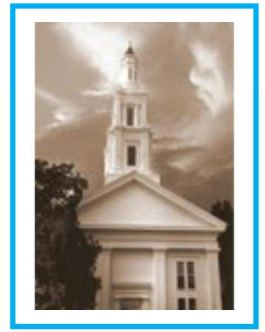


UUMH Newsletter

236 Commercial Street • Provincetown • Massachusetts

March 2022



“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



Soul Dance, by Suraj Lazar



In January we thought about the body and in February we reflected on the mind. This month: soul.

We could take the next ten months on this one.

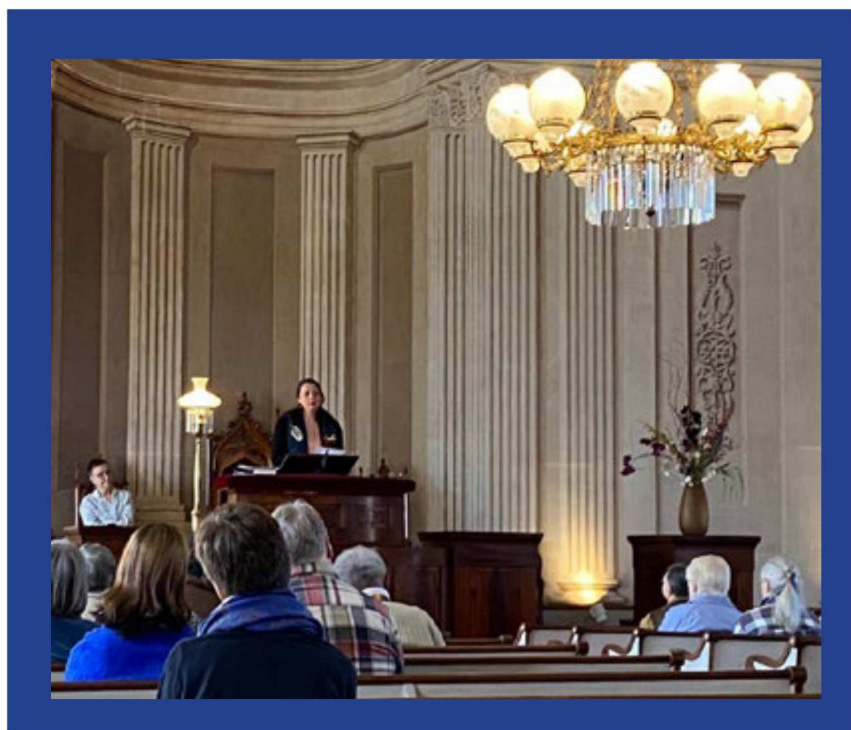
Soul...Spirit. The same? Different? Thinkers from Plato to modern day pause over *that* let alone whether they exist! Trying to discern a distinction can seem complicated and overwrought. Why do we care? DO we care? Well, if wondering about the reason for my existence matters, then thinking about my nature and how I interact with others and with the world and, with an "Other" (perhaps a Divinity) matters too. Is a soul part of my nature, part of who I am? Thinking about that might prompt me to grow in self-understanding and in wisdom about others and the world. So . . .

Let's see if we agree that sometimes there seems to be "something" *more* to who we are than only our bodies and our minds.

- ..The sense that a deceased person is still somehow "with us" . . .
- ...The moments when we feel transported to another kind of awareness . . .
- ...The belief in our various cultures that an afterlife exists. . .
- ...Those tunnels with bright lights at the far end . . .

My soul is tapping me on the shoulder right now and, asking me to dance. For the next while, I'll be dancing -- join me?

Worship Worship Worship
Worship Worship Worship
Worship Worship Worship March



We are Live
and
On-line!
Sundays
11 am
Please register
beforehand
at uumh.org

We will be live-streaming via YouTube.

