



THE CHALICE

UNITARIAN UNIVERSALIST FELLOWSHIP
OF THE RAPPAHANNOCK (UUFV-VA)

P.O. Box 1266
White Stone, VA 22578

July 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

July 7

Dr. Susan Moseley, Pastor:

Reflections From My Very First UUA
General Assembly

Susan will share her memories and experiences of the UUA General Assembly in Spokane, WA: Listening to Richard Blanco, President Obama's Inaugural Poet and one of only five to hold such an honor; Worshiping with over a thousand other UUs; Meeting and making new friends from across the country; and Witnessing the UUA make decisions and policies that will make a difference in churches and in our world. She will also talk briefly about some of her learnings in the Polity Immersion class offered by Starr King Theological School. How are UU Principles manifest at the institutional level of our tradition? But, not to worry; she is much more interested in talking about "the spirit of the law" than the letters of the laws.

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: On Summer Hiatus

July 14

Roman Cutler: How Technology
Affects Religion

Roman will share his perspective on how technology has been revolutionizing the way we communicate and learn, thus affecting people's religious perspectives. Being a part of Generation Z, Roman has seen how his generation uses technology, like the internet, to educate themselves about religion, giving them a unique perspective compared to previous generations.

Roman Cutler graduated as Valedictorian from Lancaster High School and Summa Cum Laude from Rappahannock Community College with an Associate's degree. He plans on attending Virginia Commonwealth University (VCU) to major in Mechanical Engineering and Computer Science. Roman is also a member of the Phi Theta Kappa Honor Society and has a part-time job teaching technology-based classes at the Lancaster Community Library. He helps out the community by volunteering at various organizations, like the Northern Neck Free Health Clinic, which earned him the Presidential Award, recognizing his community service.

July 21

Sara Mackey: Resting Along the Path

Prayer is a multifaceted idea far more complex than asking for what we wish for. Join us and Sara Mackey as we consider how healing prayer ministry might offer rest from our labor and strength for the journey.

Sara Mackey has been a friend of UUFR-VA since her seminary days, when the fellowship was meeting in the White Stone Woman's Club. She lives in Richmond and recently retired from Union Presbyterian Seminary, where she earned her M.Div. Sara has served Williamsburg UU as Director of Faith Development, and has volunteered in many capacities over the years at UU Community Church in Glen Allen. Always on the lookout for new perspectives, she currently attends evening worship at St. Stephens Episcopal Church in Richmond. Sara has a son, daughter-in-law, and preschool 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: On Summer Hiatus

July 28

Erin Bishop: The Hidden Power of Breath

Erin will share the nature of Breathwork and how it creates awareness, clarity, and connection to the Higher Self. The breath is a resource; it is smart, trustworthy, valuable, and free. Through life's trials and tribulations, egoic temptations, and human limitations, we appear to feel separated and disconnected. Breathwork gives us an opportunity to embody our true nature. Erin will share her story and approach to awakening in every moment using the hidden power of breath.

Erin K Bishop, M.A., helps people find clarity, purpose, and inner strength using conscious awareness, mindset empowerment coaching, and breathwork to build healthy

relationships with themselves and others. In the latter half of an eleven-year corporate career as a Human Resources professional, Erin shared her experience and time coaching staff and management to develop happiness, emotional health, and balanced productivity at work. She earned a Master of Arts degree in 2017 in Health and Wellness Coaching from Maryland University of Integrative Health. Erin is a certified Breath Therapist and Integrative Breathwork Practitioner. Her personal practice includes over ten years of mindfulness and meditation, five years of monthly Integrative Breathwork Sessions, and three years of part-time life coaching with A Breath of Wellness. Erin continues to remain a beginner and learns with every breath.

Building Expansion Project Update

by Bill Gimpel

Water ... we do not need more at the UUFR-VA!
Many people have been asking about the lack of progress on the building expansion project ... and with good reason.

When the contractor started digging the trenches for the footings, the ditches promptly filled with water. After pumping the water out, the ditches filled with water the following day. After much consulting, the Lancaster County Building Official declared we had a soils problem and needed an engineer to certify our plans for footings. We also needed the structural loads certified.

