

UUMH Newsletter

236 Commercial St. Provincetown MA

September 2023



“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



bal

ance



Consider the concept of balance and how many different aspects of life are involved. A good spaghetti sauce has a balance of sweet and savory to make it satisfactory, a white wine needs to be not too dry and not too sweet. A friend needs to be able to tell you like it is, and, be able to listen, simply listen.

Philosophically, you could think of balance as compromise; from another angle, balance is fairness--those scales of justice; from yet another point of view--consider the checkbook.

We hear our mothers' voices, "All things in moderation, dear," and that lesson influences our exercise routines, our pastime interests, our diet choices, . . .hey, ALL our choices.

At our worship services we are often invited to attend to our breathing, we sometimes sing --"when I breathe in, I breathe in peace, when I breathe out I breathe out love" -- because our breathing is the fundamental balancer of our bodies, our emotions, our spirits -- "when I breathe in I breathe in peace, when I breathe out I breathe out love."

Ecclesiastes said it best, "To everything there is a season" . . . an echo of mother's "moderation, moderation, moderation...."

Worship Worship Worship
Worship Worship Worship
Worship Worship Worship

September



Sunday, September 10:
Water Communion
Please bring a small
amount of water from
someplace special to
you

Sunday, September 17:
Rosh Hashanah, Rabbi
Donna Berman preach-
ing

Sunday, September 24:
Equal Night

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

Be Aware
by Robert Fulgham

Be aware of wonder.
Live a balanced life –
Learn some and think
some
And draw and paint
And sing and dance
And play and work
Every day some.

And remember
Great Music at 5
on Sundays!

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



In 1957, a Universalist minister named Peter Lee Scott wrote an article for his church newsletter at the Elm City Universalist Church in New Haven, CT. It was titled “When To Call the Minister.” Over the next six decades ministers have been copying this column for their own church newsletters (with attribution of course!), and have surprisingly needed to make very few changes to it. In 2023 you might choose to e-mail me sometimes, rather than call, but otherwise, I hope you will consider Rev. Scott’s list below. I always want to hear from you!

Rev. Kate

When to Call the Minister

- When you haven’t met me yet, but would like to.
- When you have problems to discuss—about anything.
- When a sympathetic ear might help.
- When you’re going in the hospital or know someone else who is.
- When someone close to you dies or is critically ill.
- When you’re planning to be married, or might need to be.
- When you have a child to be dedicated.
- When you’re pregnant and want to celebrate.
- When you’re pregnant but wish you weren’t.
- When you’ve been arrested, or ought to be.
- When you want to learn more about Unitarian Universalism.
- When you’re scared.
- When you’d like to make a bequest to the church.
- When a sermon has particularly touched your heart.
- When you’re considering joining the congregation.
- When a friend of your wants to know more about our faith.
- When you have suggestions about the programs for the church.
- When you have feedback or ideas about the worship services.
- When you’d like to help with committee work or congregational activities.
- When you want to discuss community issues or would like my involvement.
- When you’re mad at me.
- When you’d like to talk religion with me.
- When you would like to make plans for a memorial service.
- When you would like to make plans for your memorial service.
- When you have a good story to share.



"La vie, c'est comme une bicyclette, il faut avancer pour ne pas perdre l'équilibre" Albert Einstein

"Life is like a bicycle; we must move forward in order not to lose our balance."

Ride on, dear Roger!

From the Board From the Board From the Board



Happy September! I am excited to be writing this piece as the newly appointed interim president of the UUMH Board of Directors.

For those of you who might have missed the recent email that went out to the Folk list, this new position happened as a result of the resignation of Kat Black, our Treasurer. She and her partner Chris accepted a job as co-ministers at a church in Truro, congratulations Kat and Chris! This required some fast action to fill that position. Our then president, Will Hildreth shifted into the position of Treasurer and I, as vice president, moved into the role as president. Dave Hawver, member at large, is now the vice president. These are temporary roles. The congregation will have the opportunity for to vote for these board positions at the annual meeting on December 3rd.

