

UUMH Newsletter

236 Commercial St. Provincetown MA

November 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

*“Kindness and truth
shall meet,
Justice and peace shall
kiss.”*

Ps. 85, 10-11

There are national and international “days” for just about anything you can think of, a lot of them having to do with food, actually: February 6 is Frozen Yogurt Day, June 29 is Waffle Iron Day; August 1 is Respect for Parents Day, May 6 is Nurses Day, so non-edibles get some honor, too.



November 13 is International Kindness Day. Who knew? Yes, yes, we should strive to be kind every single day...but, could it be true that were we to

honor acts of kindness on one special day, that in itself might encourage and inspire us to incorporate kindness into our daily lives, our very beings? Our society is growing less civil these days--road rage rages and politics polarizes and we are left with little politeness, let alone kindness. Let's change that on November 13 this year. Let's think about kindness and prepare to be kind on that day.

And, a shocking idea--instead of emphasizing being kind to the cashier or the bank teller, let's try being kind to the ones closest to us, too. Sometimes that's harder. The folks we know best often are the ones we leave off the list when we are thinking about being kind. Being our better selves with strangers seems doable somehow; being kind to those we bump into every single day, whose faults we know all too well--well, that can be a challenge.

So, on November 13, 2022 let's commit to this challenge:

#1. Let's note all the kindnesses done to us on that date

#2. Let's flood our surroundings with acts of kindness.

DELIBERATE acts of kindness.

All over the place.

Worship Worship Worship
Worship Worship Worship
Worship Worship Worship

November



*Fall Back 1 hour on
November 6th!*

**HELLO
DARKNESS MY
OLD FRIEND**

**SOON YOU WILL
BE HERE AT 4PM**

We are Live
and
On-line
Sundays
11 am

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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Asparagus 1/2 lb
Apples 1 lb
Beets 1 lb
Broccoli 1 lb
Cauliflower 1 lb
Carrots 1 lb
Cucumbers 1 lb
Eggplant 1 lb
Fennel 1 lb
Garlic 1 lb
Ginger 1 lb
Kale 1 lb
Lentils 1 lb
Lettuce 1 lb
Onions 1 lb
Parsnips 1 lb
Peas 1 lb
Pumpkins 1 lb
Spinach 1 lb
Squash 1 lb
Sweet potatoes 1 lb
Tomatoes 1 lb
Zucchini 1 lb



Tallying Abundance

It's the end of October and I'm still harvesting from my garden. Everything I pick now feels like a bonus. Any time now a hard frost will come through and wipe everything out, but each day when I stop by my community garden, I still come home with a handful of abundance... A bundle of zinnias bursting like pink, orange, and red fireworks in their jar. A ziplock bag full of cherry tomatoes, still ripening on the vine even though the vines are now dried out and brown. An armful of peppery arugula, which doesn't seem to be bothered by the cold.

In the spring I started keeping track of my harvests on a chart. With such an outlay of resources during the winter and early spring months (seeds and soil supplements, potting soil and purchased compost, new tomato cages and potted vegetable starts), I was curious to see if I was recouping my expenses with my harvests. I didn't factor in my TIME, of course, preferring to think of the many hours spent in the garden as inexpensive therapy. But I was curious to see how many farmer's market dollars I was saving by growing my own food.

In the end the pleasure I gained from tracking my garden harvests had very little to do with strict accounting and everything to do with fostering a sense of ABUNDANCE! Every check mark on the page was a pleasure. Observing the ever-expanding tally was an exercise in gratitude.

The biggest winners on the chart were undoubtedly the summer squash and zucchini, which numbered nearly 100 each. And although a few things were a complete bust (the voles ate up all my beets again and it turns out the cress was so spicy we didn't even bother picking it), the overall experiment was definitely a success.

Whether you have your own vegetable garden or not, it's never a bad exercise to count up your blessings. I'm pretty sure you will be bowled over by a sense of abundance in your life, too.

Happy tallying!

Rev. Kate



From the Board

From the Board

From the Board

As the leaves of this particularly beautiful fall season continue to cascade down reminding us of this changing time, I am also reminded that my term as At Large UU Board member is coming to an end.

Working with this Board under Will's leadership alongside Alison, Jen, Kathleen, Kat, Rev. Kate, Kenneth and previous chair Bruce and treasurer Keith, has been a wonderful and educational experience. I have been moved by the dedication, diligence, and care with which each Board member approaches their responsibilities. Their love for our UU community is so evident in the tireless attending to the needs of the whole. This was especially evident in the care and attention brought to decision making around Covid precautions, the sanctuary restoration and attending mold crisis, the hiring of new office staff and the unending day to day decisions needed to support the UUMH as a vibrant and loving community

I will always be grateful for this opportunity to serve you as an At Large Member and for the opportunity to serve with these generous, talented and dedicated community members.

