

Nantucket Unitarian Universalist Newsletter –March 2018

**COMMON PATHWAYS \***

By Reverend Kimberley Debus, Sabbatical Minister

**Sanctuary from the Storm**

I know I am not alone in wishing this could be a simpler time, a time when yes, we knew racism, homophobia, misogyny, and greed were harming others — but we also knew the ground we were on was firm.

I know I am not alone in wishing for time to contemplate the fullness and richness of life, to enjoy our families, friends, hobbies, occupations, nature — as a nourishing respite from the hard work of justice and compassion.

Alas, this is not a simpler time. The days are bombarding us with vitriol and violence, threatening our good sense, our moral centers, our principles, and our very lives. The ground we are on is no longer firm. The times are demanding action from us in ways we never imagined, our heads spinning. It feels like too much to bear. We live with anxiety, angst, and world-weariness, what the Germans call *weltschmerz*.

What we need most in these moments is something to help us be stronger, calmer, and better prepared to face the work of justice.

Allow me to introduce to you the Danish concept of *hygge* (HEW-gə). Loosely translated, *hygge* is coziness and togetherness. But it's more than that. *Hygge* is more of a mental coziness, an effect of how we are together. Writer Louise Thomsen Brits describes *hygge* as “the art of building sanctuary and community, of inviting closeness and paying attention to what makes us feel open hearted and alive, to create well-being, connection and warmth, a feeling of belonging to the moment and to each other, celebrating the everyday... *Hygge* is about appreciation. It's about how we give and receive. *Hygge* is about being, not having.”

In our personal lives, we know the power of *hygge* — gathering around the table for a shared meal, reading in a comfortable chair, wrapping up in blankets on a blustery afternoon, seeking shelter from the rain under a shop awning, baking pie in a warm kitchen, watching a favorite movie with a bowl of popcorn, watching the sunset with someone you care for. The things that keep us alert and aware and anxious — the phone, the newspaper, CNN, Facebook — are distinctly absent in these moments of personal *hygge*.

But *hygge* is not just an absence of things that might be overwhelming. It is in fact a very practical way of creating sanctuary in the middle of very real,

(continued on Page 3)



JOIN US AT  
10:45 A.M.  
EVERY SUNDAY  
IN HENDRIX HALL

**March 4**

**“Holey, Holy,  
Wholly”**

Rev. Kimberley Debus  
Guest Musician Susan  
Berman

**March 11**

**“Reclaiming My  
Time”**

Rev. Kimberley Debus  
Guest Musician Mollie  
Glazer

**March 18**

**“Simply Pray”**

Rev. Kimberley Debus  
Guest Musician Rob  
Dunbar

**March 25**

**“A Celebration of  
Visual Arts”**

Lay Led Service

**Families Welcome!**

**Religious  
Exploration for  
Children Every  
Sunday**

## Board of Trustees Monthly Report— March 2018

The Board of Trustees met on February 20. We welcomed new members Alison Forsgren, Susan Richards, Kat Robinson-Grieder, and Nancy Mack (the latter three were either sick or away). The Nominating Committee will soon be presenting the Board with a candidate to replace Michelle Whelan, who resigned recently. We also welcomed our Sabbatical minister, Rev. Kimberley Debus, who gave us an update on the services and activities planned or already completed. She also shared her insights about church governance “from both sides of the collar”, since she was a lay leader before becoming a minister. Treasurer Paul Stewart briefed us on the issues regarding the Parsonage, which is older than the church, including a very old heating system, little or no attic insulation, and excessive outside noise, as well as newly discovered water leakage in the belfry and lantern levels of the church tower. Some of these may require a Capital Campaign. The Board chose the color of flooring to replace the existing carpet in the Activities Room, which hopefully can be installed before Linda and Gary’s return. There was a discussion of the possibility of becoming a Sanctuary Church for our immigrant neighbors. We are not qualified to become a physical sanctuary due to a lack of private facilities, but we can support sanctuary efforts by others. A Task Force will be formed to form a plan to be presented to the congregation. Finally, the Board chose Saturday, March 3 as the date of its annual retreat.

