

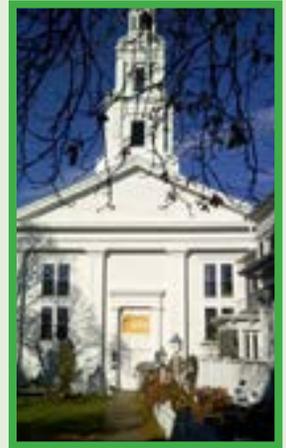
# UUMH Newsletter

236 Commercial Street • Provincetown • Massachusetts

March 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

Photo: Robin Jones



*WELCOME, welcome, little stranger,  
Fear no harm, and fear no danger;  
We are glad to see you here,  
For you sing “Sweet Spring is near.”*

*Now the white snow melts away;  
Now the flowers blossom gay:  
Come dear bird and build your nest,  
For we love our robin best.*

*~Louisa May Alcott*





Little Robin Redbreast

BY ANONYMOUS

Little Robin Redbreast

Sat upon a tree;

Up went Pussy-cat,

Down went he.

Down came Pussy-cat,

And away Robin ran;

Says little Robin Redbreast

“Catch me if you can.”

Little Robin Redbreast

Hopped upon a wall;

Pussy-cat jumped after him,

And almost got a fall.

Little Robin chirped and

sang,

And what did Pussy say?

Pussy-cat said “Mew,”

and Robin flew away.



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

March



*Sunday, March 3:*  *Ryan Cooke "Take a Pause"*

*Sunday, March 10:*  *Kathleen Henry "Covenant"*

*Sunday, March 17:*  *Char Priolo "Grace and Freedom"*

*Sunday, March 24:*  *Kate Wallace Rogers "Spring Awakening"*

*Sunday, March 31:*  *Rev. Daniel Gregoire "The Gift of Unseen Hands"*

A Note from the Sabbatical Committee  
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 A Note from the Sabbatical Committee



Usually, Reverend Kate writes the column in this space. The Sabbatical Committee will fill in for the upcoming three months while Reverend Kate is away. We thank Reverend Kate for this assignment to the Sabbatical Committee, and also for her assignment to us all as a congregation which she wrote about in this column last month when she told us to “take good care.” She said: ***“This sabbatical is . . . 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?” (UUMH Newsletter, February 2019)***

*Mission Statement*  
 The Ad Hoc Sabbatical Committee serves the Meeting House congregation, staff and committee chairs by providing oversight, direction, advice and support during the three months of the 2019 Sabbatical period. During the Sabbatical period the Ad Hoc Committee will work to ensure continuity of the mission and work of the Meeting House in lieu of the minister, ever mindful of protecting Reverend Kate’s sabbatical.

*Sabbatical Committee members: Bruce de Ste. Croix, Jane Lea, Lorraine Kujawa, Ellen Anthony.*

There are already encouraging signs of how we are taking care of our inner journeys, each other and the congregation!

- This ***Winter’s Spirituality Series*** continues through March with a rich mix of offerings. Sixteen people attended Jen Shannon’s Mindfulness class and explored meditation, tuning in to resources on the internet, and taking time to journal on our inner life. Kathleen Henry led a group of eight in Proprioceptive Writing and other

journaling tools to help us center and reflect. Sixteen people attended Marty Hassell’s “Photography as a Spiritual Practice” which encouraged being keenly present and capturing a moment of time. Reverend Kate’s six-session “Sermon Seminar” included study and discussion of all the elements that create an effective sermon. And then... all participants gave their sermons from the pulpit! Allison Dwyer continues to offer “Yoga for Every Body,” helping us come into loving relationship with our bodies. Ellen Anthony is facilitating a “Whiteness” study group with eight participants, based on Dr. Ruth King’s book *Mindful of Race*; and, Ryan Cooke will be “Knitting as a Spiritual Practice” this month. The Winter Spirituality series, now in its third year, is testament to our stepping into new initiatives, nurturing the congregation, and serving people from the wider community.

- *The UUMH Photo Project*, a dream of Marty Hassell's and mine, has been playing at a screen near you  
(in AB Hall) at coffee hour recently.

We asked the question: "What is it that draws us to this faith community?" We heard your answers and took  
your pictures!