join in at 11 am
www.uumh.org

Click on Sermons

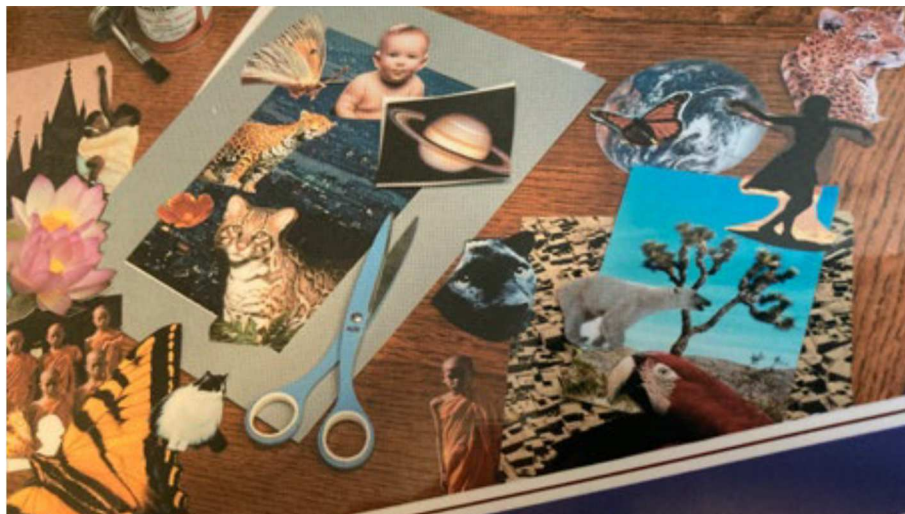
A note from Rev. Kate
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Many years ago I was introduced to the practice of creating Soul Collage Cards. Originally developed by Seena Frost, the idea is that each card, created through cutting and pasting a collage of magazine images, is a mirror of self and soul. The cards are really fun to create, and can also be used later for “readings.” It’s kind of like Tarot Cards, except that the wisdom of the cards comes entirely from within.

I think Soul Collage Cards are most interesting to create in groups. We have done this during our Winter Spirituality Series for many years here at the Meeting House. The exercise starts by walking around tables FULL of hundreds of images and choosing the one that speaks to you. Then you share with the group why you chose the image, using the phrase, “I am one who...” The deepest sharing comes when participants get beyond surface answers like, “I am one who loves the color blue,” to wisdom like, “I am one who fears the unknown” or “I am one who finds strength in friendships.”

The next step is to collect more images to form a theme for your card. Each card is to represent just ONE aspect of your soul. This is hard because participants often want to put their whole selves onto each card. But the idea is that each card is just one piece of your soul. The additional images should add to the main theme of the card and participants spend quite a bit of time cutting, arranging and pasting. It’s important to leave your inner critic at home and enjoy this creative process.





The exercise finishes with another round of “I am one who.” And this time the sharing deepens as people explore what they learned about themselves while creating their card.

Once you have amassed enough cards, you can begin to do readings. After creating a ritualistic space, you begin by posing a question that you would like guidance on. Then you draw cards from the deck, keeping them face down. One by one you turn over the chosen cards, and answer the question using the wisdom each card has to offer.

While “I am one who likes the color blue” may not help you decide if you should go on an upcoming trip or not, the knowledge that “I am one who fears the unknown” and “I am one who finds strengths in friendships” might lead you to decide that you are ready to face your fears about the upcoming journey, because you don’t want your pattern of backing out of things to keep you from enjoying life, but that you would like to bring a friend along to make the trip more enjoyable and less anxious.

Thinking about the concept of our souls is different than thinking about our personalities, our bodies, or our personal histories because there is something mysterious about souls that connects not just to our daily, conscious lives but also to our subconscious, to the ancestors, to the Earth, and to ancient archetypes. Soul connects us with Source and the divine. It reminds us that we are precious and that we hold great wisdom inside.

I look forward to creating Soul Collage Cards with you the next time we offer this workshop!

Rev. Kate

P.S. The Worship Committee decided to tend to our tired souls this year by not offering our annual Winter Spirituality Series. The workshops require a lot of time, energy, creativity, attention and people skills that we just couldn’t access three years into a pandemic. We look forward to returning to this series next Winter!

A Committee Report



As we re-open to the public for Sunday morning worship in the Meeting House, your **UUMH Safety Team** is stepping up to ensure that everything runs smoothly.

At the door, the safety team greets each guest. Two greeters assist with check in or on-site registration, reminding people that vaccinations, masking and distancing are required. If there is someone unfamiliar to us, we welcome them to Meeting House and answer any questions they may have.

These brief interactions both make people feel more welcome and allow us to assess whether anyone may seem agitated or distressed in some way. If something happens later, we have already made a personal connection with them so they know they are in a safe place and we know something about them and how to accompany them in their distress. (This might be alcohol, mental health or just someone distraught.)

