

UUMH Newsletter

236 Commercial St. Provincetown MA

February 2024



“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



Take a leap

Photo: Steve Smith on Unsplash



Wikipedia tells us: "The term leap year probably comes from the fact that a fixed date in the Gregorian calendar normally advances one day of the week from one year to the next, **but the day of the week in the 12 months following the leap day (from 1 March through 28 February of the following year) will advance two days due to the extra day, thus leaping over one day in the week. For example, Christmas Day. . .fell on a Friday in 2020, Saturday in 2021, Sunday in 2022, and Monday in 2023, but then will "leap" over Tuesday to fall on a Wednesday in 2024."**

Taking a leap--in our lives not in our calendars--is risky and can be scary. Thinking about Leap Year and its technical meaning can be mind-boggling. Thinking about the **metaphor**, however, can be helpful. So, here's the metaphor: In Leap Year leaping ahead balances things out.

we must take a leap
to keep
the calendar years' and astronomical years' creep
from drifting out of time.

Leaping wrecks balance
the dance
that all fourth Februarys advance
so earth and stars rhyme.

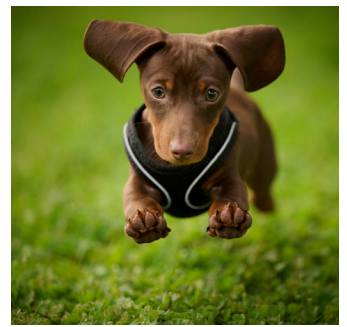
So go on and spring--
the flight's the thing
courage, determination, the wings
that balance the landing with sky.
[KMH]



Photo: William Rouse

Worship Worship Worship
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February 2024



Sunday, February 4: "Love is the Spirit" Kate Wallace Rogers
Sunday, February 11: "About Love"
Rev. Kate Wilkinson
Sunday, February 18: "The Sacred Path" Rev. Kate Wilkinson
Sunday, February 25:
"Singspiration!" Rev. Kate Wilkinson

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



Photo: Khadeejar Yasser

Love is not something that we do ...
it is like the breath. ...

Linda Olson Graham

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

Finding Connections in the Heart of Winter



Do you remember that wicked winter of 2015? We were socked with snow that year. That's when the mass exodus to Florida began. Year rounders turned into snowbirds in increasing numbers, and we looked around the next January at our decreasing numbers with some sadness. "How can we turn this feeling of loss into a feeling of opportunity?" I posed at a worship committee meeting. That's when the idea of the Winter Spirituality Series began. If we were going to make it through the long, cold winter with more time on our hands and more loneliness because some of our dear friends were gone, perhaps we could use that as an opportunity for spiritual growth. To look inward. To work on ourselves. To cultivate new spiritual practices.

We held workshops on listening. On the Enneagram. On mindfulness. We made Soul Collage Cards together. It was wonderful! And we realized that first year that we weren't just looking inward, working on ourselves, we were also connecting deeply with the other people taking the workshops in a way that we hadn't before.

The next year, Morgan Clark, who was the Health Director in Provincetown, had a similar idea. Her vision was to create a program where people could come together during the darkest months of winter to learn new skills from their neighbors and have togetherness with others in the community in the hopes of alleviating the loneliness and isolation of winter. Classes were held at the Provincetown Schools on Wednesday evenings, and the program was called "Winter Wednesdays." It was a huge success.

Both programs have continued, grown, and thrived these past few years. Winter Wednesdays has expanded beyond just Wednesdays and beyond just Provincetown, now having classes all over the outer cape and online. This year several of our UU members and staff are teaching classes. And we are about to launch our 2024 Winter Spirituality Series here at the UU as well.

This year we will be offering: Singspiration (an interfaith afternoon of singing along with the other churches in town on Sunday, February 25), two labyrinth walks (February 18 and April 21), a Death Caf  (March 9), a workshop called “Creating a Legacy from Everyday Life” (February 26) and Soul Collage Cards (March 4, 11, and 25).

I am also gauging interest for another Sermon Writing Class. **Please let me know** if you would be interested and available if it was offered on Monday afternoons in April.

Winter is such a great time for connecting deeply with both your own soul and with others. Let’s continue the journey together!

Rev. Kate



Opening prayer before Labyrinth 2023.
Labyrinth 2024 will be on February 18th.