Here are some our answers from the UUMH Photo project:

*All the people... Spirituality... To pray for peace and justice, love... Because of the kind people here... Because of open hearts, open minds  
and belong to a spiritual community... I always learn something new... I can come as I are and so can you... It's a wide spiritual path  
... In the company of friends I can go deeper in my spiritual search... Tender community challenging us all to grow and connect  
... I feel an energy of kindness and love here... Because of the family it provides through thick and thin... Community love kind and  
thoughtful... Inspiration awareness support and love... To be, to learn to be, in community to share the love... Because of you all!  
... Spiritual growth, music, friends who are family... For the lift to ride the wave... It is the only place to BE!... Freedom and Love live here  
To love, to connect with like-minded people... For the Music... It's full of Love... I love this "family" !... I feel connected to the spirit  
of Life here... I want to nourish my soul and work for justice together... Carbohydrates and community... I want to love the world...  
To see the divine in others... It's a place where my kids learn to sit quietly and be in the moment. It brings me back to being present.  
... I like the stories... Cookies... Treats... It's a welcoming environment. ... Everyone's nice. ... It's welcoming to my family... Everyone  
here! ... Thank you... To listen to Kate... I love Kate and Music. ... This is my spiritual Home!... It's a wonderful place to find peace.  
... My wonderful daughter is here and I love this community... Because of the strong commitment to Social Action!... I love the  
message and the messengers... I like to sing and I love to listen... Home away from Home. It fills my heart... My heart and soul  
lives here... Community and the message... Rev. Kate is awesome... Because of the Wonderful People and the deep ideas they  
bring... It bends my heart without breaking it and my laughter greets the weather when I leave... This is a place where I can  
heal my heart... I like when I start to go upstairs... It lets the light in... For Spiritual Community... To rediscover my spirit and  
find my voice... It's a warm and special place...*

*Music, spiritual companions, nutrition and fun... Bingo... It's my family... Everybody's nice*

- And... *Stay tuned for the adventures ahead in the pulpit*. You can pick up a booklet on who is  
speaking on what topic at each service in March, April and May with color photos of the speakers  
and accompanying bio's put together by Rev. Kate.

And so we begin to live into our Congregational Sabbatical Assignment.....

~Ellen Anthony, Member, Sabbatical Committe

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



We believe our faith calls us  
to change the world

14th Annual UU Advocacy Day –  
Tickets Now Available!!

When: Tue April 9, 9:30 AM – 4:00 PM

Where: Arlington St. Church, 351 Boylston St., Boston & the  
State House

We begin our day in celebration at the Arlington St. Church. We'll sing and worship together, honor our outstanding volunteers, and hear from an inspirational keynote speaker!

Then, attendees will be grouped by Senate constituency at the lunch break, during which time you can strategize about your meeting. Everyone heads to the State House at 1 pm to meet with their legislators. We will offer a legislative prep webinar in March.

Paste this Facebook Page into your browser for more info and to get tickets

<https://www.facebook.com/events/1020951848099170/>

*“Be like the bird who, pausing  
in her flight awhile on boughs  
too slight, feels them give way  
beneath her, and yet sings,  
knowing she hath wings.”*