Two members of the team also sit in the back of the sanctuary during the worship service so that they can observe the congregation and have a line of vision with the minister. If someone were to become agitated or the minister indicates a concern via a prearranged signal, the team can respond quickly to a medical emergency, an emotional disturbance, or whatever else might arise. These situations are quite rare, but it is good practice for a congregation to have designated people assigned each week to intervene if intervention is necessary.

Big thanks to our Sunday Safety Team, currently composed of Bruce de Ste. Croix, Len Bowen, Bill Docker, Susan Downey, Alison Dwyer, Mel Dwyer, Marty Hassell, Jane Lea, David LeVangie, Pat Medina, Jen Shannon.

From the Board

From the Board

From the Board



Greetings from the UUMH Board of Directors,

As the vice president, I am writing the Board Member article for this month. Given time to think about what I wanted to say, I kept coming back to the same thing I have heard from many of you and it keeps running around in my head (and heart).

This time of Covid has highlighted how much we all need connection. I have been so grateful for the community the UUMH has provided me. Being on the board continues to be filled with rich and expanding experiences, with sundry problems to solve. I have found the board to be a thoughtful and respectful group of people working through things with the values of Unitarianism Universalism as their guide. I have been honored and humbled by our ability to work together, even when we didn't agree. I am so grateful my path led me here, to you and, truth be told, to myself.

In gratitude, Jen Shannon

"Out beyond ideas of wrongdoing and right-doing, there is a field. I'll meet you there. When the soul lies down in that grass the world is too full to talk about."

- Rumi

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)

Soul Dance, by Suraj Lazar



“Intuition is really a sudden immersion
of the soul into the universal current of life.”

Paulo Coelho



“You don’t **have** a soul. You **are** a soul.” C.S. Lewis

A Noiseless Patient Spider
By Walt Whitman

A noiseless patient spider,
I mark’d where on a little promontory it stood isolated,
Mark’d how to explore the vacant vast surrounding,
It launch’d forth filament, filament, filament, out of itself,
Ever unreeling them, ever tirelessly speeding them.

And you O my soul where you stand,
Surrounded, detached, in measureless oceans of space,
Ceaselessly musing, venturing, throwing, seeking the spheres to
connect them,
Till the bridge you will need be form’d, till the ductile anchor
hold,
Till the gossamer thread you fling catch somewhere, O my soul.

Poets' Corner



Heather Ferguson

Honey

Summer floods a fallow field with muggy light.

The bees are drunk with scent, wobble airborne,
head to their skep.

Stranger, drink deep from this friendly mead, raise
your foaming tankard,

kiss, dare and rejoice on the edge of the void.

The goddess smiles.

...

Jack R. Wesdorp

The Apiarist

Of all my tricks the first is gravity,
when meandering in spiral fashion.

Six rules the universe, ask any bee,
consult with lovers after their passion.

Behold the winged orb, soft-footed her steps
among glittering hoards, home to the skep.

Spirit of life,
come unto me.
Sing in my heart all the
stirrings of
compassion.
Blow in the wind.
Rise in the sea.
Move in the hand giving life
the shape of justice.
Roots, hold me close.
Wings, set me free!
Spirit of life,
come to me,
come to me.

Words and music, Carolyn McDade





the soul at last :: mary oliver

The Lord's terrifying kindness has come
to me.

It was only a small silvery thing—say a
piece of silver cloth, or a thousand spi-
der webs woven together, or a small
handful of aspen leaves, with their silver
backs shimmering. And it came leaping
out of the closed coffin; it flew into the
air, it danced
snappingly around the church rafters; it
vanished through the ceiling.

I spoke there, briefly, of the loved one
gone. I gazed at the people in the pews,
some of them weeping. I knew I must,
someday, write this down.



John Cottingham says, “Beyond the need to keep ourselves alive and physically secure, to be human is to be subject to a deeper demand, the requirement to seek, and to find, our true identity. This will not be a merely factual task, like determining our genetic profile; it will involve measuring what we have so far made of our lives against what we are capable of becoming. We are beings who have an ineradicable impulse to ‘transcend ourselves’. . .to reach forward to realize what is best and truest in our nature. **The quest for the soul in this sense is far from straightforward, because we are complex and often conflicted creatures, and the depths of the psyche are often hidden from direct awareness. But the demand to undertake this quest is inescapable, no matter how much we may try to stop our ears to it. And in the way we finally respond to it we will either find ourselves or lose ourselves.**”

John Cottingham is Professor Emeritus of Philosophy at the University of Reading, Professor of Philosophy of Religion at Roehampton University, and an Honorary Fellow of St. John’s College, Oxford.

