

# UUMH Newsletter

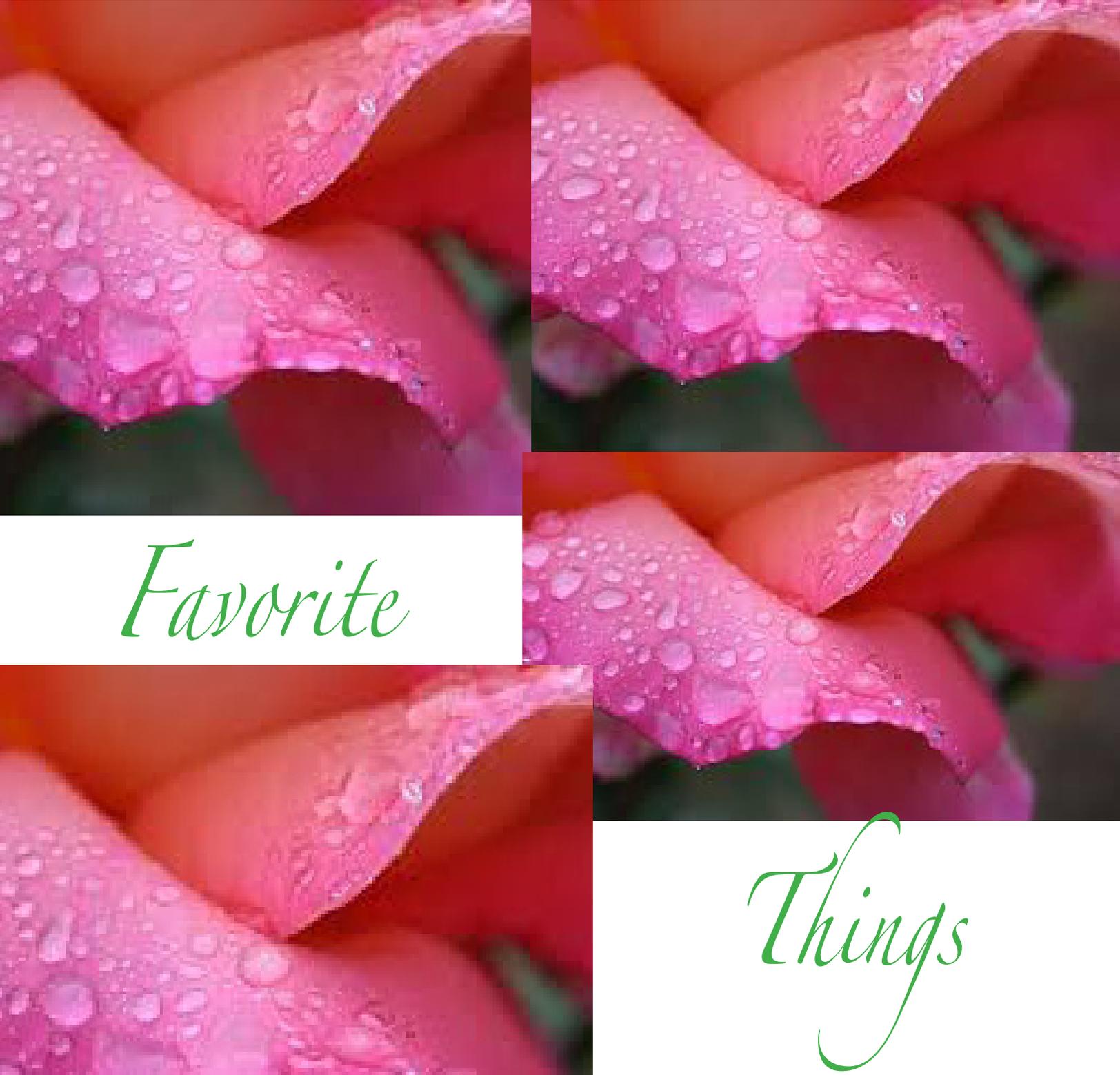
236 Commercial St. Provincetown MA

December 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



*Favorite*

*Things*



Who among us doesn't know the song? Raindrops. . .whiskers . . .  
fine woolen mittens. . .  
How joyrful, self-revelatory, comforting, celebratory is listing  
our favorite things!  
Memories are all wrapped into the lines of the list.  
Smells, sensations.

