

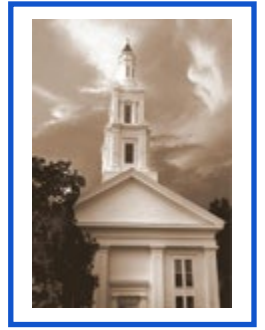
UUMH Newsletter

February 2022

236 Commercial Street • Provincetown • Massachusetts

“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



The Mind

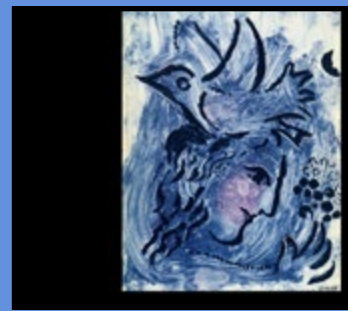


In January we talked about the body. This month we're focusing on the mind--not the brain (which is an organ of the body) but rather, the "mind"--which is a different thing. The mind is the collection of the capacities of the brain--thinking, intuiting, remembering, sensing, willing, imagining--on the conscious and subconscious levels.

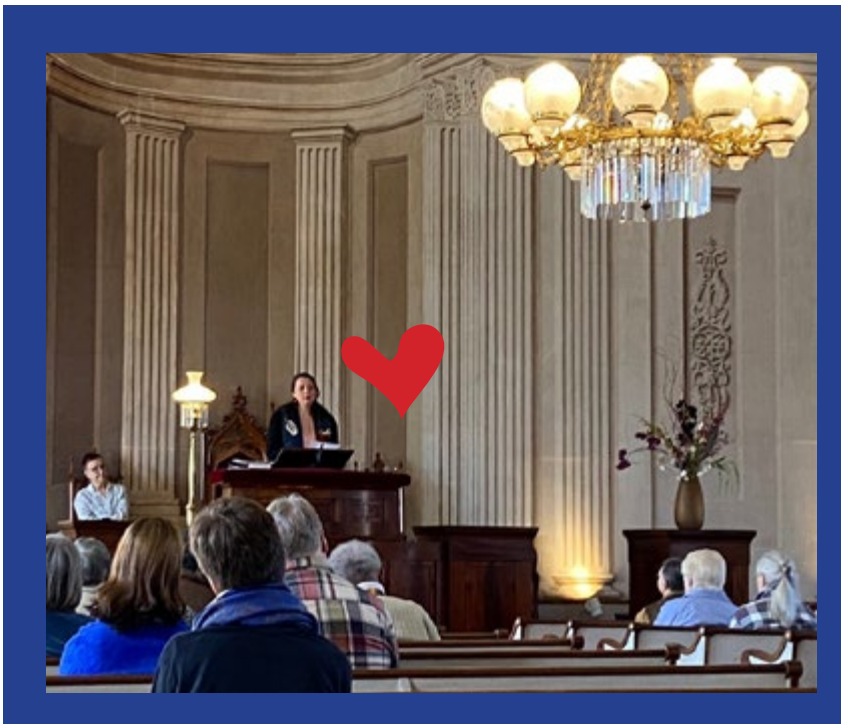
The brain experiences. The capacities of the mind react to the experience and create an idea, form an intuition, make a memory, feel an emotion, determine a choice, or all of that. In a sliver, shiver, flicker of a moment between the experience and the mind's reaction, the mind has come onstage and begins its dialogue with you.

The monotype by Marc Chagall on the cover and on each of these pages can be seen as illustrating the freedom and wildness and surprise which is the "mind".

Worship Worship Worship
Worship Worship Worship
Worship Worship Worship February



We are On Line!
Sundays
11 am



We will be live-streaming via YouTube.

join in at 11 am
at www.uumh.org

Click on Sermons

A note from Rev. Kate
A note from Rev. Kate
A note from Rev. Kate



How Can I Cultivate a More Joyful Heart?