*Respectfully Submitted,*

*Val Hall, President  
scallop lady@gmail.com*

### *UU Crafting Group*

Join us in the **Activities Room** on **Saturday mornings from 10am to noon.**

Drop in once or join us every Saturday to learn a new craft, get help on your current project, share your expertise and/or make items to support the church.

*All are welcome!*

Contact Kat Robinson Grieder  
(tuckernuckat@gmail.com) with any questions.

## *March Calendar of Events*

**Monday, March 5, 3 p.m.—5 p.m.**  
Shirat Ha ‘Yam Hebrew School—Activities Room

**Monday, March 5, 5:30 p.m.—7:30 p.m.**  
Immigration Resource Center—Activities Room

**Wednesday, March 7, 10:30 a.m.—12 p.m.**  
A Year to Live Workshop with Guest Speaker  
Charlene Thurston—Activities Room

**Wednesday, March 7, 5 p.m.—5:45 p.m.**  
Buildings & Grounds Committee Meeting—Activities  
Room

**Sunday, March 11—DAYLIGHT SAVINGS TIME  
BEGINS—SET YOUR CLOCKS FORWARD ONE  
HOUR**

**Monday, March 12, 3 p.m.—5 p.m.**  
Shirat Ha ‘Yam Hebrew School—Activities Room

**Friday, March 16, 6 p.m.—9 p.m.**  
Annual St. Patrick’s Day Dinner Fundraiser and  
Friday Frolics Potluck: Movie “Contact”—Activities  
Room

**Monday, March 19, 3 p.m.—5 p.m.**  
Shirat Ha ‘Yam Hebrew School—Activities Room

**Tuesday, March 20, 5:15 p.m.—6:45 p.m.**  
Board of Trustees Meeting—Activities Room

**Thursday, March 22, 5:15 p.m.—6:30 p.m.**  
Choir Practice—Hendrix Hall

**Monday, March 26, 3 p.m.—5 p.m.**  
Shirat Ha ‘Yam Hebrew School—Activities Room

**Thursday, March 29, 5:15 p.m.—6:30 p.m.**  
Choir Practice—Hendrix Hall

**Thursday, March 29, 7 p.m.—8 p.m.**  
Maundy Thursday Vespers Service—Hendrix Hall

**Friday, March 30, 6 p.m.—9 p.m.**  
Friday Frolics Potluck: Tabletop Game Night—  
Activities Room

*See You at The Meeting House!*

***“It was one of those March days when  
the sun shines hot and the wind blows  
cold: when it is summer in the light,  
and winter in the shade.”***

***- Charles Dickens***

## Lay Led Service Committee Report

Our next Lay Led service will be on March 25, when we will celebrate the visual arts. This service, planned by Ezra Descarfino and Val Hall, will feature emerging and established Nantucket artists of various media, as well as teachers of art. Readings, music, and stories will combine to enhance the appreciation of art in all its forms. We hope that congregants will also remain for Coffee Hour to that they have an opportunity to talk to these artists and to view their creations on display.

*Respectfully submitted,*  
*Valerie Hall*  
*Committee Chair*

## *The Immigration Resource Center is Open!*

**Monday, March 5**  
**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!*



*(Sanctuary from the Storm continued from Page 1)*

hard, complicated life. It is a kind of enchantment – inviting in warmth, simplicity, connection – making space for the heart and the imagination. Hygge acknowledges the sacred in the secular – that there is something extraordinary in the ordinary.

Hygge provides space for us to rejuvenate and reclaim what we know is true. As people committed to justice, equity, and compassion, we tend to get overextended, to constantly do, so that overdoing becomes our undoing. Mystic Thomas Merton wonders if our modern rush to constantly do is a bit of self-violence. In these times, we need space to gear up again.

