

NEWS FROM THE HILL

NEWSLETTER OF THE U.U.
MEETING HOUSE OF CHATHAM
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"NEWS FROM THE HILL"

is published monthly year round
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SUNDAY SERVICES are
held at 10:30 AM each week.

NEWSLETTER DEADLINE

next month is THURSDAY

May 25. Send items to

Sue Bauer: Ralphb1234@cs.com



BEARLY USED THRIFT SHOP

OPENS MAY 15



Monday-Friday 10-3

Both donations and help welcomed and
appreciated! Set-up starts May 1.

Call Mary Parsons 432-7194 to volunteer for
a weekly shift or to join the sub list.

THEN...COME AND BUY

STAFF MEMBERS**MINISTER:**

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arevtracy@gmail.com

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Kim Carroll
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Board of Trustees

Ed Mangiafico, President
Jon Nye, Vice President
Danielle Jeanloz, Secretary
Joe Zahka, Treasurer

At large members:

Greg Heyl
Naomi Turner
Liz Van Wye

Program Council

Sue Bauer, Chair

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.

MONTH OF SUNDAYS

May 7 The Ministry of Thrift Mary Parsons and Dave Van Wye

The UUMH Bearly Used Thrift Shop is an opportunity to put our values into practice where recycling and reuse helps the environment and the future of our planet. Mary Parsons and Dave Van Wye will present a glimpse into the behind the scenes of the Thrift Shop, and why it is beneficial to our community and the environment.

May 14 A Thread of Embodiment Rev. Tracy Johnson

Sharing from a webinar series on the Divine Feminine in Diverse Traditions with the Hartford International University for Religion and Peace.

May 21 Swimming to the Other Side Rev. Tracy Johnson

With a nod to Pat Humphries for her music and lyrics we will look at our journey with the leading of our larger Association. A discussion of proposed Article II Bylaw changes will follow the service.

May 28 Harmony and Universal Peace

Venerable Lama Konchok Sonam

On the importance of interconnectedness of humans with all beings and our environment.

**Who's Preaching**

Venerable Lama Konchok Sonam is the Spiritual Director of the Drikung Meditation Center. Born in Lhasa, Tibet, Lama Sonam began his Buddhist training when young within the Drikung Kagyu lineage of Tibetan Buddhism. At the age of 18, Lama Sonam took full ordination and became a monk.

In June, 2003, Lama Sonam came to Boston to be the Resident Lama at the Drikung Meditation Center. Lama Sonam has shown himself to be expert in both the theoretical and practical aspects of training the mind through meditation and Vajrayana methods for awakening our Buddha Nature.

Beloveds –

Most of you know that I write this column every month just past the halfway mark of the previous one, knowing full well that by the time the current month rolls around I could have something entirely different and more pertinent to share! So here I sit, a couple of days back in the office from seven days of silence, and what is on my mind is reintegration. We were told on the last day of the retreat to be gentle with ourselves because retreat life and real life are very different things and it can be, quite honestly, a bit of a shock to the system. It is, of course, that way going in also, but it is a naturally more settling experience on that end, even for someone as energetic and task oriented as myself.

I am taking the nightly (it is actually continuous if you want it to be) news in smaller and smaller chunks and I do not pick up my cell phone any time there is an opening to check my email or messages or Facebook. I am drinking lots of water, sticking with a meditation practice, getting up and out every so often to breathe. All this to allow my body, mind, and heart to re-attune itself to our world and its demands. And I have begun to wonder why this wasn't the case before the retreat, because it is clearly a much healthier way to 'do life.' This reintegration, it turns out, is less about bolstering my energies to dive back into the worldly grind, as it is about expanding my capacity to ensure my own wellbeing and to show up in ways that make space for the wellbeing of others.

Here at UUMH we are reintegrating also, still responding to a return from pandemic strategies. Recently we made mask wearing optional at the Meeting House, a further step in this process. Our reintegration here is also less about returning to what was and more about allowing our living – being – doing to gently step into a world altered, different, with new expectations of church and religion and life. Reintegration is in part about the restoration of elements regarded as disparate to unity. What was and what will be unite in each moment of reintegration, forming a what is in the moment. We have a bit of a nostalgic eye toward the past and our planning, needing to control minds hard at work on the future. But in this moment of "what is" we know that we can't go back, and much of where we are headed is beyond total control.

As I reintegrate and ponder what that means for my life, I invite you to settle into a place of noticing from whence you have come and to where you are going both, without grasping at either. An acronym that was presented at the retreat – RAIN – suggests that as we experience our lives, we **Recognize** what is happening, **Allow** it to be just as it is, explore it with **Interest**, and **Not identify** too much with it. This is mindfulness at its core and every time we are able to integrate it over and over again as a practice into our circumstances, we are taking care of our personal health and the health of this community as well. May this be a month full of RAIN and reintegration for us!

Blessed be.
Reverend Tracy



WHAT'S GOING ON WITH THE SEARCH COMMITTEE?

In a little over a year, Rev Tracy will complete her service as minister of UUMH. Faced with that prospect, the congregation, through the CUSP process, decided that we wanted to try to engage another part time contract minister to continue to serve us.

