

THE CHALICE

UNITARIAN UNIVERSALIST FELLOWSHIP
OF THE RAPPAHANNOCK (UUFR-VA)

P.O. Box 1266
White Stone, VA 22578

September 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

September 1

Dr. Susan Moseley, Pastor: The Prophetic Voice - When Love Must Speak

Every tradition of spirit and faith creates the role of the prophet, the one who serves as the voice of warning and the forecaster of future events. These are the daring individuals who see first what others are late in seeing, and rouse us from our inattention to present dangers. Such voices of old were Moses, Amos, Jesus, and Mohammed. In our lifetime, we have heard such voices as Martin Luther King, Jr., Gabbi Giffords, and Greta Thunberg. If the spirit moves, will we speak? If the danger is deadly, will we cower, or will we rise up?

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.

UU Kids: We Care for Earth's Lifeboat.
The kids will join together to plant a fall

garden. We will talk about where our food comes from and how vegetables grow.

A reminder that in 2019-2020 we are joining the adults for the first part of each service. The children will depart for their own activities after Joys and Concerns.

September 8

Sara Mackey: Raising Lazarus

The New Testament story of Jesus bringing Lazarus back from the dead is peculiar on many levels for twenty-first century readers, and it raises many questions. A question Sara Mackey wonders about is whether anybody asked Lazarus what he wanted. Join us as we engage in that and other aspects of being raised from the dead, not only for Lazarus but for ourselves as well.

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 recently retired 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 a cat and a French bulldog who share her home.

September 15

Shelby Kirillin and Nicky Hansen: A Peaceful Passing

Doula is the Greek word for “woman who serves.” It’s usually associated with those who assist in childbirth. But, more and more, doulas are helping people with leaving the world. They provide informational, physical, and emotional support for you or your loved ones to help navigate through complicated aspects of life – leading to a good death. End of Life Doulas help ensure that you can make the best-informed decisions possible about your final days, or about those you love.

Shelby Kirillin is the founder and president of A Peaceful Passing. Along with being an ICU nurse for over twenty years, she is trained and certified by INELDA (International End of Life Doula Association) and has been a practicing end-of-life coach/doula for three years. In 2017 she became an instructor for INELDA, where she travels around the country training others to be doulas. Shelby believes that dying isn’t a medical experience, but rather a sacred and special time in our lives that should be treated with such care. With the right preparation and open communication, she believes that dying can be, and should be, a beautiful ending to the wonderful chapters we write.

Nicky Hansen is passionate about caring for the elderly and has been actively involved in hospice as a vigil volunteer for the past six years. She has guided and supported many patients and families through the dying phase. With her caring nature, she has formed strong

bonds with her patients and encourages their creativity through Art Therapy, which is particularly beneficial to those suffering from dementia. Nicky is a trained INELDA End of Life Doula. When the time comes, Nicky instinctively guides family and friends through the experience of losing a loved one in a compassionate manner, taking into consideration the various needs and concerns of everyone involved.

UU Kids: Each Person is Important.

The kids will explore the ritual of sharing “joys” and “concerns” and the idea of the fellowship as a Caring Community.

A reminder that in 2019-2020 we are joining the adults for the first part of each service. The children will depart for their own activities after Joys and Concerns.

September 22

Cliff Schelling: Eye of The Storm

Cliff will share lessons learned from Zen and the martial arts on how to stay sane when surrounded by crazy.

Cliff Schelling is a past president of UUFR-VA and Performance Improvement, Inc. He has dedicated 30 years to helping clients achieve business results, professional competence, and personal fulfillment.

September 29

Bob Weekley: Are We Alone? Getting to Know our “Sisters” and “Brothers”-in-Faith, from White Stone to Tokyo.

Bob will discuss the worldwide Unitarian and Universalist movements that have continued to expand since the sixteenth century. Thoughtful people from many cultures and religious traditions share the same questions about the big questions of life. A movement toward faith, based on a rational spirituality,

has continued to spread. As an example, Bob will share his recent journey with Elaine to UUFR-VA's own "Partner Church" in Walmsley, England.

Bob Weekley is a retired career U.S. Army officer and international business executive. He is a past president and a longtime member of UUFR-VA. He and his wife Elaine moved to Lancaster from Arlington in 1998.

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

Fourth Fridays Gathering

On September 27th, at 6:00 P.M., UUFR-VA and community teens are invited to gather for pizza, music, art, and conversation. Our topic for the evening: How we "show up" with people who are new and with people who are important in our lives.

