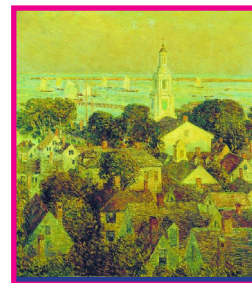


UUMH Newsletter

236 Commercial St. Provincetown MA

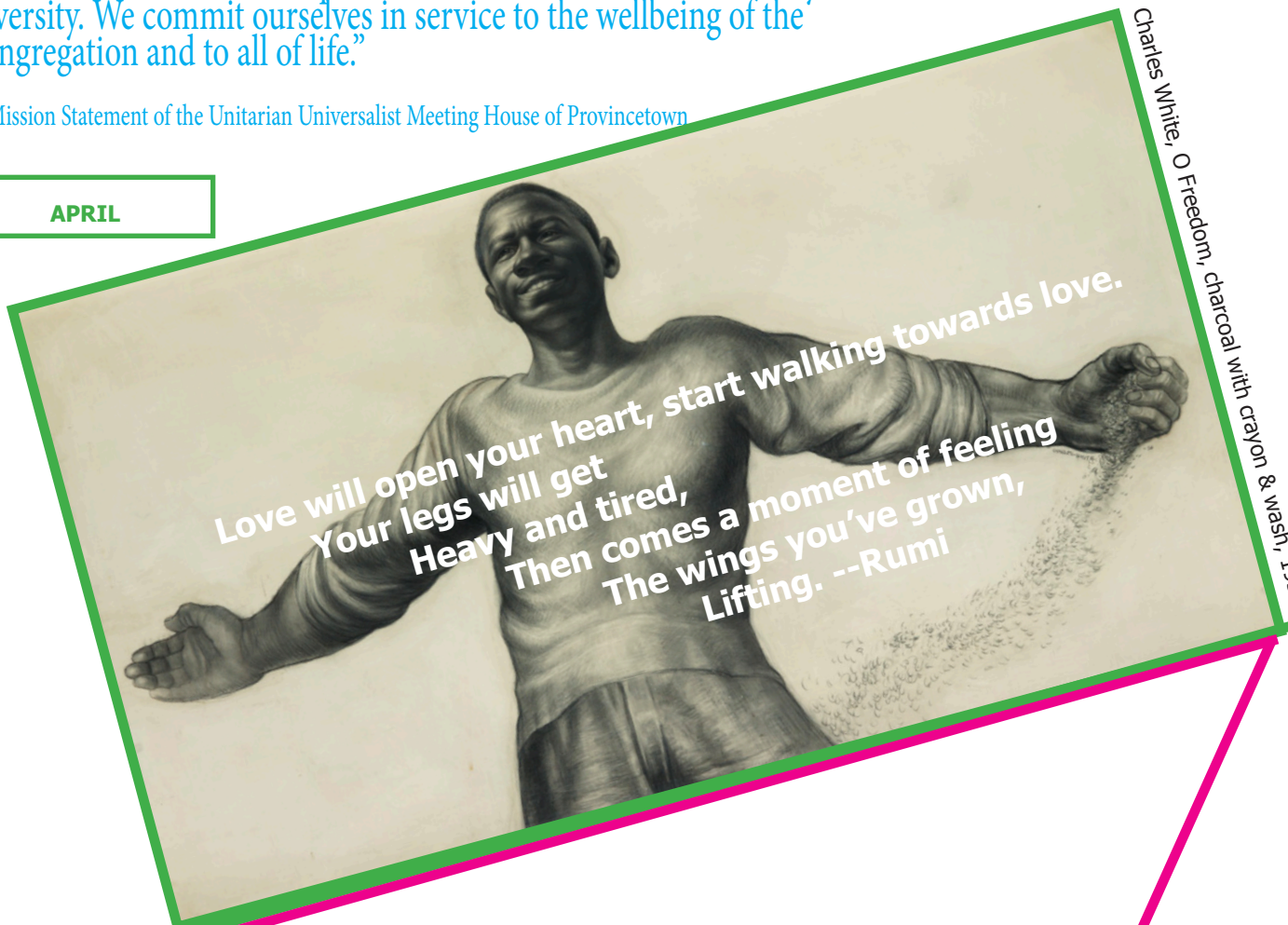
April//May 2024
Double Issue



“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

APRIL



Love will open your heart, start walking towards love.
Your legs will get
Heavy and tired,
Then comes a moment of feeling
The wings you’ve grown,
Lifting. --Rumi

Charles White, O Freedom, charcoal with crayon & wash, 1956-59.