The Unitarian Universalist Association suggests that in this circumstance, a Search Committee be appointed by the Board to find a candidate. In March, the Board approved the appointment of Liz and Dave Van Wye to co-chair the Search committee, with members Sally Davol, John Raye and Deb Zahka.

The committee met with Rev Tracy in late March to get her thoughts on the search process as we start our journey. Although the UUA does not recommend current ministers be involved in this process, Rev Tracy was able to help us understand the process we will go through and give us her thoughts as we head down this road.

An important early step is to determine what UUMH could expect to have to pay a part-time minister and to review the finances to determine whether that amount is within reach for our congregation. Then, to help prospective candidates learn about us, we will be putting together a profile of the church, including describing our history and membership, activities and programs along with information about our community. We will also be coming to you, the congregation, to learn what makes for good preaching and worship for you.

We expect to begin to engage with prospective candidates in December, assuming the finances support it. That process may last until April 2024 at which time the committee may make a recommendation to the Board, which may enter into a contract at that time.

We expect bumps on the road as we go along, and we want to keep you informed while respecting the confidentiality required in this ongoing process. If you have any questions, feel free to contact any member of the committee; contact information is in the directory.

Liz Van Wye, Dave Van Wye, Sally Davol, John Raye and Deb Zahka

HELP WANTED!

Are you organized, comfortable with using Word and email, and can lend us a hand 2-4 hours a month? Worship Services Leaders need administrative help, either volunteer or paid, to process paperwork, messages, and material for some of the services. This support help can be done at home or from the UUMH office. If you have any interest or know of someone who can help us, please contact Danielle Jeanloz at daniellejeanloz@gmail.com. Danielle will be delighted to provide you with more information. Thank you!



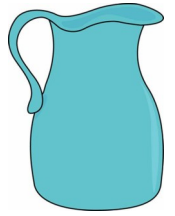
Be the rainbow in someone else's cloud. (Anon.)

SUNDAY REFRESHMENTS ON THE PORCH

With the Thrift Shop in full swing, after service refreshments will switch to the front porch. Instead of coffee and tea, water and juice will be available. Possible goodies, too! (Email Pavia to volunteer to bring nibbles (senorasangria@yahoo.com)

Required: minimal set up and cleanup each Sunday. Please sign up after church—one or two folks should be plenty.

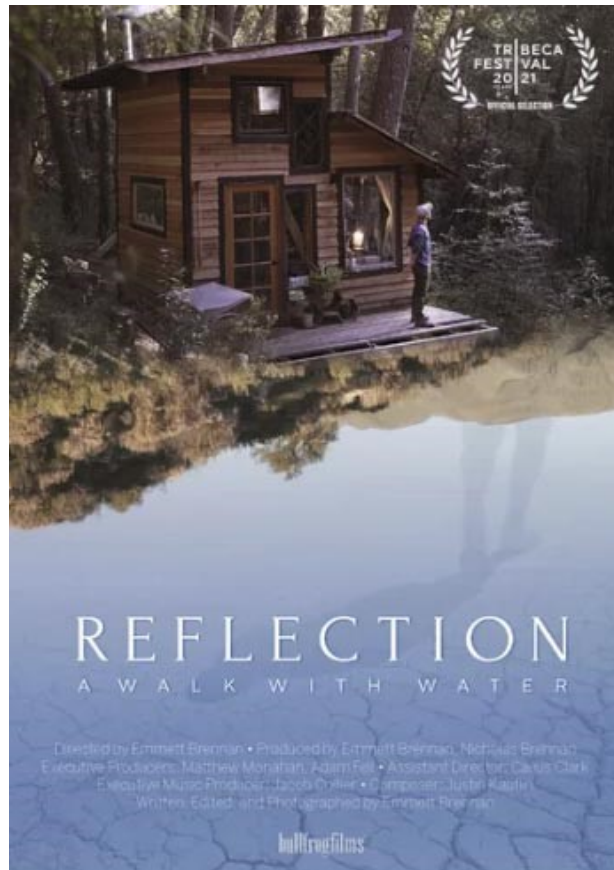
Visiting on the porch as summer arrives is a lovely and a happy time. Plan to join us and maybe even volunteer to help make it special. Questions? Call Sue Bauer (508-945-3264)



SUSTAINABLE PRACTICES FILM AT THE ORPHEUM MAY 6 9:30AM

The conditions that make life possible are rapidly changing. Reckoning with this reality on the cusp of a record-setting dry season, filmmaker Emmett Brennan embarks on a powerful journey to find stories of hope and healing. Brennan sets out to walk 200 miles next to the iconic Los Angeles aqueduct. Along the way he encounters cultural leaders, ecological iconoclasts, and indigenous wisdom keepers who are re-envisioning our relationship to water. The water cycle is being broken, they say, and the consequence is an increasingly erratic and uninhabitable planet.

Through a series of intimate vignettes, *Reflection: a walk with water* offers essential guidance for reviving this cycle. The award-winning film highlights transformational stories from LA and other parts of California and makes widespread ecological healing seem well within reach.



