

# UUMH Newsletter

236 Commercial Street • Provincetown • Massachuset

February 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



*Sleeping in the Forest, by Mary Oliver*

I thought the earth remembered me,  
she took me back so tenderly,  
arranging her dark skirts, her pockets  
full of lichens and seeds.



“Our task must be  
to free ourselves...by  
widening our circle of  
compassion to embrace  
all living creatures and  
the whole of nature and  
its beauty.”

– Albert Einstein

“Those who contemplate  
the beauty of the earth  
find reserves of strength  
that will endure as long  
as life lasts.”

– Rachel Carson

*“The best remedy for those who are  
afraid, lonely or unhappy is to go  
outside, somewhere where they can be  
quiet, alone with the heavens, nature  
and God. Because only then does one  
feel that all is as it should be and that  
God wishes to see people happy, amidst  
the simple beauty of nature.”*

– Anne Frank

*“I believe a leaf of grass is no less  
than the journey-work of the stars.”*

– Walt Whitman

**“Reading about nature is  
fine, but if a person walks  
in the woods and listens  
carefully, he can learn more  
than what is in books, for  
they speak  
with the voice of God.”**

– George Washington Carver

“I think it annoys God if you  
walk by the color purple in a  
field and don't notice.”

– Alice Walker

*“I thank you God for  
this most amazing day,  
for the leaping green-  
ly spirits of trees, and  
for the blue dream of  
sky and for everything  
which is natural, which  
is infinite, which is yes.”*

– E. E. Cummings

“My profession is to always find God in nature.”

– Henry David Thoreau

“...standing within this otherness - the beauty and the mystery of the world, out in  
the fields or deep inside books - can re-dignify the worst-stung heart.”

Mary Oliver

Worship Worship Worship  
Worship Worship Worship  
Worship Worship Worship  
Worship Worship Worship

February



*Sunday, February 3: Mary Oliver Tribute Sunday*

*Rev. Kate Wilkinson*

One of our beloved favorite poets died recently.

She offered these instructions for living a life:

Pay attention. Be astonished. Tell about it. This morning we pay tribute to Mary Oliver.

*Sunday, February 10: Rumi vs. Rumination*

*Rev. Kate Wilkinson*

We've all gotten ourselves stuck overthinking something. Do you have thoughts that just keep circling back, with no progression? This constant brain loop can be stressful and wearing.

Psychology offers us some helpful tips for interrupting rumination.

Are there any spiritual tools  
that might help too?

*Sunday, February 17: Ellen Anthony Preaching*



*Sunday, February 24: Rev. Kate Wilkinson*

*Today Rev. Kate and members of the Sabbatical Committee share reflections on Sabbath and our Meeting House aspirations for while Rev. Kate is away this Spring. Join us in packing our metaphorical bags on this last Sunday before her three month sabbatical!*



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



## **Assignment**

As most of you know, I will be going on sabbatical this Spring...March, April, and May 2019. This three month sabbatical is a time to relax, reflect, restore, and re-fill my bucket. It is one of the gifts that long-term ministry offers.

Many of you have asked me how I will be spending my time while I'm away. For much of the time, I will be at home in Wellfleet, focusing on personal physical and spiritual health. I am excited for the opportunity to fill my days with exercise, healthy foods, friends, and spiritual practices...things that often slip to the bottom of the list when I am keeping up with my hectic regular schedule.

I am also going to be taking at least two trips. The first is to the West Coast to see family and friends. Lisa will be traveling with me and we will make our way from Los Angeles down to San Francisco. The second trip I will do on my own to England for a Mindfulness Walking Retreat in Devon. England is my very favorite place in the world, and I am so excited to spend time walking through the countryside 6-8 miles a day, eating vegetarian food, and spending the evenings in silence. I will go a few days early to visit friends and catch a play or two in London!

Throughout my time away, I will be interviewing people about what keeps them healthy and centered. Even if 99% of the time they don't feel centered or healthy, what is a practice that draws them back to that place of wellness?