Building Expansion Update

by **Bill Gimpel**

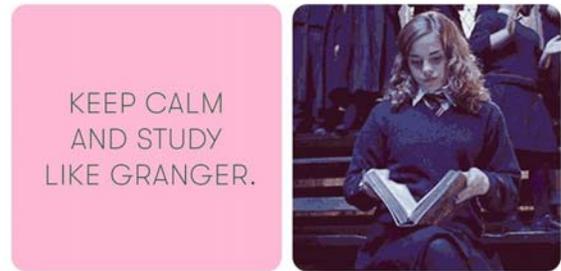
Great news! We have received the updated engineer-stamped structural drawings and the soil profile report requested by the Lancaster County Building Office. The rain has stopped ... the footing trenches are dry ... and, as of Wednesday afternoon, August 14, 2019, Lancaster County has given approval to restart the construction project.

As you can imagine, our contractor took on other work during this two-month delay. I have been given a tentative mid-September date for the construction to resume. I am pushing to get the footing trenches re-dug (to conform to footing and pier changes made by the engineers and to remove "cave-ins" from the rain), obtain the County inspection, and have the concrete footers poured ASAP. Once the footers are poured, and the foundation laid, we can wait for the contractor's availability to start the framing.

Leadership Corner

by **Kristi VanAudenhove**

September — it's back to school time! No matter your age, likely the thought of fresh pencils and fresh starts comes to mind as you contemplate September. For myself, I am not sure that a September has ever passed without a resolution to "do a little better" this year — prepare a little more, procrastinate a little less; cook a little more, eat a little less; focus a little more, daydream a little less; and on it goes. As a Harry Potter fan, this meme says it well for me: This year, I'm gonna be like Hermione!



Here at UUFR-VA, September marks the return of the UU Kids program. In addition to welcoming back the UU Kids this fall, we will also be launching a new UU/Community Teen night on the Fourth Friday of each month.

As we start this new year, we are also exploring some new approaches to our UU Kids program:

- The kids will begin each service in the sanctuary with the adults, just as we have traditionally done on the first Sunday of each month;
- I will be passing the baton to Belinda Gaskins, who will take over as the coordinator of the UU Kids programming, as I move my focus to the teen group;
- Belinda and I will be training volunteers who would like to be part of the Sunday morning religious education programs (thank you to all who have expressed an interest!), which means that more and

more members of the fellowship will be part of teaching and supporting our kids; and,

- At some point in 2019-2020, we hope to transition to weekly Sunday morning RE!

You will hear more from Belinda in the October edition of the Chalice about these and other changes. It has been a delight to be part of Sunday mornings with the children and youth, who have been a part of our fellowship over these last five or six years. (I've lost track!) I look forward to dropping in, on occasion, as a "substitute" to catch up with Ashlin and Eden and any other children that join us this year.

I look forward to Fourth Fridays with Oliver and teens from the community, and to supporting their curiosity and bravery as they make their way to becoming young adults. If you know a teen in our area who might like to participate, please send them our way. You can reach out to me in advance and it is also fine for new teens to just show up on the Fourth Friday at 6:00 P.M.

Last Call for the UUFR-VA Retreat

by Shirley Kinney

Our annual UUFR-VA Retreat will be held on October 5, 6, and 7 at Camp Chanco. This year, we'll be wandering through an intriguing landscape and exploring a deserted mansion. To reserve your space, email me. The cost will be the same as last year (~ \$150 per person). This includes two nights and all meals. If cost is an issue, we have scholarships available.

If you have any questions, contact me. We have tremendous fun at Chanco - just ask anyone who has attended.

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:

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

October 23: *The Garden of Evening Mists* by Tan Twan Eng, our "Big Book" for the annual dinner and discussion at ICYCC.

November 25: *The Chilbury Ladies' Choir* by Jennifer Ryan

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

The Mother's Holy Well

UUWomenspirit is a powerful retreat with community-led worship services, Tracks and Workshops, Brigid's Bazaar of vendors and artisans, and group activities including drumming, dancing, and cabaret at The Mountain Retreat and Learning Center, near Highlands, NC. Lodging is in cabins or in lodge rooms. Meals are included.

- Early Bird reduced rate!
- Scholarships available!

You are warmly invited to return to the source of our wisdom and inspiration — the Mother's Holy Well. Connect with women from all over the Southeast to celebrate the Feminine Divine, as we Come to the Temple: The Mother's Holy Well! **Institute: October 16-18, Wednesday, 5:00 P.M. to Friday noon. Gathering: October 18-20, Friday 5:00 P.M. to Sunday noon.** Full-day and half-day workshops offer time for personal discovery within community. Come to Institute or Gathering or both!