If you had told me 5 years ago that I would be president of the board I would have said, highly unlikely. I have always had a deep spiritual curiosity which led me to yoga and meditation. At the same time I was very skeptical of organized religion, having seen all the harm done in the name of it.

My wife and partner of 31 years, Jane Lea, had been a UUMH member since the mid 80's. Over the years I participated at choice events but generally kept some distance. After many years on the periphery, I found myself more and more drawn to the community. The friendliness, the values and principles all spoke to me. The final straw was when Rev. Kate came on board. Her sermons and leadership tilted the balance and I joined the church 8 years ago.

“If you restore balance in your own self, you will be contributing immensely to the healing of the world.”

— Deepak Chopra

I've been on the board for the past 4 years, 1 year as member at large and 3 years as vice president. During this time the board has been required to step up to new challenges. We had to be creative and flexible as we dealt with the Covid Pandemic. I have learned so much. I have deep respect for my fellow board members and to all the folks on the various committees that keep this place going. I look forward to the coming year and continuing to be a part of all that is the UUMH.

Jen Shannon

*In whatever position one is in, or
in whatever condition in life one
is placed, one must find balance.*

*Balance is the state of the present
- the here and now. If you
balance in the present, you are
living in Eternity.*

— B.K.S. Iyengar

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**

At your discretion >

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



"The people who give you their food give you their heart."
Cesar Chavez

Please remember our
Little Free Pantry.
People are depending on our
contributions as prices climb.



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

“Providing families who are migrating due to fear and persecution with safe housing, food, and health care — while helping them access legal aid on their journey to seek asylum.

“Supporting youth activists taking climate justice to the world’s highest court — ensuring governments compensate impacted communities for the loss and damage that is caused by the climate crisis.

“Connecting refugees displaced by war to humanitarian aid and trauma-informed care — so they can begin to rebuild their lives in a new home country.

“We urgently need more caring people like you to join with us in advancing social justice.”

