

UUMH Newsletter

236 Commercial Street • Provincetown • Massachuset

January 2019

“The members of the UU Meeting House hold sacred each individual’s spiritual and ethical development. We welcome all and seek unity in diversity. We commit ourselves in service to the wellbeing of the congregation and to all of life.” ~Mission Statement of the Unitarian Universalist Meeting House of Provincetown



Sunrise by Mary Oliver

You can
die for it-
an idea,
or the world. People
have done so,
brilliantly,
letting
their small bodies be bound
to the stake,
creating
an unforgettable
fury of light. But
this morning,
climbing the familiar hills
in the familiar
fabric of dawn, I thought
of China,
and India
and Europe, and I thought

how the sun
blazes
for everyone just
so joyfully
as it rises
under the lashes
of my own eyes, and I thought
I am so many!
What is my name?
What is the name
of the deep breath I would take
over and over
for all of us? Call it
whatever you want, it is
happiness, it is another one
of the ways to enter
fire



We must learn to reawaken and keep ourselves
awake, not by mechanical aid, but by an
infinite expectation of the dawn.

Henry David Thoreau

Woke

Our eternal message of
hope is
that dawn will come.
Martin Luther King, Jr.

Not the day only, but all things have their morning.

~ French Proverb

Not knowing when
the dawn will come
I open every door.
Emily Dickinson

I refuse to accept the view that mankind is
so tragically bound to the starless midnight
of racism and war that the bright daybreak
of peace and brotherhood can never become
a reality... I believe that unarmed truth and
unconditional love will have the final word.

Martin Luther King, Jr.

Worship Worship Worship
Worship Worship Worship
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January



*Sunday, January 6: Janus, God of beginnings and endings
Led by the Worship Committee*

In ancient Roman religion and myth, Janus is the god of beginnings, transitions and endings. Janus is usually depicted as having two faces, since he looks both to the future and to the past. The Romans named the month of January in his honor. This morning, like Janus, we gather with part of us looking backward and part of us looking forward. Rev. Kate has designed a ritual for the worship committee to lead which will help us let go of the old year as we begin to embrace the new.

*Sunday, Jan 13: Thin Places
Rev. Kate Wilkinson*

Have you ever heard of the concept of “thin places?” Those places in which the veil between heaven and earth is particularly translucent? Perhaps you have been in a spot that feels particularly holy and sacred? Was it a thin place? This morning we’ll hear about a few places with a reputation of being particularly heavenly.

*Sunday, Jan 20: Rev. Dr. Martin Luther King, Jr. Sunday
Rev. Kate Wilkinson*

This morning we explore the legacy of Martin Luther King, Jr. and look at how we are being called to continue his work today. We also take time to lift up the stories of the women who were working alongside him but who get less recognition when we teach this history.

*Sunday, Jan 27: Pulpit Exchange
Rev. Jessica Clay*

Today all of the UU ministers on the Cape and the Islands are picking up and moving to a different pulpit for the day! Rev. Kate is going to be in Plymouth (just over the bridge) and her dear friend and colleague, Rev. Jessica Clay, is coming here from First Parish Brewster.

A Note from Rev. Kate
A Note from Rev. Kate
A Note from Rev. Kate



Welcome 2019!

Every year for Christmas, Lisa and I make calendars for each other. It's pretty easy to do now with a little help from online services like Vistaprint or Shutterfly. You upload your photos and then choose one for each month. Going through a year's worth of photos to find the 12 best memories to capture is kind of fun. Sometimes I've forgotten about some special moments until looking through the photos reminds me. Then, all through the new year, the fun continues as each month we each get to turn the calendar page and be reminded of another great memory.

The New Year's holiday is a great opportunity to look back on the old year and to look ahead to the new one in anticipation and hope. What were the joys of 2018 for you? What were the challenges? Is there something you hope to accomplish in 2019? Or something you would like to nurture or grow in your life? Or something you need to leave behind in the old year? It's really hard to believe that the next calendar I make will be for the year 2020. It seems like such a futuristic date, doesn't it? But then, so did 1984 at one point! So if we all think ahead to making a 2020 calendar, what pictures would we want to include? Dinner with friends? A fun vacation maybe. A beach sunset? A family reunion? A home project that we are proud of? Or maybe a picture of us taking a risk, trying something new, or renewing an old hobby. Whatever we'd like to include in our 2020 calendar, we need to make happen in 2019.

So start making plans, and don't forget to put the important things in the Jar of Life first!

Then the pebbles, then the sand! It will all fit in if you pay attention to the order.

Happy New Year!