For more information and registration details:

uuwomenspirit.org



Who's Who in UU: Suzanne Shepherd - An Intimate Interview with and Authentic Warrior

by Bill Zybach

I pulled into the UUFR-VA parking lot, and my eyes landed on a cute little car that was different from all the others, not so much because of its seashell color – that momentarily transported me to the pink beaches of Bermuda; it was how the car was adorned – the multitude of diverse bumper stickers – together having one theme: “all difference is valued, welcomed, honored, and defended.” That was a comforting omen for my initial visit to this little lighthouse in rural Virginia, with its proud rainbow sign and, surely, I did find a welcoming home with open arms.

I got to know Suzanne Shepherd informally through her active participation in UUFR-VA. I developed a feeling that there was something very powerful beyond the beauty we all see on the surface, something perceived as I listened to her sing Edelweiss impeccably as a solo.

My suspicions were validated during a recent afternoon conversation with her at “The Local.” When I asked her to share what was uppermost in each decade of her life, it was so much more amazing than anything I could have imagined.

Upon reflection, what became vividly clear to me during our conversation was that the archetypal energy that thrums in her spirit, pulses in her veins – it is the Warrior Energy – and its lineage was instantly clear, as an image of Joan of Arc boldly took center stage in my mind’s eye. Clearly the pink chariot could only be her metaphoric gallant stead.

Suzanne took me on a journey that was clearly that of the Hero. She described a strength like to metal being tempered in the harsh fire – that might defeat most of us, and is tested and sharpened in battle after battle. I know the texture of this strength, which is rooted in the depth of mythic and archetypal forces rather than fleeting worldly events. A clue to her journey was gifted to me when I heard her sign Edelweiss. It seemed that the angels sang with her, and I imagined that it was those same angelic entities that were with Rogers and Hammerstein in the late 50’s as they penned that song to assail the forces of fascism. Yes, I felt both – the inspiration of the song in the late 50’s and Suzanne’s expression – which, to me, were a choir of angels. And, in my active imagination, I now had all the proof I needed that Suzanne is a Goddess having a human experience (and I would suggest she has abundant company at UUFR-VA). Suzanne’s incredible singing skills attest to that disciplined Warrior Spirit, taking the natural gift and doing what only humans can: choose to hone such a gift through concentrated focus. This was her practice, which she conducted through love and commitment, in her undergraduate music program. That voice, if you listen to the subtleties, is not exclusively forged from her undergraduate experience; it has emerged from facing head on, both the chosen and unchosen battles of her life – which required

the alchemic tincture of sacrifice, extraordinary courage, and commitment.

As the daughter and significant other of men who had both alcohol and drug dependencies, she had three options – either 1) be consumed, or 2) be frozen by the angels of addiction – those angels who initially protect us from life’s traumas, but then eventually become our jailors and demons. The third option is the Hero’s choice: to somehow move through and be transformed – and thus free our demons to become, once again, our angels. Suzanne chose the latter.

And as I listened to the challenges and joys of five decades of a pioneering life, I understood what provided her inner strength was the external support from her angels, shining through key people in her life: her grandparents, her mom, her husband, Blair, and children, Oliver McAninch and Ashlin Kenyon, (whom we all love), as well as close friends and extended chosen family.

The tempering of her strong mettle comes from what I heard and felt as the seven key themes of her life, to date:

- Overcoming destructive addiction - hers and those of masculine figures in her life.
- Being an involuntary pioneer in a world that brutalizes the daughters of lesbian parents.
- The complex contractions and paradoxes of urban versus rural life, where the soul may be fed by the diversity of the big city, but the body may be starved, and vice versa.
- Suzanne’s two beautiful children; Oliver McAninch and Ashlin Kenyon, who play an important role in choices she makes for them over others and ego.
- Blair Kenyon, her husband, who, if I can paint with a broad brush, is the yang to her yin. Yet, that generalization is far too inadequate for the beautiful complexity and balance in their relationship. He has helped her recognize love that is not the

seduction of emotions or compulsions of animal biology and defined it for her in ways other significant male players in her life could not.

- Her music is the playground of her spirit, and a gift that feeds her and our souls.
- She is a Warrior with Moral Certitude about All Life. No ifs, ands, or buts! She sees the need for battles against injustice all around her. In her everyday work and amongst the overarching oppression and inequity spawned by predatory capitalism, cultural conformity, and fascism, she knows first-hand that sectors in our local government and non-profits are being filled with the same institutional bias and white privilege we see in today’s headlines.

