



# THE CHALICE

UNITARIAN UNIVERSALIST FELLOWSHIP  
OF THE RAPPAHANNOCK (UUFV-VA)

P.O. Box 1266  
White Stone, VA 22578

December 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

### December 1

**Rev. Dr. Janine Howard:** What's Up With the United Methodists?

Janine will speak to ongoing issues in The United Methodist Church regarding human sexuality. She will offer historical context and the recent developments that have deepened division in this global, mainline church – and why it matters to people outside the denomination.

Rev. Dr. Janine Howard became Lead Pastor at Fairlington United Methodist Church (FUMC), a Reconciling Congregation in Alexandria VA, in June 2019. She is currently leading the congregation through the fallout from the 2019 UMC General Conference. Janine was ordained in 2000 and received a Doctor of Ministry degree from Wesley Theological Seminary in Washington, D.C., in 2007. She was the lead pastor at various churches before being called to leadership at the cabinet level. Most recently she concluded her term as the District Superintendent of the Danville, VA District. Janine enjoys being out in nature and lives in Northern Virginia with her dog, Kobi, who chose her in a street encounter and who loves to hike with her.

### December 8

**Ruth Micklem:** Life Begins at the End of Your Comfort Zone!

As we approach 2020, what lies before us and what lies beyond us here at UUFV-VA that has made us a bit uncomfortable, has brought us peace and comfort. What might the year ahead look like if we strive to practice good church?

It has been said that good art should comfort the disturbed and disturb the comfortable, so too should good church. Join us today as we learn about how far we can stretch ourselves beyond our comfort zones and grow into the humans we yearn to be. How we can be mindful of and bring comfort to those among us who need to be wrapped in the warmth and love we all have to give.

Ruth Micklem is a founding member of the UUFV-VA and has served as President of UUFV-VA for the past two terms with the support of a dedicated and hard-working Board of Stewards. She currently lives in White Stone and works in Richmond and throughout Virginia as the Community Initiatives Manager for the VA Sexual and Domestic Violence Action Alliance. Ruth shares her life with her partner Kristi Van Audenhove, their four children and their partners, 5 grandchildren, her devoted

companion Addie and a multitude of other furry and feathered friends!

Everyone is invited and encouraged to attend the Annual Business Meeting which will be held immediately following the service.

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### December 15

#### **The Fellowship Singers: Music Brings Us Together**

For the tenth year, Hank Stupi, our music coordinator, will again be joined by the Fellowship Singers, the unofficial name of a growing number of members willing to step outside their comfort zone to perform some of their favorite songs – guaranteed to warm your heart or perhaps tickle your funny bone. Please join us and allow the music to bring us together.

Please join us for a Holiday Potluck at the church immediately following the service.

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### December 22

#### **Dr. Susan Moseley, Pastor: The Parable of Christmas — What Are the Stories of Jesus' Birth Really About?**

Christmas is the world's most widely observed holiday. "No other religious holiday is so widely commemorated by people who are outside of the tradition that originated it." (Marcus Borg). The birth narratives of Jesus were not written as history remembered. Rather, they are "parabolic overtures to the story of Jesus." Susan will share her perspective on the personal and the political meaning of these beloved stories and promises not to ruin the Christmas spirit.

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.

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### December 29

**Bob Weekley:** Does Religious Freedom Equal Freedom of Religion? Can hate and love coexist under the same banner?

Americans are deeply divided over what the word Freedom means. Bob will explore how the concept of Religious Freedom is being used to harm and marginalize. There are abundant examples in the news of the day. Where do Unitarian Universalists stand?

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

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### **Holiday Party 12/15/19**

After many years of graciously hosting our UUFR-VA Holiday Party, the Kinneys have decided to take a break this year. Our Holiday Party will be held at UUFR-VA on **December 15<sup>th</sup>**, immediately after service. As usual, this will be a potluck – so bring a dish to share and a beverage of your choice. We will try to make it as festive as possible but, in no way, can we compete with Shirley's wonderful decorations.

We hope everyone can join us – wear your holiday best or craziest!

### **Fourth Fridays Gathering December 27<sup>th</sup> 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: Guiding lights, bright stars, and other symbols that help us chart our path.

## Building Expansion Update

by Bill Gimpel

More great news! The footings and foundation have been completed and approved by the county inspectors, as of Wednesday, November 15<sup>th</sup>. We expect the framing will start by November 18<sup>th</sup>!

The actual start of construction is very exciting. By the time you read this article, the sub floor will be installed! We are on our way ... finally!

We have received many gifts to provide funding to complete Phase I - to get us to the "Closed In" state. We still need additional funding to complete Phase II – electrical, insulation, dry wall, paint, carpets, etc. See Tom Kinney's article in this issue.

