

January 2019 Newsletter

Common Pathways: Ruts and Remaining

Rev. Linda Simmons

I see my weaknesses now better than I ever have. I know more clearly when I am about to do or say something that is not in line with my approved sense of self. I wish this was enough to stop me before I open my mouth. On a good day, it is. Too often, I see how much I missed the mark.

Why is it so hard to change? As a student of theology, I have so many good tools around me. I read about others who have walked this path seeking to change and grow and what wisdom they impart as they stumble and go on. Michael Singer in his book *The Untethered Soul* reminds me that to become who we seek to be, we have to start with who we are, not through by-passing the messy places, but by walking straight into them, heart and eyes wide open.

Rather than praying for release from being too critical, what would change if we go further into the critic and ask her questions, explore her genesis, consider what foundations she is built on? Can we take our critics in our arms and comfort them, bring them humanity, love, and acceptance?

I would personally rather just be released from the uncomfortable parts of my personality but I have recently been convinced that release is only possible through

abiding with the parts we are less than comfortable with until we know them as our own.

The other day I said something to my mom I wished I hadn't. I had trouble sleeping for it. When I called her the next day, she told me that she was just thinking of what loving a person I am. I said, "Mom, how can you say that? I was unkind to you yesterday." "Yes," she said, "I felt it. But you work so hard to see who you are and do better."

Now if only I could get to the being better part. The trick is having the courage to look clearly at my actions and words and to ask for forgiveness when I err, not running away from that parts of me that says things I feel poorly about. If I can bring some love to those parts of me that act out, maybe they will grow quiet enough to take a nap!

Each day is an opportunity for a compassion that has the courage to remain with ourselves and others when we want to turn away, remembering that we live in a community of people walking a similar path who see us and have the courage to love us as we go.

In this New Year, may a new courage be born in each of us.

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 every Sunday
at 10:45 am

~

January 6

"The Prophetic
Imagination"

Rev. Linda Simmons

January 13

"The Dream of Paradise"

Rev. Linda Simmons

January 20

"The Man, the Dream,
the Movement"

Rev. Linda Simmons &
the Lay Led Service committee

January 27

"The Untethered Soul"

Rev. Linda Simmons



Calendar of Events

Monday, January 7th

Immigration Resource Center
5:30 pm, Hendrix Hall

Wednesday, January 9th

Building & Grounds
Committee Meeting
5 pm, Activities Room

Tuesday, January 15th

Board of Trustees Meeting
5:15 pm, Activities room

Monday, January 21st

Martin Luther King Jr. Day—
Office Closed
Neighborhood Project
5 pm, Activities Room
Interfaith, multicultural celebration
of Dr. Martin Luther King Jr.
6 pm, Summer Street Church

Sunday, January 27th

Annual Meeting
12 pm, Hendrix Hall

Thursday, January 31st

Food Rescue Meeting
11 am, Activities Room

Board of Trustees Report

Usually our Board president, Val Hall, is in charge of writing this report.... She's been doing it diligently for the past almost two years..... This month she asked me to write it as she will be away for the holidays... So, given this opportunity, I thought that instead



of writing the usual report on board happenings, I would write about our president, Val, as her term on the board is about to come to an end.

Although Val has been an active member of the UU Congregation for many years, my personal experiences with her began when Peter and I moved on island full time in August of 2011 when we started attending UU services. From the beginning of my interactions with Val, she has always been someone who is ready to jump in to help, never having to be asked. My strong sense is that this is who Val is, not just in our congregation, but everywhere in her life. We also work together at NiSHA, the island animal shelter where she has worked as a loyal volunteer and staff person for several years...

Her big heart is on display with every animal she cares for.

Three years ago, as part of the nominating committee, I approached Val with a special request, not only to join our Board of Trustees, but also to become our vice-president. With her previous board experience and her years of service to our UU community, she was a natural, but we also knew how much she was already doing, a leader on the Lay Led Committee, a member of our choir, and the force behind the weekly coffee hour sessions after every service... Could she add on yet another responsibility?... After some serious thought, she answered yet another call to service with a big "yes"!