Christmas carols are on my list.  
I think that's because they always made my father cry, and it was so  
sweet and amazing and dear to see him cry.  
Food stuff, of course. . and .maybe that article of clothing  
you simply cannot part with: that sweatshirt that is, seriously,  
FORTY NINE years old!?

That pencil you always use, love to use, love to feel betweenyour  
fingers, how it glides across the page.

That photograph from the baby's first birthday!  
The birthday tablecloth rmom brought out for everyone's special day.

Oh, let's make it an on-going list, one that  
keeps getting longer and longer and longer.

. . . the way your sweetheart always sneezes seven times in a row,  
always seven. Achoo, achoo, achoo, achoo, achoo, achoo, achoo,  
while you wait to finally say: God bless you.

Worship Worship Worship  
Worship Worship Worship  
Worship Worship Worship

December



We are Live  
and  
On-line  
Sundays  
11 am

“Finally, brethren,  
whatsoever things are true,  
whatsoever things are  
honorable, whatsoever  
things are just,  
whatsoever things are pure,  
whatsoever things  
are lovely, whatsoever  
things are of good report;  
if there be any virtue, and  
if there be any praise, think  
on these things.”

-Phillipians 4:8

We will be live-streaming via YouTube.

join in at 11 am

[www.uumh.org](http://www.uumh.org)

Click on Sermons

Brunch following service  
on Christmas Day

# A note from Rev. Kate

## A note from Rev. Kate



### My Favorite Things

When I was in highschool I joined the pit orchestra for the musical *The Sound of Music* at my school. My highschool didn't have a strings section in the band, but I had been taking lessons privately since the age of 5, so the band teacher let me join the other kids along with a few other violinists. We rehearsed every day after school for months. The plan was to add in some adult professional musicians closer to the date of the play.

I learned the violin using the Suzuki method. In this method, the number of the finger you use on the string is written above the notes for beginners. Unfortunately, my mind never shifted from this, so when I look at a score of music, I actually see numbers instead of letters. This means that I don't always apply the sharps and flats to the same notes on the other strings. So my poor mother took the time to write in every sharp and flat on the entire score for *The Sound of Music*!

A week before opening night, the professionals joined us students in the pit orchestra. We had our first rehearsal with the cast and... disaster! You couldn't hear the singers at all! With our greater numbers we drowned them out. That's when the band director made what I see as a terrible decision. He cut  $\frac{1}{4}$  of the students from the orchestra! We were devastated! All those hours of practicing. All those months of looking forward to the show. I still think that if my Dad ever met that band director in a dark alley it would NOT go well for the band director.

I went to opening night and sat in the back. In the darkened auditorium I sat through the play with tears streaming down my face. It was so bittersweet. They did such a good job. But I wasn't a part of it. The band director had chosen perfection over inclusion, two values that are sometimes at odds with each other.

The thing is... I still LOVE the music of that show. The song “These Are a Few of My Favorite Things” still picks me up out of a bad mood and brings a smile to my face. What that song is all about is that we are resilient people. We get through hard things by remembering the things in our lives that are still good, that bring us joy. Sometimes it is the very smallest things that get us through the hardest things. A cup of tea. A handwritten card. Re-watching a favorite movie. Or...schnitzel with noodles.

After a 20 year hiatus from the violin, I recently picked it back up again. Now I play with an intergenerational group called the Chatham Fiddle Orchestra. The members range from aged 10 to aged 80. We value inclusion over perfection always. We’re getting ready for our Christmas concert and it brings me so much joy to be playing again knowing that I will never be cut from the group just before showtime.

When the dog bites, when the bee stings, when I’m feeling sad... I simply remember my favorite things and then I don’t feel so bad!

What are your favorite things?

*Rev. Kate*



*“Follow every  
rainbow ‘til you  
find your  
dream.”*



From the Board

From the Board

From the Board

**!save the date!**

our Annual Meeting is Dec. 4  
2pm on zoom All are welcome. Members can vote.