Cricket 1923-2024

Memorial Service 2PM March 3

Sing, Sing Your Song! by Mary Abt

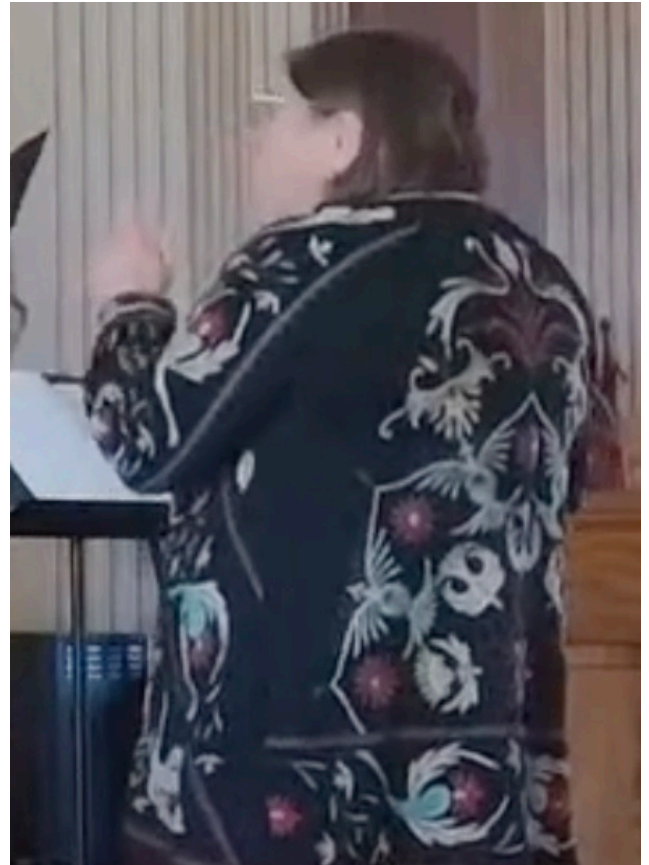
My mom always told the story of how my singing career began. She would say, "Mary has been singing since her lungs took their first breath; she did not cry," said my mom. "Mary was singing."

As I grew, singing continued to be an important part of my life. I remember family day trips in some old rickety car that was always on the verge of breaking down, leaving our family stranded and in need of a tow. But we all sang on without a care, every song we knew.

As time moved on I was invited to join all types of music activities, stage presentations, choral groups, church choirs, school chorus, camp round ups, I was even a Sweet Adeline singer for a time.

I continued to grow and my interest singing grew with me.

Eight years of formal education with a concentration in vocal studies led me to a career in music education and a life time of all things music.



Singing remains in the forefront of my life. I have enjoyed so many wonderful years with the UUMH choir and I feel honored to have assumed the position of Music Director. When the COVID pandemic hit in 2020 and it was reported that singing helped spread the disease it was a shockingly sad day, Like a death knell for choral singers around the world. But in true UUMH fashion the choir helped me figure it out and we all kept singing alive for our congregation. This wonderful group of singers quickly began to learn those 21st technological skills, sing into our cell phones in the comfort of our homes. We were Recording songs and sending videos via the internet and before we knew it those videos were streaming our choral offerings by on YouTube every Sunday morning. Pressing forward with Rev Kate and the UUMH BOD, the necessary steps were carefully taken to keep the congregation safe from COVID but brought the sanctuary to life. With care and thoughtfulness a group of dedicated members found a way to bring the singing back to the sanctuary.

The first Sunday we sang "Amazing Grace" in thanksgiving for being back on the risers singing for the congregation.

The UUMH choir is a mighty group of singers, growing comfortable with being in person and live streaming again, although this time we are all together in one room once again bringing the joyous sound of live music to everyone. The sanctuary is ringing with the sounds of singing every Sunday.

Please consider joining the choir. Rehearsals begin at 9:45am or maybe you would like to participate in some upcoming special events for the UUMH choir.

February 25 - Singspiration Sunday, 2pm at the UUMH

March 8 - Provincetown Year rounders Festival, Saturday, at Provincetown Town Hall

TBD - Music Sunday (date to be determined)

Keep Singing!

Mary



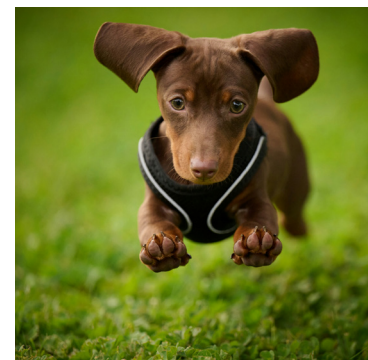
UUMH choir

Photo: Jen Shannon



Brenda Silva, pianist

From the Board
From the Board
From the Board



Letter from the President

I am writing now as your officially voted in president, as of the annual meeting in December, 2023. If you had asked me 10 years ago if I would ever be the President of the UUMH I would have said, "No." At that time I was not even a member.