We will be soliciting volunteers to work on various "finish" projects in the coming months.

Thank you to all who have made this project possible.

### 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:

**December:** No meeting

**January 27:** *Beyond the Beautiful Forevers* by Katherine Boo

**February 24:** *Educated* (Memoir) by Tara Westover

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

## Leadership Corner

by Tom Kinney

### Our Business Side

Churches thrive on enthusiasm. Leadership inspires the excitement, generation to generation, that keeps members eager to step forward together making the good things happen that keep the church healthy and vibrant. The resources needed to feed a vibrant church are organization, people power, and funds. Who manages the funds?

Your elected Trustees and Treasurer manage our business side of the fellowship through a seven-member Finance and Legal Committee (FiCom). The three fund types are the Annual, Growth and Opportunity (G&O), and Endowments. In addition, the Trustees and FiCom review all contracts, real estate, insurance, and oversee the legal needs and activities of the fellowship.

The **Annual Fund** addresses the everyday and repetitive expenses through a zero-based annual budget. The FiCom collects committee chair needs and provides the proposed budget at the Annual Meeting for member comments. Your Board approves the budget in January. Your Treasurer controls cash flow requiring full documentation. The Chair of the FiCom cross-checks the Treasurer's records annually.

The **G&O Fund** is money set aside or donated for special purposes and includes an "undesignated" fund the Board may tap for any major, very exceptional, opportunities. Members help approve and fund various projects we call "vote-with-your-checkbook." The foyer poster lists project funding progress, like our addition, now underway. Take a moment to read the poster's long list of projects members have approved and accomplished.

The **Endowment Funds**, managed by the Trustees, currently has five individual endowments for various purposes. Many

people prefer to donate to endowments where the value of the principal is protected, and its specified purpose is funded with the investment gains. The Building and Grounds Maintenance Endowment eases the burden of building care. The Pathways of Remembrance Endowment maintains our memorial area. Our new Ministerial Endowment, when fully funded, will help pay the expense of our minister. The Servetus/Founder Endowment supports our Faith In Action community programs in health and education of the very young, post high school scholarships, and the arts. Anyone can add to these endowments.

Our Bylaws and our Policy and Procedures Manual detail how the Trustees and FiCom is formed and functions. The Leadership Development Committee helps identify members with strong business, finance, and investment backgrounds to nominate as Trustees and Treasurer. The Trustees decide which of the three will chair the FiCom for the year ahead. The LDC also helps staff the FiCom, the only committee for which the Board must approve the addition of each non-elected member. All financial activities are transparent to all members except who gives how much. That's kept confidential.

The Finance Committee is always looking for advice on how to do our job better. Please talk with any FiCom member: Trustees Barbara Haynes, Janet Hemming, or Tom Kinney; Treasurer Lynn Langley; Assistant Treasurer Paula Greenwood; members MJ Anderson or Gus Shelton.

## **Tax Help!**

If you would like to save on your 2019 income taxes, our fellowship can help. No, not by filling out your tax forms for you, but by reducing the amount you owe. The 2017 Tax Cuts and Jobs Act increased charitable giving deduction limits from 50% of adjusted gross income to 60%. Any charitable giving over that can be carried forward to

subsequent years. For those using the standard deduction, some achieve deductibility by concentrating all planned giving for many years into one year to qualify for that deduction.

Of course, your regular Sunday giving is tax deductible. You will get a tax letter from our Treasurer early next year. But to increase the amount specified on that letter requires you take advantage of the following opportunities by the end of December. That step is a double win as it reduces your taxes and eases the fellowship's needs.

The two funding needs are for our ministerial endowment and building addition. The ministerial endowment secures our longer-term commitment to a minister without a heavy financial burden on the congregation. The endowment income is to provide 50% of the minister expense. This new endowment is already at 10% of its \$330,000 target, thus can use your help this year and in the years to come.

The building addition is fully funded to provide the shell for us to finish the inside ourselves. Our "Home of Our Own" was completed with various donations, including the help of a "baby shower" in which many members brought financial gifts for our newly born building. You may have appreciated the Mobley rooftop lighthouse, the Marj Bradwick refrigerator, the Wards stove, the Schelling microwave, the Failmezger upgrade to Hardiboard siding, the Brooks upgrade to a geothermal HVAC, the Kinney periphery deck, and, most especially, the Weekley urinal. Other gifts included interior doorknobs, lighting fixtures, AV system, song book cart, foyer furniture, etc.

