

Unitarian Universalist Meeting House 11 Orange Street - P. O. Box 1023 Nantucket, MA 02554 (508) 228-5466

Nantucket Unitarian Universalist Newsletter - November 2017

COMMON PATHWAYS * By Reverend Linda Simmons

Believing is Seeing

I've been thinking a lot lately about how what we believe and how we live into our beliefs changes us, shapes our lives. I saw a video at a conference some time ago that featured a neuroscientist, Dr. Angelo Bolea, who reversed the famous quip s*eeing is believing* to *believing is seeing*. By building on what is and renaming, Dr. Bolea said, the brain can begin to move into new territory yet unnamed, and our experiences will follow.

Dr. Boleo went on to say that is important that we listen to our brain's chattering and interrupt the cycle when the messages we hear about ourselves, others and the world, are not a reflection of what we want our lives to be shaped around. I have decided to test this theory and have constructed a response that talks back to my brain when it is in negative thought patterns. It is a simple prayer of compassion and presence.

I was encouraged toward this practice by listening to the words of Yu Darvish, a Japanese-American pitcher for the Dodgers. In the World Series game this week, Houston Astros' first baseman Yuli Gurriel was caught on camera making a racist gesture and using a slur for Asians after hitting a home run off of the Dodger's pitcher, Yu Darvish. Gurriel apologized and will be suspended for five games next season, but what moved me was the statement from Darvish:

"No one is perfect. That includes both you and I. What he had done today isn't right, but I believe we should put our effort into learning rather than to accuse him. If we can take something from this, that is a giant step for mankind. Since we are living in such a wonderful world, let's stay positive and move forward instead of focusing on anger. I'm counting on everyone's big love."

This struck me as a way of believing to create a certain kind of sight. I invite you to find or construct a response within yourself, maybe call it a prayer, that renames some negative thought pattern and speak it, aloud or silently, whenever you find yourself (and your brain) meandering down the path of negativity. If Dr. Bolea is right, our minds will see new beauty and possibility in and around us that we could not previously see and allow meaning that was walled off from us to grow.

In this world, at this time when we so often wait for the unspeakable to happen, seeing more beauty and possibility can only give us the strength to carry on with enough love to live lives of meaning and purpose no matter what awaits us. There is today my friends. May it find us believing in, and therefore seeing, the worthiness in one other.

*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 IN HENDRIX HALL

Sunday, November 5 "Reverence for Life" Guest Speaker Rev. Dr. LoraKim Joyner Rev. Linda Simmons

Sunday, November 12 "The Power of the Pause: Taking Response-Ability for our Stories" Guest Speaker Lani Peterson Rev. Linda Simmons

Sunday, November 19 "Me Too: Women and Justice in 2017" Rev. Linda Simmons

Sunday, November 26 "We Give Thanks (for this Precious Day)" Lay Led Intergenerational Service

Families Welcome! Religious Exploration for Children Every Sunday

Board of Trustees Monthly Report— November 2017

The Board of Trustees had a busy month. As part of the "Volunteer Fair" effort, Board member Lora Stewart prepared displays for the Membership and Caring Committees one Sunday during Coffee Hour. Later, Val Hall and Cynthia Csabay prepared a display of the work of the Board, including a cameo photo collage of the members prepared by Treasurer Paul Stewart. Next month, Lora Stewart will prepare a display on FUNdraising and some "just for fun" events. These "fairs" allow members of the congregation to explore ways to get involved in church activities.

After the resignation of Diane Lehman, our beloved Music Director, the Board held a special meeting to select a Music Committee charged with conducting a search after preparing a job description to present to the Board. Elected were Barbara Elder chair, Gerry Mack, Val Hall, and Rev. Linda Simmons. The Music Committee will periodically report their progress to the Board. At its regular meeting, the Board also voted to accept Diane's resignation with great regret.

Other Board activities were giving advice to the Sabbatical Committee on a brochure being prepared for the congregation in advance of Rev. Kimberley Debus' arrival in February, suggestions for an advertisement for the Religious Education program, discussion of design plans for the parsonage garden, and ideas for possible replacements for a vacancy on the Buildings and Grounds Committee (anyone interested?). The Board appointed Lora Stewart to fill a vacancy on the Nominating Committee, who have been invited to the November meeting.