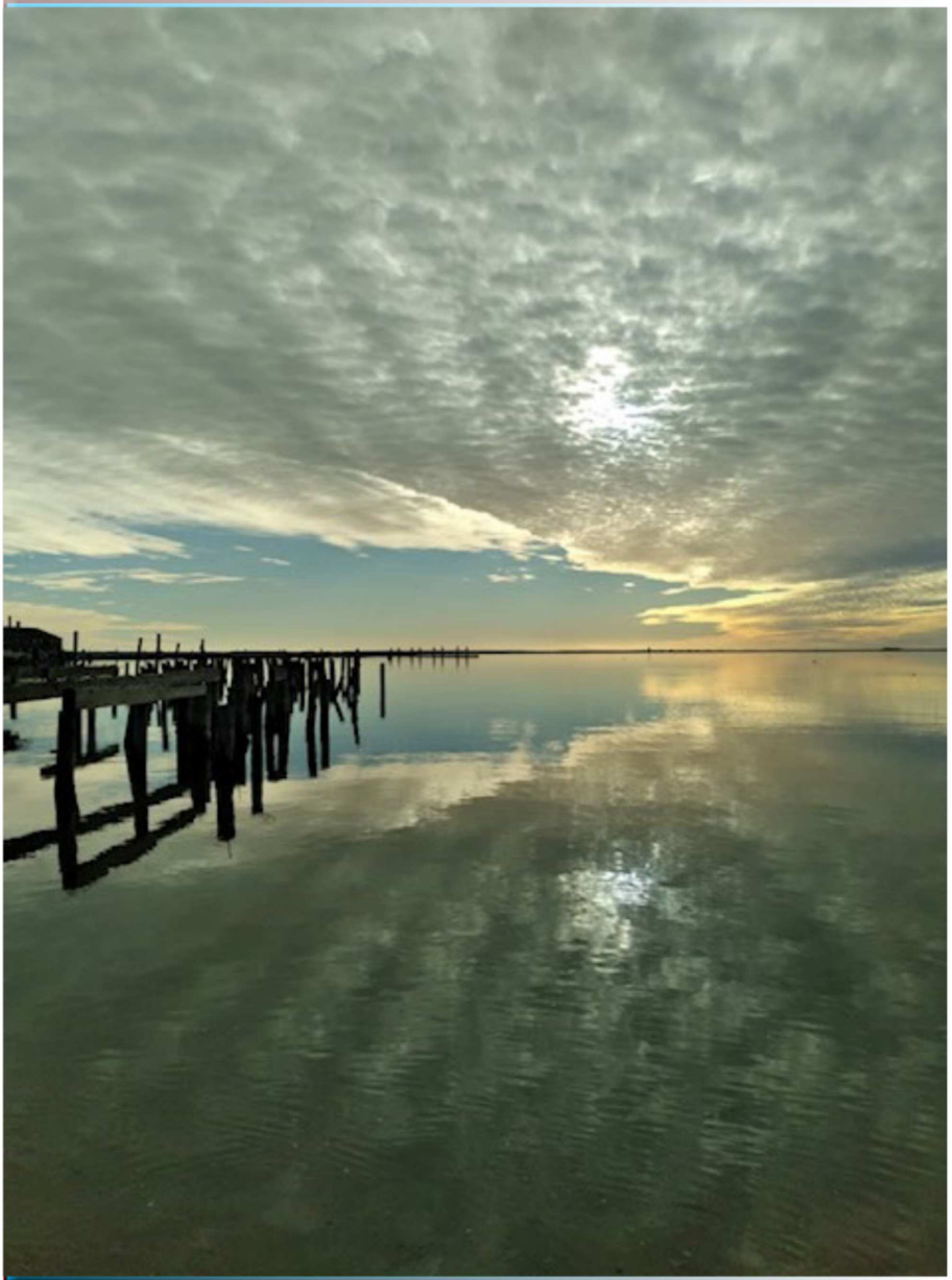





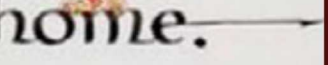
Photo: Craig Robinson



Photo: Char Priolo

“The dark night of the soul comes just before
revelation.” ~ Joseph Campbell



Our birth is but a sleep
and a forgetting: 
The soul that rises with us,
our life's star; 
Bath had elsewhere its setting
And cometh from afar:
Not in entire forgetfulness,
And not in utter nakedness,
But trailing clouds of glory
do we come 
From God, who is our home. 