May

i thank You God for most this amazing
day:for the leaping greenly spirits of trees
and a blue true dream of sky;and for everything
which is natural which is infinite which is yes

(i who have died am alive again today,
and this is the sun’s birthday;this is the birth
day of life and of love and wings:and of the gay
great happening illimitably earth)

how should tasting touching hearing seeing
breathing any—lifted from the no
of all nothing—human merely being
doubt unimaginable You?

(now the ears of my ears awake and
now the eyes of my eyes are opened)



poem and watercolor: ee cummings

Brief note from the editor:

At the end of March and last month, too, I was under the weather and unable to put out the newsletter.

So we decided to piggyback the April issue with the May issue.

April's theme is "let's open ourselves" and May's theme is "let's use our open eyes and ears to find peace or, in its absence, create it".

Enjoy.

Your Editor



The word "April" comes from the Latin word for "open"--*aperire*. As the buds open, we could say that nature is asking us to open up, too. Each morning we face a new day and we choose how to do that. I can roll my eyes that it is rainy and gray again, or I can decide, instead, to open my eyes to see the red buds on the trees outside my window and allude to them. Those red pips will soon be blossoms that will amaze me with their beauty.

That act of opening my eyes, really looking, is what Mary Oliver means:

"Looking I mean not just standing around, but standing around as though with your arms open."

And isn't that the secret . . . **with open arms.**

We've all seen those beautiful pictures of an individual on a beach facing the ocean with head tilted back and with wide open arms. . .or, it's on a mountain top. . .or, it's at the prow of a boat. We KNOW that feeling; it's an anything is possible feeling, an open eyed amazement feeling, a rush of comprehension feeling: I get it, I GET it! Each day is a miracle of possibility and beauty... and I say yes!

When we open our arms. our hearts can open and so can our minds.

Let the Alleluias begin!

May

"There is always light, if only we're brave enough to see it, if only we're brave enough to be it." - Amanda Gorman

Worship Worship Worship
Worship Worship Worship
Worship Worship Worship May 2024



LIVE!
and
On-line
Sundays
11 am
We live-stream
via YouTube.
Join in at 11 am
www.uumh.org
Click on Sermons

Rev. John O'Connor
Join us for the Sundays of May!
While Rev. Kate is on sabbatical,
John O'Connor will be
in our pulpit.

**"Where Does the Temple Begin,
Where Does it End?"
--Mary Oliver**

A note from Rev. Kate



Refilling the well!

What do you do to re-fill your creative well?

For me, I love to read books. Novels, poetry, essays, history, spiritual and self help books, studies about the brain and our bodies.... I find inspiration in them all! I keep a little notebook where I jot down my favorite lines or ideas. I use sticky notes to mark favorite passages. When I'm done with a book it often looks as if the pages are trying to escape out the top and sides because there are little bits of paper sticking out every which way.

Travel is also an amazing way to get new ideas. A fresh landscape and new sights and sounds fire off my imagination. The travel doesn't have to take me very far... just away from routine and habit.

Spending time with family and friends always re-fills my bucket. It is so comforting to be around people who have known you a very long time... it reconnects you with yourself. And having unscheduled time helps. Allowing your brain to rest from everyday obligations frees it up for those more creative connections to take place.

At this point the stack of books by my bedside table is threatening to topple over and crush me in the night. It's time I gave them some attention. I also need to pay attention to my body... taking care of some scheduled medical appointments in the city. It's been awhile since I've gotten off cape and tended to some of my old friendships and I'm looking forward to that too.