Respectfully Submitted, Val Hall scalloplady@gmail.com

The Immigration Resource Center is Open! Monday, November 6 5:30 p.m.—7:30 p.m., Activities Room and the first Monday of each month. The IRC is a safe place to ask questions, receive referrals and compassion. If we don't know where to find the answers, we'll

> learn together! Spanish, Portuguese, and English spoken. **Spread the word!**

<u>November Calendar of Events</u>

Wednesday, November 1, 10:30 a.m.—12 p.m. A Year to Live Workshop—Activities Room

Friday, November 3, 5:30 p.m.—7 p.m. RE Kick-Off Potluck—Activities Room

Saturday, November 4, 9 a.m.— 2:30 p.m. Nurture Nature Retreat—Activities Room

Saturday, November 4, 4 p.m.— sunset Wild Bird Walk—Sanford Farm

Monday, November 6, 3 p.m.—5 p.m. Shirat Ha 'Yam Hebrew School—Activities Room

Monday, November 6, 5:30 p.m.—7:30 p.m. Immigration Resource Center—Activities Room

Friday, November 10 Office Closed in observance of Veterans Day

Monday, November 13, 3 p.m.—5 p.m. Shirat Ha 'Yam Hebrew School—Activities Room

Monday, November 13, 5 p.m.—6 p.m. Make It Stop meeting—Parsonage, 10 Fair Street

Monday, November 13, 6 p.m.—8:30 p.m. NAMI Dragonfly Emotional Wellness Group— Activities Room

Monday, November 20, 3 p.m.—5 p.m. Shirat Ha 'Yam Hebrew School—Activities Room

Thursday, November 23 Office Closed in observance of Thanksgiving Day

Thursday, November 23, 1:30 p.m.—4 p.m. Thanksgiving Dinner—Activities Room

Monday, November 27, 6 p.m.—8:30 p.m. NAMI Dragonfly Emotional Wellness Group— Activities Room

Thursday, November 30, 11 a.m.—12 p.m. Food Rescue Meeting—Activities Room

See You at The Meeting House!



Considering Not Being Here:

When I first came to the UU with Bob, 17+ years ago, I attended the service upstairs and found myself face to face with Mary Beth at the greeting time. She took both of my hands in hers, and with that loving smile, she said "you belong here". While preparing for our wedding a few years later, Rev. Anderson assured me that Bob was one of the best people he knew, and the interim minister Tim, echoed it as Bob had become his friend and ours in the process. Sitting through a service, and listening to Marcia play beautifully, and hearing the choir so full of love for their song...., I thought that I would love to be in that position of sharing music with others as a church musician. Though I grew up in church, spent most of my formative years playing piano, guitar and flute plus singing with churches and choral groups, I had not pursued the church music employment avenue. The Sconset Chapel hired me to do Episcopal and Catholic services, and I began tentatively to attempt to fill shoes left by the Jekanowskis, and Grace McReary. Working at the Nantucket Yacht Club as their full-time seasonal pianist gave me plenty of time to contemplate what my life on this island would be as I also continued teaching full time and raising 3 sons with the help of my new husband Bob. When Marcia decided to leave in 2012, Barbara and I were asked to fill in and we, along with Jacob and Mollie, made an attempt to fill Marcia's shoes, which was a huge challenge. When offered this position as Music Director, it was Barbara who said, "you can do this" to which I replied "I can try and fill in till they find someone who really CAN do this". From that day till now, I have been supported and accepted, encouraged and counseled, challenged and schooled, and mostly — welcomed with kindness and love. Debby Merritt sat with me one Sunday toward the end of her time with us, and-though she couldn't manage a word-spoke to me with her beautiful blue eyes filled with tears and I knew that I meant something. I knew that I belonged here. Any interactions that I have had with you, exchanges that may have been positive or negative, have broadened my sense of who I am in a bigger picture. With the awareness of what it has meant to be here, at the UU, I will go knowing that you are with me. All of your welcome, and kindness, your generosity and goodness—I will take with me and try to be useful wherever I end up. Rev. Linda said that we are called to do things in our lives, and with your blessing, I will go and try to do what you did for me. Without that love you shared with me, I wouldn't have much to offer—thank you for all your support over these 5 years. I will truly miss you all. *Diane*

STROLL CRAFT FAIR!!!