*There is an optional Financial Q&A on Saturday, Dec. 3  
10am on zoom, should you have detailed questions about  
the budget.*

TO: UUMH Members and Friends  
FROM: Will Hildreth, President of the Board

On December 4th, we have the congregation's annual (zoom) meeting to do the "business" of the Meeting House by approving our annual budget, electing trustees to the Board, staffing committees, and hearing reports from our committees.

You've probably already received a letter with the agenda and zoom information for this meeting, and I urge you to attend if you can. This year we will also welcome some of our new members at this meeting because as we have stepped into the hybrid world of blending in-person and online worship, we increasingly have members who live somewhere other than Provincetown.

The Fifth Principle of Unitarian Universalism calls us to "The right of conscience and the use of democratic process within our congregations and in society at large." Our Annual Meeting is one of the ways we put the Fifth Principle into action. Since attending the General Assembly last June, I've been thinking a good bit about our Principles, partly because the proposed Eight Principle\* is being discussed and adopted by UU Congregations worldwide. When I first came to the UU, I assumed the Principles were fixed, a statement of belief like a creed. As I've learned more, I've been delighted to find that they are a living, breathing vision for the world and the role of UUs in it.

The Oxford Dictionary defines a Principle as "A fundamental truth or proposition that serves as the foundation for a system of belief or behavior or for a chain of reasoning." I like that this definition references belief and action by describing how our beliefs inform our behavior. Let's put our beliefs into action by attending this meeting and participating in the governance of the Meeting House!

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\* The proposed Eighth Principle is: "We, the member congregations of the Unitarian Universalist Association, covenant to affirm and promote: journeying toward spiritual wholeness by working to build a diverse multicultural Beloved Community by our actions that accountably dismantle racism and other oppressions in ourselves and our institutions."



*Christmas  
Day*

## **BRUNCH**

**AT THE UU MEETING  
HOUSE**

**COME FOR WORSHIP.  
STAY FOR BRUNCH.  
ALL ARE WELCOME!**

**11AM**

**Potluck items appreciated!**

236 Commercial Street

From the Safety Committee  
From the Safety Committee  
From the Safety Committee



## Safety Committee

We are so grateful for our Sunday Safety Team! You may notice two of these folks welcoming you at the door each week, or two others helping you to find a seat. Did you know that members of this team also sit in the back of the sanctuary and keep an eye on everyone during the service? Rev. Kate has a signal that she can use from the pulpit to notify team members that something she sees needs their attention. They are ready in the rare case of a medical emergency, a fire, an emotional disturbance or even an intrusion. At the end of the service, one member stays in the sanctuary until everyone has gone and another accompanies Rev. Kate to the door. Every member of the team has the Provincetown Police Department's number as a favorite in their phone.

We share this behind the scenes safety strategy with you not to cause fear, but to re-assure you that we have a plan in place for any kind of disruption or emergency. Our safety team members are trained in how to de-escalate a situation and to contact the appropriate first responders to help should that be needed. We lock the front door after the safety team leaves their post unless there is a staff person stationed there. Our sexton is on hand to let latecomers in if they ring the bell.

It takes a huge crew of people to carry forth these protocols, so we thank all of our Safety Team volunteers, especially Loretta Butehorn who does all the scheduling.

While we are talking about keeping everyone safe, we'd like to remind you all that our board of directors continues to assess our covid protocols each month. We have dropped our vaccine requirement for in person attendance. We are currently still masking for worship, but masks are optional for our renters at other times during the week. We are now allowing masked congregational singing. We have also expanded our choir music from soloists to a small group of unmasked singers. These folks take covid tests before singing.

Your health and wellbeing are so important to us. Thank you for being part of a community that cares!

# Welcome New Members!



John Keyes  
Wellfleet

Continuously cultivating my body, mind, and spirit. Daily wellness routine of jogging & yoga/meditation, an avid outdoorsman including hiking, jogging, cycling, skiing, and tennis. A passion for reading, and learning about diverse cultures.

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Vicky Barstow  
Provincetown and  
Ashland, with her  
wife, Paula

She Loved her career as a teacher and enjoys bike riding, reading, the beach, the woods, her new part time dream retirement job at Womenscrfts, and spending time with friends and family. Auntie Vicky is her favorite title.