Thank you so much to everyone who has been sending me answers to this question after a recent Sunday service on the subject of Joy. As we discussed in that worship service, having a joyful heart does not mean that we will not feel deeply the sadness, grief, and struggle in the world, but it means that we can respond to that pain with compassion, for ourselves and others.

During their week-long visit together in 2015, the Archbishop Desmond Tutu and the Dalai Lama came up with Eight Pillars of Joy. They are:

Humility.
Perspective.
Humor.
Acceptance.
Forgiveness.
Gratitude.
Compassion.
Generosity.



This month we will be celebrating Valentine's Day.

There will be lots of hearts around. Here's my invitation to you... Pick one of the pillars of joy that speaks to you and **each time you see a heart during the month of February,**  let it serve as a reminder of that quality of joy.

For instance, if you pick gratitude, each time you see a heart say silently to yourself something that you are grateful for. If you choose compassion, each time you see a heart, take a moment to send loving kindness to someone in your life... a friend, a family member, or even someone whose name you don't know! If you pick humility, **each time you see a heart,** say to yourself "There are 7.9 billion people in the world and we are all human. I am not better or worse than any of them."

You get the idea! May the hearts of February strengthen your joyful heart!

Rev. Kate





April and I both have sadness about her departure from the UUMH, but we also share in our excitement about our incoming office administrator, Kenneth Sutton. He has been training with April and will officially begin as UUMH Office Administrator on Monday, February 7. We know that you will welcome him warmly to our community. It will take some time to learn the ropes here, so we appreciate your patience and generosity of spirit as he settles into the role. The board was unanimous that Kenneth will be a wonderful addition to our staff team!

The best way to introduce Kenneth is with his own words, so below is a message from him.

Welcome, Kenneth!

Rev. Kate



After moving to Provincetown from the Boston area three years ago, I'm now putting down deeper roots here. In addition to joining UUMH as the new office administrator, I'm a recently appointed alternate to the Zoning Board of Appeals, and I'm leading a Winter Wednesday program this year to attempt to fold 1,000 origami cranes. Although not a UU myself, I come to UUMH from twenty years at the Unitarian Universalist Association, where I was managing editor for UU World magazine. I'm a knitter (currently lapsed), a reader (partially lapsed and currently inclined mostly to comfort re-reading speculative fiction), and a fan of obscure music (drones and over-

tones, Balkan rhythms and white voice, strange covers of pop songs, opera dilettante). I'm a longtime participant in the online virtual world of Second Life, which I wrote about long ago: <https://www.uuworld.org/articles/religious-reality-in-virtual-world>. I grew up in a nonreligious family in an agricultural region of Southern California, but spent several decades as a very active Quaker in Philadelphia. I'm bemused to find myself in an ostensibly rural location again after decades of major metropolitan life. I think that in addition to affordable year-round housing, Provincetown needs an Indian restaurant. Or maybe Korean. My pronouns are he/him/his, and I'm a gay man. I'm delighted to be joining you. And here's a favorite photo of me by Dan McKeon from tea dance this summer.

From the Board

From the Board

From the Board



January was a busy time with maintenance issues around the Meetinghouse, with the mold remediation work, the task of hiring a new administrator, and Rev Kate's office being emptied, cleaned, and repainted while she was on a well-deserved vacation. I want to extend a huge thanks to our outgoing Board member Keith Hunt in particular, who spent many hours in the Meetinghouse with me deep cleaning and organizing drawers, closets, and all the many nooks and crannies of our wonderful old building.

We have been working with April to prepare things for the new administrator Kenneth, and I must express our deep gratitude for all she has done and her kind and gentle presence at the Meetinghouse. We will miss her but are excited and supportive of the new path on which she is she is embarking.

Some of you may not have heard that Scarbie's show will not be returning next summer, as David has chosen to hang the hat and heels up. We are extremely grateful for the fun and fundraising the show brought to the Meetinghouse for many years.

The Board recently voted to have an energy efficiency audit for the building. We look forward to finding ways to bring the Meetinghouse more in alignment with our sustainability values. Thanks to Moses for bringing that matter to us and agreeing to spearhead the estimates and reports.