I'm excited not only for myself, but also for you. This sabbatical is also an opportunity for you, the UUMH community, to grow and center yourselves. Who are we apart from each other? What is it that draws you to this faith community aside from the minister? Can you grow into a deeper sense of ownership when space is made for that? How will you be caring for one another? What will you learn from each of our guests? How will your souls be growing?

One of my favorite readings is by Rev. Robert Walsh. He passed away recently, so I can't ask him, but I imagine that he wrote this as he was preparing to go on sabbatical himself. It's called Assignment.

## **Assignment**

***While I am away, here are some things I want you to do. I want you to take care of yourself. Button up your overcoat. Fasten your seatbelt. Eat your vegetables.***

***I want you to take care of someone else. Look for ways to help. Say, "I love you" (if you do). Hug a friend.***

***I want you to take care of your soul. Keep the different parts of your self in touch with one another. Listen for quiet clues about the path your life should be following.***

***Be aware of what kind of world you are helping to make each day.***

***Take good care.***

***Robert Walsh***

This is my assignment for you also. Please join me for our "Sabbatical Send-off Sunday" on February 24.

And take good care!

*Rev. Kate*

Check out the UUMH website for a  
WEEKLY  
announcement of events!  
[www.uumh.org](http://www.uumh.org)  
click on  
THIS WEEK at the MEETING HOUSE

# Announcements Announcements Announcements



## 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

Welcome, all, to the Monday Night Meditation Circle  
Weekly  
6 PM in AB Hall

Yoga  
for  
Every  
Body  
Tuesdays  
4 PM  
Weekly



First Rehearsal for Outer Cape Chorale  
Spring Season  
February 7 @ 6:30 at Truro Community Center  
All SINGERS welcome!  
No audition.  
Repertoire for May: From Opera to Broadway!



The Gongs that resonated throughout AB Hall last month.

**LAURA CAPPELLO & JOHN THOMAS PRESENT**  
**"PAST PRESENT"**  
**MUSIC FROM YESTERDAY AND TODAY**  
**AT TIN PAN ALLEY THURSDAY**  
**FEBRUARY 7 AT 7PM**  
**IN PROVINCETOWN**

### ***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.

***Tuesdays 4 PM***



### ***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.

***February 7, 1:30 - 3:30***

### ***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.

***February 9,16, 23 10:00 am***



### ***Photography as a Spiritual Practice***

Led by photographer and professor of same, Marty Hassell, this workshop will open your lenses to the meditative world behind the lens. The concrete world, it turns out, has a spiritual journey to offer. Bring your camera and/or smart phone.

***February 20 & 27 10 am***

### ***Knitting as a Spiritual Practice***

Ryan Cook knits and knits and knits. Plus, he has a story or two he weaves in along the way. The clicky clack of a knitting circle's needles starts to form a kind of symphony, like the chirping of birds, the giggles of children. Explore how knitting can transport you to a snug and connected place. Materials provided. All levels welcome.