Val is not capable of doing anything half-way, so once she made this commitment to our congregation, she dove right in 100%. And after a year of vice - presidency, she bravely stepped into the presidency and then agreed to continue for a 2nd year as president when it became necessary for the health of our board governance.

And now, Val's 3 year term on the board is up and she'll be stepping down... but I have no doubt whatsoever that her loyal presence will still be felt in our congregation in a wide variety of ways because that's just the kind of person Val is. Thank you so much for all that you have done for us Val!

Susan Richards, Vice-President

On December 13, *The Inquirer* and *Mirror* featured an article on Food Rescue, one of the projects of the Seven Principles Project at the Meeting House led by Gary Langley. The following is the article, as printed in the newspaper.

Food rescue program helps the hungry, reduces waste

Restaurants, groceries donate food instead of discarding it

By Brian Bushard
bbushard@inkym.com

Gary Langley sets the temperature of his refrigerated van to 34 degrees as he rolls in to Bartlett's Ocean View Farm. The back of the van is empty. But in just a matter of minutes, he will fill it with 12 crates of produce, drinks



and cheeses. When he is finished loading the van, he'll bring it to the Nantucket Food Pantry.

The food weighs about 200 pounds. "When we started, we didn't have a plan," said Langley, director of Nantucket Food Rescue, a nonprofit group of volunteers with vans who collect perishable food from island stores and restaurants for peo-

ple in need. "I just thought the idea was good. People who handle food, they're in the business of selling food, they're not in the business of what can we do with this instead of throwing it out. Nobody wants to waste the food, but that's what they do."

He closes the back of the van. Two volunteers join him, a married couple who are both retired. They have their own pick-up truck with crates of Bartlett's food. The food in their truck is also heading to the Food Pantry.

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This year's
Annual Meeting

Will take place

Sunday, January 27th

After Service in Hendrix Hall

All members encouraged to attend and vote

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“The idea is to get the food before it’s thrown in the dumpster and give it to people in need,” Langley said. The group operates under the auspices of the Unitarian Universalist Church on Orange Street, where his wife, Linda Simmons, is the minister. It started four years ago.

Langley had not done any food rescue work before then. His knowledge of the program came from reading about similar operations in other communities and statistics from the federal Department of Agriculture. “I had done some reading about food rescue,” he said. “In the United States, 40 percent of what is produced here goes to waste. Not only that, but all the labor and transportation and the carbon footprint that goes into getting it here. The tonnage is unbelievable when you think about it.” Four years in, the group has collected more than 40 tons of food, he said. There was no food rescue program on the island before his.

He parks the van outside the Food Pantry on Candle Street.

All of the food he collects from Bartlett’s goes to the Food Pantry. On other days he collects from stores and restaurants from Annye’s Whole Foods to Stop & Shop, Moors End Farm to The Club Car, Lemon Press to The Bean to Espresso to Go to Something Natural to The Corner Table to The Green.

The doors to the Food Pantry are propped open. Langley, with help from volunteers Maureen and Vic Reed, offloads the crates inside. The crates contain Greek yogurt and mozzarella cheese, peppers and tomatoes, apple cider, milk, bananas and kale. “It’s produce and it’s things that have just gone out of date: milk, juice, yogurt, eggs, dairy,” Langley said. ‘All this stuff is perfectly good to eat. All of the sell-by dates are done by the manufacturer, it’s not government regulation.’ By the state Good Samaritan statute, food that has passed its expiration date can be donated, as long as its quality has not significantly diminished.