We asked the congregation last month if folks would like to take over the running of the Santa's Store project at Seashore Point. We heard back that although a couple of people wouldn't mind volunteering on the day, there is not enough interest/time/energy available for us to take over the whole project, which is quite extensive. We will keep you posted about volunteer opportunities. Thanks to those who weighed in!

We are watching the Covid situation on the Outer Cape closely. Unfortunately, the Cape's case rates and hospitalization numbers are still very high. We will revisit the closure at the February 13th Board meeting. I know it is difficult not to gather in person for worship. When I walk down Commercial Street in the evening and see the lights at the door of the Meetinghouse, I remember that our light comes from within; and I know the challenges we face cannot dim the spirit of love we share.

-

Will Hildreth, Board President



JOIN RACIAL JUSTICE PROVINCETOWN FOR

A SILENT VIGIL FOR PEACE AND JUSTICE

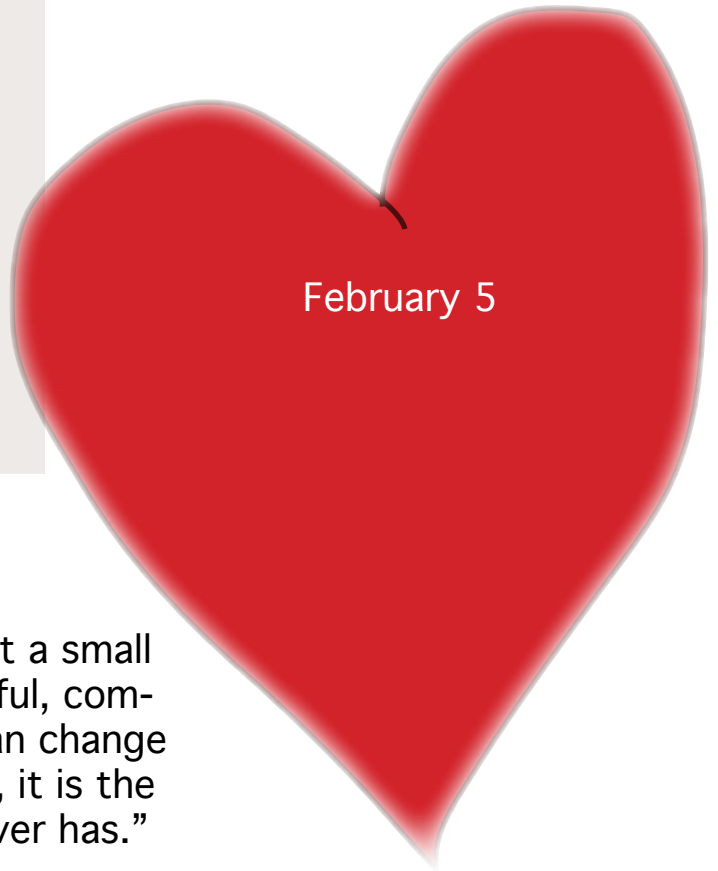


**THE FIRST
SATURDAY**
OF EVERY MONTH

**FROM NOON
UNTIL 1PM**
AT TOWN HALL ON
COMMERCIAL STREET

**WEAR A MASK AND MAINTAIN
SOCIAL DISTANCING OF 6 FEET**

[FACEBOOK.COM/PROVINCETOWNRACIALJUSTICEPROJECT](https://www.facebook.com/provincetownracialjusticeproject)

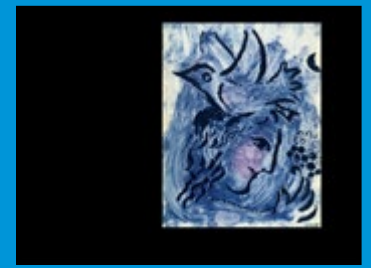


February 5

“Never doubt that a small group of thoughtful, committed, citizens can change the world. Indeed, it is the only thing that ever has.”

- Margaret Mead.