The holidays are coming and plans for our Christmas Stroll Craft Fair and Grandma's Attic are revving up. We would like to repeat or better last year's success so... Please, please, search your attics, basements, garages, nooks and crannies for once-welcomed treasures that can now become someone else's treasure. We are also looking for handcrafted items in any medium.

You can bring donations to the meeting house on Sundays or to the office during the weekday office hours of 9 AM to noon.

If you'd like to volunteer to set up or take down or for more info please email joannagreenfield@me.com or call 203 856-1723

Thanksgiving Dinner in the AR

Lora Stewart is organizing Thanksgiving Dinner in the AR on **Thursday, November 23 at 1:30 p.m.** for anyone who would like to join in. Lora will cook the turkey and stuffing. Others are asked to add sides and dessert. Please see the sign-up

sheet during coffee hour or call Lora at 1-978-729-4026. The deadline for sign-up, (including what you will bring), is the Sunday before Thanksgiving (November 19th).



<u>RE Potluck</u> <u>Friday, November 3, 5:30-7pm</u>

RE is hosting a Pasta Potluck dinner and first get together of the new season on <u>Friday, November</u> <u>3rd in the Activities Room</u>! We'll provide the pasta, bread, and beverages. Please bring a

favorite pasta sauce, a salad, or a dessert to share! In honor of Rev. Dr. LoraKim Joyner, animal advocate and wildlife veterinarian, who will be with us that weekend, we will be featuring a rousing game of Animal Trivia!!



Our friends and neighbors, the Qureshis, will be traveling to Jordan at Thanksgiving to visit Syrian refugee camps that do not receive aid from NGOs with suitcases of supplies that we all gather on our little island. Afnaan Qureshi, the old-



est son of Dr. Abrar and Laura Qureshi, is organizing this effort with other young people on island.

If you cannot donate items because of distance, you can write a check to the UU Meeting House and "SAMS" on the memo line for the Syrian American Medical Society (www.sams-usa.net). The Qureshis are working with this organization who will get the money to the Syrian Refugee camps.

Thank you for your efforts and care as we practice our principles of one world, one love, one human dignity.

DEADLINE FOR COLLECTING ALL ITEMS IS FRIDAY, NOVEMBER 10.

Religious Exploration - Time for ACK-tion!

At October's annual "Blessing of the Animals," our ACK-spress 9 to 12 year-olds handed over their

own "giant check" for animal rescue to the Nantucket Island Safe Harbor for Animals. Both boys and girls, their enormous generosity was proved by donating the proceeds from their Art Show last Spring: a production only possible by eight full weeks



of dedicated effort. And this Fall they're going fullfledged with service, where **ACK-***tion!* is the name of the game! As they "take up the torch" of benevolence to engage island-wide, these youngsters will be aiding at community dinners; playing "Santa"; and even producing their own "Zine" for promoting community needs. So please let the youth in *your* life know, about just a few of our exciting events planned so far:

<u>Friday, November 3rd</u>: 5:00-7:00pm - Pasta Potluck in the AR. Animal Trivia contest will be featured! ... Dinner starts at 5:30 so we will meet at 5 to prepare an ACK-tion contribution together!

Saturday, November 4th: 4:00pm - Sunset: Nature walk at Sanford Farm with visiting Reverend and Wildlife Veterinarian Dr. LoraKim Joyner. Meeting at 4:00 at the Sanford Farm parking lot. Parents are welcome to come too!

...and Launching SUNDAYS: "Being UU Everyday"

Join the fun! As we explore the roots of what it means to be a Unitarian Universalist, with inspiring lessons and active fun for all. Find out the principles that can help you on the road ahead, as you become a brighter and brighter light in the world around you. Meet the "amazing cast" of UU history, and get to know those who serve our own congregation. Because it's all "in the family," when you're a UU! And whatever your age or interests, it's never too early to become a leader of hope. Join in as we put principles into practice, with encouragement and creative zeal for all ages.