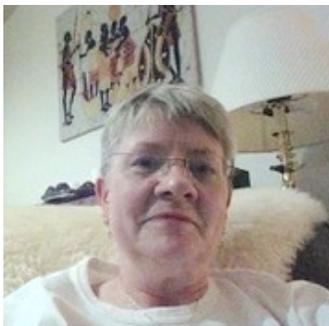
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Myra Kooy  
Provincetown

My parents chose me in 1962, before my first birthday, to join their family of three biological white boys, one black girl, and another black boy a few years later. As an adult, my art spills out into every area of my life, with stories growing out of my clothing, accessories, and every corner of my home. I received my MFA degree in 2021 from City College in Harlem, New York. I am a black queer person committed to learning to listen and bridging -when possible- the black-and-white divide. Moving into Provincetown with my new partner, Kate, we swim everyday.

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Bonnie Breidenbach,  
Ann Arbor MI

I am recovering from a three and a half year illness resulting from an adverse reaction to a prescribed medication. It has been a rough few years of many losses including my business, my fiancée, a beloved cat, my career from which I needed to retire after twenty wonderful years and a move from my home as it was too much. I have relocated closer to family and am in the process of rediscovering my life and moving forward learning to savor each moment and be more in the present.

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I live in Charlestown (half of the time) with my husband Eric and 2 active vizsla dogs Gyorgy and Zsolt. I serve in the military teaching soldiers combat operation stress control, and I am active in my fraternity, the Freemasons, where I serve in a leadership role. I also clowning for the Shriners Hospital System. I enjoy meditation, the challenge of marathon running, and I hope to live the minimalist lifestyle close to nature one day. I would love to be closer to our community in this capacity

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Howard Hernandez  
Charlestown &  
Provincetown



Deb & Bob Du Puis  
Montreal Qc. & Wellfleet MA

Bob is a husband, father, and grandfather who lives in St. Lambert (Montreal) and Wellfleet. He shares a love of the Cape and the ocean with his life partner, Deb, and is instilling that same love in his grandchildren. Bob is active in the teaching and architectural fields and is an advocate for accessibility in the built environment.

Deb is grateful to be spending summers on the Cape since she was a child, as a place where nature and beauty feed her soul. She resides outside Montreal, enjoying art making, writing, ballet, and book clubs, but especially time spent with her grandchildren. She is a retired teacher of children living with hearing loss and continues to advocate for the deaf/hard-of-hearing community.

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**Amy Graves & Anne Cowie:  
Look to welcome them  
in next month's Newsletter**

# Our favorite things



- early music
- chanting of all kinds
- history
- sea veg dishes
- cherry pie
- friends
- babies
- a bath
- and all kinds of cats.

Bonnie B.

- Kitties
- Puppies
- Gardens
- Horses
- Trees
- Cherry pie
- Coconut custard pie
- Sunshine
- Horizon lines
- Sailing
- Driving
- Friends
- Art
- Comfortable Hugs

Pat Medina

- ✓Mac & Cheese
- ✓The Last Act of *Götterdämmerung*
- ✓Pitter-patter of Rain on the Roof
- ✓Bicycling in the Netherlands (well-marked bicycle paths and no hills)
- ✓The "Libera me" of the Verdi *Requiem*

- Stan

Oh and one more:  
✓Lying under a grand piano while Ada plays.  
-Stan

**Bodysurfing** - Hearing the whoosh and feeling the water rush past my face as I shoot through the ocean.

**Sunset** - An awe-inspiring, divine painting that changes repeatedly for an hour every night.

**Having Fun with Friends** - playing games, telling stories, teasing, laughing, singing, connecting, experiencing life.

-Deb Felix



Walks in the woods and strolls on the  
beaches  
Swims in the bay and dips in the ocean  
Talks with my siblings and chats with my  
friends  
These are a few of my favorite things

Morning coffee with my sweetheart  
Chanting and singing with love and good  
cheer  
Cooking together and dining at home  
These are a few of my favorite things

Watching the sun set over Cape Cod Bay  
Cruising the back roads on a quiet Sun-  
day  
Holding hands and reading aloud  
These are a few of my favorite things

When the world fights  
And bad news brings  
Sadness and despair  
I simply remember my favorite things  
And then I don't feel so bad

