

NEWS FROM THE HILL

NEWSLETTER OF THE U.U.
MEETING HOUSE OF CHATHAM

PO BOX 18 CHATHAM MA 02633

508-945-2075

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“NEWS FROM THE HILL”

is published monthly year round
by the UU Meeting House of
Chatham.

Editor: Susan Bauer

SUNDAY SERVICES are
held at 10:30 AM each week.

NEWSLETTER DEADLINE
next month is **THURSDAY**
September 25. Send items to Sue
Bauer at Ralphb1234@cs.com



COME ONE and ALL....

IT's TIME TO CRAWL INTO FALL

Our “Celebration of the Autumnal Equinox” Pot Luck will once again be held at the Chatham Marconi Maritime Center, located at 831 Orleans Road (Route 28), North Chatham.

The date has not been finalized, but it will be a Friday evening in early to mid October.

We will gather at 3:30 pm, and the celebration will be underway by 4:00 pm. (There is plenty of parking).

Please join us on the veranda for great conversation, food, and libations.

A signup sheet will be available at the service beginning in September, so be thinking about what you would like to bring to share. (Remember to bring your own liquid refreshments.)

Social Activities Committee
Sandi Porter, Chair
Mary Parsons



STAFF MEMBERS**MINISTER:****Rev. Chris McMahon****revchrisuumh@gmail.com****MUSIC DIRECTOR:****Frank Toppa****ftoppa444@gmail.com****BOOKKEEPER:****Kim Carroll****bookkeeperchatham@gmail.com****OFFICE ADMINISTRATOR:****Dawn Dinnan****chathamuumh@gmail.com****MONTH OF SUNDAYS**

September 7 The making of joy – how to give happiness to yourself and others Rev. Chris McMahon

An important part of spiritual wholeness is to be a happy person. Sometimes people find themselves doing so much for others that they forget themselves, but giving to others means giving to yourself as well.

September 14 Fred Rogers and Saving Masculinity Mike McCartney

September 21 Life after life? Rev. Chris McMahon

One thing Unitarian Universalists do not talk about much is death and what might happen after a person dies. The world's religions have a lot of answers. But what does science and anecdotal evidence, including that from the medical community, suggest, and can we know the answer?

September 28 The Sound of Silence Rev. Cari Keith

Originally written in 1964 by Paul Simon, the song by that title has remained a provocative invitation to the power of silence as well as the power of words. We will reflect on the paradox and power of silence and the words silence can give birth to.

WHO'S PREACHING

Mike McCartney is the Circulation Supervisor at the Eldredge Public Library. From Maine, he is a former teacher, has taught classes at the library, and can often be seen acting in local productions.

Cari Keith is a registered psychiatric nurse, an ordained minister, and a practitioner of interfaith spiritual guidance and dream work. Cari's passion is to create a sacred space that is open and affirming of all people.

**Board of Trustees**

Sally Davol, President

Linda Jean Kirkpatrick, At Large

Rick Pike, At Large

Barbara Segall, At Large

Dave Van Wye, At Large

VISION STATEMENT

We, the members and friends of the UUMH, strive:

To apply UU principles in our daily living, social actions, and community service;

To nurture a safe community that encourages intellectual, spiritual, and religious freedom and celebrates all the passages of life;

To welcome diversity and pluralism as essential for our connection with all humanity;

To provide fellowship, friendship, and fun, and to support a creative artistic and musical environment;

To sustain and promote a vital religious and spiritual lifespan education program.

WINDWARD PASSAGE

“Making a Small Footprint”

One of the things that bothers me a lot is when I see someone carelessly throw a bottle or trash out of their car. We have all seen someone doing this, possibly many times. It certainly says something about the person.

What a sense of entitlement. What a lack of care and compassion for other human beings and the sacred world in which we live. Sadly, there are all too many people who do these types of things, and of course, there are those who perpetrate horrendous environmental deeds in the endless pursuit of wealth and sometimes power.

I have been blessed to have traveled all over the world and wherever there is a concentration of human beings, there is often litter and pollution. In most cases, people have little or no regard for the environment around them. Sometimes poverty is offered as an excuse for those who blatantly throw garbage anywhere they wish to. But poverty is not an excuse. People that pollute the world around them are ignorant and often insensitive and they lack a sense of the sacred. I have visited a lot of poor cities and towns that are clean and neat.

The real problem with people who do not care about the environment around them is they just do not have a sense of what their actions do to the world nor do they care. This is not new. Frankly, throughout human history, most civilizations have cared little about the environment. Historically this really didn't matter because there were just not many human beings and the world was a big place. People thought the world was endless and their pollution mattered little or not at all. For most of the years I sailed around the world on merchant ships, we threw our trash over the side every day. What did it matter? The oceans of the world were huge. Now we know otherwise because the oceans are full of garbage. Ships no longer do this.

With nearly 7 billion human beings on earth, our litter and our pollution matters a lot! Perhaps the best example of this is China. Today, the pollution problem in China is a full-blown crisis. It is so bad that the average life span of the Chinese has dropped five years in the last twenty. 10% of the farmland in China is polluted with toxins and unfit to farm and the problems are getting worse with each passing year. A good portion of the ground water in China is polluted and unusable.