Coming Up! NOVEMBER SUNDAYS: "Principles for Life"

Sunday November 5th -- "The Worth & Dignity of All"

Sunday November 12th -- "Justice, Equality, & Compassion"

Sunday November 19th -- Grow Where You're Planted: Getting Involved in Service

Sunday November 26th -- Kids Step Up! At the Intergenerational Service

Leyah Jensen

Reverence for Life Weekend with Reverend Dr. LoraKim Joyner

by Susan Richards

November 4th-5th: Mark your calendars for an exciting mid-Fall weekend with Rev. Dr. LoraKim as she offers us and the greater Nantucket community a full day workshop on Saturday, a bird walk late Saturday afternoon and a sure-to-be inspirational sermon at Sunday's service.

LoraKim currently lives in White Plains, New Jersey and is a UU



multi-species minister, a wildlife veterinarian, a certified trainer in nonviolent communication, and Co-Director of the organization, One Earth. She states that her goal is to "foster compassionate communication in our communities of mixed species so that all beings may flourish."

Saturday's workshop/retreat is part of One Earth Conservation's Nurture Nature Program which aims to inspire, motivate, educate, and support people to take care of themselves, their organizations, other individuals of all species by developing their awareness and understanding of nature, especially human nature as it relates to all of nature. Workshop is scheduled for 9-2:30pm and will include lunch for all participants.



Wild Bird Walk: A chance to get outside, weather as always, permitting! LoraKim has led bird walks all over the country and will lead us in some guided reflections as well as in observing the nature and birds around us. Scheduled for 4pm - sunset on Saturday.

Sunday's service theme will be "Reverence for Life" : Rev. Dr. Joyner will be speaking about Albert Schweitzer, physician, theologian, musician, and philosopher, who gave to the world the Reverence for Life Ethic. More than anything his life was his argument. How can we live like he did,

with deep reverence for all of life in ways that nurture and save ourselves, as we save the world. Come join one another as we reflect upon this, and what it means to be human in a multispecies world.

Each of these three events stands alone and we welcome you to attend one, two, or all three of them. Sign up at www.eventbrite.com/e/nurture-nature-retreat-wild-bird-walk -congregational-service-tickets-37341385088?aff=es2, or contact Susan Richards at susanoncobble@gmail.com to sign up, or call the church office at 508-228-5466.

Third Quarter 2017 Treasurer's Report

The first three quarters of our budget year is January through September. Below is a report of our finances for that period. In summary, our finances are going according to plan.

I'd like to focus on **generosity** for a moment. In particular, the **Share the Plate** and other collections and donations our congregation have made this year. As shown below, our congregation and friends sent \$2,165 to the UUA's Hurricane Recovery Fund. Our RE junior youth group also raised and sent \$500 to the Nantucket Safe Harbor animal shelter, almost doubled by the Animal Blessing Service share-the-plate.

Inspired by Afnann Qureshi's story of visiting refugee camps, the Sunday RE program has raised almost \$100 "for Syrian children", and the congregation has raised another \$700 to date to go to the Syrian American Medical Society (SAMS) recommended by Dr. Abrar Qureshi.

We are still collecting clothing, supplies, and money for these good causes.

Thank you for your generosity!