Rev. Kate

Helping Hands. . .
Another UUMH great idea! Do you need a ride? have a pet who needs a walk? need some medication picked up? Helping Hands has been at work since 2016 assisting the UUMH community. Every month a different volunteer is in charge of matching your need up with someone who has volunteered to help. These volunteers are creative and resourceful people---don't hesitate!
Dianne Kopser is the facilitator:
508-237-1321

Check out the UUMH website for a
WEEKLY
announcement of events!
www.uumh.org
click on
THIS WEEK at the MEETING HOUSE

Announcements Announcements Announcements



OUR VIDEO CAMERA IS WEARING OUT!

The video camera we have now is Canon HG10 HDD.

It is a good one, and is reasonably priced:

available on Amazon for \$109.00.

*The current one does not hold its charge and it
actually hisses! (and that's not a critique*

of Rev. Kate's sermons!)

*We need a new one. Do you have one to donate? Or,
would you be interested in donating the funds so we*

could buy a new one?

Contact lisalatte@gmail.com

*Videoing our Sunday Morning Sermons is a vital part of our mission as a spiritual community.
The work of our volunteer videographers brings our Sundays to people all over the country and
to our members who are unable to be with us because of illness or travel.*

*Our ministry as a faith community reaches far afield. Many of the people who count us as their
spiritual home do not live in Provincetown, but rather are visitors who attend UUMH while they
are here to enjoy the sun and sand. Many of them go to our homepage at www.uumh.org and
click on the Sermons to keep in touch with us and with our message of faith and justice and
spirituality.*

*Some of our former members or half-year members depend on the videos of the sermons to keep
their connection to our church life vibrant. All of these viewers are part of our greater
community.*

Thank you to our videographers for the work you do in service to this greater community!

Writing as a Spiritual Practice

Flannery O'Connor said, "I write to discover what I know." In this workshop we will experience a few different approaches that help bring us deeper into our spiritual reality: proprioceptive writing, non-dominant hand writing, the inner poem, plus basic journaling tips. Pen and paper provided! Led by ***Kathleen Henry***



Winter Mindfulness Meditation Series

Whether you are a beginner or a seasoned meditator this 4 week series led by ***Jen Shannon***, LICSW, is for you. We will explore many tools of mindfulness, including sitting meditation, walking meditation and the application of mindfulness to everyday life. Along with this we will be putting an emphasis on the “Heart Practices” known as Metta or Loving Kindness practices. Learn how to access joy by living in the present moment.

Good Wolf/Bad Wolf: Care and Feeding

Based on Rev. Kate Wilkinson’s sermon about a teaching story...“We all have a Good Wolf in us. We all have a Bad Wolf in us. Which one wins? The one we feed!”

This 3-session learning event led by ***Ellen Anthony*** will build awareness and skills that enable us to notice: Which Wolf is talking now? Which Wolf is listening now? Which Wolf are we feeding? We’ll explore our habits and our choices in thought, word and actions. Practice. Practice. Practice.

Yoga For Every Body

Led by ***Alison Dwyer***; this class combines breath, movement (postures) and mindfulness practices to increase a sense of wellbeing, ease and relaxation—physically and mentally. We welcome all bodies and all levels of experience. Mats are available. By donation.

Sound Journey

Tibetan Singing Bowls and Gongs. Soothing vibrational frequencies that relieve stress, calm the mind, and balance the body. Please bring a mat and blanket if you can. \$10 suggested donation.

More information on Photography and Knitting in next month's newsletter!

Saturday, 1/12 4:30pm Sound Journey Gong Bath

Thursday, 1/10 2pm Writing as a Spiritual Practice

1/17, 1/24, 1/31, 2/7 1:30-3pm Mindfulness Meditation Class

2/9, 2/16, 2/23 10am Good Wolf: Feeding the Goodness Within Us

Tuesdays at 4pm Yoga for Every Body

2/20, 2/27 10am Photography as a Spiritual Practice

3/6, 3/13, 3/20, 3/27 1pm Knitting as a Spiritual Practice

All are Welcome!