The good news is that each one of us can make a difference – really a dramatic difference in the way we live our life. We can be careful about the cars we drive and the products we use. We can recycle every possible thing we can. We can make our homes more environmentally friendly by using energy-saving devices. We can adjust our lifestyle to minimize our impact on the environment around us. Everything we do in this regard is a sacred act. It is an act of respect and an act of thanks.

When we practice how to make a small footprint in the world, we show love for others and for the earth, and we engage the interconnected and interdependent web of existence of which we are a part.

Reverend Christopher McMahon



OSPREY POINT**September at Osprey Point!**

Open to all women connected to the Meeting House. We will meet at Osprey Point on Monday September 15 at 5PM for an hour or so (before the bugs arrive!). Bring your lawn chair, a jacket, and your dinner/snack/whatever, and join new and old friends. It is a beautiful, peaceful place that we usually have to ourselves. Bring your cameras and/or your binoculars if you like. Watch the Eblast for further info on our **September 15** gathering. We will aim for one more gathering in September, depending on the weather. Sue B. will send out a reminder email a few days ahead.

By the way...Osprey Point will be found on no map or through any Google search. That's because we named it! – for obvious reasons, as you will see. Directions: Forest Beach Road off Route 28 in South Chatham. Go .4 miles to a left turn on Bay View. Straight ahead and up a short hill. And there you are. There are a few printed directions at the back of the sanctuary.

Hope to see you there at one of our favorite spots with some of our favorite people!

**IN MEMORIAM****THELMA DYKENS****1924-2025****Memorial Service was held on August 23****Life isn't a matter of milestones, but of moments. (Rose Kennedy)**

BOARD OF TRUSTEES NEWS

This year's BOT has been transitioning the new Treasurer and Assistant Treasurer. They, along with the Finance Committee, have been working to streamline accounting procedures and update the financial program on our computer.

Your BOT has also been working with the Worship Service and Membership Committees to help them with the day to day responsibilities that fall on too few shoulders. If anyone would like to volunteer to help greet or usher on a Sunday morning you would be more than welcome.

The BOT meets the third Thursday of the month at 4PM. Members are always welcome to share any ideas or concerns.

Faithfully,
Sally Davol

**IN MEMORIAM**

**RUTH TREEN
1929-2025**

Former music director at UUMH

Memorial Service Saturday, September 20, 2PM

**THRIFT SHOP**

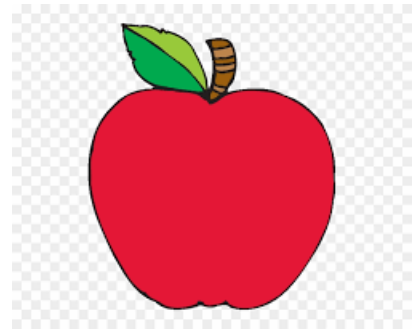
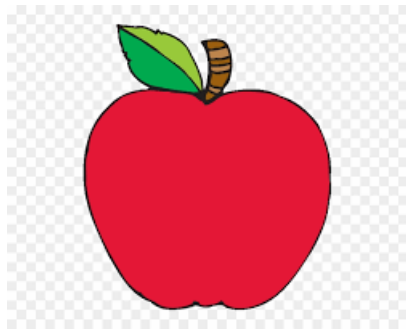
The Thrift Shop will be winding up its incredible season on September 15. More successful than we ever thought it could be and full of fun, friends, and bargains. So many thanks due to so many volunteers, donors, and buyers, but most especially to Pam Ebeling, our creative, enthusiastic, encouraging "fearless leader!" **THANKS PAM!!!**

MEMBERSHIP COMMITTEE

We have been fortunate to meet many visitors over the summer months. As always, we thank you all for welcoming new folks and chatting with them at the post service refreshment time. That is the best way to let people know what a welcoming community we are.

As Fall approaches, please consider trying out your hand as being a greeter. It is fun, rewarding and an opportunity to meet newcomers. We would pair you with a seasoned greeter. You have complete control over what Sundays you would be available and would not greet more than once a month. It doesn't matter if you are fairly new to the congregation yourself, Bonnie and Kathy would love to give you a quick orientation. Hope to hear from some of you.

Enjoy the rest of summer.
Bonnie and Kathy, co-chairs



SOCIAL JUSTICE COMMITTEE

For the month of September the Community Outreach will be the Cape and Islands Veterans Outreach Center. Their mission is to provide comprehensive life sustaining services for veterans and their families. The food donations placed in the basket in the foyer are gratefully received, but they can also use cash donations.

Let's help our Vets!!

SJ is busily working on getting a panel discussion about the pros and cons of the new nuclear power push. This will be in October, so keep your eyes open for this very current topic.

Social Justice is always open to new members and new ideas. If you want to get involved, get in touch with Robin Hubbard either at church or on email at: davrobhub@comcast.net

ALERT ALERT ALERT ALERT

Members and Friends,

I was distressed to learn in late July that someone had sent out an email with my picture on it requesting “help” in the form of sending gift cards. Sadly, this type of scam is becoming more and more common, and it is difficult to guard against it – particularly with the advent of artificial intelligence.