Thus, Suzanne is at the epicenter of a radically changing, yet still unchanged, world. And, as a child and now adult – on the frontline, she had to learn how to face bigotry and prejudice with strength, family, and friends. She has faced the dead-end roads, rerouted them to create paths and choice, and to grow and to love.

What it makes life worthwhile moving forward from Suzanne’s perspective:

Being local. “My great-grandparents purchased property on Whitestone Beach, and it was the only house on the water. In 1980, the original structure burned down and they rebuilt – so I always come here for my vacations. When I went away for college, my mothers, Ruth and Kristi, moved here.”

Graduate school in History. “I got to experience all the values that my mom and Kristi taught me when I was growing up when I went away to school. I learned more about the history of the South that my grandparents had accentuated. When Mom told me, I didn’t listen. And when teachers taught me in the subjects of Southern history, and gender studies, it all made sense, and I could take it in. Sometimes, you must leave home to get the lessons of home!”

Learning about myself and others. “At the beginning of 2019 my mom, Ruth, had me take the Meyers Briggs personality assessment, and I found it was amazing: I have a context now that my thinking isn’t crazy, and maybe everyone around me is not the problem ... and things made sense in a way that they never had before ...”

What makes me feel hopeful about the next decade: “There is hope, and kids and their friends give me hope – they do see things differently. Oliver is 16, and he went to pride – all his Episcopal friends went with him. I love watching my children gain acceptance in this community.”

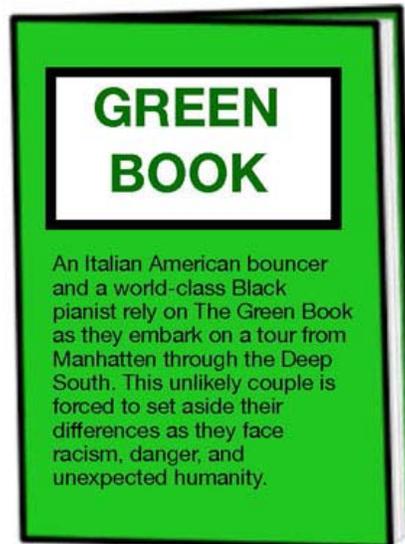
Acceptance “Knowing that Blair and I have been accepted in this community – I have some really amazing friends – and when any of us are having a hard time: I can say it in ‘Hopes and Concerns,’ and UUFR-VA does help me keep my faith in humanity. I am seeing more and more that it doesn’t have to end in some preordained, terrible way. We can co-create. We can do our work to make the world better. I accept that some bad things have happened. My love of history informs me on that account, and I am well aware of the atrocities dating back to the Middle Ages. I have seen the evil in history. Humans have been through a lot. There is the sense of dread, and yet ...”

Good People “...what is providing me with comfort and hope is that there are good people. And, whether they can turn this around, I don’t know. But, I do know that there are good people, and if we raise people in a good enough environment, they will be good – and if I am respectful and kind to myself and others, the world will work out!”



**COME ONE
COME ALL**
Friends
&
Neighbors

UUFR Movie Night
Friday - September 13 - 7 pm
Admission: Free - Donations Optional



Complementary Soft Drinks & Pop Corn

Personal beverage, snack or dinner optional

Need a Ride?
Contact **Belinda**
804 577 7974

366 James Wharf Road
Whitestone VA



Scene from 2nd Annual Wine and Dine
 More photos on <http://ufrappahannock.org/Photos/201908WineDine.pdf>

UFR-VA Activities at a Glance

September 2019	
Sep 7	Irvington Farmers' Market – 9:00 A.M. to 1:00 P.M. – Irvington Commons
Sep 13	Movie Night – 7:00 P.M. – UFR-VA
Sep 15	UFR-VA Board Meeting – UFR-VA
Sep 20	Ladies' Luncheon – 11:30 A.M. – Indian Creek Yacht and Country Club
Sep 23	River Readers – 2:30 P.M. – Lancaster Community Library
Sep 27	Fourth Fridays Gathering – 6:00 P.M. – UFR-VA
Oct 5	UFR-VA Retreat

<p>Ruth Micklem, President Bill Gimpel, Vice President Lynn Langley, Treasurer Vicki Kinsel, Secretary</p> <p>Web Site</p> <p>http://www.ufrappahannock.org http://www.ufr-va.org Bob Prescott, Webmaster</p>	<p>Board of Stewards</p> <p>Dave Dustin, Past President Diana Jamison, Program Chair Janet Hemming, Membership Chair</p> <p>Newsletter</p> <p>Deadline for articles: 20th of the month Bob Prescott, Editor (editor@ufrappahannock.org)</p>
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