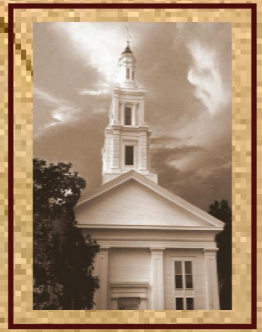


UUMH Newsletter

236 Commercial Street • Provincetown • Massachusetts

January 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

The Body

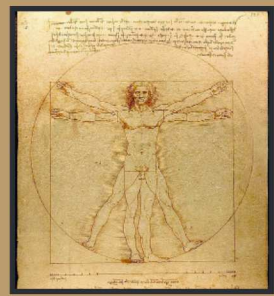


It is a new year and so our resolutions about: changing our body sizes, changing our body shapes, changing our levels of exercising, changing our mental acuity begin to fill the post-it notes on the fridge, or, the boxes in our calendars. For ... maybe a month? Maybe?

Instead, let's think about the miracle of our bodies with all the perfections and imperfections and celebrate our magnificent physical selves.

Let's resolve to celebrate! A peek inside this month's newsletter reveals how some of our UUMH-ers do just that.

Worship Worship Worship
Worship Worship Worship
Worship Worship Worship January



Our Rev, Bill Clark
will lead our service and preach a
sermon on January 10th.

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



I Asked My Body

Kathleen let me know that the theme for this month's newsletter is the Body and taking care of the sacred vessels that are our bodies. She thought maybe I'd want to talk about the year that I swam every day and then took part in the Swim for Life, the biggest challenge I have ever set for my body. Or maybe I would share a bit about the Paleo diet I've been on for the last 7 months. Danielle Walker's cookbooks have been a total inspiration to me. And I have certainly been on a bodily journey this year with the changes that have been happening to my face due to a neurological condition. It's challenged me to understand my ministry as an embodied one and taught me an awful lot about showing up as your full self.

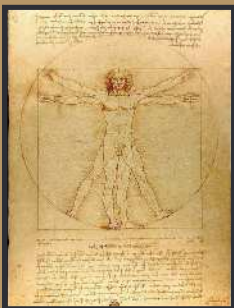
My study group read Bill Bryson's book called *The Body* last year and it was full of incredible things about our physicality and how our bodies work. That book certainly made me see the body as a miracle.

But really, the only thing I would ever want to preach or share about the body and caring for our bodies is summed up perfectly in a poem by Hollie Holden. She writes:

*Today I asked my body what she needed,
Which is a big deal
Considering my journey of
Not Really Asking That Much.
I thought she might need more water.
Or protein.
Or greens.
Or yoga.
Or supplements.
Or movement.
But as I stood in the shower
Reflecting on her stretch marks,
Her roundness where I would like flatness,
Her softness where I would like firmness,
All those conditioned wishes
That form a bundle of
Never-Quite-Right-Ness,
She whispered very gently:
Could you just love me like this?*

The very best way to care for our bodies is to love
them, just the way they are.

Much love,
Rev. Kate



From the Board

From the Board

From the Board



The “body politic, in Western political thought, [is] an ancient metaphor by which a state, society, or church and its institutions are conceived of as a biological (usually human) body.”

[Wikipedia]

At the UUMH the membership is the governing body, which elects a Board (itself a body) to work out strategies for responding to day to day circumstances and future possibilities, to manage finances, to reach out to the community at large, and to take care of the staff.

Here’s how your Board keeps itself healthy:

- every meeting begins and ends with the collective recitation of our Covenant
 - every voice is encouraged to speak
 - everyone listens
 - every year the board takes a day to pray together and to evaluate how we are working and how we can improve (pandemics curtail this activity, sigh)
- Board members connect the Unitarian Universalist Association (UUA) when assistance is needed
 - when possible, Board members attend the UUA annual convention
 - the Board “exercises” once a month, meeting to hear from staff and committees and congregation members.