~Victor Hugo~

## ***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***



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

Ryan Cooke 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***



*In the depth of winter I finally learned there was in me an invincible summer.*

*~Albert Camus~*

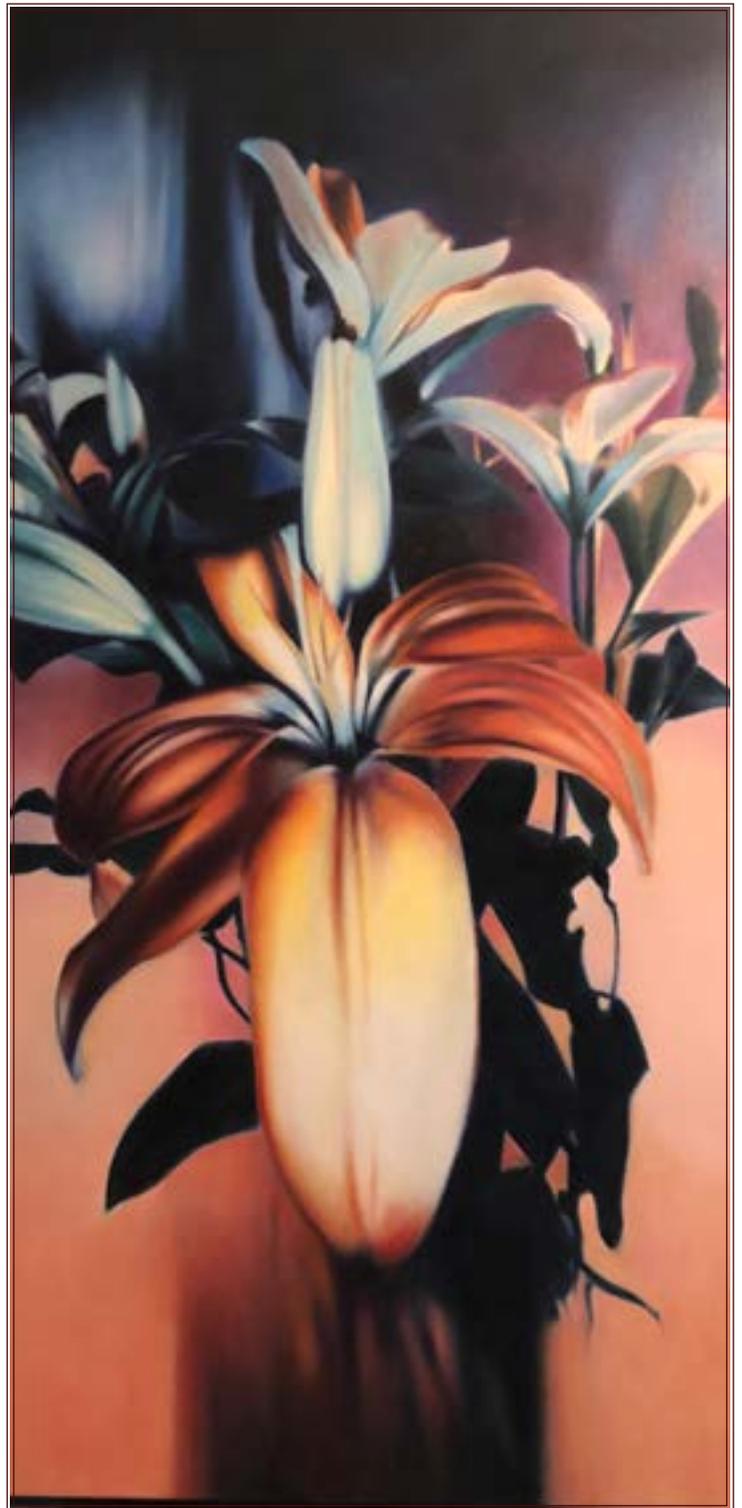
Dear UU friends,

Mason and I are missing you, but are happy to be warm. The last two years i have been busy with a project that is all just now coming together.

After the 2018 election I was quite depressed. I was having health issues and Mason and I had had a financial setback. I realized I was experiencing my life from a sense of “lack” as opposed to one of “abundance”.

Knowing that giving always helps me feel abundant, that being “ in-service” to the African American community here was a priority, and that I have always been nurtured by painting, I came up with a plan. I would paint 10 paintings and have an auction at the African American Museum here and give all the proceeds to college scholarships for African American youth. I am happy to say that the plan has worked!

In no time I was totally absorbed in the project, was no longer depressed, and began to feel truly abundant. Magically paths opened up with gallery support, enthusiastic magazine and newspaper articles, and early buyers. Ten paintings became twenty and we have already raised about \$14,000



in pre-sales and donations before the auction has taken place. (It is March 9th.) There have been many angels (including Mason) who have become part of the team that has turned this into one of the happiest times of my life. You can see all the paintings at [BunkerScholarshipAuction.com](http://BunkerScholarshipAuction.com) Dreams do come true!

And now I hope my dream is going to help the dreams of some deserving youth come true as well.