So that is my plan for May! I will be taking a one month sabbatical to re-fill my creative cup by reading, visiting, taking care of me, and of course... playing in my vegetable garden!

I'm so excited that my colleague John O'Connor has agreed to preach on all the Sundays of my sabbatical. He's excited too. I'll introduce him to you (or re-introduce him...you might recognize him from his time at the UUMH this summer) on Sunday, April 21. John was scheduled to be our ministerial intern during the summer of 2020, but then, well, the world turned upside down. So finally he is getting to spend some time with you all. I know you'll welcome him generously.

Sabbatical time is very sensibly written into all UU ministers' contracts because it makes us better ministers to re-fill our cup occasionally, but I know this time to be a real gift and

I thank you.

Rev. Kate



Holocaust Memorial Service



The 11th Commandment: Thou Shalt Not Be Indifferent

Sponsored by

Am HaYam Cape Cod Havurah in cooperation with Nauset Interfaith Association

May 7, 2024 at 7 pm

Presentation on Bystander Training as well as
readings and a Candlelight Ceremony



What is Bystander Intervention?



Then they
came for **ME**
and there was **NO ONE LEFT** to speak for me.

—PASTOR MARTIN NIEMÖLLER

Federated Church of Orleans

162 Main St, East Orleans, MA 02643

From the Board



I'm writing to share the story of how I fell in love with our UUMH of Provincetown. Since we've been learning about Article II I decided to practice with our core value terms and you'll see them in parentheses throughout the love story.

Early one spring morning, I was out on my bike ride along Commercial Street. I love soaking in the sun and birdsong, watching the growth in gardens, and enjoying the harbor views. I was in an appreciative and thoughtful mood when I stopped in front of the UU sign.

"We respect the interdependent web of all existence, of which we are a part."

I think it was posted for a while, because I remember stopping and reading it more than a few times. That one sentence fueled many mornings of thought, as I looked out from a bench at the West End beach, watching the light dance on the water. The light from way way out in our solar system, shining on little droplets of seawater that contain their own microscopic and complex ecosystems. (Interdependence, transformation related to awe and wonder)

Then, one Sunday in May, a smaller sign appeared, announcing a Vigil for Women's Rights at the UU. Later that day I joined a small group on the lawn. I'd noticed signs for Black Lives Matter on the building; I knew this was a place that cared about social justice, that was very appealing. In fact, I'd been standing with these good folks on the first Saturday of the month at Racial Justice Silent Vigils since the beginning of covid but hadn't realized they were mostly UU people! Marty stood next to me one time and invited me to come to a service. (Social Justice, Equity, Pluralism, LOVE)

I gathered my courage, stepped Way Out of my comfort zone and walked down the front sidewalk. The energy when I walked in was warm and welcoming, even through my social anxiety. I think Kenneth greeted me and gave me a nametag. I felt welcomed without anyone needing anything from me. As a (sort of recovering) people pleaser that came as a relief! The other folks entering were greeting each other so sweetly, and smiling, and looking like a delightfully congenial group of aging hippies! This feels so nice I thought as I settled into Pew 41. Lawrence was a few pews in front of me; he turned around and smiled. Char, whom I knew, walked over to Cricket and they communed with each other in greeting. I felt my body relax and I inhaled the sacredness of the space, and of the time shared together there. (Generosity, LOVE, pluralism, interdependence, transformation, equity, social justice) (Our services are packed with good stuff!)