—Kat Black

- The Smell of Onions cooking
- Soft, warm, fluffy bedding
- Colorful needlework
- Reading, games, exploring - with children
  - Hellebores
- An Absorbing Novel
- Ryder Beach Rubble Ice Cream
- Walks with friends
- Take out-(no cooking or dirty dishes)
  - Biking
  - No schedule
- The Wailin' Jennys
- Beach Fires at Sunset
  - Kayaking

-Ada

- △ cape cod russet potato chips\*
  - △ my folding bike that goes everywhere with me
  - △ my grandchildren Olympia Ruby and Esti
  - △ sunsets
  - △ shuffling in the dry crispy leaves
- Claire Willis

\*me, too! (Your Editor)

## Advent is My Favorite Time of Year

April Baxter

I think it was 8 years ago that Pastor Brenda Haywood invited me to a 5:30pm candle-lit Advent service at St. Mary's Church in Provincetown. At the time I didn't even know what Advent was, beyond the fun Advent calendars that emphasize the countdown to Christmas. That day I read a bit about Advent on the internet and what stood out for me most was that it is a time of sacred waiting. This sounded appealing to me, it spoke to the contemplative part of me, which had always felt shaken by the busyness of the Christmas season, and the feeling of the holidays being too rushed increasingly each year... in fact I had become quite bitter about it all. When I walked into St. Mary's that night, entering the candle-lit silence and stillness, I felt as if I had come home. It was an overwhelming, and quiet joy. During the service, we read an Evening Prayer from the New Zealand Book of Common Prayer. Below is the portion that spoke to my soul the most, and as we read it, I felt the weight of the world and the busy day lifted from my weary shoulders, I wept tears of joy. May it serve to bring you comfort and healing as well:

“Lord,  
it is night.  
The night is for stillness.  
Let us be still in the presence of God.  
It is night after a long day.  
What has been done has been done;  
what has not been done has not been done; let it be.



The night is dark.  
Let our fears of the darkness of the world and of our own lives rest in you.  
The night is quiet.  
Let the quietness of your peace enfold us,  
all dear to us,  
and all who have no peace.

The night heralds the dawn.  
Let us look expectantly to a new day,  
new joys,  
new possibilities.  
In your name we pray.  
Amen.”

I am forever grateful for Pastor Brenda's gracious invitation that Advent day.

Since then, Advent has been my favorite time of year. We don't have to buy into the holiday madness if we don't want to. Focusing on the many quiet gifts of Advent, its meaning grows deeper for me each year. And no matter how challenging times may be, Advent reminds us that there is always hope. As Fleming Rutledge writes, “Advent begins in the dark.” Advent meets us at our lowest darkest place, and very slowly brings new light each day. It is often in our places of darkness where our deepest growth happens. May you find much needed rest, and refreshment during this most special time of year. Turn off the lights, light a candle.... and just be.

Love,  
~ April

PS: I also felt the same sense of joy, though expressed differently during the UUMH Christmas Eve services, and most especially last years outside services on the UUMH lawn. Peter Donnelly's brilliant voice singing “O Holy Night” echoing throughout the neighborhood made my own heart sing.

24th season  
**Great Music**  
 on  
**Sundays**  
**@5**  
 PRODUCED BY JOHN THOMAS  
 presents...

# Joy to All!

music for happy holidays

**Saturday December 3 6PM**

Unitarian Universalist Meeting House  
 236 Commercial St  
 Provincetown MA

This concert is proudly sponsored  
 by The Berta Walker Gallery



**Craig Combs**



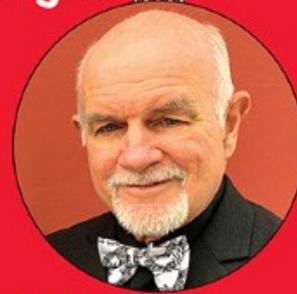
**Fermin Rojas**



**Carolyn Rogers**



**Eric Maul**



**John Thomas**



**Mozelle**



**Phoebe Otis**



**Ken Field**



**Paul Goddu**



**Trish LaRose**



COVID  
 PROTOCOL  
 bring your mask

\$25 admission \$20 seniors \$50 priority seating ages 12 & under free  
 advance purchase brownpapertickets.com handicapped accessible

Great Music on Sundays @5 archived concerts 24/7 availability donations welcome

ptownmusic.com





The UUMH of Provincetown is a part of the Unitarian Universalist Association (UUA). One of the service organizations within the UUA is the Unitarian Universalist Service Committee. Our newsletter will be highlighting what the UUSC does on this page every month. The work of the UUSC is vital. Their scope is international. It is important that we know what is being done in our name around the world to bring food, shelter, aid of all kinds to those in direst need. It is important, too, for us to remember that the UUSC needs us to help them to do this work.