Following is a building addition wish list yet to be fully funded. Please take a moment to shop the list for your donation, a 2019 tax deduction, and a way of saying thank you to those who took similar steps 10 years ago that we all appreciate today:

Interior double door	\$800
Pull down attic stair	300
Wiring material	2,000
Lighting fixtures	1,500
HVAC booster	3,500
Insulation	4,000
Interior Paint Material	600
Interior trim material	500
Storage closet doors	600
Door Hardware	200
Folding Chairs (20)	650
100 needed	
Folding Chair cart	640

Just drop your check in the Sunday morning offering basket with a notation as to your sponsored building addition item or ministerial endowment. Your donation will be included in your tax 2019 letter that Treasurer Lynn mails shortly after year-end.

A big *thank you* from your Finance Committee for your continuing support of the fellowship. It is because of each of you that we are not financially stressed and are a strong church – able to accomplish all that we do for each other and our community.

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

## Adopt-A-Highway

Due to a lack of participants, our second litter clean-up under the Adopt-A-Highway program, on Saturday, November 9, was canceled. We will try again on Saturday, December 7, when we will meet in the parking lot at 10:00 A.M. This year, members of the Crab Point Civic Association will be joining us. Between our two groups, we will pick up litter on James Wharf Road, the Newtown Road, and some other side streets. The last time we did this it took about two hours.

Please wear comfortable walking shoes or boots and work gloves. Bring any implement you may have that will assist you in picking up trash. It would also be a good idea to wear brightly colored clothing. VDOT should provide us with reflective safety vests, but they did not have any available at the last pick-up. VDOT does provide trash bags.

If you believe that you will be participating, please contact me so that I can get an approximate head count in case safety vests are available.

Thanks,  
Don Crawford



A Most Enjoyable Ladies' Luncheon at The Tides Inn, November 15<sup>th</sup>



## **Peny Gallogly, December Member Interview, Part II**

by Bill Zybach

### **Out into the World**

Last month we journeyed through Peny's formative years, this month it is her journey from home and into the wide world and then to us at UUFR-VA.

While a student at the University of Maryland in College Park, Peny worked on campus for the Maryland Department of Natural Resources. While there, she heard about an opportunity to work as a summer student for them at the Chesapeake Biological Laboratory on Solomon's Island. She took a chance and sort of invited herself to the Lab's Christmas party so she could meet, and get to know, the scientists who worked at the Lab. It paid off; she got the job.

As a summer student, Peny had a marvelous experience. The Lab is located at the mouth of the Patuxent River, on the Chesapeake Bay. One day while gathering algae for the Lab's saltwater tanks, she found and collected fish eggs attached to some of the algae. As it turned out, the egg and larval stages of this

fish (*Strongylura marina*, an Atlantic needlefish gar) were undocumented. Her summer project evolved to grow these eggs in the Lab's seawater tanks and document their growth. Every day, she made precise notes and drawings of the eggs, hatchlings, and larvae. Eventually, she created 13 scientific illustrations in ink. I was delighted to see these illustrations, which were included in Volume II of *Development of Fishes in the Mid-Atlantic Bight* and credited to her.

After graduating from the University of Maryland, with a major in Fine Art and a minor in English Literature, she was able to return to the Chesapeake Biological Laboratory as a librarian. She lived two doors down from the Lab – in two rooms on the top floor of a wonderful old house. While working as the Lab's librarian, she decided to travel, just because she could ... to Australia. So, she saved her money, obtained a Working Holiday Visa, booked her travel, and went. On the way, she visited a college friend in Chicago, then stopped over in Western Samoa for a week, to visit a friend in the Peace Corps who was teaching at a school there.

After arriving in Sydney, first finding a hotel, then a boarding house – where she shared a room with two girls from Finland – she eventually met a girl who was looking for a flat mate. While there, she sold raffle tickets to benefit an Aboriginal Cooperative. Each of the girls there typically were able to sell to one type of business more than another – hers were chemists (pharmacists). While in Sydney, she met the man who would become her husband. They traveled by train through Melbourne, Victoria, then across South Australia to Adelaide, and then to Perth in Western Australia. At that time, the track gauges differed from one state to the next. On the South Australia lines, the trains were wooden, had windows that opened, and wrought iron platforms at the ends of the cars.

Peny was in Australia for almost two years. She married her husband in Perth, WA, and the appropriate number of months later they had a son. Peny's parents missed her greatly and offered to bring the young family back to the United States. Her husband was thrilled, and they accepted the offer.

