helping others in academics and environmental projects.

Graduating 1st in his class of 90 is **Roman Cutler**. VCU has won the competition to have Roman as a student this fall in Mechanical Engineering, Computer Science/Robotics. If you are new to our fellowship, Roman is the young man who is always ready to assist in the kitchen or elsewhere after the service each Sunday. He continues to look for ways he can be helpful. This Captain of Chesapeake Bay Governor's School, Secretary of both his senior class and the National Honor Society also volunteers at the Food Pantry, Habitat for Humanity, and the Education Foundation. All of that does not keep him from participating in the marching band, the symphonic band, and the jazz band. His list of 35 awards and recognitions is truly remarkable. Oh yes, he has maintained a 4.4 GPA through all of this activity and volunteerism. But he did once get a B in 8th grade geometry!

Your Trustees hosted a luncheon for these winners, a first step in staying connected and ready to provide additional help as each pursue their goals.

Your Trustees: Barbara Haynes, Janet Hemming, and Tom Kinney.

The Pastor's Platform

by Pastor Susan Moseley, D.Ed.Min.

Connecting to the Mothership

I am counting the days until my trip to Spokane, WA, for the Unitarian Universalist Association's **General Assembly 2019, June 19-23**. This experience will be very valuable to me for several reasons:

- Seeing the UUA in action,
- Learning all about UU polity,
- Traveling to the Pacific Northwest for the very first time,
- Carrying the UUFR-VA banner in the General Assembly Parade,
- Connecting to, learning from, and worshipping with Unitarian Universalists from all across the country.

Below is a quote about GA taken from the UUA.org website:

The Power of We

In a time of great challenge and heartbreak in our world, what does our faith demand from us? At this year's General Assembly, we will explore the power, possibility, purpose, struggle and joy of finding the path forward together as Unitarian Universalists.

Attendees will leave inspired, with the tools needed to carry on the work in their own congregations and communities. Join us as we work for collective liberation inside and outside our faith.

Like the shuttle craft that must dock with the Enterprise for maintenance and fuel, I will represent UUFR-VA to the UUA, bringing back the collective wisdom and resources to help us do justice work on our little Asteroid called Northern Neck/Middle Peninsula. I am eager to share with you my experiences, insights, and learnings upon my return. So, ...

“Beam me up, Scotty.”

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:

June 24: *Less* by Andrew Sean Greer

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

August 26: *The Witch Elm* by Tana French.

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

Wine & Cheese Sunset Cruise Saturday, June 22

Join the UUFR-VA 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.

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 payable 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

Anticipate: The UUFR-VA Retreat

by Shirley Kinney

Looking for an activity that would bring you closer to your friends at UUFR-VA? That would give you a chance to meet more people at UUFR-VA? That would take you away from life's daily chores? That would be **so much fun?**

The answer to all those questions is this: UUFR-VA Congregational Retreat at Camp Chanco on the beautiful James River, just about an hour away from here.

On October 5, 6, and 7, many of us will be gathering at Camp Chanco for three days away from the stress of everyday life, and totally surrounded by UUFR-VA folks who will be laughing and talking and having a great time.

We will be taken on a wandering journey through a dark and spooky woods until we come upon a mysterious old mansion. We enter the mansion and then the game's afoot. We'll solve mysteries, conjure spirits, make the walls sing. Then we'll gather around a campfire at night and burn a few

marshmallows. In the wee small hours of dawn, we'll hear the haunting music of a bagpiper as he stands overlooking the foggy James River to greet the morning.

We sleep in rustic cabins and eat in a dining hall a short walk away, through the woods. The cost for the cabins and all your meals for three days is \$150 **per person** for double occupancy and \$195 **per person** for single occupancy. That's a pretty reasonable price to pay for a terrific fun time and great food and amazing companions.

There is a sign-up board in the UUFR-VA foyer, so add your names to the list soon. Give our treasurer, Lynn Langley, a check to reserve your place in this fun event. If you would love to come but just can't afford it, there is some money set aside in the annual budget to help you out. Just talk to Ruth Micklem, our president, if you need some assistance.

Memorial Service for Sara Graham

As many of you are aware, our good friend Sara Graham passed away on May 15th. There will be a Memorial Service for her at UUFR-VA on Saturday, June 29th, at 2:00 P.M. We invite all of her UUFR-VA friends to attend. Sara's wife and daughters will be attending as well.

There will be a reception after the Memorial Service. UUFR-VA is handling food for the reception. If any of you would like to bring cookies, chips, veggies, etc., please contact Janet Hemming.

UUFR-VA Activities at a Glance

June 2019	
Jun 1	Irvington Farmers' Market – 9:00 A.M. to 1:00 P.M. – Irvington Commons
Jun 16	UUFR-VA Board Meeting – After Service – UUFR-VA
Jun 19	UUA General Assembly – Spokane, WA
Jun 21	Ladies' Luncheon – 11:30 A.M. – Golden Eagle, Irvington
Jun 22	Wine & Cheese Sunset Cruise
Jun 24	River Readers – 2:30 P.M. – Lancaster Community Library
Aug 17	Second Annual Wine and Dine – 6:00 P.M. – UUFR-VA
Oct 5	UUFR-VA Retreat

Scenes from the 2019 Kekoka Yoga Breakfast



Photos by Terrie Dustin and Susan Johnson

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)