DIRECTORY

For several reasons, we are not going to update/publish a new physical UUMH Directory. An up-to-date Directory will now be available online in the “Members Only” section of the uumh.net website, with a password to access the directory. We will include the password when we send you a copy of the directory by email. The online copy can be updated and available immediately. The Newsletter will still publish updates as well. You might want to print out a copy of the Directory for yourself or simply download it to your computer. If you need a bit of direction on accessing the Directory or if you would like to actually print yourself a copy and need a bit of instruction, Danielle Jeanloz will be more than willing to help. Email her at daniellejeanloz@gmail.com

AED/CPR CLASSES

The first AED/CPR class was held last Friday, April 21st with 6 of us in attendance. Captain Michael Lopriore, the instructor, clearly presented information that was easy to absorb with short videos as well as working hands-on with mannequins. The next class will be held in June. Watch for more details to be announced. A sign-up sheet will be circulated following the Sunday May services.



BRANCHING OUT

The next Branching Out will be May 25 at 5:00 PM at Bangkok Thai Restaurant at 46 Rte. 6A in Orleans (next to the new Urgent Care Center). Directions? Email Pavia at senorasangria@yahoo.com.

An hour or so to have a drink, a nibble, or a meal with friends—new and old—from the Meeting House. Usually a fairly small group, so plenty of opportunity to visit and talk. Very casual—just show up!

SUMMER BLOOMS

Will you have lots of beautiful flowers in your garden this summer? If you would like to share on any given Sunday, we would love to have them! The Rayes have also offered the flowers from their large and beautiful garden. You would just need to cut them. We know someone who would even be willing to arrange them for you!



TIBETAN EXERCISES AND MEDITATION

Jenni Makihara, a member of the Meeting House and a licensed acupuncturist, has studied for over 20 years with Tibetan Bon Buddhist teachers. She is offering classes in Tibetan exercise and meditation at the Healing Arts Collective Yoga Studio, 47 Main Street in Orleans.

You will learn and practice the 9 Breathings and Tsa Lung seated exercises of the Tibetan Bon tradition. Bon is the indigenous religion of Tibet. These exercises are said to generate health, balance, and purification of one's energy.

6 Mondays, May 1-June 12 (no class May 29). 10AM 6 classes for \$90 (drop in class \$20)

For more information, call Jenni at 508-776-8450



NEWSLETTER CHANGES

This is the month that the UUMH Newsletter is migrating—in most cases—to an electronic copy. If you are like me and like a copy of the Newsletter right at your fingertips, why not make a copy for yourself from the electronic version sent out in the Eblast? It is almost always a max of 10 pages, and if you print double-sided copies, it is really very few pages each month. You can print gray-scale and not use up your color ink, or you can print it in all its glory! There are a few people who require a printed copy, but if this option works for you, please do it. The savings to the Meeting House are quite large over the course of a year! Thank you for doing your part.

MISSION STATEMENT

Nurturing inclusive community

Seeking justice and equity

Encouraging free minds and spirits

Without music, life would be a mistake. (Nietzsche)

DIRECTORY CHANGE

The Mangiaficos are no longer using their 945 landline.
Ed's cell: 508-221-5206
Jean's cell: 508-221-5199

OPEN MIC CLASSICAL

in collaboration with Red Door Chamber Music
Featuring Cape Composers: Bruce Abbott, John Thomas, Michael Holt.

Sign-up to play; open to musicians of all levels, and ages.

When: May 21, 2023 / 3pm

Where: Provincetown United Methodist (20 Shank Painter Rd, P-town, MA)

Contact: openmicclassical@gmail.com / 774-353-0244 / <http://www.openmicclassical.org>

Featured Composers: Bruce Abbott (Brewster), John Thomas (Provincetown), Michael Holt (Truro)

Featured Musicians: Craig Combs (piano), Eric Maul (flute), Monika Veress Woods (clarinet), John Thomas (piano), Michael Holt (piano)

Link to the event on our website:

<https://www.openmicclassical.org/single-post/may-21-2023-3pm---in-collaboration-with-red-door-chamber-music---featuring-cape-composers>

THIRD MONDAY BOOK CLUB

Third Monday Book Club will meet at 10AM on May 15 to discuss *Mala's Cat* by Mala Kacenberg. Contact Mary Parsons with questions. marypmac@comcast.net / 432-7194

All are welcome for one book or many!



PEOPLE TO CELEBRATE

May Birthdays

16 Merylle-Lee Thompson
20 Julie Dykens
21 Steve Shorey
24 James McClennen
27 Tracy Johnson
28 Joan Konopka



May Anniversary

26 Stephania and James McClennen

June Birthday

2 Joyce Sterling



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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 with Joan Konopka as the facilitator. If anyone is interested in joining the group you can tune in from any location .

Email Nancy Fields with questions:

nfields42@gmail.com

Join Zoom Meeting

<https://zoom.us/j/93717313258?pwd=OUZDbzdjSzZoa2dybGo4cWp4dnNPUT09>

Meeting ID: 937 1731 3258

Passcode: 040260