Committee Corner



Social Action in Motion
Alison Dwyer Reports



SAC's mission for 2022 continues to be collective consciousness and action on behalf of social justice in our communities near and far.

Our focus in 2022 is to join our voice with the strong voices of Cape Cod that have united over the years to protect and preserve our land, sea, and atmosphere.

We have recently become members of the Association to Preserve Cape Cod (APCC).

APCC Mission :

The mission of the Association to Preserve Cape Cod, APCC, is to preserve, protect and enhance the natural resources of Cape Cod.

Our Vision

A carbon-neutral Cape Cod where waters are restored and protected, natural landscapes and wildlife habitat are preserved, and where growth respects the character of town centers and rural lands.

- Advocating for a net zero Cape
- Working, town by town, to clean groundwater
- Keeping swimmers safe by monitoring ponds for toxins
- Collaborating with affordable housing advocates to create new housing in environmentally appropriate places.
- Ensuring that every proposal for a new development, rule, or regulation doesn't weaken the Cape's natural or developed landscape

Any one can become a member, volunteer, or donate. For more info go to www.apcc.org

SAC has also joined the Cape and Islands Team of UU Mass Action.

UU Mass Action Mission :

Our mission is to organize and mobilize UUs in Massachusetts to confront oppression.

We provide pathways towards justice and identify opportunities in which we can live our shared values. All our work is grounded in racial justice and we both build relationships with and center the leadership of those who are most impacted by forms of oppression and injustice.

The 5 Campaigns UU Mass Action is currently working on:
Indigenous Rights
Climate and Environmental Justice
Decarceration and Solitary
Immigrant Justice
Economic Justice

SAC has chosen Climate and Environmental Justice as a focus of our work with
UU Mass Action.

To learn more about UU Mass Action and to get involved - go to www.uumass-action.org

SAC continues to be involved in supporting the work of Seguimos Adelante at
the border of El Paso and Juarez, Mexico.

Thousands continue to live in terror as they attempt to get to safety.
Seguimos Adelante is a non-profit, grassroots organization founded in the summer of 2019 in response to rapid changes in U.S. immigration policy. Created to be small, nimble, and present, Seguimos Adelante provides direct support to asylum-seekers returned to Mexico without vital resources or a clear path forward.

Please consider giving to :
[https://www.gofundme.com > f > food-for-the-border-2022](https://www.gofundme.com/f/food-for-the-border-2022)

Our SAC hopes to raise our Awareness & Conversation about the issues facing indigenous peoples in our country. If you find time, please consider reading or watching the full interview.

<https://www.npr.org/2021/06/17/1007805657/indigenous-activist-on-why-groups-are-protesting-the-line-3-pipeline-in-minnesot>

NPR's Audie Cornish chats with attorney and indigenous rights activist Tara Houska about protests against Enbridge's Line 3 pipeline in northern Minnesota.

We have a very creative group of SAC members and we are brainstorming and percolating new ideas and strategies to engage people in educating, advocating and supporting climate justice and preservation- more to be revealed in the coming months.

We are always encouraging and welcoming new voices on our committee, if you are interested in joining- please call: Alison 401-263-8735 to learn more about our meeting schedule.



The Mind



"Let me keep my mind on what matters,
which is my work,
which is mostly standing still and learning to be
astonished."

Mary Oliver



Photo: Susan Downey

**“The mind that
opens to a new
idea never returns
to its original size.”
Albert Einstein**

Georgia O’Keeffe
“Music, Pink and Blue #2



Health of the Mind



Are you Languishing or Flourishing?

As the Covid pandemic has unfolded a phenomena has emerged in greater numbers than ever before. Health professionals have been inundated with requests for therapists from patients who are finding long waiting lists. These calls are for a cadre of symptoms: malaise, brain fog, lack of energy, forgetfulness, feelings of dread or anxiety, sleep disruption, angst. Not depression but “languishing,” just not myself.

It is the new red flag that a person’s mental health is being shaken up. Just as a primary care doc seeks early warning signals to institute preventative care, so too mental health professionals are interested in preventing more long-term problems by identifying antecedents to more serious illness.