William Wordsworth P.O.

Among Ourselves



- **Dianne Kopser** does a lot behind the scenes to make sure we are taken care of. Now, she has had foot surgery and household woes AND her mother is not well. Dianne, please know that we are here for you, whatever you might need.
- **Rev. Bill Clark** is having a significant birthday. We love every year that you own, dear Bill!
- **Bruce DeSteCroix** is still trying to figure out what is causing his jaw to periodically seize. May the most recent MRI provide answers. And, not the least of it all, we send much love to Bruce, who had to say goodbye to his beloved dog, Connor. He was a truly fine fellow.
- It is with sadness that we announce the passing of **Alan Bowman**. We send our love to those he left behind.
Again, with great sadness, we mourn the passing of **Anne MacAdam** who loved and served the UUMH for years. We will miss you, Anne.
- Much love to **Len Bowen and his husband, Gary**. Likewise, love to **Roger Chauvette** and to **Cricket**. These are folks who are on our hearts every day!
- **Mary Abt** is a quiet provider of random acts of kindness. We want you to know, Mary, that we see you and love you for what we see!
- **Kitty Cotter**, be well! We are thinking of you!
- We send tender love to **Anna Michaud and her wife, Bonnie Fraley**.
- **Will Hildreth** is on a well-deserved vacation. We so appreciate who you are, Will. We are grateful for all the things you do, most of which many of us cannot even imagine.
- **Elizabeth Johnson** will be gone for the month of March and we will miss her.
- We are thinking of **Tracy Katchik-Anders** in all that she does to provide safe and loving haven for so many children.
- **Jeff Peters** was able to save East End Books and we celebrate that!
- **Kathleen Henry** asks for your continued prayers for her friend, Katy, who faces leukemia.

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.



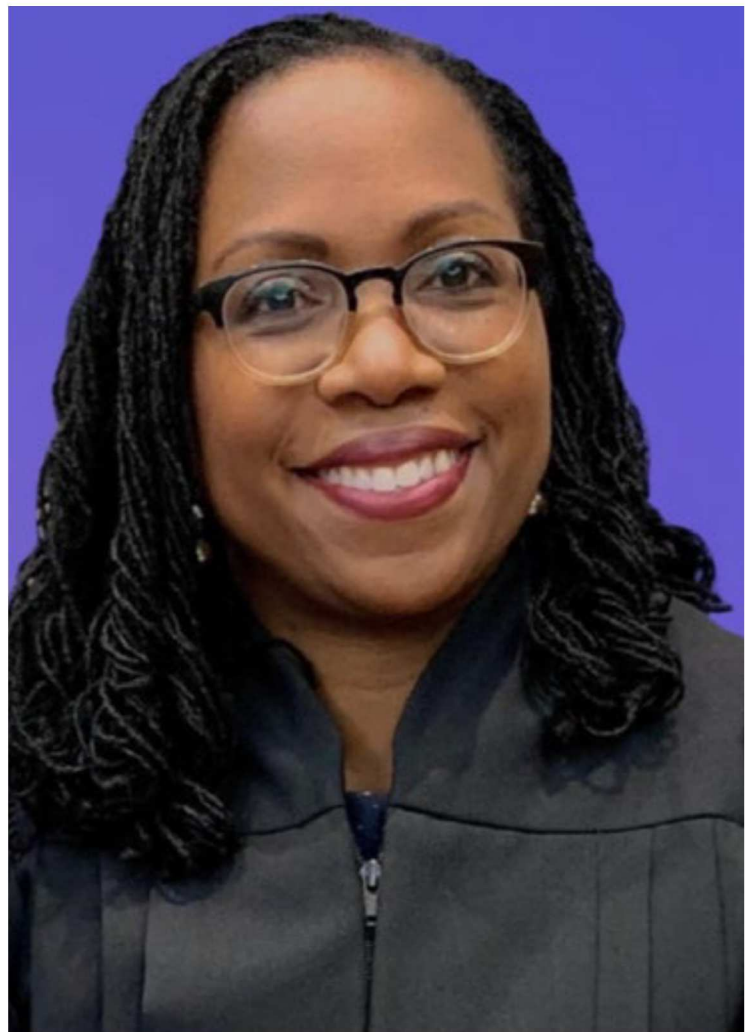
We started this page two years ago and we have listed many, many sad and horrific injustices.