***March 6, 13, 20, 27 at 1 pm***



**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**

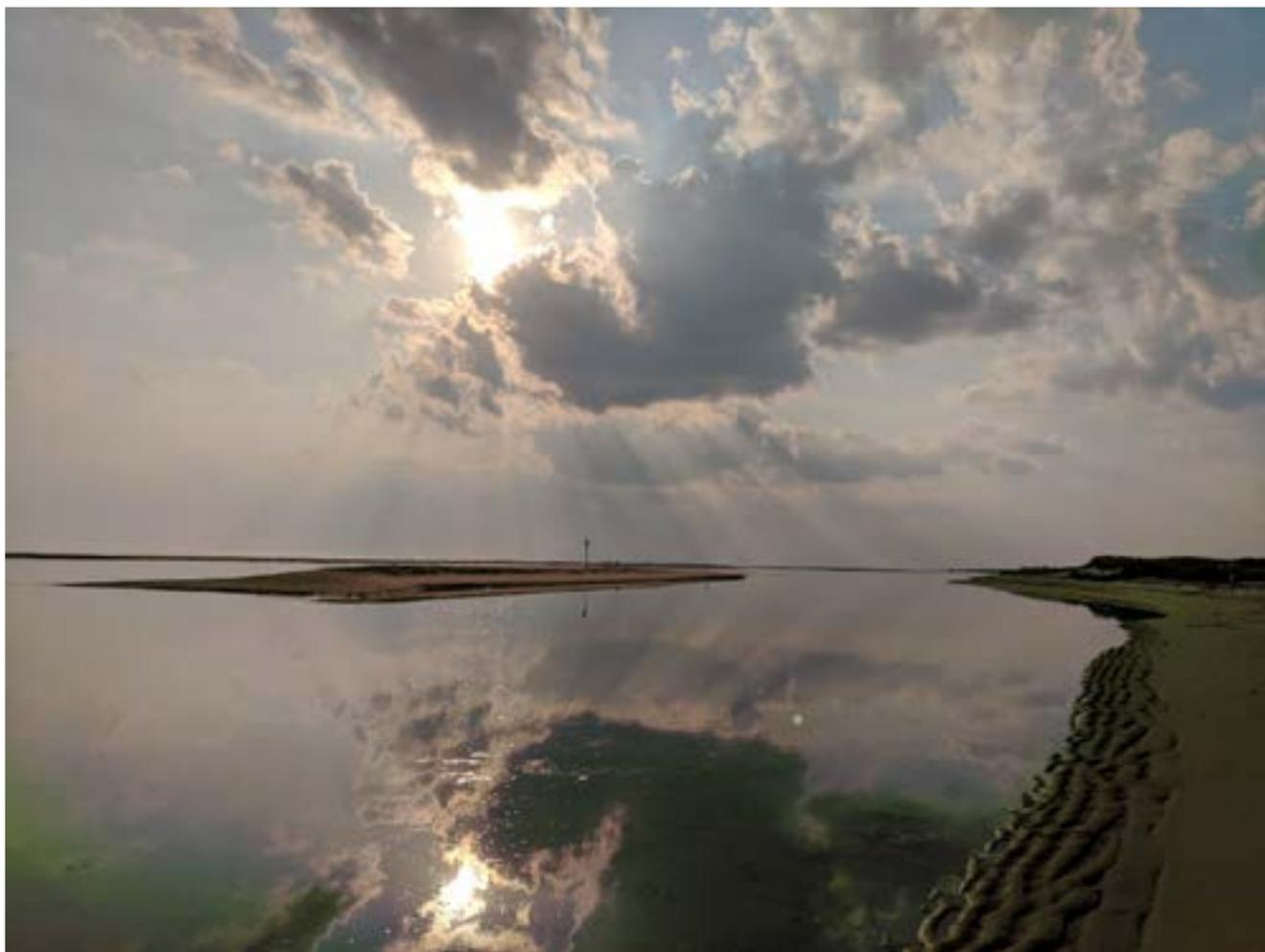


PHOTO BY MARTY HASSELL COPYRIGHT © 2018

JOIN US ON WEDS., FEBRUARY 20 AND 27, 2019  
AT 1:00 PM, FOR AN HOUR OR SO TO EXPLORE  
**PHOTOGRAPHY AS A SPIRITUAL PRACTICE**  
AT THE UNITARIAN UNIVERSALIST MEETING HOUSE  
OF PROVINCETOWN, 236 COMMERCIAL STREET

METHODS FOR MAKING PHOTOGRAPHS THAT TRANSCEND JUST TAKING PICTURES OF STUFF WILL BE EXPLORED. WE MAY BE DOING A SHOOT TOGETHER, SO, IF YOU HAVE IT, **BRING SOMETHING WITH WHICH TO MAKE PHOTOS. ALL ARE WELCOME WITH OR WITHOUT PHOTOGRAPHY EXPERIENCE. CELL PHONE CAMERAS ARE PERFECTLY FINE AS THIS IS NOT A TECHNICAL SESSION.**