Rev. Mary Katherine Morn

Poet's Corner



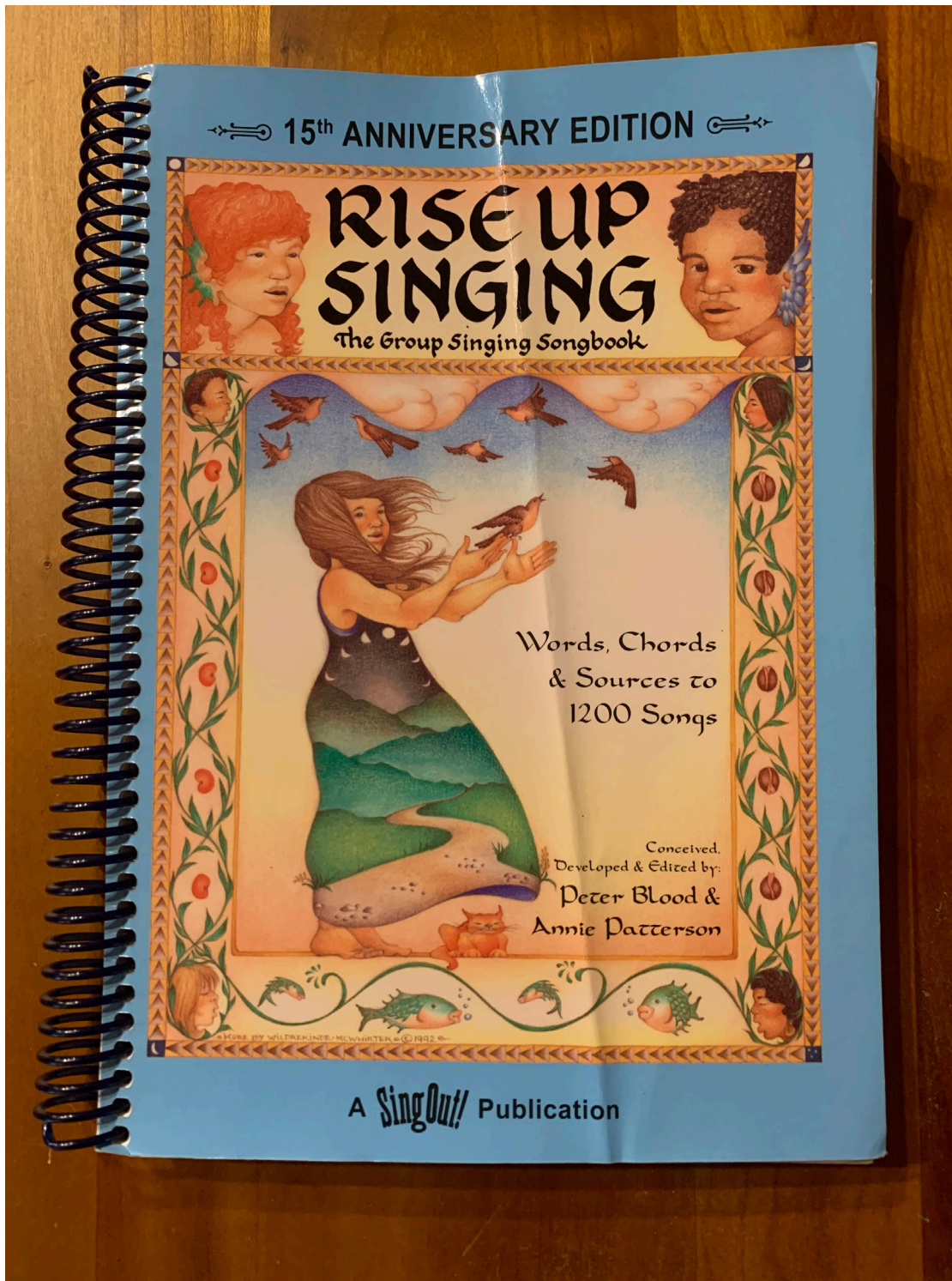
I barely know the moon, but she knows me. She gatecrashes my dreams in all weathers. A blanket of moonlight smothers me every month. On overcast nights I ache.

The moon can be milky or icy. It floods us with longing or delight.

A harvest moon brushes my outstretched fingertips. Moonlight settles on common eiders just offshore. Contented quacking.

Fact: I saw alien species signalling me from the moon. Then they were gone. You imagined it, my neighbours said. Not so. Visiting comets and meteors will attest to this: what cannot be deciphered must be real.

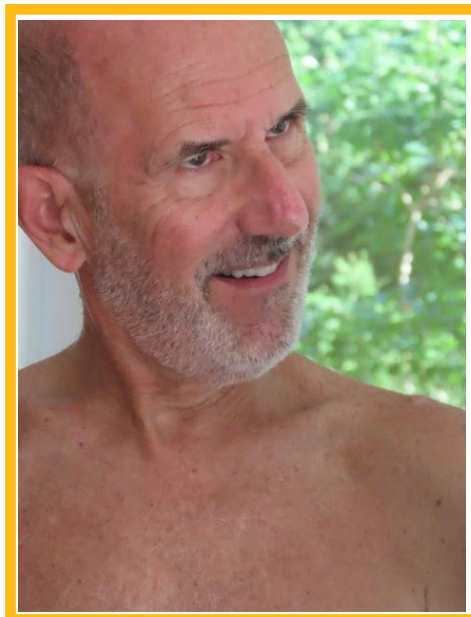
--Heather Ferguson



Ada Park Snyder reports:

Isabel and Carl hosted the potluck and singing evening - It was a potluck in two ways -everyone there contributed food and everyone chose songs -several from *Rise Up Singing*. Carl and Isabel are on their way back to Ottawa. We hope to see them again next summer.

Did someone say pool party?!!!!!!