Letter to the UU Meeting House News,

This month, governmental representatives, grassroots leaders, climate activists, and others are gathering in Egypt for COP27, or the 27th Conference of Parties — 198 members who have signed onto the U.N. Framework Convention on Climate Change (UNFCCC).

Why is it important?

This annual U.N. conference seeks to coordinate international action on climate change. Representatives from UUSC and several of our partners from small island states are making the long journey from their home countries to attend in person. UUSC funding and support help grassroots groups obtain access to spaces where they can advance their demands for climate justice at the international level.

The conference provides ways for organizations to connect, raise their concerns with high-level officials, and showcase their technologies. This year's discussions hinge on the implementation of pledges countries made during previous COP conferences — including those to adapt to and mitigate loss and damage.

What is loss and damage?

Due to the failure of wealthy nations to adequately address the climate crisis, smaller nations are overwhelmingly and disproportionately burdened with its consequences. These adverse impacts include economic and cultural losses, along with damage to land, homes, and livelihoods.

Due to the failure of wealthy nations to adequately address the climate crisis, smaller nations are overwhelmingly and disproportionately burdened with its consequences. These adverse impacts include economic and cultural losses, along with damage to land, homes, and livelihoods.

[Learn more by reading about our partners' efforts for climate justice, including their clear demands for action at COP27.](#)

**“Climate change politics are strongly linked with the economic vitality of countries, and wealthier, more developed nations took their time in listening to the needs of those most impacted by the climate crisis.”**

**—INEZA GRACE**

CO-FOUNDER OF THE LOSS AND DAMAGE YOUTH COALITION,  
A UUSC PARTNER

## A Letter from the Director of ABBA House (forwarded by Ada)

### The Green Half Pant Leg with the White and Black Stripes

Today I am surprised and pleased to see a small group of migrants in transit. The Southern border of Mexico has been increasingly militarized, and it is harder to cross into Mexico from Guatemala. The small, steady stream of migrants who do arrive, generally arrive late in the day, and leave early the following morning after breakfast. It describes their urgency to cross the border, find jobs and send money to their families who are all living very thin, and measured lives. Most of these migrants will be arrested, held briefly and deported.

Ricardo was the first to introduce himself and the obvious leader of this band of brothers. He is returning to the U.S. where he has lived for 7 years as an undocumented migrant. His young family is waiting for him. He does house framing in Texas and enjoyed using his English with us. He was quick to describe the horror and danger of life in Honduras. He told me three of his “people” were killed recently in the capital Tegucigalpa.

In 2014 Honduras was the homicide capital of the world. He told me he had been kidnapped and his father sold all the family furniture to meet the ransom demand of \$2000. He told me ABBA is the first shelter where they have spent the night. He explained most shelters have very rigid schedules and close early. Some may offer a plate of food to go but no safe lodging.

As you all know, ABBA House is the only shelter in Mexico that provides care for amputees while they participate in a rehab and prosthetic therapy program, INGUDIS, in Silao. The Cruz Roja transports all the residents to their therapy sessions and pays for the program which includes titanium prosthetic devices. The program is very multi-disciplinary and changes lives. They all leave on two feet with new plans and direction.

Over six months ago, I was cleaning up in the dining area. I found a green piece of cloth on the table. As I looked at it more carefully, I realized it was half a pant leg with a black and white stripe down the side. It was cut very carefully and precisely. I wondered who it might belong to. Had someone misplaced it? With sudden surprise, I realized no one was missing it. It was the remnant of a new personally customized pair of pants. This pant leg was the new missing part. It was the ‘phantom’ that could still

inflict pain and deny loss.

