



Second Congregational Society
Unitarian Universalist
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Nantucket Unitarian Universalist Newsletter - May 2015

COMMON PATHWAYS *

By Reverend Linda Simmons
Peace Talking

I have been facilitating classes on nonviolent communication or NVC since last October. At first glance, the work is easy. Just don't say or do anything violent! Most of us can affirm that this is the case. So why bother with a whole class on nonviolent communication?

Marshall Rosenberg was a psychologist, researcher of religions and a world traveler. In developing this work, he noticed that people were at peace when their needs were met and that when we are at peace, we are able to reach out and offer ourselves to another. All of this creates connection and what we all want more than anything else, Rosenberg says, is to be connected to others and to feel and give love.

The nonviolent communication process Rosenberg defines to get there has four simple steps but there is nothing simple about them. The common strategies to meet our needs- blame, shame, and judgment- fail us time and time again. They create defensiveness, reaction, distance, and more blame, shame and judgment.

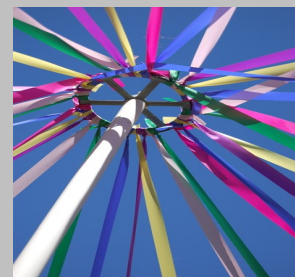
When our needs are unmet, we want to point our finger and say, "I feel hurt because you are bad, mean, selfish, inconsiderate..." And the one we say this to (in one form or another) quickly retorts, "And I feel angry because you are, fill in the blank...bad, mean, selfish, inconsiderate..." And we walk away from each other- each feeling some measure of righteous, each wounded, our basic human need for love and connection unmet.

NVC is a process of learning to speak from vulnerability about our feelings and needs and making requests. Here's what it sounds like, "When you did not show up for our dinner date, I felt hurt because I need appreciation. Would you be willing to keep your time commitments to me in the future?" Using this little, simplistic model over and over again breaks open a heart, a life, a mind and we are able slowly to touch and be touched by the world, our friends, loved ones, acquaintances in new ways. But first, we have to risk vulnerability when all we want to do is blame another for our pain.

This move from blame to vulnerability has the power to shake the earth. It has shaken mine, not that I am great at this, but I am better at knowing when I am not doing it than I used to be.

I am learning that when we connect beyond blaming, shaming and judgment, something beloved shows up, I call it love, and tugs us beyond our knowing and calculations toward peace. May peace find you and bless you.

**Nantucket is full of common pathways, some known by many, others known only by a few. Our Meeting House brings us together, traveling over many pathways, some common, some not, as we learn to walk with each other even when the ways are unfamiliar and unmarked.*



JOIN US AT 10:45 A.M.
EVERY SUNDAY

Sunday, May 3
"Nantucket, Identity and Grace"

Rev. Linda Simmons
Hendrix Hall

Sunday, May 10
"The Inherent Worth and Dignity of Every Being...Rethinking our First Principle"

Lay Led Service
Susan Richards
Hendrix Hall

Sunday, May 17
"Maintaining Abundance"

Rev. Linda Simmons
Hendrix Hall

Sunday, May 24
"Memorializing Matters"

Rev. Linda Simmons
1809 Sanctuary

Sunday, May 31
"Alleviating Suffering"

Rev. Linda Simmons
1809 Sanctuary

Families Welcome!
Religious Education for Children Every Sunday

PRESIDENT'S REPORT

Springing Ahead

by Susan Richards, Board of Trustees President

On a recent Saturday in April, the UU Board of Trustees came together in our Spring Retreat to reflect, review, brainstorm and create. Welcoming the energy of our two newest Board members, Cynthia Csabay and Joanna Greenfield, we sat down to review the goals we had set for ourselves last year, to reflect upon where we were in the process of reaching these goals, to brainstorm ideas for potential new goals and to create our list of new priorities for the coming year.

Our retreat facilitator was the good Rev. Linda who started us out with some thoughts she had developed through discussion with some of her mentors - she began with a very strong idea - "I submit that the mission of UUism is to create more love, more justice, more joy in the world".