Tuesday pickups at Bartlett’s have become a weekly activity for the Reeds for the past two

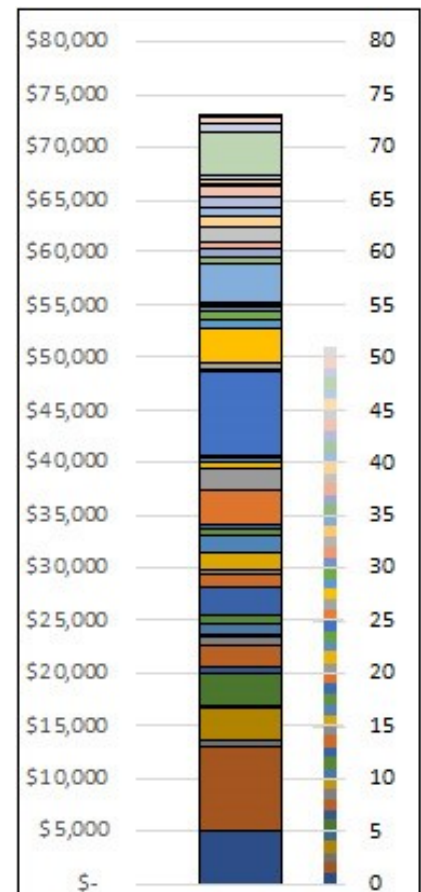
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Pledge Progress Report

Pledges continue to come in. We need total pledges of \$80,500 **before the Annual Meeting on January 27, 2019**, to balance our budget, and we’re over 90% of the way there on dollars (less so on the number of pledges, the narrow stack below).

You may pledge with an e-mail to me:

Paul Stewart –
Paul@PLPDD.com



As of 12/31/2018,
we’ve received 51 pledges
for a total of \$72,981.
Every pledge helps!

The wide color blocks above are the actual individual pledges received so far (in chronological order received, the first one received is on the bottom). Small blocks are the number of pledges.



I Heard a Bird Sing

by Oliver Herford (1863-1935)

I heard a bird sing in the dark of December.

A magical thing and sweet to remember.

"We are nearer to Spring than we were in September,"

I heard a bird sing in the dark of December

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years. Maureen said she learned about the group from a friend over a game of paddle tennis. 'It's a cool thing to do,' she said. 'The idea that all this food is getting recycled and used, it's just the way I am anyway – I don't throw out food. I think that it's wonderful that it is not thrown away.' Bartlett's average donation is 10 to 12 crates of food, produce manager Nick Delacruz said. The store simply can't sell it, he added. "We do our best to sort everything, what's good to be utilized and what has to get thrown away, all the stuff that's terrible looking," he said. "Seeing the things that get thrown away, stuff like fresh produce, that's the hardest," he said. "It has such a short shelf life it just can't be sold."

Langle's next stop is The Club Car, which closed for the season two days earlier. At the end of the summer or fall, he said, several restaurants in town do not sell all of the food they have in stock, and call him for a pick-up.

On Tuesday, he collected dozens of tubs of relish, herbs, sliced bread, frozen fish, mashed butternut squash, eggs, sliced mushrooms and peppers. It all went in the van, to be distributed either to the Food Pantry or to other restaurants that could use it. If the food really can't be used, he said, it goes to compost.

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The UU Christmas Eve tradition of caroling in the community continued this year, as members of the congregation, their families, and members of the community joined together to spread Holiday cheer to those unable to leave their homes. Music Director Barbara Elder led the enthusiastic group in song at various locations, including Our Island Home (pictured above), the Homestead, Academy Hill, and two private homes.

International Potluck



FRIDAY FEBRUARY 1ST AT 6PM
SPONSORED BY THE IMMIGRATION RESOURCE CENTER
Location: Unitarian Universalist Meeting House
11 Orange St.

JOIN US FOR AN INTERNATIONAL POTLUCK
CELEBRATING ALL OF OUR ISLAND'S PEOPLE

LEARN MORE ABOUT THE IMMIGRATION RESOURCE CENTER
AND OTHER SERVICES ON ISLAND.