For More Information, call 508-487-9344

Sound Journey



TIBETAN SINGING BOWLS AND GONGS

Soothing Vibrational Frequencies that

* Relieve Stress * Calm the Mind * Balance the Body *

SATURDAY, January 12th

4:30 pm – 5:30 pm

Doors Open at 4:00 pm

Unitarian Universalist Meetinghouse

236 Commercial St., Provincetown

\$10

Presented by Sharon Morris & Paul Veneziano

TO REGISTER, Contact: Reverend Kate (508) 487-9259



Among Ourselves Among Ourselves Ourselves Among Ourselves

- Congratulations to **Kurt Reynolds and Michael** who exchanged vows a few weeks back. Love is in the air and never were there two more deserving people!
- We send love and affection to **Kate Wallace Rogers** and her son Oliver. We are there for you with love and hugs, Kate.
- We send prayers to **Alison Dwyer** and her dad as they journey through his recurrent cancer. We love you, Alison.
- And we send prayers to **Mel Dwyer's** great-nephew, Christopher, who has suffered tremendous loss.
- Hey! **Ellen Anthony and Marty Hassell** will be tying the knot on June 2. Mark your calendars because we are all invited! They had us literally jumping for joy on their announcement.
- **Anne MacAdam** is suffering with sciatica. May the pain ease up and may she know we are all with her in any way she needs.
- **Jen Shannon** had a run in with her dog, Dutchie,...literally. One very dark night while out on a walk, he ran into her at full pace; she suffered some pretty nasty bone bruises. Heal well!
We send our love to **Cricket**, always!
- We are full of gratitude that the anniversary of **Lawrence Crisara's** car accident is passed and that he is healed from his injuries. You scared us, Lawrence.
- We are also filled with gratitude that the anniversary of **Bruce de Ste. Croix's** broken leg (subsequent to his ankle surgery) has passed and that he is improving with each step!
- We are so going to miss **Amy Howell** and her wife, **Pip Quillen**, as they join the ranks of Florida residents. In the moving process Pip pulled her back and life was very painful for her for a bit. May the rest of the very hard process of moving proceed smoothly. AND, if you don't like it, come home!
- Welcome, welcome, welcome to **Douka Boire**, our new amazing sexton. We are blessed to have him in our midst!
- **Lorraine Kujawa and Elaine Anderson's** dog, Cappy, has been recently diagnosed with diabetes. Poor Cap has gone blind and Elaine and Lorraine are up at all hours tending to him. He's a lucky pup!
- Congratulations to **Jonathan Scott**, the CEO of Victory Programs, Inc. on being awarded The Lifetime Leadership Award at the Association of Behavioral Healthcare's Annual Salute to Excellence. He is a legend and so deserving of this honor!
- We send love and good wishes to **David Mills** who was recently hospitalized. Lean on us, Your Honor, we love you!
- A special thanks to **David Danielle** for his moving and elegant presentation at our Hanukah service.

Love

is

the

spirit

of

this

Meeting

House



Happenings last month at the UUMH
Happenings last month at the UUMH
Happenings last month at the UUMH



"Solstice" Photo by Ryan Cooke





UUMH Christmas celebration at Seashore Point:

Standing: Lisa, then from left to right L Anne MacAdam, Diana Lu, Brian Reardon, Lorraine Kujawa, Elaine Anderson, Marie Pitt, Cricket Comey, Lawrence Crisara, Pastor Brenda Haywood



Pastor Brenda Haywood

“Imagine if we treated each new dawn
of each new day
with the same reverence and joy
as we do each new year.”

Angie Lynn

from the Board

from the Board



We are now just two months away from Rev. Kate's well deserved Sabbatical. She will be gone for the months of March, April and May reflecting on her ministry, refreshing her own spiritual path and expanding her horizons after 7 years of dedicated work leading us. We all know how much Rev. Kate deserves these well-earned 3 months.

The Sabbatical Ad Hoc Committee has met with Rev. Kate monthly and has designed work plans to cover the responsibilities that we as a congregational family will take on to keep the Meeting House running in a healthy and smooth manner during her absence.

The Worship Committee has designed our Sunday Services using both visiting guest speakers and members of the congregation to provide for our continued spiritual edification and growth.

We have members overseeing events and the tasks that are part of our weekly operation. There is a clipboard outside of April's office where you can sign up if you would like to volunteer time during the Sabbatical to help out.

These three months should be an opportunity for us to grow closer and stronger as a spiritual community by supporting each other as we foster the growth and stability of the Meeting House and our mission.