But something happened in the next year that turned me around.

I had started attending services on occasion with my wife who was a long time member. I found myself enjoying Rev. Kate's sermons and liking the warm friendly interactions with the congregation. My experience at the UUMH was not like what I thought church would be like. No shaming dogma or holier than thou attitude. Just genuine caring and values I could relate to.

Being on the Board of directors and now being President has given me a new opportunity to see how the values we stand for operate in the process of running the organization. From the investments we make with our endowment, to the way we deal with conflicts, we keep our covenant in mind:

"Love is the spirit of this meeting house, this is our great covenant."

It is not always easy and as Rev. Kate spoke about in her sermon on November 14, we don't always get it right. We have the intention and work with it. That is my idea of a spiritual practice.

Thank you all for giving me the opportunity to serve you!

Jen Shannon

JOIN RACIAL JUSTICE PROVINCETOWN FOR

A SILENT VIGIL FOR PEACE AND JUSTICE



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SATURDAY**
OF EVERY MONTH

**FROM NOON
UNTIL 1PM**
AT TOWN HALL ON
COMMERCIAL STREET

**WEAR A MASK AND MAINTAIN
SOCIAL DISTANCING OF 6 FEET**

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To donate,
please go to
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and follow
the
prompts
there.

Please
remember
our
Little Free
Pantry.



People are depending on our
contributions as prices climb.

Winter Spirituality Series

Death Café

A UU Meeting House
Winter Spirituality Series
Event!

Let's drink tea, eat cake, and
talk about death!

You may be contemplating the
death of someone you love,
your own death, or wondering
what happens after you die.

Who can you talk to about issues
of death and dying? Do you have any
fears around dying? How do
you want to be remembered?

These are just some of the questions
and conversations that come up at a
Death Café.

Join this respectful, confidential
space where we listen and speak
from an open heart!

This event is free and open to all!
Facilitated by Betsy Simmons



Saturday,
March 9
2PM

This event will be in person at the UU Meeting House of Provincetown

To register: e-mail revkate@uumh.org

Creating a Legacy from Everyday Life

A UU Meeting House
Winter Spirituality Series
Event!

How do you want to be
remembered?

As we grow older, many of us wonder
what difference our life has made
and what values and wisdom we
have to pass on to our loved ones.
Most of us have prepared a legal will
to distribute our belongings after we
die, but few of us have considered
leaving a spiritual/ethical will, a
record of who we are, our values, and
our wisdom stories.

Join us for this interactive
presentation followed by a writing
workshop where we will begin to
write our ethical will.

This event is free and open to all!
Facilitated by Claire Willis



Monday,
February 26
4-5:30PM

This event will be held on Zoom. Please register for the link.

To register: e-mail revkate@uumh.org

Winter Labyrinth Walk

A UU Meeting House
Winter Spirituality Series
Event

A labyrinth is a circuitous spiral
design that dates back more
than 4,000 years. Stepping into
the labyrinth and following its
twists and turns provides an
opportunity to breathe deeply,
to reflect, to ask questions and
to discover answers!

Come walk this ancient path
with us! Our labyrinth is nestled
in the woods at a member's
home. There will be a fire pit
and maybe even some hot
chocolate!

Sunday,
February 18
2pm in
Truro



Truro labyrinth location will be shared with you when you register.

To Register : e-mail revkate@uumh.org

Interfaith Singspiration!

A multi-church music event in Provincetown

Come sing with us!
The whole community is invited.

5 Outer Cape churches are coming together across our different backgrounds and traditions to sing together... and you're invited!

Each church will offer a song and teach a hymn to the crowd.

The afternoon will culminate in everyone performing one piece all together!

Free and open to all.