With much love,

Jane



Photo: Marty Cowden



# Among Ourselves Among Ourselves Ourselves Among Ourselves

- We are ever amazed by our own Jane Bunker who has paintings hanging at the Mahaffey Theater in St Pete's, FL. 100% of proceeds from the sales of these original oil paintings will go directly to college-bound students via the Dr. Carter G. Woodson African American History Museum.  
Check her out on Facebook and read about it in this newsletter!
- There were SO many folks we were glad to see of late: Dana Noble, Rita Burke, Betty Williams, Bernie Mainz, and Marguerite Van Doren, to name but a few.  
You are missed when you're not here and celebrated when you are!
- Roger Chauvette and Sasha Curran are missed...big time! Roger has been fighting a nasty case of bronchitis that has forced him to withdraw from his beloved theater work. So sorry, Roger.
  - Welcome home Ryan Cooke and Will Hildreth from your world wide voyage! We can't wait to hear the tales of your travels!
- Congratulations to Amy Howell who has already managed to score employment down in Florida. We miss you two so much!
- Kathleen Henry and her lovely wife, Kim Marrkand, both came down with the flu. It got very bad before it got better and we are sending them all our hopes for a long healthy time! We love them!
- Sending love and embraces to Shelley Vermilya and Lucinda Garthwaite. Their dear friend, George, has entered hospice care. It is a sad time for our friends and we want them to know that we are there with them!
- Great gratitude to Tony Valentino for installing the new user friendly thermostats. And to Tony and Frank Bellistri for hosting movie night on February 16.
- Great to see Mel and Allison Dwyer's granddaughter, Carina Sky. Those bright blue eyes truly do look like the sky!
- Love to Karen Pagano, who is visiting family in Florida. We send love and light to her brother, who is suffering on-going health problems.
- Love and condolences to Pastor Brenda Haywood following the death of her beloved Cousin, Rev. Howard Haywood.
- We are keeping Kalden's niece in our hearts as they struggle to get her seizures under control.

from the Board

from the Board



Just what **IS** the definition of a “Board?”

The UUMH Board is yours. You elect the UUMH Board members and the Board exists to serve you. The duties of the Board are the management of the organization~such as making financial decisions, setting policies, managing personnel issues, planning for the future.

At the beginning and end of every UUMH Board meeting, your UUMH Board holds hands and recites: “Love is the spirit of this Meeting House. This is our great covenant: to dwell together in peace; to seek the truth in love; and, to help one another.”

Then, we sort of squeeze hands, or pump them a little, in a sign of affirmation. This is every single meeting. Even if there is a flood. (Especially if there’s a flood.)

Personally, I have served on several non-profit Boards in my time. The health and strength of the UUMH Board is extraordinary, in my opinion. I believe that the Board’s blessed well-being grows hardier and is cultivated by the fact that we recite those words every time. We do so with attention to the spirit inherent in the words and intention to honor the content. We are reminded of our responsibilities and the love we share for each other and for the whole UUMH when we say those words.

I think we are inspired to do our best work because of the promise inherent in those words we recite.

Somebody has to do the practical stuff--making sure the door get fixed and the bill gets paid. The Board does that practical stuff. But all of it is grounded in “Love is the spirit of this Meeting House. This is our great covenant: to dwell

er in peace; to seek the truth in love; and, to help one another.”

And that, I believe, is what defines your UUMH Board.

Respectfully submitted,

Kathleen Henry, Clerk





*Until one has loved an animal  
a part of one's soul remains  
unawakened.*

*~Anatole France~*

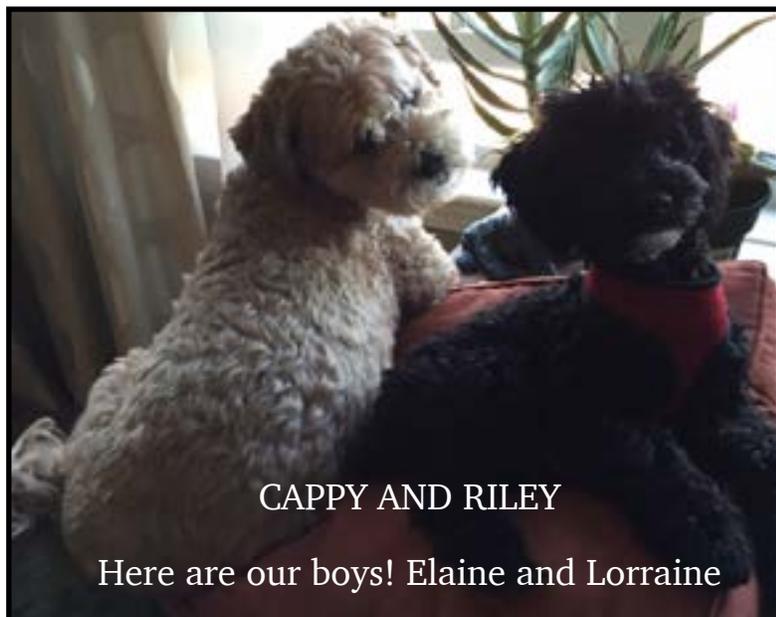
This is HALLE MACAW in her incarnation as  
paper towel destroyer.

She is at the same time fierce and  
vulnerable, and has my heart.