LET'S BREAK BREAD, CREATE FRIENDSHIPS AND BUILD
COMPASSION TOGETHER ONE MEAL AT A TIME!

immigrationresourcecenter@gmail.com

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Two years ago, as more volunteers joined the group, Langley decided to step up deliveries. They then decided that along with delivering food to people in need, some of it could be used at places like the police and fire department. Nantucket Food Rescue now delivers to the Landmark House, The Homestead and Academy Hill Apartments elder housing and the Steamship Authority. But 90 percent of the food, he said, still goes to the Food Pantry. Without Food Rescue, he said, the organization would rely on deliveries of non-perishable goods, mostly in cans and sealed bags, as well as chicken and eggs from the Greater Boston Food Bank. Food Rescue also picks up food after large events on the island, including the Nantucket Wine and Food Festival in May, he said. 'After the Wine and Food Festival, we picked up an entire cooler of little salmon patties with this Greek yogurt sauce on top,' he said. "There must have been 80 of them. They had made them and it didn't go.' The appetizers were dropped off at the police and fire department, he said. The Food Pantry can only accept food that is individually packaged. He delivers bulk foods to other locations around town. The police officers and firefighters love the food, he said. 'It's unbelieva-

ble,' he said. 'I mean, they're always there, they're working long hours. I'll just come back a couple days later and pick up the pan.'

Some weeks, Food Rescue collects more food than the Food Pantry and other places can fit in their refrigerators, he said. On these occasions, Langley will bring the excess food to a portable refrigerated trailer parked at the Sustainable Nantucket farm plots on Hummock Pond Road. The trailer came from an anonymous \$20,000 donation from one of the church's congregants, he said. "I can take the long-term stuff and put it in the freezer, and I can take the stuff we need out of the freezer and put it in the cooler," he said. The group started with only two members, he said. Now, it has 15 volunteers driving their personal vehicles to restaurants in town, bringing excess food to people who need it. There's room for expansion, Langley said. "There's so much more that we could do,' he said. "For example, we're starting to glean food from farms, like Moors End Farm. Sometimes, they have extra food if there's a big harvest. We can do that with Sustainable Nantucket's farms, too."

Two years ago, he started a

New Winter Office Hours

Monday, Tuesday, Friday 9am—12pm

pilot program for a six-by-three-by-three-foot plastic food collection bin in Wauwinet. The idea was to collect food that people on vacation do not eat. He picked up seven or eight paper bags of food every week. "It was very successful that year so we went out to Madaket the next year and did the same thing," he said. "People on Nantucket live in a little bubble," he said. "It's like this is a vacation land. People think there are no problems here. I'd like people to be aware that there is food insecurity on Nantucket. People don't like to recognize that."

Winter's Cloak Joyce Rupp

This year I do not want
the dark to leave me.
I need its wrap
of silent stillness,
its cloak
of long lasting embrace.
Too much light
has pulled me away
from the chamber
of gestation.

Let the dawn
come late,
let the sunsets
arrive early,
let the evenings
extend themselves
while I lean into
the abyss of my being.

Let me lie in the cave
of my soul,
for too much light
blinds me,
steals the source
of revelation.

Let me seek solace
in the empty places
of winter's passage,
those vast dark nights
that never fail to shelter me.

Proposed 2019 General Operating Budget

The annual budget process we follow is laid out in our Congregational Handbook:

The Finance Committee shall develop the Church's annual budget in conjunction with the various departments and committees, within the context of the actual financial realities and long-term goals, and present a budget to the Board of Trustees for their approval by December 15, and then to the congregation two weeks prior to the annual meeting.

At its December meeting your Board of Trustees approved the 2019 Proposed budget below.