With warm wishes

Susan Downey- Member at Large



Kindness...our stories

In the very beginning of the pandemic, Jennifer and I were, for a long while, two of six people in Truro who had COVID. It was still very much of a mystery and we had no idea how sick we would be. And we were sick. Lawrence, with his biggest of hearts, took us on. He made soups of all kinds and delivered them daily. It was the only thing we could tolerate for a long time. He took our recycling to the dump. He shopped for us. He checked on us daily. He was nothing short of a god-send to us. We never asked him, he offered and did it out of the kindness of that big heart. I will never forget how he made us feel cared for and nurtured. We adore him!

Jane and Jennifer

There is a stone for my late partner at the roundabout in front of the Provincetown Inn - Pilgrims Fist Landing. Whenever I visit the spot, I see that someone has left some rocks on her stone. I don't know who does this. I am grateful that she usually has "company" and I smile every time I see this.

Miriam Mandell

On Sundays, Stephen, our Sexton, often carries a bench down the walkway to the sidewalk for Cricket and Victoria to sit on while they wait for the taxi. So thoughtful! So like him! Ellen Anthony

"Kindness is seeing the best in others when they cannot see it in themselves."
Martin Luther King, Jr.



So many choices!

The most recent kindness I have received has been from Meeting House members. When I first started coming to services via Zoom, there were so many people who reached out to me. Among them were Moses, Pat, Maria, Lawrence, Kat, April, Ellen, Ryan and Rev. Kate. Not only was it great to be welcomed in by so many people, but it also gave me a sense of the tenor of the Meeting House itself. I even have my own name tag! I felt included in the Meeting House group in a way that I have not experienced for many years.

Another kindness in my life occurred when I arrived in England with no place to go for my first day there. A graduate student saw me in my distress and welcomed me into his room where he took care of me all day. He patted my hand, fed me and told me calming stories until it was time to catch the train going north. He even got me and my luggage onto the train. I wish I could remember his name though I can see him as clearly as if it were yesterday. I feel like he saved my life.

I have to tried to be kind myself whenever an opportunity presents itself, though oftentimes I am met with disbelief. For four years, I befriended two little girls in my town who lived in a tumultuous environment. They were always fighting with each other when I first met them, ages six and four. I took the older child aside and explained to her that her younger sister's aggressiveness was based on her wanting to be just her older sister. In fact, each of them had to grow up to be their own person and once the older one could transmit that to the younger, the aggressiveness would fade away. The older one took me at my word and started being more supportive of her sister. By the time they left my life, they were a great team and all the animosity was gone. I was so relieved that at least I could help in someway. I miss them.

Wendy Kahn

I met Mary Oliver on the beach in our 'hood' when she fell in love with my puppy around '96. Once when we were walking and talking with our dogs I mentioned how I worried about what would become of my pup, Angelina, if something were to happen to me, if I was in the hospital or something. Mary simply said without hesitation, "You would call me." Marty Cowden

Let me count the ways Lorraine has shown her kindness to others. She has driven Cricket (Betty Comey) to church many, many times even when she is inconvenienced having to find parking for her car. She volunteers keeping the food pantry at the UUMH filled and ready. She has shown me endless care with never a complaint while my shoulder heals. She is so kind making thoughtful handcrafted gifts for Rev Kate. She was a very dear friend to HILDE for many years, writing the poetry book *Coffee at Hilde's* with two other authors. She was a friend to Anne Macadam. She is a special friend to Char, & on and on!!!!!! She is a very special lady and my wife!!!
Elaine Anderson

On July 3rd, my dad experienced the first of what were to become several months of recuperating. A local police officer with generations of ties to Provincetown heard our 911 call. He was at Montano's with his family and left immediately to come to our house to see if he could help my dad, an old friend of his dad and uncle dating back to the 1940's. In September, my dad, still recuperating, saw a policeman at the door. Confused my dad asked, "Why are the police here?" Officer Roda showed his badge so my dad could read his name. "I came just to say hi to you and see how you are doing my friend." The conversation ended with reminiscing about the friendship of the elders, how he and my youngest brother were classmates...and that Provincetown is a small town with a big heart. Now that is old home kindness. Brenda Silva

"Kindness is giving hope to those who think they are all alone in this world."

Martin Luther King, Jr.



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.

UU Meeting House News,

UUSC's Emergency Response Fund is a powerful tool in our collective efforts to build global solidarity. Because of the generosity of our members, we are able to expand our work in Poland, Hungary, and Ukraine, strengthening the work of local organizations that are advancing human rights. These resources support networks of locally led civil society groups that have created nimble mutual aid systems and provide care across borders.

UUSC's relationships with new partners in the region assists communities who are left out of mainstream aid support and face ongoing oppression — such as Roma women, BIPOC and LGBTQI+ communities, people living with disabilities, and those residing in rural areas.

Grassroots leaders have told us that most international humanitarian aid has been channeled through large NGOs with little awareness of or attention to people's actual needs on the ground. In contrast, UUSC recognizes the importance of uplifting the expertise of feminist movements within Ukraine and centering the voices of activists who have been organizing across borders prior to the invasion.

Feminist organizing is filling the gaps for services in every aspect imaginable and much of this work is run by volunteers with limited resources.