Rev. Kate's "Good Morning, I'm so glad you're here" made me sigh in delight. She was so clearly happy to see us. I know we were all masked and I think the choir sang "Spirit of Life" to us. The sermon was an interesting story filled with practical wisdom. After it ended, and Brenda played a closing piece, I stayed in the pew to take notes so I would remember! . . ."people can change, but only themselves"; taking a pause before responding can be sacred. (Love, transformation, generosity, equity)

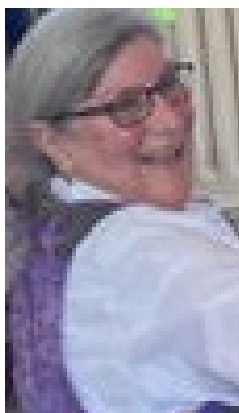
As I walked down the sidewalk afterwards, I felt full and happy and nourished. I realized I had just had a sort of sustenance I'd been missing. The service touched me emotionally, spiritually and intellectually. My mind, heart and soul all were involved. There was no offensive God or "patriarchal stuff" in the service! Rev. Kate says "Blessed Be"! We got to listen to a Mary Oliver poem!...Beautifully read by Bruce.

I went back, and each Sunday I felt less nervous and more anticipatory. I began to talk with people a little bit; and sure enough the flood gates opened! I started zooming into Qi gong and coffee hour, and Monday night meditations. I've been learning so much and making wonderful connections with people. I joined the choir and love singing with everyone. I'm honored to serve on the board as well; and I was just accepted to serve on the Worship Committee. I find myself happily in a long term committed relationship with our beloved community that celebrates being part of that interdependent web that drew me in the door in the first place.

I found a community of people who share my ideals of celebrating diversity and valuing the dignity of everyone, who are curious to learn and to share what we learn to work towards the common good. I've always been a hopeless idealist and I found a whole group of my people gathered in one place...not just one place; it's remarkable how you can get to know people through zoom! I found a faith community that didn't dictate what I believed, but encouraged me to "seek the truth in love" and "help one another." The first time I heard and repeated our covenant I knew I agreed with what I was saying. This was radically different from my thoughts when exposed to creeds in other denominations. (Justice, Equity, Transformation, LOVE, Pluralism, Interdependence, Generosity)

I've been here for a year and three quarters now and my life is immeasurably enriched. I had a full and lovely life before this and am filled with gratitude for such abundance. I try to pay it forward, and I look forward to seeing what we continue to accomplish together, in the name of Love. Thank you all.

Peace and love, Vicky Barstow



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)



To donate,
please go to
[UUSC.org](https://www.uusc.org)
and follow
the
prompts
there.

Please
remember
our
Little Free
Pantry.



People are depending on our
contributions as prices climb.

We need your help! Provincetown Housing and Bedroom Rental Crisis!

Looking for Year-round or Seasonal Rental? **Willing** to Rent All or Part of Your Property?
(Even a certified Bedroom/Bath in a shared space home qualifies!)

Provincetown homeowners can earn up to **\$25,000** from Town of Provincetown and Barnstable County year-round rental incentives Prospective tenants can get nearly **\$5,000** in supplemental payments and be matched for year-round housing by the Town of Provincetown Placemate Service. Want to try it out for the Season? No problem. We have need there too!

Goal: 100 Beds. 100 Days.

(50+ new Year-rounders; 50+ new Seasonal for at least 100 days.)



100 BEDS 100 DAYS
HOUSING PTOWN

WomenCrafts
376 Commercial St.
Provincetown, MA USA
will present an afternoon:

SAVE THE EARTH

a reading

w/ Linda Ohlson Graham on
May 1st @ 4pm

[https://www.amazon.com/
SAVE-OUR-EARTH.../dp/B0B-
KJ9LH67](https://www.amazon.com/SAVE-OUR-EARTH.../dp/B0B-KJ9LH67)

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

— Walt Whitman

Latinx in Action

By Alison Dwyer

Over the past five years our UU community has generously supported the efforts of Art for The Border and other grassroots organizations that aid the immigrant community on Cape Cod and at the border of Mexico. This article highlights the work of Latinx in Action, birthed by trilingual advocate and social worker Katia Regina DaCunha. Latinx in Action is the only organization specifically dedicated to serving the immigrant community on Cape Cod.



I recently had the privilege of interviewing Katia about her mission and vision for Latinx in Action. Latinx In Action offers a warm welcome, a safe space, community, and tools for empowerment and self-sufficiency to immigrants from all countries, reflecting God's love in words and action.