With this idea in mind, we began our work together..... Looking over our priorities of the last year, we came to mutual agreement on which priorities we felt we had successfully attended to and which needed a little bit more attention on our part. By the end of our time together we had created a new list of Board Priorities, one that we all felt good about. These priorities are:

- Develop and execute a Public Relations campaign
- Beautification of the Activities Room
- Continue support of Grassroots Nantucket
- Focus on leadership development
- Establish fundraising committee
- Development youth group & youth group coordinator
- Honor older members with groups, celebrations & physical supports

Over the past several years we have listed our priorities on the bottom of every Board agenda that is distributed. This year we will also be focusing part of every monthly board meeting discussion on one of these priorities. In this way we hope to keep our minds and actions on the goals we have established for ourselves as we also attend to the important day to day issues of our service to the congregation.

The last exercise of our Retreat was for each of us to write a statement about each of our fellow board members describing the gift that they bring to us and our community. I found myself wishing that we could expand this activity to include the entire congregation....now that would be quite the list of unique gifts!

MUSIC

Thanks To Our Choir

by Diane Lehman, Music Director



We are so fortunate to have a volunteer core of singers who are always willing to lift their voices in song. In their unity, they send a beautiful message each Sunday, filled with the harmony that they themselves possess. Every Sunday, when we convene at 9:30 a.m., I can hear in their chatter that they really enjoy each other. Whether they are sharing the weekly news, or personal joys and sorrows, I always hear a chorus of friends, trusting each other to be there each week with support, comfort, interest and care. In those 10-15 minutes before we actually open our mouths to rehearse the hymns for the morning, the anthem of the day and a future song or two, I hear a song they speak rather than sing. It is a song of belonging to something that matters to them, and that song is friendship. Whenever we finally get underway, and the work of rehearsal begins, they create a unified sound from little dots on a piece of paper. It still amazes me and I hope I tell them often. Without their dedication to the music, and their care for each other, the choir would not be there for our enjoyment each Sunday. When you see them, please thank them for all of us. And yes, I mean from me, too. Once the service begins on Sunday, I become as much an audience as you are, and I always feel warmed and uplifted when they offer yet another lovely song, one that we all share, and one that always seems to come from the heart. Thanks to the choir, we see our meeting house principles embodied in a group that is willing to stand up in front and be seen as welcoming, caring, dedicated and devoted to the Unitarian way.

CARING TEAM SHAWL KNITTING GROUP

After our long, cold, winter hiatus, it is time for some more knitting and crocheting! We will be meeting twice in May: once on Thursday, May 14th at 7 p.m., and again on Saturday, May 16th from 9 a.m. – noon.



Both of these gatherings will be at the home of Lora Stewart, 61 Madaket Road.

Lora's cell number is (978) 729-4026 - please let Lora know if you plan to come to either of these times.

GRASSROOTS NANTUCKET

By Gary Langley, Grassroots Nantucket Chair

The garden is nearly prepared for planting while inside the greenhouse 200 marigold seeds are sprouting, anticipating their duty as pest control and where the newly arrived seeds will reside as seedling until mid-May, when they all will find a home in the garden. We are grateful that we will have much more help than last year possibly including some Jr. High kids providing much needed weekly maintenance.

We look forward to a productive garden not only in terms of produce but also in building a loving, working community. We anticipate a connective involvement with our new neighbor, Sustainable Nantucket, who is in the process of creating ten, 1/8 acre farming sites on the Land Bank's field bordering the Community Gardens, complete with a couple of new greenhouses, storage sheds, and new water and electrical systems. Oh happy days!



NEWS FROM RELIGIOUS EXPLORATION

By Susan Richards

We can't get enough of Spring weather and Spring holidays in RE! Two recent RE classes focused in on Easter and Passover. Always fun to delve a little bit deeper into these two major holidays and also celebrate the real coming of Spring as well! Some of the children joined the St. Paul's children for a huge Easter egg hunt after our service on Easter Sunday. And some of our children participated in the Community Seder led by Rabbi Gary of Shirat Ha Yam on the following Friday.