While we strive to create hygge in our homes, it is even more important that we create hygge in our religious communities. At its best, religious community is a shelter from the storm. It is a space set apart where we can breathe into the present moment. It helps us integrate our faith into the rhythm of our daily lives. It makes space for restoring loving and intimate connections with each other. It is the small rituals and gestures we undertake with each other in this sacred space that give everyday life its value and meaning, that comfort us, make us feel at home, rooted, and generous. It is the safe space for learning and discussion that prepares us for the tasks ahead. It is the ever-present invitation to stop, be still, and give thanks.

And it is intentional. Hygge doesn't happen by accident – as Brits says, “it's an attitude, a considered practice. It takes effort to hygge.” It doesn't seek to hide the darkness but rather provide a light that reminds us the darkness of pain, sorrows, and troubles is not all there is.

We need this reminder more than ever. It can be so easy to be so shocked we become almost inured to the horror; we are in danger of losing sight of our very souls– the very reason this matters in the first place.

And so we can – and should – return to this beautiful faith community, where the sanctuary of hygge rejuvenates us, giving us space to put down our burdens and shift our perspectives from alienation to interdependence, from anxiety to open-heartedness, from weariness to welcome.

## *Friday Frolics are Here!*

Join us on

**Friday, March 16 at 6 p.m.**

**in the Activities Room for the combined  
St. Patrick's Day Dinner Fundraiser and  
Friday Frolics!**

We will view and discuss the film

*Defending Your Life* starring Meryl Streep and Albert Brooks.

Bring a dish to share and let's enjoy some good food, a good movie, lively discussion, and great community!

Make sure and mark your calendars for the other upcoming Friday Frolics:

March 2—Karaoke Dance Party

March 16—Movie *Contact*

March 30—Tabletop Game Night

## Sermons for March

### **March 4: “Holey, Holy, Wholly” - Rev. Kimberley Debus**

What does it mean to be whole? How can we achieve wholeness? And what do we do in our brokenness?

### **March 11: “Reclaiming My Time” - Rev. Kimberley Debus**

Over the past year, we have seen women and more than a few men say “enough” to sexism, sexual violence, and a misogynistic culture that devalues half the population. What does it mean to not only have, but promote a new vision of a world that no longer needs #metoo?

### **March 18: “Simply Pray” - Rev. Kimberley Debus**

Why do we pray? And how do we pray? And more, why does prayer seem to be so central to so many religions? We'll ask and answer these questions and more.

### **March 25: “A Celebration of Visual Arts” - Lay Led Service**

Ezra Descarfino and Val Hall will lead this service featuring emerging and established Nantucket artists of various media, as well as teachers of art. Readings, music, and stories will combine to enhance the appreciation of art in all its forms. Stay for Coffee Hour to talk to these artists and view their creations on display.

### **Thursday, March 29, 7:00 p.m.: Maundy Thursday Vespers**

This service, with deep roots in the Christian tradition, commemorates the last supper celebrated by Jesus and the events leading to his crucifixion. This contemplative service will include readings, music, and communion.

*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.*

*~ 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**

11 Orange Street - P. O. Box 1023

Nantucket, MA 02554

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[office@unitarianchurchnantucket.org](mailto:office@unitarianchurchnantucket.org)

On Facebook: [www.facebook.com/Nantucket-Unitarian-Universalists-75824801619/](https://www.facebook.com/Nantucket-Unitarian-Universalists-75824801619/)

### **Church Staff**

**Rev. Linda Simmons**, *Minister* ([revlindasimmons@gmail.com](mailto:revlindasimmons@gmail.com)) ~ **Edward B. Anderson**, *Minister Emeritus*  
**Diane T. Lehman**, *Music Director* ~ **Leyah Jensen**, *Youth Programs Coordinator*, **Sherlyl Morocoima**, *RE Assistant*  
**Lucretia Voigt**, *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*)  
Clay Twombly, Alison Forsgren, Kat Robinson Grieder, Nancy Mack  
Rev. Linda Simmons (*Minister*)

**Church Office Hours:** Monday - Friday, 9:30 a.m. - noon

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