Sunday,
February 25
2PM

This event will be in person at the UU Meeting House of Provincetown

For More Information : e-mail revkate@uumh.org

"Take the leap. There is uncertainty about what lies on the other side, but it is better than the certainty of stagnation. Take the leap. Discover the unknown and challenge yourself to find joy there. Take the leap. It is never in vain, you will come out of the journey having gained invaluable lessons or the strength to weather new storms that nourish new seeds planted within for inner growth. Take the leap. Take the leap. Take the leap."
Aminat Salihu



Soul Collage Cards

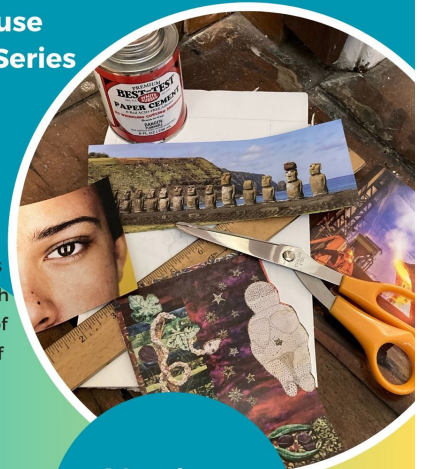
A UU Meeting House Winter Spirituality Series Event

Come collage with us! You don't have to be an artist!

Originally developed by Seena Frost, the idea of SoulCollage is that each card, created through cutting and pasting a collage of magazine images, is a mirror of the self and soul.

Explore different parts of yourself through this creative process and get to know others on a deeper level.

Leave your inner critic at home!



Mondays,
March 4, 11, 25
2:30-4pm

This event will be in person at the UU Meeting House of Provincetown

To Register : e-mail revkate@uumh.org

Welcome to New Members!



Ann is a fiber artist, mother, and grandmother. Her family has been part of Provincetown since 1965. This is the first time she's settled in year round and she is grateful to be part of the UU community!



Patricia is a Dutch national who summered in Truro for many years and moved to Provincetown in September 2022. Patricia is a life-long learner, currently deepening her knowledge and experience of expanded states of consciousness. She serves the outer cape community at the Lily House, SKIP, and Winter Wednesdays, and also is an emerging artist.

Poet's Corner



We owe the past nothing

Liftoff: destination Luna. The dark face of the moon approves. We're running before the solar wind to the Sea of Fecundity. I've heard there's air; a peasant in the Shang dynasty told me so. We'll dock in full monsoon season.

We watch as rootlets infiltrate eternal night. Silkworms browse on mulberries. We dream of regal silks. Cotton bolls release their fluff. Lotuses float in impact craters. Is that water real? Ask the willows.

My paper umbrella shields me from downpours. It displays all colours, present and future. I twirl the shaft and watch as they blend into pregnant light. Leap for joy and sing in a language we all knew once. Handpans, bagpipes, whistles and drums draw crowds to the market square.

. Heather Ferguson

When My Faith Leaps

when my faith leaps

like a man who has a bird

and lets it go

i leap after it

it keeps bringing me

twigs and things

to build temples on

at first i trusted it

but since the house of Christ

fell down on me

and the house of the cry ate at me

and since lately it's been

bringing me things like

arms, like a heart

and a ghost

and since it just brought me

a face

strangely familiar

when my faith leaps

like a man with a short memory

and an exceedingly long tale

i leap after it

-- Robert Priest

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.



Photo: David Dunlap

“The steeple is called the Sir Christopher Wren Tower, after the 17th-century architect who transformed London.” Last month in this newsletter we quoted this line from the publication, *Building Provincetown*.

An attentive reader of our UUMH Newsletter wrote this editor to remind us all that the steeple is NOT actually a Christopher Wren.

The editor thinks perhaps because it is modeled like a Wren it is often “called” a Wren Tower, like a nickname.

“The clock now in the church was presented by Mr. Joseph Atkins, who is mentioned in church records. When he had reached the advanced age of 87, the name of the society was changed to the Universalist Society.” from Waymarking.com

Pause for a moment and consider our clock is, indeed most of the (ahem) time, accurate. It's 177 years old!



Among Ourselves



Love is the Spirit

- We mourn the loss of our dear Cricket who gave us so much in the years she spent with us. Her life touched all of us who knew her and she will be sorely missed. Fly with the angels, Cricket.
- Dianne Kopser needs all our love and support. Her mom is on a roller coaster of health problems, Dianne's ankle is presenting her with a fairly lengthy recovery. And, insult to injury, she probably won't be able to sing with the OCC this upcoming season.
- We send love to Rev. Bill Clark, as he deals with illness in his immediate family.
- Love to Bruce. Hang in there.
- So sorry that Ellen Anthony got the Cape Cod Crud and it lingered and lingered. Ugh!
- Paul and Bo are never far from our hearts.
- We send love to Eric Dray, whose dad died in January.
- Our hearts go out to Linnet Hultin, who lost her sister unexpectedly. So very sad for you, Linnet.
- Moses Kafka has had his share of loss of late. Please know we are holding you up, Moses.
- Tracy Katchik-Anders has made it final. Bobby is now officially her son. We are so happy to have him among ourselves!
- Love to Linda and Barbara, whom we miss beyond words.
- Michael Normandy and his husband, Rob, had to say goodbye to their beloved dog, Ruta. Please know that though you are far away, we still hold you.
- So great to see both Jerry Ouelette and Richard Kaminski at Christmas Eve service!
- We send Kitty Cotter all of our love. She has had a year! She is home now, after a recent hospitalization. Kitty, call on us, whenever!

