

THE CHALICE

UNITARIAN UNIVERSALIST FELLOWSHIP
OF THE RAPPAHANNOCK (UUFR-VA)

P.O. Box 1266
White Stone, VA 22578

October 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

October 6

Dr. Susan Moseley, Pastor: The Bright Shadow: What Gift Have You Been Withholding from the World?

We will look again at the parts of ourselves that have been split off and repressed, collecting in the shadow of our psyche. We most often think of our shadow as the unconscious dark characteristics that are unacceptable in a civilized society. However, there are personal good, even noble, characteristics that also get repressed. When one can access and accept his or her bright shadow, one discovers the reality of her/his own uniqueness that is the gift of Self to the world.

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.

October 13

Bud Ward: Climate Disruption

Bud Ward believes that when it comes to climate disruption, the closer you get to people, the more good news and good activity you see. As the editor of Yale Climate Connections, Bud is an environmental journalist and journalism educator. For this work, he draws from an extensive history of founding his own publications, like the Environmental Writer and The Environmental Forum, as well as such non-profits as the Society of Environmental Journalists. He spreads his efforts to others by conducting full-day workshops for journalists, editors, and broadcast meteorologists on issues related to journalism and climate change science.

Bud earned bachelor's and master's degrees in journalism and in mass communications from Penn State University.

October 20

Blair Kenyon: Spirituality for the Pragmatist

Blair discusses the ongoing journey to find passion in life by someone that looks at life through a scientific, realist's lens.

Blair Kenyon was 18 years old for his first 37 years. He then took the accelerated path to adulthood, and married his wife Suzanne, became a father to Oliver, and then a couple of years later, became a father to Ashlin. Blair has been a cook, barista, travel agent, kennel manager, veterinary assistant, bank teller, town councilman, and financial services advisor. When he grows up, he wants to be an actor.

October 27

Dave Dustin: Music: The Heartbeat of Our Lives

Ever wonder why people love music so much? One of the first things infants in the womb are aware of is their mother's heart-beat averaging about 60 to 120 beats per minute. An infant's heart rate is a little higher. So, is it any surprise that the average of these two heart rates coincides with tempos of music that people like most at 80 to 120 beats per minute? Furthermore, scientific research shows that the optimal tempo of human activity is very similar to the musical tempo that humans prefer. Dave will explore the reasons that people have such deep love of music, the appeal of certain types of music, and how musicians use musical notes and chords to affect emotions.

Dave Dustin holds a BS degree in Computer Science from Maryland University and retired from Johns Hopkins University/Applied Physics Laboratory in 2012 after 38 years of service. During the years of 2000 to 2006 he worked as a cyber-security consultant to the Federal Aviation Administration and the Department of Homeland Security. He is

now serving on the UUFR-VA Board of Stewards as past-president, is past-vice president of the Kids First Foundation, is past-board member of the Rappahannock Amateur Radio Club and is a member of the Lancaster County branch of the NAACP. He is currently president of the Betz Landing Homeowners Association and president of the Betz Landing Homeowners Scholarship Fund; volunteers along with his wife, Terrie, to deliver meals to elderly shut-ins for the Meals-on-Wheels program; and, along with Terrie, does furniture pick-ups for the Interfaith Service Council.

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:

October 23: *The Garden of Evening Mists* by Tan Twan Eng, our "Big Book" for the annual dinner and discussion at ICYCC at 6:00 P.M.

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

December: No meeting

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

Fourth Fridays Gathering

October 25th 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: Why are we drawn to scary movies and scary stories? Where is the line between fun-scary and scary-scary? How do we keep each other safe?

Leadership Corner

by Lois Williams

UUFRA-VA Kids First Work(s)!

UUFRA-VA established the Kids First Foundation (KFF) in 2014 as its primary Faith In Action effort to make a major change for the better in our four-county community. The objective is to break the cycle of generational poverty. The National Institute of Early Education Research determined, in studies going back to 1960, that early academic and nutrition intervention worked. By 2016, KFF's \$460,000 in seed money resulted in two 3preK classes in Lancaster Primary School and one 3preK class in Middlesex, each with a nutrition program. To date, 177 children have graduated to 4preK and beyond, closing the much-studied school readiness gap.