Dear UUMH Community,

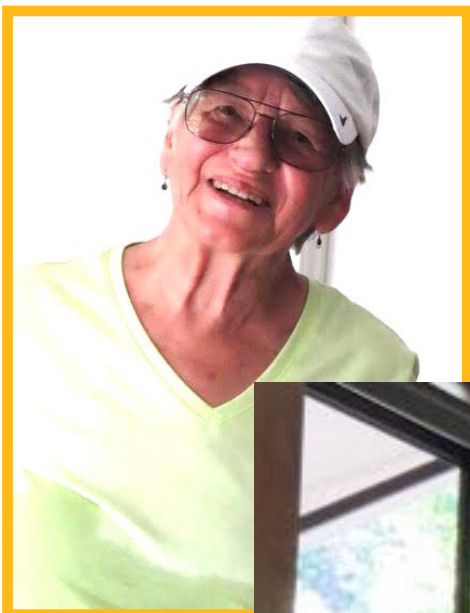
**What a total delight the Pool Party was!
To Jane and Jen, the hosts, big thanks!
Arranging spaces indoors and out
for the shy ones and the less-so,
for the ones who love sun and the ones
who love shade,
for the ones who plunged in and the
ones who did not!**

**How we have learned to enjoy each other!
Listening and telling our stories,
Holding heartfelt discussions.
So real and relaxed and restorative--
loving.**

**Over and over in UUMH community
I/we grow softer toward each other.**

**Oh,
Ellen**

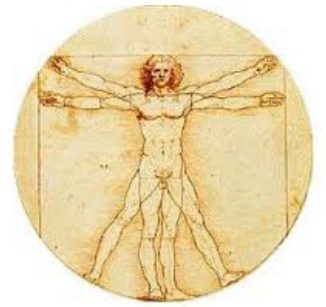
Thanks, Jane and Jen! What a blast!



All photos: Marty Hassell



Among Ourselves



Love is the Spirit

- A big thank you to Kat Black and Chris Vasquez for taking over Barbara and Linda's job at Great Music at 5! You are so appreciated.
- Thank you, Loretta Butehorn for all you have done in the name of the Safety Committee. Most folks have no idea what you put into making it all work seamlessly. And another huge dose of gratitude to John Keyes for taking over Loretta's role!
- Thinking of Dianne K. as she works through her mom's transition into assisted living.
- We send love to Barbara and Linda Loren-Murphy. We miss them and wish them well on every level!
- We are glad that Char is healing well from her recent surgery.

"Happiness is not a matter of intensity but of balance and order and rhythm and harmony."

- Thomas Merton

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.



Kids Who Die, by Langston Hughes
(written in 1938)

This is for the kids who die,
Black and white,
For kids will die certainly.
The old and rich will live on awhile,
As always,
Eating blood and gold,
Letting kids die.

Kids will die in the swamps of Mississippi
Organizing sharecroppers
Kids will die in the streets of Chicago
Organizing workers
Kids will die in the orange groves of California
Telling others to get together
Whites and Filipinos,
Negroes and Mexicans,
All kinds of kids will die
Who don't believe in lies, and bribes,
and contentment
And a lousy peace.

Of course, the wise and the learned
Who pen editorials in the papers,
And the gentlemen with Dr. in front of
their names
White and black,
Who make surveys and write books
Will live on weaving words to smother
the kids who die,
And the sleazy courts,
And the bribe-reaching police,
And the blood-loving generals,
And the money-loving preachers

Will all raise their hands against the kids
who die,
Beating them with laws and clubs and
bayonets and bullets
To frighten the people—
For the kids who die are like iron in the
blood of the people—
And the old and rich don't want the
people
To taste the iron of the kids who die,
Don't want the people to get wise to
their own power,
To believe an Angelo Herndon, or even
get together

Listen, kids who die—
Maybe, now, there will be no monument
for you
Except in our hearts
Maybe your bodies'll be lost in a swamp
Or a prison grave, or the potter's field,
Or the rivers where you're drowned like
Leibknecht
But the day will come—
You are sure yourselves that it is com-
ing—
When the marching feet of the masses
Will raise for you a living monument of
love,
And joy, and laughter,
And black hands and white hands
clasped as one,
And a song that reaches the sky—
The song of the life triumphant
Through the kids who die.