LOOKING FORWARD TO OUR EXPLORATION TOGETHER, *MARTY HASSELL*

RACIAL JUSTICE PROVINCETOWN

RACIAL JUSTICE PROVINCETOWN

RACIAL JUSTICE PROVINCETOWN join the conversation



Artwork "Out of Africa" by Pastor Brenda Haywood

*This poem was written to honor Black History Month*

*by Jane Bunker, sent to us with love*

**Thinking of Black History brings tears to my eyes  
As another black man is shot and dies.  
Every day my heart breaks as injustice reigns  
Leaving dreams of equality with the darkest of stains  
Years ago our wise Declaration concluded  
That no one at all should be excluded  
That all were equal with inalienable rights,  
A vision that now seems far from sight.  
But as Reverend King so wisely preached  
Freedom for one can only be reached  
Through freedom for all, we're bound to each other**

**Our destinies tied as sisters and brothers.  
Yes, each of us has a big part to play  
To offer our voice and help light the way.  
As allies we need to clear out the debris~  
From inherited racism, we must be free.  
For diversity is one of life's greatest treasures,  
A richness and blessing beyond every measure.  
So to celebrate humans of every hue,  
Ending racism is up to me and you.**

## CELEBRATE BLACK HISTORY MONTH

"I Have a DREAM that one day this Nation will rise up and live out the true meaning of its Creed: "We hold these truths to be self-evident, that all men are created equal."~ Rev. Dr.

Martin Luther King, Jr.

The initial idea was Black History Week which later became Black History Month in 1976. It was conceived by Black historian, Carter G. Woodson, February, 1926. It is an annual observance of African American History, reclaiming attention to and celebration of Black achievements/Black History, celebrating Black culture and influences throughout our American History.

During this month we also celebrate art, poetry, music, inventions, science, and medical and political contributions that have become living symbols of Black history in America. The month of February was the selected month because the birthdays of both President Abraham Lincoln, and Frederick Douglass—slave, orator, and abolitionist, both are in February thus honoring their contributions toward human rights, equality, and freedom.

Growing up Black in the nation of America has been an on-going experience of racism and oppression on multiple levels. These experiences began in my early years, but I had the blessing and fortune to be raised in a village.

My village community where I grew up, West Newton Village, is now on the United States of America Historic Sites. It consisted of African descendants and members of the Cherokee Nation, who fled the South to build new communities. These trailblazers, women and men, offered their insights into their historic past and that nurtured and strengthened us. Black and Native history came alive with their personal victories and that built our community's strength for future generations.

The phrase: "On whose shoulders we still proudly STAND" rings true for me when I think of my village. It strengthened me with perseverance to boldly face systems of oppression and imbedded in me the courage to sustain and celebrate our rich Black history's positive values for future generations!

(Pastor Brenda)

### **Racial Justice Provincetown Presentation:**

**WEDNESDAY FEBRUARY 20th. @ 5pm - 8pm**

We invite you to join us to learn about Provincetown's Underground Railroad!!

And share a Pot Luck Supper

#### **Topic: Provincetown and The Underground Railroad**

presented by: Julia Perry of the Provincetown Historic Society

Julia Perry will lead us on the journey of The Underground railroad:

"On November 30, 1837, 51 men met in the Methodist Meetinghouse to found the Anti-Slavery Society of Provincetown." As Julia documents the Meeting Records and Accounts for this historic project, we will have the opportunity to learn about the safe houses in Provincetown. Question: "Why were slaves hidden in Provincetown"?

~ NEXT RACIAL JUSTICE VIGIL: SATURDAY FEBRUARY 16 @ NOON - 1PM

@TOWN HALL

Submitted by Pastor Brenda: Racial Justice Provincetown, Chair

### **Celebrating Black History: A Brief Calendar**

**February 1, 1960 Four North Carolina A&T students begin the Sit-In Movement at a lunch counter in a Greensboro, N.C. Five-Dime store**

**February 4, 1913: born, Rosa Parks: Initiator of the Montgomery, Ala. bus boycott**

**February 6, 1820: First organized migration of U.S Blacks back to Africa from NY**

**February 7, 1976: Carter G. Goodson: founded Black History Week, later changed to Black History Month**

**February 11, 1990: Nelson Mandela: released from South African prison after 27 years as political prisoner**

**February 12, 1909: National Association for the Advancement of Colored People, NAACP, founded in NYC after 1909 riot**

**February 14, 1817: born, Frederick Douglass: The great Emancipator**

**February 21, 1936: born, Barbara Jordan: Politician, Lawyer**

**February 21, 1940: born, John Lewis, Congressman, Civil Rights leader**



# Among Ourselves Among Ourselves Ourselves Among Ourselves

• We send love to *Kat Black and Chris Vasquez*. Chris' stepsister passed away. We know that the journey was tough. We are sending you all our biggest hugs.