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**

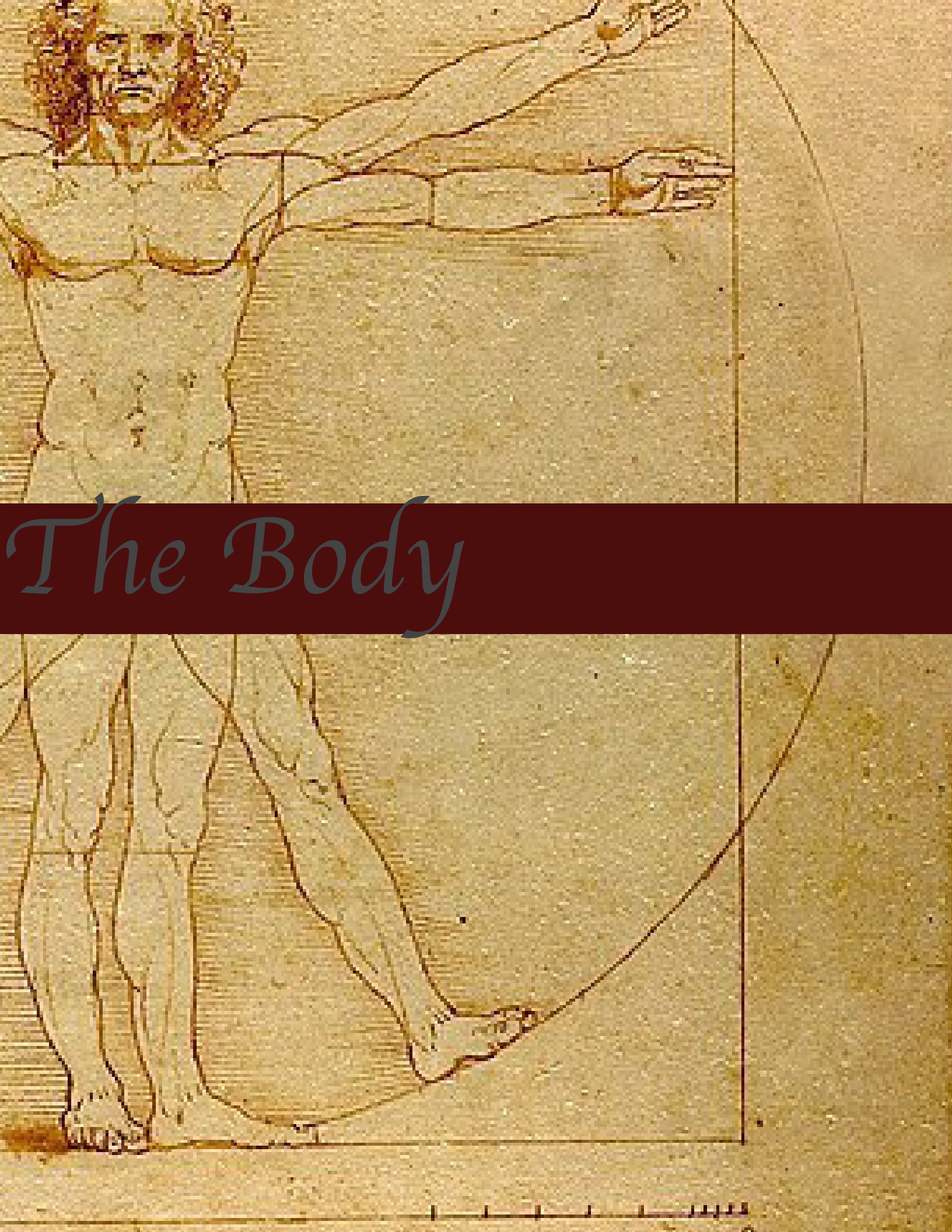
[FACEBOOK.COM/PROVINCETOWNRACIALJUSTICEPROJECT](https://www.facebook.com/provincetownracialjusticeproject)



Photos: Marty Hassell

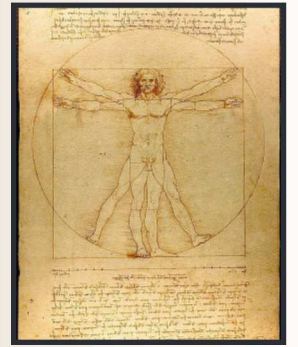


Eight intrepid people stood for an hour in the cold and damp on New Years Day.