Dave and Terrie Dustin organized the nutrition portion of the program – for which I am now the coordinator – for Lancaster, with Celane and Hank Roden coordinating nutrition in Middlesex. Research has shown that once a very young child has tasted a food four to six times, they develop a taste for that food that can last a lifetime. Thus, our KFF nutrition program teams, of two-members-per-class, deliver a healthy vegetable or fruit snack once per week and help the children prepare and eat the snack, sharing some knowledge of how the food is grown. A parallel program of family educational dinners was a part of the early years. However, parental commitments to attend far exceeded actual attendance, requiring a reduction in the number of such events.

KFF tracks the test results for this high-quality preschool for at-risk 3-year-olds. The first class, upon completing third grade, outperformed their more fortunate peers by 9%. All subsequent groups of children show, on the average, *no gap*, confirming that the NIEER prediction works in our community.

Updated data, including this last year's testing, will be available shortly.

Thirty-four applications were received in Middlesex in 2018 and 30 in 2019 for the one class of 12 children. The Middlesex Superintendent is seeking funding and space to add a second 3preK class. KFF Directors voted to help with that second class. Lancaster also had 34 applications in 2018, but, due to the School Board's 2019 turmoil and uncertainty – which led to recall petitions – applications dropped to 17, with some families not qualifying. Thus, Lancaster went from two to one class this year.

Northumberland went from half-day 4preK to a full-day, a requirement for a KFF 3preK program, and needs to find space for a 3preK program for their children. Mathews School Board wants a KFF program. However, some leaders consider school readiness to be exclusively the parents' responsibility. There is no preschool in Mathews for the financially challenged. KFF continues to work to overcome these hurdles.

If you would like to spend some invigorating and rewarding time with our 3-year-olds, contact me, Lois Williams, in Lancaster, and/or Hank and Celane Roden in Middlesex, to get involved. Contact Tom Kinney if you are interested in helping Kids First expand to Northumberland and Mathews Counties.

The fall **Adopt-a-Highway** clean-up is scheduled for 10:00 A.M. on Saturday, November 9th.

Please reserve the date on your calendar.
Contact Don Crawford for details.

The Pastor's Platform

by Pastor Susan Moseley, D.Ed.Min.

The more I learn about Unitarian Universalism, the more I appreciate our diverse and open-hearted, covenant-based faith tradition. On Tuesday, September 17th, I spent a packed day building relationships and trust with colleagues at the Thomas Jefferson Memorial UU Church in Charlottesville, VA. It was the first meeting, for this program year, of the Virginia Association of Unitarian Universalist Ministers. Actually, that is the old name. A new name is in the works and is yet to be decided.

In our UU world, change is always about moving closer to our vision of equality and justice for all. The original association was only for UU ministers, and yet, over the years, Directors of Religious Education (DREs) have been invited and welcomed into the fellowship of religious professionals. As a former Religious Educator, I applaud this hospitality.

In October, Janet Hemming from the Board of Stewards and I, as your minister, will attend the Southern UU Leadership Experience or SUULE, for short. SUULE is a week-long intensive "experience" during which congregational leaders dive deeply into both their own Unitarian Universalist faith and the congregational dynamics that must be understood in order for leaders to engender thriving congregations.

UUFR-VA is fortunate that our fellowship's current and past leaders have attended previous SUULE events. Training effective leaders may be the most important contribution our Southern Region staff makes to help UU congregations flourish. I welcome the opportunity to build my skills and to grow my capacity to serve you, so that we, as a congregation, can serve our community by living the best values of our UU tradition.

In peace and gratitude,
Susan

Budget Time

All Committee Chairs and Spending Centers are requested to provide their 2020 budget needs to a member of the Finance Committee no later than Sunday, October 20th. The Committee will then draft a 2020 budget proposal for the Board of Stewards' review and revision in November. The proposed 2020 Budget, as revised, will be presented at the Annual Congregational Meeting on December 8th. Members have until the January 12th Board of Stewards meeting to provide additional input to the Board, at which time the 2020 budget will be adopted. Thank you for your continued support.

Your Finance Committee: MJ Anderson, Paula Greenwood, Barbara Haynes, Janet Hemming, Tom Kinney, Lynn Langley, and Gus Shelton.

UUFR-VA Meals on Wheels

by Dave and Terrie Dustin

In light of our impending move, we have stepped down from the October Meals-on-Wheels route, and Cynthia has found another church to take the route for 2019.

We would like to thank Paula Greenwood and Lois Williams and Don and Lorie Lowrey for providing back-up coverage in the past. If anyone would like to consider this as a community outreach project for the future, it consists of meal deliveries on Monday, Wednesday, and Friday from 10:30 A.M. to 12:00 Noon in the White Stone, Kilmarnock, and Weems areas.