• We also are keeping *Alison Dwyer* on our hearts as she wends her way through a tough diagnosis for her Dad. We are here to lean on any time, Alison.

• *Wave*, we shelter your heart and soul in the aftermath of your sister, Kate's, death.

• *Jane Lea* welcomes yet another baby into her life (number 19 of her great-nieces and nephews). Welcome to the world, Michael Fitch Lea.

• *Jan Fox* had further knee work done. We send healing thoughts.

• *Frank Bellistri* is here to stay! Full-time resident and all! Welcome home, Frank! And *Tony Valentino* is back at ACE Hardware! Yay!!

• We send love to *Richard Kaminski and Jerry Ouellet* who have both had their share of health problems. We are sending you love and hoping for good health in the new year!

• We will be missing *Annie Daignault* as she heads to warmer climes for the winter.

• And we miss *Ryan Cooke and Will Hildreth*, who are travelling afar.

Be safe, you two!

• *Each and every person* is so important to our community. If you haven't been able to make it to Sunday service for a while, know that we are missing you and look forward to seeing you soon.

Love  
is  
the  
spirit  
of  
this

Meeting  
House

"it is a serious  
thing / just to be  
alive / on this  
fresh morning  
/ in this broken  
world."

Mary Oliver

Do you live in Massachusetts? If yes, then this message is for you and your help is needed for the most neglected among us, prisoners with life sentences.

Based on my years of volunteering in Massachusetts Houses of Correction, I recently gave input to a committee reforming these life sentences. They have put together a bill (and have found two Cambridge legislators to sponsor it) that would **require** a parole review after 25 years of incarceration.

To have such a review would give so many prisoners a reason for living, a hope and a goal. It would give the unmotivated a reason to take courses that help them understand how and why they made choices that led them to prison, and how to understand their emotions, heal, and change their thinking.

***The bill to reform Life Without Parole needs other legislators to actively support it and/or co-sponsor it.***

I am asking you to make 2 phone calls. One to your state senator on Beacon Hill, to please support the bill whose docket number is 533. The other to your state representative. In the House it is number 154. Thank you.

Blessings on your efforts.

Pat Curran

*[Ed: The writer is a personal friend of many decades. Let me know if you have any questions.]*



***Clapp's Pond***

Taptap, taptap, taptap

In the silence of the frozen pond

On a branch above our heads

A downy woodpecker's January search

Is the only winter sound

Except two dogs' pants and paws

by Bruce de Ste Croix

from the Board

from the Board



The word “sabbatical” comes from the term for seven. The “Sabbath” is the seventh day of the week, for example. Tradition has it that you get to take time off after you have worked seven years. Professors at colleges, and ministers, and other professions, have been doing this for years and years.

Has it been 7 years already for our Rev. Kate?? It feels like only 2 or 3 to me, but indeed, Rev. Kate is getting ready for her three month sabbatical beginning March 1st. And the UUMH is getting ready, too. The Ad Hoc Sabbatical Committee has been working hard to make this a smooth transition.

The Board has been getting requests from members and visitors and friends who would like to help with the Sabbatical in some way. For instance, if anyone would like to volunteer to help the Ad Hoc Sabbatical Committee at their planning work, that would be most generous; please sign up in AB Hall. The Board has also heard from some folks who would like to contribute financially to Rev. Kate to help cover her expenses on sabbatical. Helping out by volunteering or donating are extremely generous offers and are deeply appreciated but are in no way expected. Rev. Kate knows our good wishes and energetic prayers are with her as she dives deep—and that is the support she appreciates greatly.

The Board has discussed how to set up a way to assist those of you who wish to donate to do so. Rev. Kate, and the Board agrees, would like any and all donations to remain anonymous.