Greetings Swim for Life Community,

The recent magic of the super moon lit up magnificent Provincetown Harbor, a harbinger of our gathering in just five weeks! We are looking forward to your presence in activating the healing waters of the harbor the morning of September 9. We are grateful for thirty-six years of community building!

Will you join us?

Many swimmers have already signed up and set up personal fundraising pages on our new Pledge It platform - Thank You! **Support our eleven [beneficiaries](#) and celebrate Provincetown as a place of healing and freedom!**

2023 Swim t-shirts are a hit and available below, at Seamen's Bank downtown and for participants at the Swim.

[Register](#) now as a swimmer and/or swim team, a kayaker, [volunteer](#), walker or cheerleader for Provincetown or Wellfleet Swims. For kayakers in need of a kayak, business sponsor Coyote Kayaks will provide free loans for the event! Registration is encouraged in advance by signing this [agreement](#).

You and your friends and supporters are invited to the big white tent at Cannery Wharf Park, 387 Commercial Street, for both registration and the famous post-Swim Mermaid Brunch with Far Land Provisions and music by Zoe Lewis. Consider organizing a Watch Party to cheer the swimmers along the East End shoreline Swim route.

As we announced recently, the Celebration of Life Concert will return Friday, September 8 @ 3:00 pm @ the UU Meeting House!

Thank you for your enthusiastic embrace of the Provincetown community and thank you to our [sponsors](#).

Take the Plunge!

Please share your posts: @ptownswim #ptownswim Join us on [Facebook](#)

Peace,
Jay Critchley

[Swim4Life.org](#)

27TH "CELEBRATION OF LIFE" CONCERT

FRIDAY SEPTEMBER 8 AT 8PM

UNITARIAN UNIVERSALIST MEETING HOUSE OF PROVINCETOWN

236 Commercial St., Provincetown MA 02657

Friday, September 8, 2023 at 8pm

Admission:

Free for all & everyone!

Who will be on stage:

Megan Amorese, Arian Carlos, Chanthoeun Varon Collins, Donnelly & Richardson, Harrison Fish, Deyan Gerginov, Sue Goldberg, Billy Hough, Zack Johnson, Zoë Lewis, Ken Lonergan, Madison Mayer, DeAngelo Nieves, John Thomas, Peter Toto, Darlene Van Alstyne, Janet Villas, Rev. Kate Wilkinson and other surprises!!

Produced by John Thomas

Co-sponsored by UU Meeting House & Great Music on Sundays @5

Presented in association with Provincetown Swim for Life & Paddler Flotilla



We've left out two things in our reflection on balance this month. One is the risk involved. Consider tightrope walkers. With every step they face great danger. Where their courage comes from is one question, but where their balance comes from is another. The risk itself is a weight, a pressure, that could easily tip the scale. There must be a peace somewhere in the kernel of the question of balance--be it a risky toe shoe balancing or a meditative yoga balancing.

And the second point to think on is humor. It is laughter at ourselves that can bring us back into balance. I have a couple of tricks. I listen to comics on youtube, I read cartoons, I shake my head at my own foibles so often, I'm, well, dizzy half the time. I came across this quote in my hunt for good quotes about balance this month. I laughed out loud. Here you go:

Some days you eat salads
and go to the gym.
Some days you eat cupcakes
and refuse to pull on pants.
It's called balance.

!!

“A well-developed sense of humor is the pole that adds balance to your steps as you walk the tightrope of life.”