Katia, a social worker who herself immigrated to Cape Cod twenty years ago, has been working many years in the field of advocacy for those immigrating to Cape Cod through innovative community programming. As Katia states, "The vision for Latinx in Action is to help people to be active and fully integrated in the communities they live in, and for every person to have the opportunity to share their special gifts."

One of the cornerstone programs of the organization is English as A Second language (ESL) trainings- Katia says, "If you can't communicate it is difficult to connect."

The ESL program initially began in 2018 at The Federated Church in Hyannis. There are now three programs in action and more in development. This is a vital program to provide English language skills to the community and further the integration process of individuals.

Katia reports ESL teachers are needed and you don't need to speak another language or have a teaching degree to become an ESL teacher in one of the programs. The organization has a trainer and trainings are offered for potential

ESL teachers- Katia says- " What is needed is patience, willingness and heart." Funding that is provided through community support helps to purchase books for this program.

In addition, Latinx in Action has many other innovative endeavors that help people create community, and empower individuals to thrive.

Such programs include, the community garden, where seniors come once a month to work in the garden and make a meal together to share in fellowship. A sewing program, which included the purchase of sewing machines from community support, During the pandemic, the sewing project provided masks for the community and is now in the process of developing an alteration service for the community.

A Saturday childcare program specifically designed to provide childcare for folks working in the service fields on the weekend who have had challenges finding childcare during the weekend hours.

Please join Latinx in Action for a special event!
Everyone is invited to the Open House on May 18th

**Brazilian BBQ & Benefit • Music • Come see what we're doing...
and what's next!**

Saturday, May 18th 12-4pm

Latinx in Action, 116 Stevens Street, Hyannis

Art for the Border Benefit Exhibition

Make a \$50+ donation and you will be able to select an original
piece of art donated by a participating artist from Art for the Border.

RSVP requested: inactionlatnx@gmail.com

**Latinx in Action offers hope & services to Cape Cod's immigrant community,
including the newly arrived.**

To learn more, visit www.latinxinaction.org. or or our GoFundMe campaign:

To make a donation, visit the website

<https://www.gofundme.com/f/the-border-is-here-latinx-in-action>

Poet's Corner



Aphrodite

April

Aphrodite has her plans well laid;
denying her is pointless. Yet you
crouch in your corner and snarl at
prospective lovers. Safety is all.

It's no dream: suddenly you wake in
a walled garden. The fragrance of lilac
overcomes you. You run your hands
over rough medieval brick, warm with
afternoon sun, espalier pears and
peaches spreading out, their glossy
leaves without blemish, plums and
nectarines gulping sunshine, already
fat, sassy and luscious. Bees forage
everywhere.

The monks smile indulgently; they
have erred and learned. A bench in a
private corner knows your name and
ailment. The ginkgo arches overhead.
Ginger, lavender and ginseng bend
towards you, moist with dew.

--Heather Ferguson

**Heather has created a chapbook of
her poems which the UUMH Meeting
House News has published over the
last two years.**

**Look for it to come to you through
the UUMH listserv!**

Washed ashore

MAY

It's midnight. I wash ashore at a town pier on the edge of no-
where. I've been lured by staticky reasoning and treasonous
light. I cling to shimmering nets of deceit.

The sea tosses me onto the beach, coughing me up with casual
disdain: We know you. Good riddance, chump. More comforting
to cling to the embryonic embrace and all my glittering dreams.
Deadly comfort.

Who can resist small town lights, the smell of coffee and fried
fish, casual laughter? Gossip weaves narratives and tangles them
for best strength. Some knots last. Tensions rise and fall with the
tide.

I gag and heave seaweed. Then I realize that voices are com-
ing. Finally I get it: there's work to be done. So I call out. They
hurry.

-- Heather Ferguson

Gaza's Phantom Children

Me running an errand, leaving the market
carrying a jug of milk, my mother waiting
in her kitchen to prepare sweet rice pudding.
Two children pass me laughing, playful
I laugh too. Then the missiles strike.