The ongoing isolation, chronic anxiety, familial sickness and death, confusion and social disagreement over appropriate infection protection have bit by bit been wearing away the general mental health of the population.

So if you are not feeling like yourself, whatever your political position, you are not alone. There seems to be an epidemic, on top of a pandemic. What is the antidote? Psychologist Martin Seligman PhD described the state called “flourishing’ as a mental health state where we can feel like our best selves.”

Flourishing is more than simple wellbeing; it encompasses a more holistic perspective on what it means to feel well and happy. According to Seligman, flourishing is the result of paying careful attention to building and maintaining five aspects of life:

- Positive emotions
- Engagement
- Relationships
- Meaning
- Accomplishments



At Harvard University's Flourishing Program, you can take a free quiz to see how you are holding up. Answer a dozen or so questions online and you can see if you are flourishing given the trials and tribulations of this Covid world.

<https://www.nytimes.com/interactive/2021/05/04/well/mind/languishing-definition-flourishing-quiz.html>

When the higher scoring people were asked what they did to cope, a variety of things were identified: daily gratitude journaling, having one thing to do each day that had significance, volunteering, doing something kind for a neighbor or person who could use a lift, talking with significant family about what each of them needed today or this week, walking in nature daily, music-listening or playing an instrument, watching shows that evoked laughter, making a special effort to be aware of their lives and spiritual practices.

When writing this I remembered the quote from Asclepius, the Greek god of medicine, "None but a god goes woundless all the way." We are all being bombarded. And then I also recalled the words of a modern healer, Jeanne Achterberg :

"Healing is embracing what is most feared; healing is opening what has been closed, softening what has hardened into obstruction, healing is learning to trust life."

Loretta Butehorn, PhD.





Photo: Susan Downey

Learning



"Children are so adaptable and eager for knowledge. They are like sponges and absorb all of the learning that is delivered their way. Their first musical instinct is singing. It is natural and innately human. Music is not a miracle. It may have some seemingly miraculous effects on a child's mind, but the art of learning a song is not miraculous. It takes time, perseverance, patience, and persistence.

If instilled early in a child's life it becomes a habit of happiness, this constant use of singing. Naturally, then as a child grows and develops coordination and fine motor skills, the desire to play instruments may develop if the time, perseverance, patience and persistence is nurtured and valued along the way."

--Mary Abt

"Music is the medicine of the mind."
John Logan, 1744-88

I would teach
children music,
physics, and
philosophy; but
most importantly
music, for the
patterns in music
and all the arts are
the keys to
learning.

Plato

goodparentingbrighterchildren

Resilience



2015: we moved.

Anyone who has moved from a house to a condo can relate to the challenge of downsizing. It was horrendous and the burden fell on my partner Lorraine. We were able to stay at our new place a bit ahead of settlement and one morning when I tried to get up I was unable to move my right side. Nothing worked! I called to Lorraine and she ran for a nurse. The nurse arrived and called 911. Not long after, I was whisked away in an ambulance to Cape Cod Hospital. I must say that the ride on Route 6 was amazing. Cars pulled out of our way as sirens screamed “here we come move over!” Funny what you remember. Even in my brain’s damaged condition, my mind was noting the traffic, the siren, the speed. We entered the emergency entrance and I was rushed to get an MRI. Everything went lightning fast so I am probably missing some events. Soon the diagnosis was completed--a stroke.

Some days later--or maybe a week I don’t remember--I was told that I was being moved to Spaulding for rehab.

And there I regained my life.

They retaught my brain to walk without a walker or cane.

They put me in speech therapy to help get my slur under control. And they got me doing writing practice to show my brain how to sign my name again. They are experts and my brain responded. I thank the Spaulding staff everyday for their care and my recovery which was about a month.

I do feel blessed.

Elaine Anderson



Our Own Poets



Heather Ferguson

The James Webb Space Telescope

A song of origins:

gold petals open to the birth of light.