Should you wish to contribute in cash- please enclose the cash in an envelope and write on the outside “UUMH Sabbatical Gift”. Should you wish to use a check, make it out to the U.U.M.H. and in the memo area put “Sabbatical Gift”. A single check, totaling all the contributions, will then be made out to Rev. Kate and given to her before she leaves on March 1st.

While we thank you in advance for your contributions, we want to reiterate that no contributions--except your good will and best wishes--are required; donations of either time or money are purely voluntary. May we all pitch in and take care of our spiritual home while our beloved minister is away.

In loving service,

Lawrence Crisara, Vice President

**Dear Rev. Kate,  
We wish you no spider  
you can't handle.**

**There once was a Rev from the  
Cape  
Who decided to make  
her escape  
To pray and dive deep  
(And catch up on some sleep)  
Returning, she'll be  
all shipshape!**

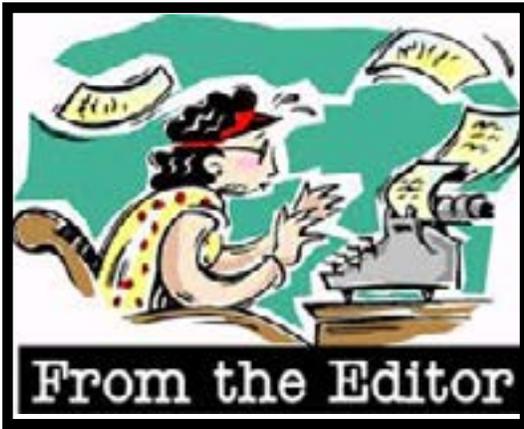


Photo: Marty Cowden

ORION

He held age  
In a bow of grace  
No mark that noted  
His friendship with  
The early Greeks.  
As gentle with us moderns  
As with shepherds  
And we spoke about the universe  
From different points of view.

Loretta Butehorn



“Do you love this world?  
Do you cherish your humble and silky life?  
Do you adore the green grass, with its  
terror beneath?”  
Mary Oliver

There’s a lot to worry about. The future--of the country, of our families and our near ones and dear ones, of the planet itself.

Oh, and worry gets us where?

Perhaps worry is like the heat of a flame--a warning of the burn that will come, an alert to the danger. Perhaps worry is useful after all. Perhaps worry is like the proverbial canary in that proverbial mine shaft, the only downside being the worrier, in this case the canary, does not make it out. But perhaps worry is like the meteorologist on television, good to hear once or maybe twice, but enervating and numbing when heard repeatedly throughout the entire 5 PM newscast. Perhaps worry is the speed bump in the road: slow down, worry urges. There are children and roiling soccer balls and snowsleds ahead.

Worry is only useful, however, if it moves us beyond itself and into action of some kind. Ooh, we pull our hand back from the flame; ooh, we’d better get out of here, the bird’s stopped singing; ooh, get the snow shovel ready; ooh, slow down.

Worrying, in and by itself, is only so much naval gazing. But worry as a sensor, a lightning rod, can be a saving grace.

“A substantial body of evidence suggests that worriers are onto something when it comes to worry’s benefits,” academics Sweeney and Dooley wrote.

In the same 1996 study, when participants were asked to list the positive effects of worrying, they came up with a few not-insignificant ones: It makes them better planners, pushes them to think more analytically, and pushes them to be more conscientious versions of themselves. (That last one is especially true when it comes to health-related habits. Worriers, the paper noted, are more likely to have safe sex, wear sunscreen, and buckle their seat belts.” (1996 study in *Cognitive Therapy and Research*, by Sweeney and Dooley, published in *The Cut*, April 20, 2017)

For instance, the state of our planet earth is worth worrying about and worth changing for, fighting for, praying for, organizing for.

Let’s heed the message our worrying is sending us  
and love this planet earth. Let’s save her before it is too late. [KMH]

Watch, now, how I start the day

in happiness, in kindness.”

by Mary Oliver



Photo: Lee Glickenhau



## 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](mailto:meetinghousenews@gmail.com)