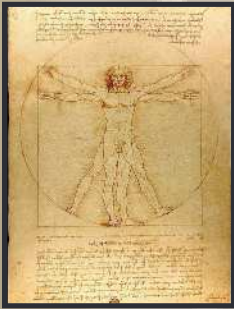
The Body

The Gift



The wonderous gift of life exists only while our body is. Our spirit, thoughts, feelings, memories, hopes and wishes are embodied in this earthen vessel. Our body is completely born and built of the substance of our mother, this planet. On loan for only one lifetime, this blessed gift, this warm wrapping, this safe and intimate inseparable companion is the gateway to each waking moment. And at night, cradles us as it guides us to the lands of our dreams.

prose poem by
Bruce de Ste. Croix



Submitted by Rev. Kate



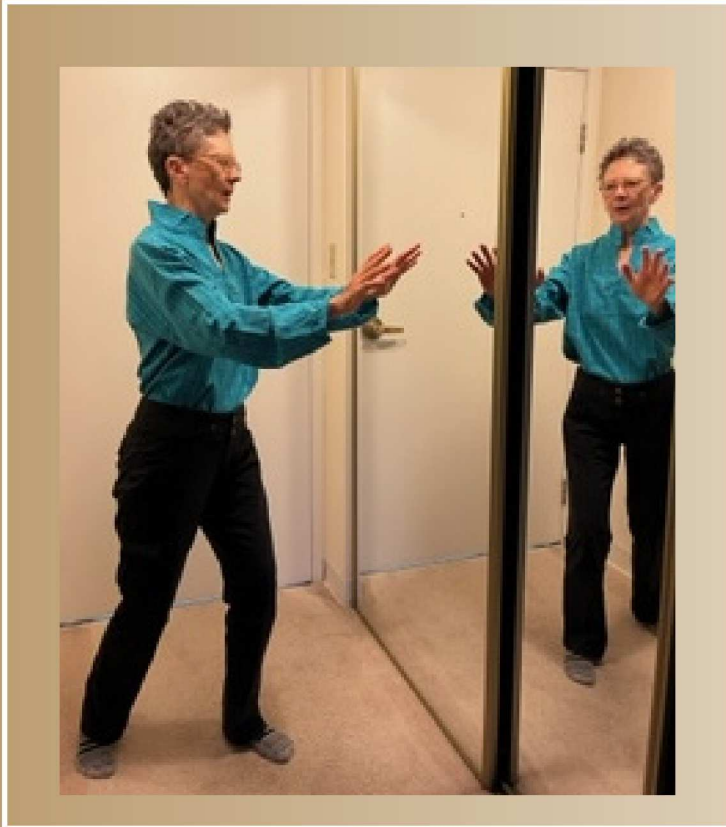
**Elaine
exercising
on
her
sit
fit!**

**Kate
Wallace
Rogers
claims
this
is she
swimming
in
the
ocean
in
the
winter.
hmmmm....**





Qigong



Qigong: Moving Energy (pronounced Chee-gung)

All there is is energy. Outside our bodies, inside our bodies. Qigong is a way of becoming aware of that. Breath/Prana/Energy in us and all around us. Breath moving in, breath moving out. Slowing down enough to feel our breath coming in, breath going out...as we move like “floating silk in air”, “wings of the dove”, “hands like clouds”. Inviting the mind to synchronize breathing and moving. Slowly the mind becomes present to this moment. Slowly releasing all the mind’s agendas. Allowing our whole system to rest. To balance, restore, strengthen, come home.

Qigong is a traditional Chinese practice. We are a relaxed version of that tradition. Super-friendly, often fun, led by Ellen Anthony on Zoom. Mondays at 8:30am. Free-will donation. Email ellen@QuirkyCircus.com if you'd like to join!



ESSENCE

I watch us change
Behaviors and bodies
Fortune and fame
Stiffening and softening
Opening more or not
But the essential me
Will recognize
Your essence always
Namaste

Bruce de Ste. Croix



Embodying 2022

You are still in a body.

(For now.) Therefore:

Kindly make a decision

about this relationship...