Dianne Kopser

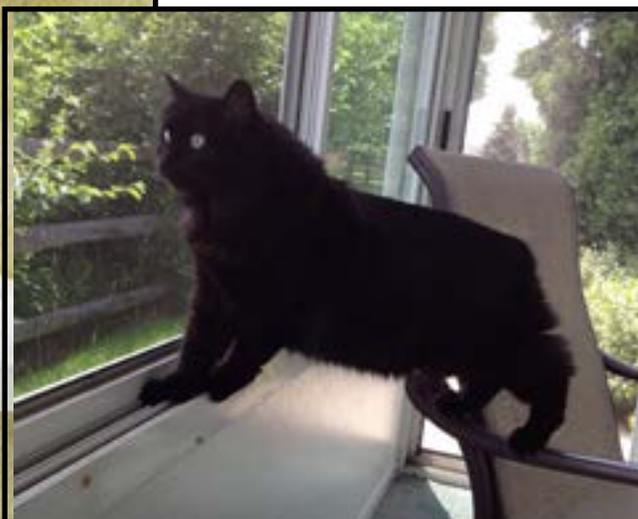
Christmas is one of Misty's favorite  
times of the year.

Bernadette Mainz



CAPPY AND RILEY

Here are our boys! Elaine and Lorraine



Misty the Tailless Wonder Cat  
joined our family in 2008 as a  
scrawny, very unkempt kitten  
who suddenly appeared in  
our driveway at our Arizona  
vacation home. She quickly  
established herself as a play-  
ful, loving "kid" who enjoys  
greeting visitors at our door.



*I am fond of pigs.  
Dogs look up to us.  
Cats look down on us.  
Pigs treat us as equals.  
~Winston Churchill~*

Oona with her friend Lewiston.

~Sasha Curran~

*Happiness starts with a wet nose and  
ends with a tail*

Here is a pic of my dog, Ditto (another stray) and me sitting on the edge of the bluff in Wellfleet, some 30 years ago.

I was vacationing there with my partner and, little did I know, that one day I would make my home there...before

moving to Ptown almost 4 years ago. I hope to adopt a puppy soon (to be named Ditto2) to help me in my work toward creating a more peaceful world.



karen

*My little dog. A heartbeat at my feet.*

*Edith Wharton*



"Jessie" 2 1/2-year-old Cocker Spaniel. What does she mean to us? She completes the trinity of the heart, soul, and spirit of our family. Peg and Gail



*Baby the dancing Queen*



We are sitting and staying... now give us a treat -

Olive, Baby, Hazel Dwyer

*An animal's eyes have  
the power  
to speak a great language.  
~ Martin Buber~*



Red (the tapping dog) belongs to Grace and Daniel



From Mel



Finn and Blue 7 1/2 year old brothers  
part of the Butehorn Downey Family



Our dog Gunther  
Will and Ryan



This is Cooper. Obviously, he is a Pats fan. He is a rescue dog from Angell Memorial in Boston.

He came to us rather wild and jumpy. The folks at Angell loved him and assured us he was trainable. Now, twelve years later, we are still debating whether THAT is really true. Cooper definitely has a mind of his own, and deigns to do what we ask him to do, all the while cuddling close or skipping across the beach. Another Pats' fan, Lawrence's best friend, smiles out at us here. We've all heard the stories about this little gal.

As the pages of this newsletter attest, our pets enrich our lives. We are better by far because they are our companions. *[This editor offers apologies to Jane Lea, by the way. She dutifully sent in photos of their two, but they somehow were lost in the ether of my downloads. I did not realize until today, Tuesday,—just as Jane is going through surgery for her broken arm (done while walking the dogs). I decided today was probably not the right time to ask her to re-send! We'll post them next month!]*

Some churches—the Congregational Church in Truro is one—hold special services to bless the animals. Cooper and Kim and I walk over each summer and we are greeted by the cats, and dogs, and the HENS, from the neighborhood.

I would suggest, however, that the truer thing for me at least, is that **our pets bless us**. The simplicity and purity of their devotion to us; their instinct to comfort; their joy at our returning home~~there is a grace in them that floods our lives, blessing us and inspiring us to be the persons they think we are.

Your Editor

**Thanks to all of you who sent in photos!!**





"My Best Friend" by Brenda Silva is painted on parchment paper backed by music in an Asian style. It depicts her daughter Brett's best friend, Ben, who lived to 18 years of age and died last summer.



## 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)