Contact Cynthia at Bay Aging, 804-435-6636, to express your interest.



Kids Programs Expanding at the UFR-VA

by Belinda Gaskins

We have been busy building our “Kids Team.” Having more support will enable us to offer RE to 3 to 12-year olds, *weekly*, rather than twice a month, as in the past.

Kristi VanAudenhove has been very helpful in providing RE training and training materials.

We plan to have a Teacher and Helper, each week, for the kids’ RE. So, in addition to our UFR-VA kids, when kids in the community or your grandchildren visit the UFR-VA, in the future, we will be able to offer them RE.

Our RE Teachers are: Carmela Crawford, Joyce Badanes, Mike Knez, Eva Abel, and Belinda Gaskins.

Our RE Helpers are: Celane Roden, Hanneke Schaafsma, Candy Harris, and Sharon Taylor.

The kids will join the congregation for the first part of our service. And we can all look forward to a “Story For All Ages,” during the service, weekly.

Did you know that the kids light their own chalice and have “Joys and Concerns” (with their Mason jar with water and sea glass) in their RE classroom? The Teacher’s RE

lesson plans, for the remainder of 2019, are based on the “Kid’s 7 Principles.”

The Board of Stewards approved adding to our project funding board, a one-time start-up expense, “Kids Special Project Fund,” for a total of \$1,575.00. (\$250.00 for “Child Watch” and \$1,325.000 for musical instruments, including drums.) The ongoing expenses will be a part of our annual budget.

Your financial support to raise the \$1,575.00 will help the UFR-VA to expand our kids programs. If you are able to contribute, please be sure to note on the check memo, “Kids Special Project Fund.”

The money for “Child Watch” will help to purchase some toys and activities for kids below the age of three years old. Some of these toys will be located in the brown wicker basket under the “drink table” in the foyer. So, if a parent needs an alternative space to watch their child during the service, they may use the foyer, as well as the toys in the basket.

The kids’ musical instruments are triangles, tambourines, bracelets of jingle bells, egg shakers, wooden sticks to tap together, and much more. (I found the used musical instruments from a retired music teacher and got a great deal!)

We plan to have kid and intergenerational drumming circles at the UFR-VA. Caroline Shiflett and I will be leading them. Stay tuned for more information!

Some drums will be purchased with some of the “Kids Special Project Fund”. Also, please help to spread the word that if anyone has drums that they are willing to donate and please let me know. (Any size congas, bongos, djembe, etc.)

When I asked Kristi how long has she been teaching RE, she replied, “I don’t know, but some of the kids are in their 30s now!”

Please join the Kids Team in thanking Kristi for her **many** years of service as a RE

teacher. Kristi will continue to be at the UUFR-VA and will be working with the teens, monthly, among other responsibilities.

A **big** shout out for the support from our Kids Team, those who will be financially supporting the Kids Special Project Fund, the person who's offered to buy five special books for the kids, the parents who bring the kids, and the kids who attend the UUFR-VA!

If you want to help, in any way, with our kids programs, please let me know.

A Celebration Invitation

Members and Friends of UUFR-VA are cordially invited to celebrate Jim Moseley's Non-Retirement and Birthday Party on Friday, October 11th.

Jim turns 66 this October, but he is **not** retiring! So please join us, along with members of Campbell Memorial Presbyterian Church, to celebrate Jim's birthday. 🎂🍰🎈

WHEN: Friday, October 11th, 4:30 to 7:30 P.M.

WHERE: The Quays Irish Pub, 606 Chesapeake Drive, White Stone

WHAT: Heavy Hors d'oeuvres, Wine, Beer and Sodas will be served.

The Cake will be cut at 7:00 P.M.
Mixed drinks are available for purchase at the bar.

Cards and well-wishes are appreciated, but please **no gifts**.

WHY: Jim and Susan are both so grateful for their many friends in the Northern Neck and wish to enjoy a bit of refreshment and a whole lot of fellowship.

The Quays is handicap-accessible, has plenty of parking, and we will be gathering in a private dining room, not open to the restaurant.

Caring Circle Changes?

The Membership Committee is considering making some changes to the current process of Caring Circles, and we would like your opinion. The current Caring Circles were formed many years ago when UUFR-VA was starting. There was a need for both handling the Sunday morning activities and staying in touch with all members. This was before the common use of email. The current purpose of Caring Circles is defined below.