I have one piece of advice. If you receive a telephone call, a fax or an email requesting some action from you that involves asking for any of your personal information, or if there is a request for anything that involves money or finances – DO NOT – respond immediately. Call a verifiable and trusted telephone number first and inquire if the information requested is legitimate.

Example – if someone calls you asking for information, tell them you will call back and use only a telephone number you know is trustworthy and accurate. Don’t let them try to talk you into giving them information over the phone until you have checked it out.

Example – if you receive a fax or email requesting information – DO NOT immediately respond. Call a telephone number that you know is trustworthy and ask if it is a legitimate email or fax.

And remember – the federal government: Social Security, Medicare, the Internal Revenue Service – WILL NEVER send you an email or text and will never call you. They will only communicate with you by old-fashioned mail!

And – if you are doubtful, call a friend or you can even send me an email and I’ll call you to discuss!

It is so sad we must be so careful these days, but it is a reality.

Fair winds and weather,

Reverend Chris



Life is a symphony, not a sound byte.

MUUGS

MUUGS, Men's Unitarian Universalist Group Social. 3rd Thursday of the month.

This month on Thursday, **September 18 at 11:30 AM** at the 400 East Restaurant in East Harwich.

A cordial, stimulating, friendly, and thought provoking social get together!

CARE GIVERS SUPPORT GROUP

The next meeting of the Caregivers' Support Group will be in the Minister's Office at 9AM on Saturday, September 6.

For anyone who is feeling the weight of caring for a loved one, be it local, at a distance, or if you are just feeling overwhelmed with feelings, please join Rev. Chris and others to share. Let Chris know you are coming – or just arrive.

WHAT NOW?

Our support and discussion group, What Now, will meet on September 6 at 3:00 pm. in the 2nd floor Club Room at the Community Center in Chatham. (There is an elevator.) All are welcome. Our gatherings aim to hear and support each other along with the vulnerable in our communities in this starkly altered world we share. The second meeting of the month is still to be determined. A notice will be sent out.

SCOUT SCUTTLEBUTT

BOY SCOUTS

Chatham Boy Scout Troop 71. Our scouts held a local campout in August. They had a good season selling light sticks at the band concerts. Many bottles and cans were sorted at the dump. A new leader has asked to join, has been vetted and approved, so our leadership team is growing as well as our troop.

CUB SCOUTS

Chatham Cub Scout Pack 71 We have received at least two separate requests from parents asking to join our Pack. Kudos to our leaders for providing a program that interests parents enough to want to join us. Plans for another recruitment drive are underway for the start of the school year.



Treasures still to be had at the Thrift Shop



Beautiful blooms thanks to Linda Jean



We thank Pavia and Priscilla for delighting us with their musical offerings throughout the summer.

DIRECTORY CHANGES

Charlotte Edgecombe's new address is
4214 Heatherwood Dr. Yarmouth Port, 02675

MISSION STATEMENT

Nurturing inclusive community

Seeking justice and equity

Encouraging free minds and spirits

FOOD PANTRY

There is a box/container in the Meeting House foyer to put donations of food for the Veterans' Outreach Food Pantry in Hyannis. Veterans' Services supports veterans with food, as well as counseling, housing assistance and other services. We have donated to them before through our monthly Outreach, and this is another way to help and show them our appreciation at a time when services are being cut.

**THIRD MONDAY BOOK CLUB**

The Third Monday Book Club will not meet this summer but will read *The Women* by Kristin Hannah for the October 20 meeting. Contact Gail E. for more information.

**PEOPLE TO CELEBRATE**

Because of the recent problems with hacking emails, We have decided to not list names and birthdays/anniversaries at this time.

Be assured, cards will still be sent!

Thanks for your understanding.

**Instructions for submitting UUMH news items:**

The deadline for submissions to the *Weekly Bulletin* (published on Monday) is **6 pm on Sunday**.

Email items to KD

Submissions suggested include upcoming events, programs, opportunities, enhanced activities, etc.

- On your email's subject line, please write "**For Weekly Bulletin on Monday (Insert Date)**" Include your name and contact information in case KD has a question.

Newsletter:

Email directly to Sue B.

Follow schedule written on cover of previous month's Newsletter.

MEDITATION GROUP

"Our body talks to us in Feelings and Sensations. Meditation Practice is taking time out to listen."

The UU Meditation group meets on Zoom at 9:30 every Saturday morning. If anyone is interested in joining the group you can tune in from any location.

Email Nancy Fields with questions:

nefields42@gmail.com

Join Zoom Meeting

[https://zoom.us/j/93717313258?](https://zoom.us/j/93717313258?pwd=OUZDbzdjSzZoa2dybGo4cWp4dnNPOT09)

[pwd=OUZDbzdjSzZoa2dybGo4cWp4dnNPOT09](https://zoom.us/j/93717313258?pwd=OUZDbzdjSzZoa2dybGo4cWp4dnNPOT09)

Meeting ID: 937 1731 3258 Passcode:040260