Friendly? Hostile? Passive?

Aggressive? Neglect? Nurture?

One day>no body. Today, this one.

Kindly ask your One and Only, What
do you need? Kindly listen, listen for
an answer. . . How bout we fall in love!

A UUMH Anonymous



Plunge

(published in Scriblerus 2020)

Everydays
like this one,
I can't wait
to find my way
around the bend,
to a lonely patch,
a strand of sand,
all by myself.

I strip down,
slip down into briny

deliciousness

cool plunge under,

get to know

my own sensual self,

way below

aqualayers

I'm alive.

Euphoric green,

underwater pristine

as far as the body can see,

easy sea.

Floating fascination

release to undertow,

riptide pulls

sideways—

never return

to shore, sand, land.

Pure pleasure, that simple truth,

pervasive steadiness

s p a c e broken through,

boundaries eliminated,

blurring edges bleed,

surface tensions

loosen, I'm slippery

as seaweed.

Poem and Photo:
Kate Wallace Rogers



**Jen
Shannon
Yoga
at
the
beach**



“We are made of stardust, our whole body consists of material that has been here before the beginning of time.”

*- Author: Giorgio
A. Tsoukalos*

Among Ourselves

- Here's hoping that Jennifer Shannon is recovering well from hand surgery, minor though it was.
- Same wishes sent to Linnet Hultin, who had hernia surgery on December 13.
- Here's to an end to Bruce DeSteCroix's medical testing. It was a flurry, to be sure.
- Sending lots of love to Roger Chauvette.
- May our new board member, Alison Dwyer be on a healing path after fracturing her heel.
- Sending lots of love to Anna Michaud and her wife, Bonnie Fraley.
- Prayers to Ellen Anthony's friends, Rosemary and Susan.
- We send love to Wendy Kahn, as she figures out her next steps.
- Love and our deepest condolences to Rev. Jessica Clay, friend to our own Rev Kate and minister to the First Parish UU in Brewster, on the loss of her daughter, Penelope. We are here for you.

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:

“Locally-oriented demonstrations significantly reduce the number of Black and Latino deaths by police.”
by SUSAN OLZAK DECEMBER 20, 2021 Time Magazine, Photo: Stephen Zenner-Getty Images



Black Lives Matter activist holds a sign against police brutality in front of the Ohio Statehouse in reaction to the shooting of Makiyah Bryant on April 20, 2021 in Columbus, Ohio. Columbus Police Shot and killed Makiyah Bryant, 16 years old, on April 20, 2021 sparking outrage from the community.

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



Jane Lea

I was once a nurse and, when I graduated from nursing school, I took flight lessons. I did manage to do a couple of solo flights, but had no interest in the book work. It was a short-lived aviation career!



Elaine Anderson

As a kid my dad and I had a hobby. We raised parakeets. To accomplish this my dad built an aviary in our garage with nesting boxes and a large screened in flight area. I loved watching the wee ones fledge!!!!

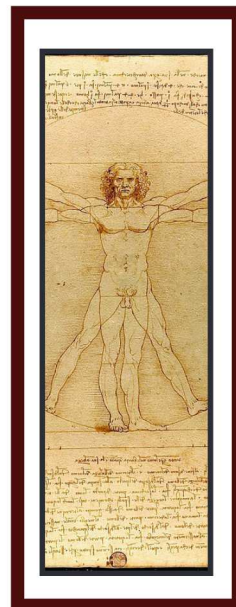


From the Editor

“Finally I saw that worrying had
come to nothing.
I gave it up. And took my old body
and went into the morning,
and sang.”
Mary Oliver

Back in the ‘70’s there was a “radical” and wonderful book published by the Boston Women’s Health Collective entitled, *Our Bodies, Ourselves*. That title came to my mind often as I put this newsletter together. We are. This body is ME! My very existence is dependent upon, as Bruce says in his poem, this corporal entity I live in/with. As another poem in these pages asks, can’t we make friends with this constant companion, this body? Can’t the resolutions we make be about kindness and care, respect. Couldn’t we dance? Let’s dance. Dance with only your hands, or with only your imagination, but...Dance!

Photo: Jen Shannon



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