A note from the UU in Burlington

Hi Everyone,

As you probably know, there is going to be a total solar eclipse in April 2024.

Burlington, Vermont is in it's path and our congregation is trying to turn it into a fundraiser.

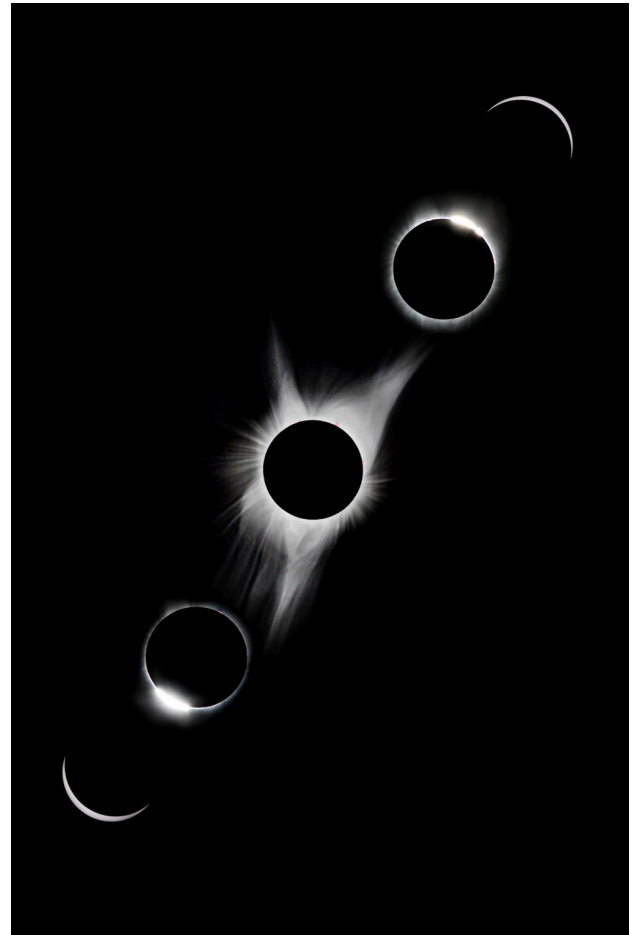
We are offering Homestays in member's homes and we are selling t-shirts.

If you feel so inclined, it would be wonderful if you could share this in your Enews or church Facebook group. All the hotels in Burlington are already sold out, so if you know anyone who might be planning to come here, this might be really helpful.

Thank you!

Christina Fulton

First UU Society, Burlington, VT



From the UUMH P-town Editor: We know of some lunar enthusiasts out there--are you listening Augie?--this sounds like fun!

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 soul of America is what makes us unique among all nations. We are the only country in the world founded on an idea. It is the idea that we are all created equal and deserve to be treated with equal dignity throughout our lives. While we still grapple today with the moral stain and vestiges of slavery — our country’s original sin — we have never walked away from the fight to fully realize the promise of America for all Americans. Throughout our history, Black Americans have never given up on the promise of America. Unbowed by the forces of hate and undaunted as they fought for centuries against slavery, segregation, and injustice, Black Americans have held a mirror up to our Nation, allowing our country to confront hard truths about who we are and pushing us to live up to our founding ideals. They have helped redeem the soul of our Nation, ensuring the promises in our founding documents were not just words on a page but a lived reality for all people. In the process, the vibrancy of Black history and culture has enriched every aspect of American life.”

*excerpt from
January 31, 2024 Proclamation on Black History Month,
by President Joseph Biden*



Leap-taking is not about measurement. Sometimes the smallest leap is the most significant in the long run.

Celebrate Leap Year 2024 by considering the leaps you have taken, the ones you shied from, and the ones you ponder doing.

FYI: In Ireland and Scotland on February 29th a single woman was “permitted” to take the privilege of asking a gentleman to marry her. Bachelor’s Day, or Ladies Privilege Day, it was called in Ireland (Sadie Hawkins Day is a misnomer.). It was once held to be a legal privilege! Working up your courage to make that ask could definitely be called taking a leap!



Artist: Myra Kooy

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