To continue our celebration of Spring (the winter of 2015 felt so harsh and long that we just decided to lengthen the time we devote to appreciating Spring this year!), we are hosting a **"Spring is Finally Here" Community Dinner on Tuesday, May 26th from 5:30-7:00pm in the Activities Room.** We hope you will join us for some Spring activities and of course, Spring trivia along with some tasty food - Pasta Primavera anyone?!

Finally, we are looking for RE volunteers for the summer. Our summer RE program will be relaxed and low-key - walks around town to the Atheneum garden and Children's Beach with perhaps a scavenger hunt and fun craft activities mixed in as well. If you can volunteer to help out for just one Sunday this Summer (late June, July, and August) we can guarantee a fun time and it's a nice way to get to know our RE kids a little better! Please see one of the Religious Exploration Team Members - Rev. Linda, Jen Dunbar, or Susan Richards - if you're interested in our Summer volunteer program!

Events for May

On the first Sunday of every month, Rev. Linda will remain in the Sanctuary after service to give an overview of what it means to become a member of the UU Meeting House and to answer questions. Please join us for this informative and low-key discussion.

This month we go up to our beautiful Sanctuary on Memorial Day weekend, Sunday, May 24th. Join us as we move into our light-filled, glorious summer space!

May 3: "Nantucket, Identity and Grace" - Rev. Linda Simmons

What attracts you to living here, 30 miles out to sea? What attracted our forbearers? What do our roots have to teach us and how might they remind us how to go on together in compassion and peace?

May 10: "The Inherent Worth and Dignity of Every Being...Rethinking our First Principle" - Lay Led Service

Join us in starting a conversation about our understanding of the religious, spiritual and ethical aspects of living on a multi-species planet. This can be a first step in reflecting more deeply and broadly about what it means to be a compassionate person in today's world.

May 17: "Maintaining Abundance" - Rev. Linda Simmons

How do we continue to live into the light and a sense of ease when so many in the world live without enough, when there are so many issues for us to grapple with? This sermon will look to some of the great masters for some guidance on practicing compassion and a sense of abundance inside of it all.

May 24: "Memorializing Matters" - Rev. Linda Simmons

The word memorial comes from the word memory. What we memorialize we remember. What do we want to memorialize in our history and in our lives and how does this change us?

May 31: "Alleviating Suffering" - Rev. Linda Simmons

Please join us for this interfaith service with Lama Yeshe Palmo, Rabbi Gary Bretton-Granatoor, Rev. Robin Junker, and Rev. Linda Simmons as we all explore suffering from our various faith traditions: how to define it, alleviate it, and learn to live with it.