We drift, three phantom children
Siraj Abu Jame age 4
Ghaidaa Siyam age 7
and I, Rim al-Kilani age 12, are shadows
in the ruins of our Gaza City. Passing over
ashes and dust, once Great Omari Mosque.

In my phantom flesh
my ghostly mouth still waters
for Taita's dawali.
Tender grape leaves of springtime
stuffed and steamed: rice and lamb
cinnamon, black pepper, nutmeg,
wrapped tightly, sized to her littlefinger.
Dozens nested in spicy broth.
In my plate, I count twelve dawali
I dip each one in Khyar-bi-laban,
savoring Taita's love.

Allah, make this memory last,
as our souls from Gaza take flight.
Together thousands of us lift off
like starlings in murmuration,
swooping, swirling, shape-shifting
in open sky.

Mary DeRocco

Rim al-Kilani, Ghaidaa Siyam, Siraj Abu Jame,
<https://www.btselem.org/btselem-newsletter/144561> The Children in Gaza have names/B'Tselem

Taita, in the Gaza Strip region, is a common term to address your grandma informally,, <https://howtosayguide.com/how-to-say-grandma-in-palestinian/>

Dawali (Palestinian Stuffed Grape Leaves)<https://www.seriousseats.com/dawali-recipe-6503524>

Khyar-bi-laban- Palestinian yogurt and cucumber dip
<https://www.welcometopalestine.com/food/snacks/khyar-bi-laban/>

ITSELF

Each month for a while we'll be highlighting something about our beautiful and unique building. The building itself. If you have a question about something to do with the art in the building, or its history, or have photos, please let us know at meetinghousenews@gmail.com.



*Twelve or so years ago, the Provincetown Conservation Trust put out a call for submissions for art works to be included in "Appearances", its first Provincetown Green Arts Festival. The idea was to exhibit "eco-centric" art in various media at various outdoor locations around town. **Diana Maher**, UUMH member, proposed to the UUMH Board that she organize a committee that would sew her designs into four Kesa for this exhibit. The following memories are from Diana.*

The Kesa Project at the UUMH

A kesa is a traditional Buddhist monk's robe. In Buddha's time, they were likely made from plain, cast-off fabrics, patched together by itinerant monks and dyed with earth colors. Over time the form evolved into an elegant garment of richly colored silk brocade while retaining its simple rectangular shape. Our kesa (at the UUMH) return to the recycled fabric and natural dyes of Buddha's time, and are inspired by the American crazy-quilt tradition as well as by that of the monk's robe. Their colors represent Cape Cod's four seasons.

Parts of the UUMH kesa were designed and sewn by Mary Abt and Ave Gaffney, April Baxter, Betty Comey and Linton Watts, Carol Klass, and Lorraine Kujawa. Much of the recycled fabric was provided by Griff Griffith. Many UU members and friends collected onion skins to make golden yellow dye. When this exhibit was over the kesa were moved inside the Meeting House. Plans are afoot to redye the now faded fabric, again using vegetable dyes.

Donations were gratefully accepted and shared between the Unitarian Universalist Service Committee's Japan relief efforts, and the Meeting House Minister's Discretionary Fund which assists Provincetown people in economic emergencies. Donations may be left in the

The work is dedicated to the people of Japan.

Among Ourselves



APRIL

- Thinking of Elise and Mary as Elise continues with her cancer treatments.
- Holding Jerry and Richard on our hearts as Richard deals with his health issues.
- Holding Steve Cove on our hearts as he mourns the death of his brother
- Thinking of Bruce as he continues on his health journey.
- Congratulations to Alison and Mel as they celebrate the birth of a new granddaughter, Ophelia
- Congratulations to Ellen who had a successful art show in NY.
- Thank you to everyone who came to Cricket's memorial service. It was a beautiful tribute. Especially nice to see Bernie, Diana Maher, Lawrence, Susan, Loretta and others from out of town and also to know that many of you were watching online.
- Sending our love to David Mitchell down in Florida. His husband, Richard passed away and he is in deep grief. Please send him prayers.
- Congratulations to Dian, Sylvia, and others who were part of the 24-Hour Plays. Great job!
- We continue to hold Brenda Silva and her parents on our hearts.
- We send Judy Thompson healing wishes for her arm.
- COVID got Mary, Ave and Bruce. May they all be fully recovered.