Whispers in the dark chant a prayer of
welcome.

...

Jack R. Wesdorp

21

when our eye opens
in heat of that moment
she unveils herself

Among Ourselves



We send prayers to Rev. Kate, who is having a hard go, between her neurological condition and her dear friend's suffering a tragedy. May you find light and love, Kate.



Sending love to Len Bowen and his husband, Gary.



To all in our community who have been infected with Omicron or Delta, we send love and healing prayers. We send special attention to Kitty Cotter, who had Covid and then suffered a fall that landed her in hospital. Call on us, Kitty!



Thank you, Alison Dwyer for all your help. We stand with you as you go through the lengthy healing process. We love you!



Anna Michaud, we love you and your lovely wife, Bonnie.



Peter Donnelly is recovering from hernia surgery. We are here for you!



We say goodbye to our oldest member, Dana Noble. Dana is largely responsible for making our UU stay alive when it was on the brink of closing in the 1970's. We owe him a debt of gratitude. Our condolences to all who are feeling his loss. There are many good memories of Dana and his beloved partner, Jack. May they be forever reunited. God-speed, Dana!

Every month, it seems, we have a page commemorating yet another life lost or tragically wounded because of systemic racism. If we fight the good fight together, if we make “good trouble,” we can change the world.



We started this page two years ago and we have listed many, many sad and horrific injustices.

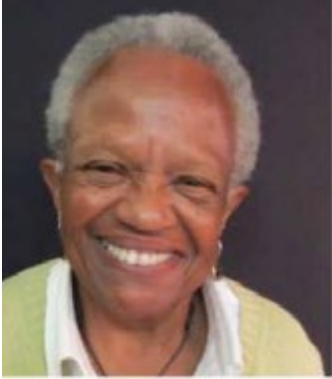
For 2022, let's list the positive challenges that are being made to the system that has created such havoc and destruction in the lives of its citizenry. For 2022, let's proclaim the acts of righteousness that stake the just claim for dignity and respect. Let's tell those stories, always remembering that good trouble can change the world.

Here's one:

A screenshot of the website for D.C. Area Educators for Social Justice. The page features a navigation menu with links for ABOUT, EVENTS, NEWS, TEACHING STORIES, RESOURCES, LOCAL HISTORY, DONATE, and SEARCH. The main heading reads "YEAR OF PURPOSE (2021 – 2022 SCHOOL YEAR) AND WEEK OF ACTION (JANUARY 31 – FEBRUARY 4, 2022) D.C. Area Black Lives Matter at School Week of Action". Below this is a secondary navigation menu with links for About, Resources for Educators, Stories, Endorsers, Events, FAQ, Sign Up, and Donate. The main content area is titled "Black Lives Matter at School Demands" and includes a list of four demands: 1. End "zero tolerance" discipline, and implement restorative justice; 2. Mandate Black history and ethnic studies in K-12 curriculum; 3. Hire more black teachers; 4. Fund counselors not cops. A call to action at the bottom encourages learning more at blacklivesmatteratschool.org. The page also features a logo for "WEEK OF ACTION NATIONAL DEMANDS" and a circular graphic with the text "BLACK LIVES MATTER AT SCHOOL" and an illustration of a Black woman's profile.

Getting to Know You

--a new segment in the newsletter--interviews with a couple of lines telling us something we don't know about you! Compiled by Lorraine Kujawa



Brenda Haywood



A few years ago I went to Kenya to help build homes. On a wander safari trip with Habitat for Humanity we were greeted by a herd of elephants with babies. One of the babies came close to our vehicles and the entire herd stopped to watch. I have never forgotten the experience.



Lorraine Kujawa
Read all about it!

When I retired from teaching I spent several years as a reporter for a small town newspaper in Pennsylvania. I was a stringer for the Shippensburg Sentinel.



From the Editor

“If a cluttered desk is a sign of a cluttered mind, of what, then, is an empty desk a sign?”
Albert Einstein



hmm...I will
never
know



Photo: April Baxter



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