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:

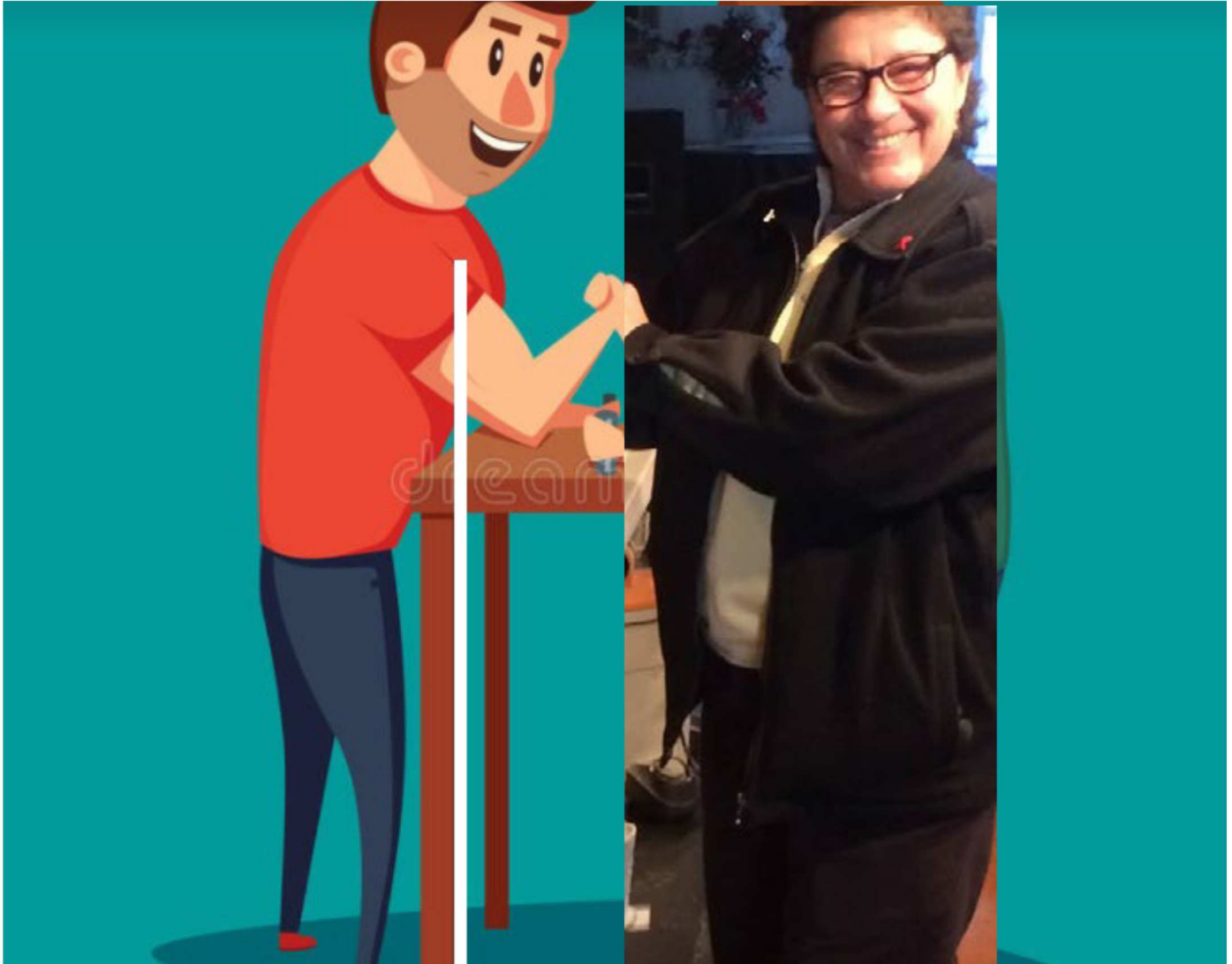
Two years ago, President Biden made a campaign promise to nominate the first Black woman to the Supreme Court.