	A	B	C	D	E
1	General Operating Fund	2018B	2019P	2019P vs 2018B	
2	Income less related expenses	Budget	Proposed	\$\$	%
3	Pledge Payments Received	\$ 86,966	\$ 87,750	\$ 784	1%
4	Sunday Plate and Gifts	\$ 12,489	\$ 11,747	-\$ 742	-6%
5	Rentals (Pars, FdL, CSHY, tower, wed, ...)	\$ 83,975	\$ 86,409	\$ 2,434	3%
6	FUNdraising (Auction, 4thJuly, etc.)	\$ 20,350	\$ 19,200	-\$1,150	-6%
7	Income from Reserves and Banks	\$ 42,107	\$ 45,530	\$ 3,423	8%
8	Income from Sanford Fund	\$ 10,000	\$ 10,000	\$ 0	0%
9	Principal taken from Endowment	\$ 0	\$ 0	\$ 0	0%
10	total Income less related expenses	\$ 255,887	\$ 260,636	\$ 4,749	2%
12	Operating Expenses	2018B	2019P	2019P vs 2018B	
13	Ministry + Guest Speakers	\$ 106,074	\$ 110,283	\$ 4,208	4%
14	Building & Grounds	\$ 71,006	\$ 74,320	\$ 3,314	5%
15	Operations (office, postage, etc.)	\$ 36,261	\$ 36,642	\$ 381	1%
16	Music Program	\$ 22,834	\$ 23,385	\$ 551	2%
17	Religious Exploration (RE)	\$ 11,538	\$ 8,255	-\$3,283	-28%
18	Denominational Affairs (UUA, etc.)	\$ 5,131	\$ 5,283	\$ 152	3%
19	Committee Budgets	\$ 1,200	\$ 1,650	\$ 450	38%
20	Contingency/Slack	\$ 1,842	\$ 818	-\$1,024	-56%
21	total Operating Expenses	\$ 255,887	\$ 260,636	\$ 4,749	2%

This budget is balanced, total income (cell C10) matches total expenses (cell C21), with no use of principal from our endowment.

Some income and expense areas are projected to increase, and some to decrease, with a total net increase of 2%.

Our Annual Congregational Meeting will be held on January 27th after service, and one of the articles will be our 2019 Annual Budget. Between now and then, I'm available to answer questions about our budget and finances in person or by e-mail.

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

Sermons for January

January 6

The Prophetic Imagination, Rev. Linda Simmons

What are we forgetting to imagine and what might imagining more openly do for our ability to build the world we dream about? This sermon will consider who we have become as a people, how to get to where we want to be, and how to walk together as we go.

January 13

The Dream of Paradise, Rev. Linda Simmons

Many religions create a god and a devil who square off for all eternity, separate, hostile, doomed. What else might paradise be beyond the absence of evil and how can we contribute, as people made of good and evil, to its realization?

January 20

The Man, the Dream, the Movement, Rev. Linda Simmons & the Lay Led Service Committee

This service was written by Rev. Clyde Grubbs and Mary Jane Holden and has been adapted for this Sunday. It uses readers to tell the story of the Civil Rights movement as it unfolded over the course of a decade. It is a provocative walk through American history and the necessity of integrating its lessons and protecting its gains.

January 27

The Untethered Soul, Rev. Linda Simmons

What is the soul and how would its untethering contribute to our well being and peace? This sermon will explore concepts of the soul and how showing up in it all, in all of who we are, can offer us the energy and hope we need to live lives of creativity and courage.

Unitarian Universalist Meeting House

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Church Staff

Rev. Linda Simmons, Minister ~ Edward B. Anderson, Minister Emeritus

Barbara Elder, Music Director ~ Leyah Jensen, Religious Exploration Lead Teacher, Sherlly Morocoima, RE Assistant, Emma Young, Office Manager ~ Janelle Zapata de Morocoima, Sexton ~ Chuck Gieg, Bookkeeper

Board of Trustees

**Val Hall, President, Susan Richards, Vice President, Paul Stewart, Treasurer, Peter Richards, Clerk
Alison K. Forsgren, Kat Robinson Grieder, Nancy Mack, Joanne Polster, Rev. Linda Simmons**

Church Office Hours: Monday, Tuesday, Friday, 9am—12 pm

Minister's Office Hours: Tuesday, 10 a.m.—noon and by appointment