A vital purpose of the Caring Circles is to provide an expedient way to stay in touch and also to disseminate information whenever necessary. For example, we can call one of our own who has been absent from services for a while; can inform each other whenever someone is ill, is grieving, or needs help; can ask for assistance if UUFR-VA is called upon for a community outreach effort; or can quickly confirm cancellation of services should unsafe weather conditions arise.

In addition, by the Chairpersons assuming responsibility on a rotating basis, we can assure that the duties required for each Sunday service are fulfilled. The responsibilities are: to provide greeters and distribute the Sunday bulletin; to ensure that coffee is available; to provide refreshments; to set up and take down serving and seating arrangements for potluck lunches; to clean up the kitchen; to check that the building is ready to be closed (audio equipment, lights, and heating and air conditioning setting); and to ensure that the building is secure before leaving.

Much of the communication work is now done through email, and, with our larger congregation, it is very possible that members of a Caring Circle do not know each other well enough to be aware of illness or other times of need. As people come and go from

our congregation, we have worked to try to keep the Circles the same size and with a similar number of members who are away for a large part of the year or who cannot participate in Sunday morning responsibilities.

We have considered 3 options:

1. Leave the process as it is but encourage Caring Circle Chairs to help Circle members get to know each other better.
2. Separate the two major purposes and have a group for each. One group would be the Caring and Sharing Circles to stay in touch with each other and provide support for each other as needed. We would make these groups geographic based, so it would be easier to provide support. The second group would be the Sunday Service teams and would assume the Sunday morning responsibilities. Each current Caring Circle member would be in two groups: a Caring and Sharing Circle and a Sunday Service Team.
3. We would keep the current Caring Circles approach, but change the

members in each circle to make the groups more geographically cohesive. This would mean we would have one team that is primarily Northumberland-based, one team that is primarily Lancaster-based, and one team that is primarily Middlesex/Gloucester-based. Because the largest number of members are in Lancaster County, we would need to have some Lancaster-based people on other teams.

So – what do you think? Please feel free to provide input to any of the Membership Committee Members or email Janet Hemming. All you need to say is Option 1, 2 or 3, or you can offer a new approach.

Membership Committee

Carmela Crawford, Candy Harris, Janet Hemming, Celane Roden, Marge Rowden, Suzanne Shepherd, Elaine Weekley, and Susan Moseley ex officio

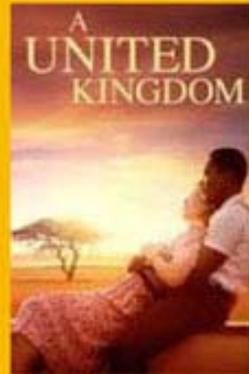
UUFR-VA Activities at a Glance

October 2019	
Oct 5	UUFR-VA Retreat
Oct 11	Jim Moseley’s Party – 4:30 P.M. – Quays Irish Pub, White Stone
Oct 11	Movie Night – 7:00 P.M. – UUFR-VA
Oct 20	UUFR-VA Board Meeting – UUFR-VA
Oct 18	Ladies’ Luncheon – 11:30 A.M. – Southwind Pizza, Mathews
Oct 23	River Readers – 6:00 P.M. – “Big Book” Dinner and Discussion, Indian Creek Yacht and Country Club
Oct 25	Fourth Fridays Gathering – 6:00 P.M. – UUFR-VA



Come One Come All
Bring A Friend or Neighbor

UFR MOVIE NIGHT
Friday - **October 11** - 7 pm
Admission, Free - Donations



A UNITED KINGDOM is based on extraordinary true events. In 1947, Seretse Khama, the King of Botswana, met Ruth Williams, a London office worker. They were a perfect match, yet their proposed marriage was challenged not only by their families but by the British and South African governments. The latter had recently introduced the policy of apartheid and found the notion of a biracial couple ruling a neighboring country intolerable. South Africa threatened the British: either thwart the couple or be denied access to South African uranium and gold and face the risk of South Africa invading Botswana. (Rotten Tomatoes)

Complementary Soft Drinks & Pop Corn

Personal beverage, snack or dinner optional

Need a Ride?
Contact Belinda
804 577 7974

366 James Wharf Road
Whitstone VA

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.ufrappahannock.org>

<http://www.uufr-va.org>

Bob Prescott, Webmaster

Newsletter

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