	A	B	C	D	K	L	N	O	P	Q
1	Summary Treasurer's Report: Based on the materials explained, discussed, and approved at the January 2015 Annual Meeting.									
2	My goal is to put this summary in the May, August, November, and January Weathervanes. Paul P. Stewart, Treasurer, Paul@PLPDD.com									
3	For the period January 1, 2015, through March 31, 2015, inclusive*							All 2015	Jan 1 - Mar 31	
4	2015 Pledges pledged		1/1/2015	Change	3/31/2015	Income less related expenses		Budget	YTD Budget	YTD Actual
5	Amount Pledged		\$ 67,394	\$ 2,400	\$ 69,794	<= 2015 Pledge payments received		\$ 82,314	\$ 20,579	\$ 27,152
6	Number of Pledges		63	4	67	Sunday Plate and Gifts		\$ 10,500	\$ 2,625	\$ 1,765
7						Rentals (FdLuz, CSHY, wed, Pars, ...)		\$ 78,450	\$ 17,613	\$ 14,048
8	Cash and Investments		1/1/2015	Change	3/31/2015	FUNdraising (Auction, 4thJuly, etc.)		\$ 14,900	\$ 500	\$ 480
9	Bank Cash accounts CapeCod5+NanBank		\$ 54,494	\$ (21,995)	\$ 32,500	Net Interest & Dividends earned		\$ 38,000	\$ 9,500	\$ 6,930
10	Investment accounts TIAA+Vanguard+CEF		\$ 1,409,220	\$ 1,163	\$ 1,410,383	Principal taken from Endowment		\$ 0	\$ 0	\$ 0
11	Total Cash and Investments		\$ 1,463,714	\$ (20,832)	\$ 1,442,883	total income less related expenses		\$ 224,164	\$ 50,816	\$ 50,375
12										
13	Designated Funds (R = Restricted)		1/1/2015	Change	3/31/2015	Operating Expenses		Budget	YTD Budget	YTD Actual
14	General Operating monies CapeCod5		\$ 5,001	\$ 1	\$ 5,001	Ministry + Guest Speakers		\$ 99,850	\$ 24,963	\$ 22,855
15	General Operating monies NanBank		\$ 54,048	\$ (23,359)	\$ 30,689	Building & Grounds		\$ 53,786	\$ 13,447	\$ 13,294
16	R Parsonage Capital Maint. NanBank		\$ 4,810	\$ -	\$ 4,810	Operations (office, postage, etc.)		\$ 31,754	\$ 7,938	\$ 7,916
17	R Organ Playing NanBank		\$ 275	\$ 1,000	\$ 1,275	Religious Exploration (RE)		\$ 6,241	\$ 1,560	\$ 1,419
18	R Minister's Discretionary NanBank		\$ 1,488	\$ -	\$ 1,488	Music		\$ 22,045	\$ 5,511	\$ 4,961
19	R RE Committee NanBank		\$ 100	\$ 264	\$ 364	Denominational Affairs (UUA, etc.)		\$ 4,589	\$ 4,589	\$ 4,539
20	R Sabbatical Provision NanBank		\$ -	\$ -	\$ -	Congregational Leadership/Training		\$ 500	\$ 125	\$ 0
21	R Social Action NanBank		\$ -	\$ 100	\$ 100	Committee Budgets		\$ 400	\$ 100	\$ 0
22	R Sanctuary Sound System NanBank		\$ (11,227)	\$ -	\$ (11,227)	Contingency/Slack		\$ 5,000	\$ 1,250	\$ 0
23	R Capital Reserves TIAA-CREF		\$ 933,807	\$ (933,807)	\$ -	total Operating Expenses		\$ 224,164	\$ 59,483	\$ 54,985
24	R Working Reserves TIAA-CREF		\$ 427,675	\$ (427,675)	\$ -	*We moved our Endowment (Capital Reserves and Working Reserves) from TIAA-CREF to Vanguard and the UUA Common Endowment Fund (UUA CEF) during March. For clarity, this report shows the results after the moves were completed, although some bits weren't 100% complete until early April.				
25	R Capital Reserves UUA CEF		\$ -	\$ 100,000	\$ 100,000					
26	R Capital Reserves Vanguard		\$ -	\$ 833,807	\$ 833,807					
27	R Working Reserves Vanguard		\$ -	\$ 427,675	\$ 427,675					
28	R Organ Maint. (est. 2011) TIAA-CREF		\$ 47,738	\$ 1,163	\$ 48,901					
30	RR Sanford Trust (est. 1910) BNY-Mellon		\$ 252,469	\$ (4,067)	\$ 248,401					

Coffee Hour

For the summer months, May 24 - September 6, we will have light fare for coffee hour, returning to our more substantial offerings in the fall (more to come on that later). Please sign up to bring something simple during these summer Sundays: crackers and cheese, hummus, fruit, cookies, etc.

Here's to all the summer breeze conversations and easy snacking together!

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Church Staff

Rev. Linda Simmons, *Minister* ~ Edward B. Anderson, *Minister Emeritus*
Diane T. Lehman, *Music Director* ~ Lucretia Voigt, *Office Manager* ~ Jen Dunbar, *Lead RE Teacher*
Ed Sullivan and Dennis Santangelo, *Sextons* ~ Chuck Gieg, *Bookkeeper*

Board of Trustees

Susan Richards (*President*), Jan Ellsworth (*Vice President*), Paul Stewart (*Treasurer*), Steve Estabrooks (*Clerk*)
Cynthia Csabay, Joanna Greenfield, Joy Margolis, Jim Sulzer, Lora Stewart

Church Office Hours: Monday - Friday, 9 a.m. - noon
Minister's Office Hours: Tuesday, 10 a.m. - noon and by appointment