After several engineers said the project was beyond their capabilities, we were referred to the Structures Group in Williamsburg. I met with them on June 12th. After much discussion, they agreed to the job and sent me a proposal and fixed price quote. We have signed a contract with them as of June 18th. The Structures Group will start their work this week and should have documents for review by the Lancaster Building Office in about four weeks.

Leadership Corner: Leadership Development Committee

by Dave Dustin, Committee Chair

Deepen Your Understanding of Your Unitarian Universalist religion, and how to become more Involved with UUFR-VA

Summer is a great opportunity to “participate” in the Unitarian Universalist Association’s (UUA) annual General Assembly (GA). This year the GA was held June 19th to 23rd in Spokane, WA. Several members of our fellowship have attended past GA events and have come back with wonderful stories of how informative and exhilarating the experience was for them. This year our pastor, Susan Moseley, and Reverend Lee Ann Washington traveled to Spokane, WA, to participate in this year’s GA. Here’s a web link to some of the events that occurred during this year’s UUA GA:

<https://www.uua.org/ga/off-site/2019>

Attending Tidewater Cluster meetings is a great way to build your enthusiasm and understanding of UU principles. These events are held at various locations and occasionally in nearby Williamsburg. These sessions are typically one-day events consisting of multiple learning sessions and workshops. It’s also a great opportunity to become acquainted with fellow UUs living in our extended area. Ruth Micklem is our fellowship’s representative. Here’s a web link to the Tidewater Cluster’s webpage:

<https://tidewateruu.org>

Southern Unitarian Universalist Leadership Experience (SUULE) is another way to build your appreciation and understanding of UU principles and form strong leadership skills. “Leadership Experience (LE) is the most intensive leadership training available within the Southern Region of the Unitarian Universalist Association. It is an intense, week-long ‘experience’ where congregational

leaders dive deeply into both their own Unitarian Universalist faith and the congregational systems and dynamics that must be understood in order for leaders to support thriving congregations.”

A link to this year’s event can be found here:

<https://www.uua.org/southern/calendar/region/suule-southern-uu-leadership-experience>

Location: Wertz, Virginia

Important dates:

Nominations close on June 1

SUULE 2019 class will be announced by June 15

All fees are due by August 1

Please contact me if you are interested in attending any of the events listed above or just want more information. And don’t let financial concerns damper your enthusiasm! Contact our President, Ruth Micklem, if you are interested in attending this year’s SUULE event. You can discuss financial subsidies that might be available.

Other ways to develop leadership skills are:

Explore other leadership information which can be found on the UUA website. Here you will find access to different types of leadership development opportunities:

<https://www.uua.org/leadership>

There are also many ways to become directly involved with all the many activities that are available to you all year round here at UUFR-VA.

- Attending annual UUFR-VA Retreat
- Attend the annual UUFR-VA picnic
- Becoming an occasional Sunday speaker
- Becoming a Service Leader

Attached to this month’s Chalice is a list of all the committees currently active here at UUFR-VA. Look over this list of committees, and if you see one that might be of interest, please contact the Chairperson to find out more about their activities and how

you might be able to contribute to their efforts.



COME ONE COME ALL
Bring Your Friends and Neighbors

Featured Movie

RBG

Friday, July 12,
Doors Open at 7 PM
Discussion Following Movie

UUFRR

366 James Wharf Road
White Stone, VA

Admission Free
Donations Optional

Feel Free To Bring Snacks,
Drinks or Dinner of Your Choice

Complementary
Popcorn
And Soft Drinks

Share A Ride
Coordinate With Belinda
804 577 7974

Guardian Review:
This lively documentary provides a heartfelt portrait of US Supreme Court Justice Ruth Bader Ginsburg. It tracks her brilliant and legal career.

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:

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

August 26: *The Witch Elm* by Tana French

September 23: *Where the Crawdads Sing* by Delia Owens

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

Plan to Attend the UUFRR-VA Retreat

by Shirley Kinney

Our annual UUFRR-VA Retreat will be held on October 5, 6, and 7 at Camp Chanco. That's Saturday through Monday morning. 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.