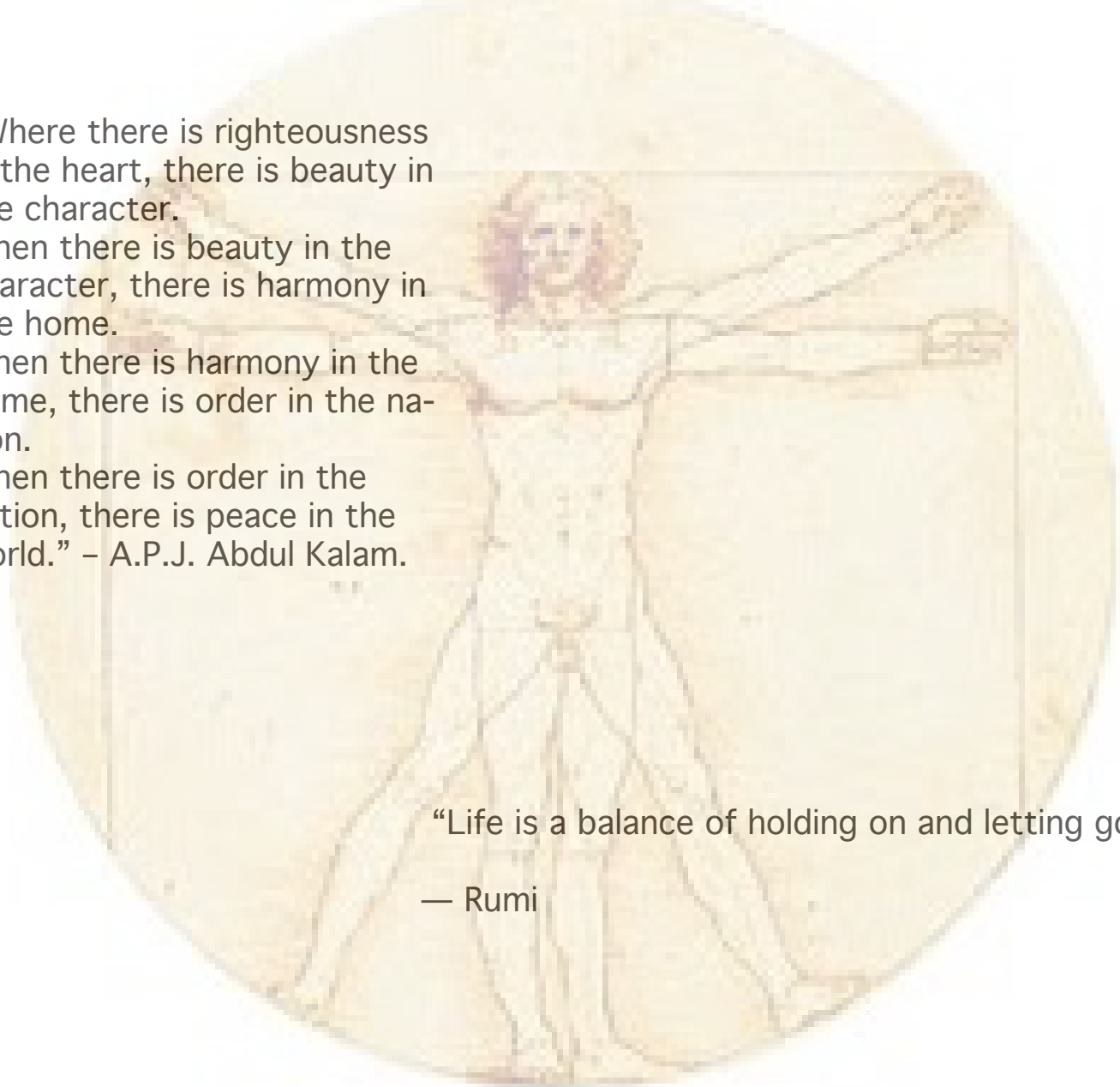
- William Arthur Ward

“Where there is righteousness
in the heart, there is beauty in
the character.

When there is beauty in the
character, there is harmony in
the home.

When there is harmony in the
home, there is order in the na-
tion.

When there is order in the
nation, there is peace in the
world.” – A.P.J. Abdul Kalam.



“Life is a balance of holding on and letting go.”

— Rumi

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