Love is the Spirit

Among Ourselves

MAY

- Rev Bill Clark has a shoulder that is the cause of pain and limiting his activities of daily living. May the treatment he is seeking provide him much relief!
- We're also rooting Bruce De Ste Croix on, as he tries to rebuild his strength.
- Dianne Kopser has finally come home from rehab and is recuperating at home. She enjoys cards, calls and visits. And, of course, our love!
- Good to see Pastor Brenda in our midst on Easter.
- Also, a treat to see John and Dana Keyes' daughter, Mary.
- We send love to Elise Stiller and Mary MacAtee.
- Sending our healing thoughts to Katina Rodis.
- We send Mary DeRocco and her wife, Francesca all of our good thoughts.
- Our love goes out to Anne Cowie and Amy Graves, after the passing of Anne's mom.
- We send our condolences to Betsy Simmons, whose sister, Molly, passed away recently. We love you, Betsy

"The love that flows through your heart purifies not only your own spirit, but the love you share with others."

- Caroline Myss.

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. This month we honor an African-American Unitarian Universalist Cape Codder.



- April 4, 1968 Martin Luther King shot and killed in Memphis.
- April 11, LBJ signs Civil Rights Act
- An armed group of white supremacists attacks a courthouse guarded by a mostly-Black militia in the town of Colfax, Louisiana on April 13, 1873
- Harriet Tubman is said to have started the Underground Railroad on April 20, 1853
- April's Black Women's Month

April

May 1 - 3, 1866

The Memphis massacre of 1866, in the U.S. post-Civil War period, a brutal and unprovoked attack by a white mob on Black residents of Memphis, Tennessee, occurring a little more than a year after the Confederate surrender. Acting over several days, from May 1 to 3, the mob murdered 46 African Americans (most of whom were Union veterans) and wounded more than 75 others, including 5 Black women who were raped. The mob burned 50–90 homes and about a dozen Black churches and schools. The horrific violence demonstrated Southern intransigence in the face of defeat and indicated whites' unwillingness to share civil or social rights with the newly freed African Americans. The event aroused sympathy in the U.S. Congress for the plight of African Americans in the South, drawing attention to the need for legal safeguards on their behalf and thus leading to Congress's submission (June 16, 1866) to the states for ratification of the Fourteenth Amendment to the U.S. Constitution (ratified July 9, 1868). The events in Memphis marked the first large-scale racial massacre to occur during the tumultuous Reconstruction era; they were followed shortly by the New Orleans massacre of July 30, 1866.



So this is what I am going to do every morning of the month of April:

Week One: I will look in the mirror and OPEN MY ARMS. And I am going to say yes to the miracle that is me!

Week Two: I am going to go to the window with the best view where I live and I am going to OPEN MY ARMS. And I am going to say yes to the miracle of possibility and beauty that is before my eyes.

Week Three: I am going to close my eyes and bring into my mind all the people I love and do not love, and I am going to OPEN MY ARMS.

Week Four: I am going to OPEN MY ARMS and say thank you, Alleluia.

and. . .I invite you to do something like this for the month of April . . . let's see where it takes us!

--Your Editor

And in the month of May my Alleluia will take on the springing words of ee cummings :

*"(now the ears of my ears awake and
now the eyes of my eyes are opened)"*

So, let's drink in the energy of May to revitalize and sustain ourselves.
As the world fights its battles, let May's invitation
to open our eyes and our ears
strengthen us to celebrate justice and peace where we find it
and to create it where we don't.



Photo: Marty Cowden

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