	А	В	С		D		L		М	Ν	0	Г	Р		Q		R
1	Treasurer's Report	reasurer's Report: Pledges, Funds, and General Operating Budget															
2	My goal is to put this	y goal is to put this information in the May, August, November, and February Weathervanes. Paul P. Stewart, Treasurer, Paul@PLPDD.com															
3	2017 Pledges				/1/2017	Ne	Net Change		9/30/2017		2017 General Operating Fund		Budget			Actu	
4	Amount Pledged			\$	88,003	\$	2,517	\$	90,520		Income less related expenses	1	Annual	γ	/TD		YTD
5	Number of Pledges				56		11		67		<= Pledge Payments Received	\$	88,282	\$ 6	56,212	\$	78,653
6											Sunday Plate and Gifts	\$	12,800	\$	9,600	\$	10,071
7	Funds ('R'estricted, by	/ 'D'ono	r)	1	/1/2017	Ne	et Change	9/	/30/2017		Rentals (Pars, FdLuz, CSHY, tower, wed,	\$	77,424	\$ 5	58,068	\$	69,674
8	General Operating mo	nies	CapeCod5	\$	5,006	\$	12	\$	5,018	1	FUNdraising (Auction, 4thJuly, etc.)	\$	21,223	\$ 1	15,917	\$	21,143
9	General Operating mo	nies	NanBank	\$	51,924	\$	21,291	\$	73,215		Income from Endowment and Banks	\$	40,327	\$ 3	30,245	\$	30,256
10	Subtotal General Oper	rating	Rows 8:9	\$	56,930	\$	21,303	\$	78,233	1	Income from Sanford Fund	\$	10,000	\$	7,500	\$	7,500
11	R Parsonage Capital M	laint.	NanBank	\$	3,377	\$	3,024	\$	6,401		Principal taken from Endowment	\$	0	\$	0	\$	0
12	R Minister's Discretion	nary	NanBank	\$	2,048	\$	(325)	\$	1,723		total Income less related expenses	\$:	250,056	\$ 18	37,542	\$2	17,298
13	R Sabbatical Provision	(est. 2015)) NanBank	\$	4,000	\$	1,500	\$	5,500								
14	R RE Committee		NanBank	\$	389	\$	100	\$	489		2017 General Operating Fund		Buc	lget		Α	ctual
15	R Social Action		NanBank	\$	28	\$	(127)	\$	(99)	1	Expenses	1	Annual	γ	/TD		YTD
16	R Membership Commi	ittee	NanBank	\$	150	\$	(13)	\$	138		Ministry + Guest Speakers	\$ 1	102,162	\$7	6,622	\$	76,342
17	R Caring Team		NanBank	\$	150	\$	113	\$	263		Building & Grounds	\$	65,340	\$ 4	9,005	\$	46,418
18	R Lay Led Committee		NanBank	\$	150	\$	113	\$	263		Operations (office, postage, etc.)	\$	36,432	\$ 2	7,324	\$	24,001
19	R Sanctuary Sound Sys	stem	NanBank	\$	(2,299)	\$	2,299	\$	-		Music Program	\$	23,913	\$1	7,935	\$	16,713
20	R Activities Room Rene	0.	NanBank	\$	1,147	\$	5,707	\$	6,855		Religious Exploration (RE)	\$	13,574	\$1	0,181	\$	8,902
21	R Coffee Hour Supplies	s	NanBank	\$	112	\$	328	\$	440		Denominational Affairs (UUA, etc.)	\$	5,106	\$ 3	3,830	\$	5,106
22	R Special Entertainme	nt	NanBank	\$	1,072	\$	859	\$	1,931		Committee Budgets	\$	600	\$	450	\$	450
23	RD Honoring Ministry		NanBank	\$	-	\$	4,234	\$	4,234		Contingency/Slack	\$	2,929	\$ 3	2,197	\$	0
	RD Organ Playing		NanBank	\$	-	\$	-	\$	-		total Operating Expenses	\$:	250,056	\$ 18	37,542	\$1	77,931
25	RD Organ Maint. 🕇		NanBank	\$	783	\$	(1,043)	\$	(260)	ו							
26	Subtotal R and RD abo	ve	Rows 11:25	\$	11,106	\$	16,769	\$	27,875	1	Income - Expenses = Surplus(Deficit)	\$	0	\$	0	\$3	39,366
27	Subtotal Nantucket Ba	nk	Rows 9:26	\$	63,031	\$	38,060	\$	101,091	1							
28	Subtotal All Bank Acco	ounts	Rows 8:27	\$	68,036	\$	38,072	\$	106,108	1	Share the Plate:	ſ	Month			Aı	nount
29	R Capital Reserves		Vanguard	\$	890,397	\$	86,464	\$	976,861	1	Food Pantry		2/2017	\$			170
30	R Working Reserves		Vanguard	\$	407,794	\$	39,599	\$	447,393		Hurricane Relief (Harvey,)		9/2017				2,165
	Subtotal Vanguard		Rows 29:30	\$1	L,298,191	\$	126,063	\$1	1,424,254		NISHA RE/ACK-spress Art Show	1	10/2017	\$			500
	R Capital Reserves	\$100K 5/	2015 UU CEF	\$	97,458	\$	14,546		112,004	1	NiSHA Animal Blessing share-the-plate	1	10/2017	\$			459
33	Subtotal Reserves		Rows 29:32	\$1	L,395,649	\$	140,609	\$1	1,536,258	1							
34	RD Organ Maint. +	(est. 2011	.) TIAA	\$	71,760	\$	4,284	\$	76,044								
_	Subtotal all 'Endowme	ent'	Rows 29:34	\$1	L,467,409	\$	144,893	\$1	1,612,302								
36	Total all Funds above		Rows 8:35		L,535,446	\$	182,965	_	1,718,410	1							
38	RDP Sanford Trust	(est. 1910) BNY-Mellon	\$	229,858	\$	6,048	\$	235,905								
39	Sanford Trust is a	i 'right to	o income' b														