To reserve your space, just let me know. 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 Committees and Activities

Updated: June 20, 2019

<p><u>Program Committee</u> Diana Jamison – Chair Hank Stupi – Music Belinda Gaskins – Service Leader Coordinator Susan Moseley – Speaker Coordinator Bob Weekley – Sunday Bulletin Announcements</p> <p><u>Membership Committee</u> Janet Hemming – Chair Marge Rowden Elaine Weekley – Directory Candy Harris Celane Roden – P&P Suzanne Shepherd Carmela Crawford – Outreach</p> <p><u>Finance Committee</u> Tom Kinney – Chair Janet Hemming Barbara Haynes Lynn Langley – Treasurer Paula Greenwood – Assistant Treasurer Gus Shelton MJ Anderson</p>	<p><u>Trustees</u> Janet Hemming Barbara Haynes Tom Kinney Advisors: Sharon Coulter, Celane Roden</p> <p><u>Vision & Planning Committee</u> Tom Kinney – Chair Eddie Correia Roman Cutler Gini Hill Celane Roden Marge Rowden Bill Zybach</p> <p><u>Building & Grounds Committee</u> Coordinator: Sharon Coulter See the “UUFR-VA Home Team” list</p> <p><u>Building Construction</u> Bill Gimpel – Chair Dave Dustin Tom Kinney Lynn Langley</p> <p><u>Social Justice</u> Ruth Micklem Diana Jamison</p>	<p><u>Faith in Action/Niche</u> (Combines Community Service and Social Justice) Tom Kinney – Communication and Coordination Pam Collins – Community Service</p> <p><u>Kid First Foundation Board</u> Tom Kinney Judi Caples MJ Anderson Gini Hill Eve Jordan Vicki Kinsel Lynn Langley Celane Roden</p> <p><u>Pastoral Care</u> Susan Moseley – Pastor Diana Jamison – Lay Pastoral Care Associate Robert Weekley – Lay Pastoral Care Associate</p> <p><u>Leadership Development Committee</u> Dave Dustin – Chair Hank Roden Kristi VanAudenhove</p>	<p><u>Religious Education</u> (UU for Kids) Kristi VanAudenhove Mike Knez</p> <p><u>Imagine That! (Arts Group)</u> Shirley Kinney – Leader Marge Rowden Eve Jordan Janet Hemming</p> <p><u>River Readers Book Discussion Group</u> Elaine Weekley – Coordinator</p> <p><u>Publicity Team</u> Susan Johnson and Hank Roden – Social Media and Media Contact Hank Stupi – Bulletins Bob Weekley – Writer, Bulletin Announcements Elaine Weekley – Chalice Proofreader Bob Prescott – Chalice, Website UUFR-VA Activities at a Glance Vicki Kinsel Peny Gallogly Diana Jamison</p>	<p><u>Paths of Remembrance (Memorial Area)</u> Chair: Bob Weekley Tom Kinney Janet Hemming Thea Marshall Hank Roden Nancy Johnston Scott Mabe Beth Mabe</p> <p><u>Ladies Luncheon</u> Eve Jordan – Coordinator</p> <p><u>Tidewater Cluster Representative</u> Ruth Micklem</p> <p><u>Library</u> Chris Gimpel</p> <p><u>Cabaret</u> Diana Jamison – Producer</p> <p><u>Sunday Meditation</u> Diana Jamison – Coordinator</p> <p><u>Building Use Administration</u> Blair Kenyon</p>
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UUF^R-VA Activities at a Glance

July 2019	
July 6	Irvington Farmers' Market – 9:00 A.M. to 1:00 P.M. – Irvington Commons
July 12	Movie Night – 7:00 A.M. – UUF ^R -VA
July 19	Ladies' Luncheon – 11:30 A.M. – Sal's Pizza, Kilmarnock
July 21	UUF^R-VA Board Meeting
July 22	River Readers – 2:30 P.M. – Lancaster Community Library
Oct 5	UUF^R-VA Retreat

Board of Stewards

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

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

Web Site

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

Newsletter

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