It's why UUSC recently supported a feminist activist convening facilitated by the organization VOICES to connect organizers from Ukraine, Moldova, Romania, Poland, Hungary, and Slovakia. As the refugee crisis grows and the war continues, providing women human rights defenders who are on the verge of burnout with safe spaces to rest, collaborate, and re-energize themselves is critical for the long-term movement-building work ahead.

At the same time, UUSC is mobilizing more funding to refugee reception centers in Warsaw, assisting with food insecurity, combating the pushbacks of migrants of color who are denied help, and supporting organizing to reduce gender-based violence.

This work is made possible, in part, thanks to the flexible funding UUSC's members have dedicated to our emergency fund to address people's safety and security in times of immense need.

Thank you for your continued commitment for our work to uphold human rights in Ukraine and throughout the world in times of crisis.

In solidarity,
Rachel Gore Freed
Vice President, Programs
Unitarian Universalist Service Committee

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.

Poet's Corner



Forged by Travel

I recall the day when, waiting for a car,
I felt a moment of anticipation
Since my bags were packed
and my focus was on that trip
to see new places and greet new faces
and on the adventure yet to be.

I've been places and seen things.
I've met people of every description
getting things done in unheard of ways.
I've heard new people fluently speaking
In languages I'd never heard before
using "sounds" I could barely utter myself.

And with each new experience,
I adjusted what I knew to include
The new and the known together.

Today I sit by the curb in my wheelchair
Awaiting my medical transport
To my next medical appointment
as doctors plan my next journey
mapping my past trips, noting the scars
and damaged parts sacrificed along the
way.

They even look at the imprints in my body,
But never pause to ask me how my tor-
tured journey
Has infused my soul with life, with love, and
with truth.

©Roger A Chauvette

Among Ourselves



Love is the Spirit of this Meeting

One Deed Of Kindness

Poet: Daniel C. Colesworthy

One deed of kindness every day
Be earnest to perform;
One mite give to the poor away —
One shelter from the storm.

One word of comfort speak to him
Whose brow is dark with care;
One smile for her whose eyes are dim
By sickness or despair.

One look of kind compassion give —
One motion or a sigh ;
One breath to bid the dying live —
One prayer to God on high.

What joy one moment may impart,
If it is spent aright!
One moment saves the broken heart
And puts despair to flight.

All can bestow most precious gifts —
The weak, the low, the poor;
The feeling heart from sorrow lifts
To Heaven's wide-open door.

Among Ourselves

We send our thoughts and loving energy to those family members and friends who are sick.

We send our thoughts and loving energy to those marginalized people who suffer from fear and from oppression or the threat of harm.

We send our thoughts and loving energy to those who are experiencing the devastation of war, the scourge of poverty, the terror of violence.

We send our thoughts and loving energy to all the members and friends of the UUMH whose worries may be silent, whose joys or pain may lie within their hearts. We send the message that we are in solidarity--we have our covenant: Love is the spirit of this Meeting House. This is our great covenant: to dwell together in peace, to seek the truth in love, and to help one another.

We remember our own selves, too. We seek truth, and the strength to seek; we seek peace, and the humility to make peace; we seek wisdom to know how to help ourselves and accept help, so that we may better help each other.

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.



The following is an excerpt from an academic article . . .not our usual fare in these pages. The gist is that kindness works to include people in a society, and inclusion benefits all. Kindness! [Ed.]

The Influence of Affirming Kindness and Community on Broadening Participation in STEM Career Pathways, by Mica Estrada,* Alegra Eroy-Reveles, and John Matsui [excerpt]

“The Abstract

The United States’ inability to achieve equitable workforce development in science, technology, engineering, and mathematics (STEM) career pathways is well-recognized and has been attributed to the poor retention of a diverse stream of students in academia. Social science theory and research provide evidence that social contextual variables—specifically kindness cues affirming social inclusion—influence chronic underrepresentation of some groups within STEM career pathways. Review of the literature suggests that the current STEM academic context does not consistently provide cues that affirm social inclusion to all members of the academic population, and that policies that address this disparity are essential to broadening STEM workforce development in the United States.

. . .

“Overall, the review of this literature suggests strongly that the current STEM academic context does not consistently or equally provide kindness cues that affirm social inclusion and community acceptance to all members of the academic population, and that addressing this disparity is essential to broadening workforce development in the United States. Addressing this disparity is particularly important at this time . . .(Banger, & Brownell, 2014).”

Getting to Know You

curated by Lorraine Kujawa



In the 25 years he has lived in Provincetown, Roger Chauvette has been chair of the Carnival Parade 8 times!!





So, with boundless heart

Should one cherish all living beings

Radiating kindness over the entire
world

Upwards towards the sky

Downwards towards the depths

Omitting none

—Buddhist Prayer



ANNOUNCING:

The UUMH is hosting its first Holly Folly Artisan Fair Saturday December 3rd from 10:00 to 4:00 Anyone wishing to participate should call Joanne Cove at 508 -487-4096



Looks like kindness. . .

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