Over the years, they had two children, both of whom she is extremely proud. Peny now has four grandchildren and two great-grandchildren. She was fortunately able to be a stay-at-home mom until her children were old enough to go to school. When she got into the work force, her first job was as an illustrator for technical documents. That quickly shifted to writing – as a technical analyst, training specialist, documentation specialist, desktop publisher, and information developer. These titles covered a multiplicity of interesting and not-so-interesting hardware and software products. In all of it, she enjoyed learning new things all the time, as she created documents that could be read and understood by non-technical people.

### **A Spiritual Journey in a World of Energy**

After 36 years of marriage, Peny and her husband divorced. She moved to Leesburg. Now that she was responsible for only herself, she found the opportunity, time, energy and enthusiasm to investigate energy medicine. It began with a Reiki class and expanded to include many classes including: Clearing Held Memories, Sound Healing, Theta Healing, Medical Intuitive Training, Animal Communication, and other modalities. Peny says when she works with energy in any one session, she is guided to use techniques from a variety of modalities; each session is tailored to the individual and situation. When she is working with someone for the first time, she sometimes uses tuning forks tuned to OM to do sound healing. The tuning forks help the person sense that something is happening as their body responds to the vibration.

**Peny and Her Dogs** (you knew we had to get here sometime!)

Peny got her first dog when she was 11. Since then she has always had dogs – poodles, mixed breeds, golden retrievers. Peny now has Italian Greyhounds (IGs, a toy breed). She got her first IG, Sprite, from Italian Greyhound Rescue. Sprite was her empty nest dog. Since then, ten other IGs have been her family, helping her through the rough places in her life. Although she has had as many as six at a time, Peny now has two. At the time Sprite came to live with her, Peny was taking classes with a local obedience training club. As members continued to take classes, they were encouraged to become instructors, which Peny did. She states unequivocally that now she is a much better dog trainer and instructor than she was then.

Peny is committed to using positive reinforcement and operant conditioning principles to reinforce her relationship with her dogs. She uses a clicker to mark desired behaviors; beginning by teaching the dog that when they hear the click, a treat is coming! It's more complex than this but you can ask Peny for details. She'll be delighted to explain more! When Peny helps her students train their dogs, she does not require that they use a clicker, but she still uses the same principles. Peny loves helping people learn how to help their dogs learn. All Peny's dogs have earned their Canine Good Citizen title and she has been competing successfully with them in breed conformation, obedience, agility, and rally obedience. Most recently, her ten-year-old, Hopi, completed her Agility Championship (PACH) title. This is in addition to her breed Championship, Rally Excellent, and Beginner Novice obedience titles (with a bunch of along-the-way-to-the-goal titles).

### **Postscript**

As we began this interview process, Peny had often wondered if there was more to retirement than volunteering, reading, and

training and competing with her dogs. It seemed that even through the interview, she is gaining inner clarity. Recently, she opened a fortune cookie that read: “You will soon be confronted with unlimited opportunities.” And I saw her resonate with that possibility as she read it. And, with that, I got to experience a pure vibration that felt like a deep knowing, validated, as she observes that

she is “looking forward to feeling very, very fulfilled.” And, as we wrap up our conversation, up comes that lovely and contagious giggle that is her hallmark. I giggled too! As an afterthought, she shares “laughing feels so good.” And, yes it does! I believe that those simple words capture a deep aspect of her essence and all who spend time with her, especially in the company of Hopi and Buffy, get to experience it as true.

### **A Short Note:**

Circumstances change over the years, as do one’s priorities. So. Sadly, going forward I will no longer be editing The Chalice, our UU newsletter. The time has come to dedicate some time to my dog and long-neglected interests. It’s time to examine the bucket list. Time to take the grandkids fishing. So. I’ll be on my way. I’m grateful for everyone’s interest in this project.

I want to thank all of our submitters over the years. It’s their news, of course. And I’d like to extend a special thanks to Elaine Weekley, who cleaned up my assembled mess every month.

Take care,  
-Bob Prescott

## **UUFR-VA Activities at a Glance**

<b>December 2019</b>	
Dec 7	<b>Adopt a Highway – 10:00 A.M.– UUFR-VA</b>
Dec 15	<b>Holiday Party – Following Service – UUFR-VA</b>
Dec 20	<b>Ladies’ Luncheon – 11:30 A.M. – Kilmarnock Inn</b>
Dec 27	<b>Fourth Fridays Gathering – 6:00 P.M. – UUFR-VA</b>

<b>Board of Stewards</b>	
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
<b>Web Site</b>	<b>Newsletter</b>
<a href="http://www.uufrappahannock.org">http://www.uufrappahannock.org</a> <a href="http://www.uufr-va.org">http://www.uufr-va.org</a> Bob Prescott, Webmaster	Deadline for articles: 20 <sup>th</sup> of the month Bob Prescott, Editor (editor@uufrappahannock.org)

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