Respectfully, Paul P. Stewart – Treasurer Paul@PLPDD.com

Sermons for November

November 5: "Reverence for Life" - Guest Speaker Rev. Dr. LoraKim Joyner (Rev. Linda Simmons service leader)

Rev. Dr. LoraKim Joyner will be speaking about Albert Schweitzer, physician, theologian, musician, and philosopher, who gave to the world the Reverence for Life Ethic. More than anything his life was his argument. How can we live like he did, with deep reverence for all of life in ways that nurture and save ourselves, as we save the world? Come join one another as we reflect upon this, and what it means to be human in a multispecies world. (Rev. Dr. LoraKim Joyner currently lives in White Plans, New Jersey and is a UU multispecies minister, a wildlife veterinarian, a certified trainer in nonviolent communication, and Co-Director of the organization One Earth. She states that her goal is to "foster compassionate communication in our communities of mixed species so that all beings may flourish.")

November 12: "The Power of Pause: Taking Response-Ability for our Stories" - Guest Speaker Lani Peterson (Rev. Linda Simmons service leader)

During his captivity in Hitler's concentration camps, Viktor Frankl discovered the secret of growth and freedom lies in our ability to pause, question, and choose how we want to move forward. In her story work with the homeless, the incarcerated, and the high-powered, Lani Peterson has been helping people to pause, explore and challenge the meaning within the stories they tell themselves. The result is story-filled! Come hear about how the stories we tell may lie beneath our own secret to growth and freedom. (Lani Peterson, Psy.D., works with story to promote growth, connection, and change. As a psychologist, storyteller, and coach, Lani relies on her joy in telling stories matched with her knowledge of the theory behind stories to guide people in finding, exploring, and sharing the stories that might transform their understanding of themselves and others.)

November 19: "Me Too: Women and Justice in 2017" - Rev. Linda Simmons

This sermon will take a look at what has become of women's rights and justice in this country and world and what a religious response to this might look like.

November 26: "We Give Thanks (for this Precious Day)" - Lay Led Intergenerational Service

Led by Susan and Peter Richards, this service will be intergenerational, with the RE children performing the theme song, and other Lay Led Service Committee members reciting poetry and other readings. The entire congregation will read and reflect on their own "gratitudes". Join us for this service of thankfulness!

We, the member congregations of the Unitarian Universalist Association, covenant to affirm and promote:

~ The inherent worth and dignity of every person.

~ Justice, equity and compassion in human relations.

 $^{\sim}$ Acceptance of one another and encouragement to spiritual growth in our congregations.

~ A free and responsible search for truth and meaning.

~ The right of conscience and the use of the democratic process within our congregations and in society at large.

~ The goal of world community with peace, liberty, and justice for all.

~ Respect for the interdependent web of all existence of which we are a part.

Unitarian Universalist Meeting House

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Church Staff

Rev. Linda Simmons, Minister (revlindasimmons@gmail.com) ~ Edward B. Anderson, Minister Emeritus Diane T. Lehman, Music Director ~ Leyah Jensen, Youth Programs Coordinator Lucretia Voigt, Office Manager ~ Janelle Zapata de Morocoima, Sexton ~ Chuck Gieg, Bookkeeper

Board of Trustees

Val Hall (*President*), Clay Twombly (*Vice President*), Paul Stewart (*Treasurer*), Peter Richards (*Clerk*) Cynthia Csabay, Joanna Greenfield, Christine Sanford, Michelle Whelan, Lora Stewart Rev. Linda Simmons (*Minister*) **Church Office Hours:** *Monday - Friday*, 9 a.m. - noon **Minister's Office Hours:** *Tuesday*, 10 a.m. - noon and by appointment