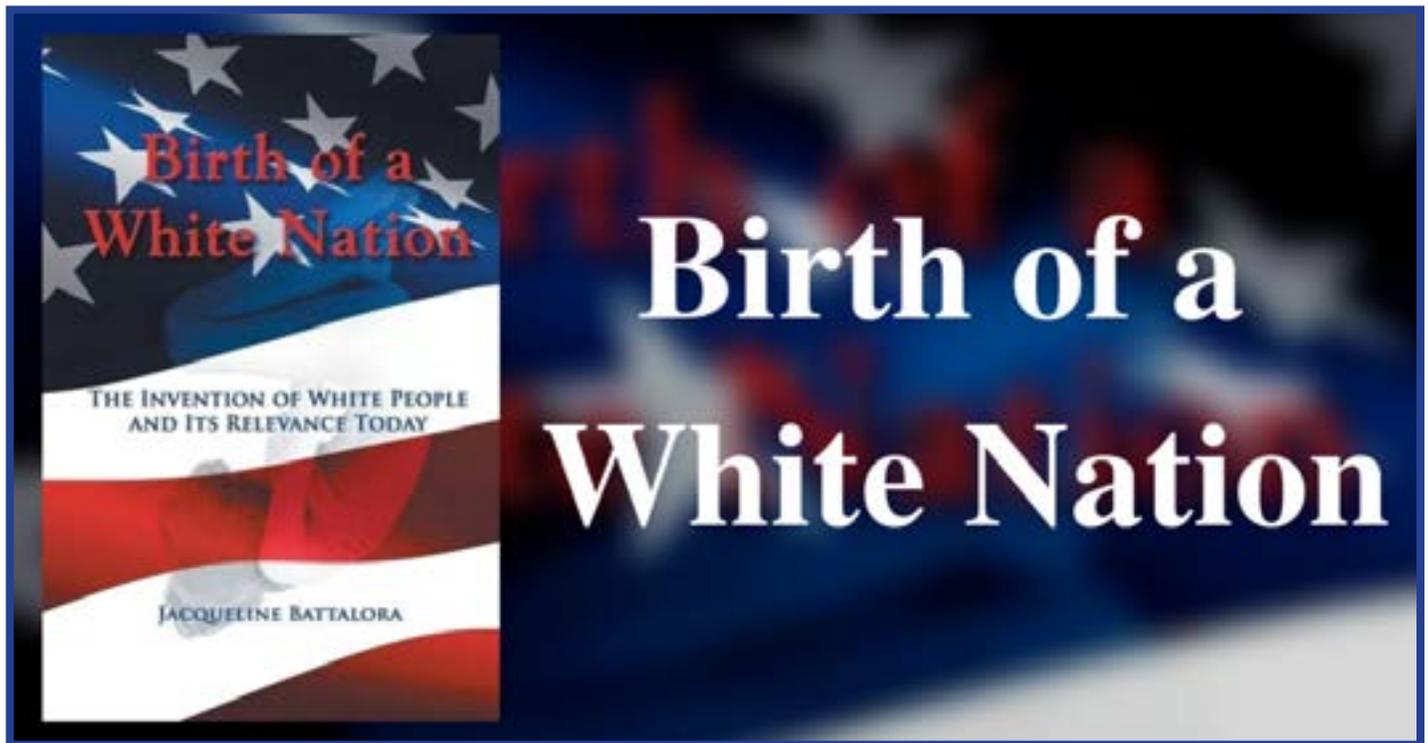
Some members have asked if they are allowed to offer gifts to Rev. Kate for her Sabbatical time and after checking with other UU congregations we have determined it is allowed but in no way required. The Board will discuss this at our January meeting and then inform you of how, if you're inclined, you may contribute.

Together we are the heart of the Meeting House and together we will enrich our spiritual home by working together in loving fellowship.

Offered in peace and with love,

Bruce de Ste. Croix





RACIAL JUSTICE PROVINCETOWN

video presentation

THE INVENTION OF WHITE PEOPLE and IT'S RELEVANCY TODAY

Alison Dwyer presenter

Wednesday January 16th. 2019 @ 5pm - 8pm / UUMH, AB Hall, 236 Commercial Street

We combine our gathering with a community potluck.

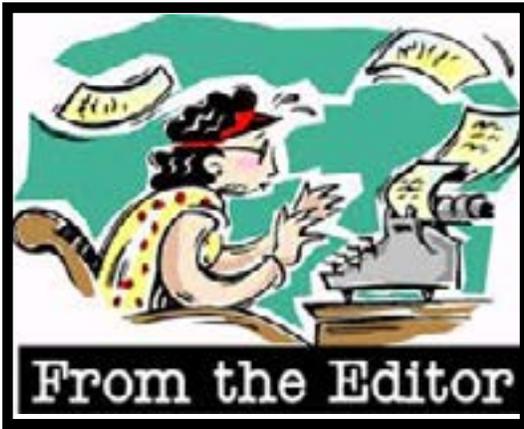
Please join us for the conversation.

ALL ARE WELCOME



Photos: Marty Cowden





We strung the lights at Christmastime.
We loved the sentiment! We sang in rhyme!
Love and prayers -- most special gifts --
Made our hearts and spirit lift.

As we tussle now with tangled lights,
Wrapping up ornaments,
boxing them tight,
Tossing the tree, returning the room
To its sober order, with the flick of a broom,
Let's remember our special gifts
and . . .
give them away !!! . . .
all throughout the year,
each and every day.
(KMH)

Make it a happy new year!

Photo: Jennifer Shannon



"When they go low -- we go high." Michelle Obama



Back Page

The
Meetinghouse News

Kathleen Henry, Editor

Submissions are welcomed
and encouraged!

Please submit written work,
announcements,
and artwork,
by the 20th
of the month

to
meetinghousenews@gmail.com