On February 28, 2022, he fulfilled the promise by naming
Ketanji Brown Jackson as
his nominee.



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



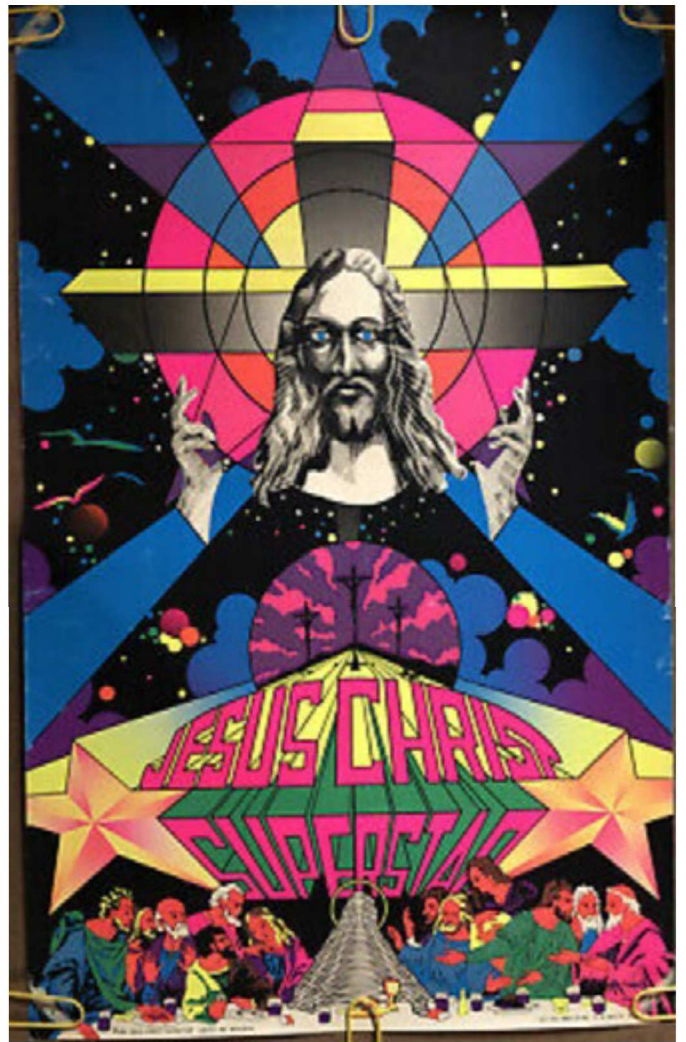
Pat Medina

I used to be an arm wrestler. I won the first place ribbon in a fundraising Olympics.

Marty Hassell



Best job... Before the performance rights were bought by Robert Stigwood, I sang in, to the best of my knowledge, the first staged production of "Jesus Christ Superstar" for 6 months.



Best gift...my father brought me a teddy bear on the day I was born and I still have him.





From the Editor

Forty three years ago last week I was with my father when he died. Lung cancer. It was five weeks from his diagnosis to his death and I was with him virtually that whole time.

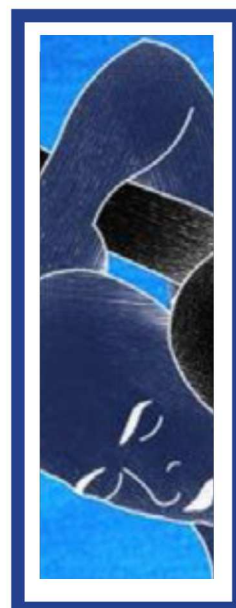
It was early in the morning when he finally breathed his last--5 a.m. or so. The sky was still dark but lightening a bit to gray. He and I were alone in his hospital room at St. Vincent's Hospital in Worcester. I knew the moment he breathed out for the final time; it was very clear. And, just as clear, I saw what I can only call his spirit, full length and hovering over his body, lift up and rise, dissapating as it did.

I was tired. Exhausted, really. There are many rational explanations for why I think I saw what I think I saw. So my explanation relies more on my sensations and my beliefs... I believe I saw his soul leave his body. In that moment, and in remembering that moment, I feel a deep peace and satisfaction that translates into: "He is all right."

And, I breathe deep and I smile.



Oil: Daniel LePage



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