Loss, fear, and depression are undeniable. In some miraculous way, their young, resilient will to continue pushes through the darkness and creates a new light on their individual potential with a vision of independent success. Every day they strap on their titanium superpower, their muscle, confidence, competence, and stride grow. They are survivors and their powerful, new shiny limbs represent their struggle and commitment to continue as strong, productive, loveable, sexy, heroic adults. They are parents, spouses, brothers, and neighbors. Every resident tells me they are glad and lucky to be alive with a strengthened trust and faith in God. When they leave on their own two feet, they know they are survivors, heroes, and miracles.

<https://www.gofundme.com/abba-house-sanctuary-for-migrants-and-families>

Migrants viiting ABBA House



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)



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

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

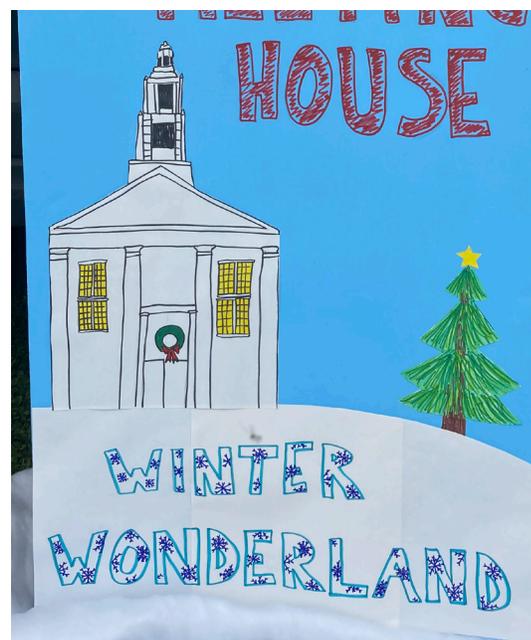


Christmas...at Hallowe'en???





Kacey and Alaina



# Among Ourselves



Love is the Spirit of this Meeting

- We are so saddened and frightened by the shooting in Colorado Springs. Let us hold each other in light.
- We are holding all of you who are affected by the retirement of Allison Beaven. We know this time of transition is hard on you and we are there for you.
- Great to hear that Loretta Butehorns's hip is improving.
- Ellen Anthony has two new eyes! Well, not really, but cataract surgery does tend to make folks feel that way. Congrats, Elle-belle!
- We are with you, Mary Abt, as you travel through your sister's illness. We know she is on your mind and heart. Please know how deeply we love you.
- Lovely, lovely, lovely to set eyes on Denise Davies again! Welcome home, Denise.
- Ryan Cook and Will Hildreth said good-bye to Three Chimneys and have taken up temporary residence in Provincetown. Truro looks forward to your return!

# Among Ourselves



- We send condolences to Lucinda Garthwaite and Shelley Vermilya, who lost their dog, Izzy. We love you.
- Linnet Hultin has a new knee and is recovering with the help of loved ones. We're here for any of your needs, Linny-pie.
- Sometimes we think of folks we are missing and want to give them a shout out: Elizabeth Johnson and Karen Pagano, we love and miss you!
- We just learned that our beloved Sewall Whittemore has moved away. We wish her godspeed!
- Pat Medina, we hope you have recovered from your fall. We need you in one piece, please!

*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. It is good to celebrate what is inspirational and strengthening, too.*



Nikole Hannah-Jones, author

Nikole Hannah-Jones is an American investigative journalist, known for her coverage of civil rights in the United States. In April 2015, she became a staff writer for The New York Times. In 2017 she was awarded a MacArthur Fellowship and in 2020 she won the Pulitzer Prize for Commentary for her work on the controversial 1619 Project. (Wikipedia)

Her 1619 project, published in book form last year, is vitally important to read, think about, and act upon.



- I have made my preference for POTATO CHIPS known earlier in these pages. (can you hear the crunching?) so, yes, POTATO CHIPS are number one.
  - Christmas carols.
  - Mary Oliver's poetry
    - Singing
- Favorite movie is embarrassing--it's not "cinema" not a "film", not a famous director or award winning performers: it's *Air Force One*.  
I'll watch any bit of it at any time (and it's on a LOT). Machine guns, violence, but truth and justice prevail!
  - Walking under an umbrella with my sweetheart.



MARTY COWDEN

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](mailto:meetinghousenews@gmail.com)