



Unitarian Universalist Meeting House

11 Orange Street - PO Box 1023

Nantucket, MA 02554

(508) 228 5466

November 2018 Newsletter

Common Pathways: Showing Up with Grace

Rev. Linda Simmons

Gary and I recently went on a 10-day vacation. The beginning leg we often spend at a friend's house. She is a retired minister and she and her husband, who is a researcher at Harvard, live on a lake in Essex. We so love visiting them! Not only do we adore them, but they respect our privacy and leave us largely to ourselves. Given this, we need things to fill our days. We can only jog, kayak, and read to one another so long! So, we purchased an online class called "This Sacred Journey" by Pema Chodron. It has six sessions with four to five video lessons in each. The class is about death and dying. When I told my daughter this she said, "You two are so bad at taking vacations!"

Part of what Pema suggested we do is download an app called WeCroak that sends a message to your phone five times a day that says, "Don't forget you are going to die." The people of Bhutan, five times a day, meditate on death and are said to be the happiest people on earth. Hey, we want to be happy too!

Later in the vacation when we were visiting family in New Hampshire, I was driving with my 13 year old nephew who was using my phone to call his mom and saw the message, "Don't forget, you are going to die." He was surprised and told me I was morbid. But then we got chatting.

I told him that it helped me like when I am arguing with Gary about something and that message comes up. It is like a little, loving god-smack. When I see it, I consider that in light of death, is what we are arguing about important? Sometimes it really is. More often, it really is not.

And my nephew told me that he argues with his dad sometimes because he really hates to do chores. I asked if his dad wants him to do too many chores. He told me, "No, it's just that he can make me do them, and I resent that."

How many of us can relate to that! My nephew considered if this mattered in the face of his own and his father's death and changed the equation around in an interesting way. He said, "You know, maybe what this is supposed to teach me is to appreciate my father in my life now. Maybe if I did that more often, the chores would feel fewer."

I expected him to say that maybe if he did that more often, his father would give him fewer chores! But he did not. He suggested that appreciation would change how he felt about doing chores. When we can appreciate the people in our lives, we can show up for them with more grace.

I appreciate you. I want you to know that. I hope we have many more days together for me to show you so.

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

~

November 4

"Maintaining Integrity in
a Post-Truth Age"

Rev. Linda Simmons

November 11

"On the Brink of Every-
thing: Resilience and
Love"

Rev. Linda Simmons

November 18

"The Peace Practice"

Rev. Linda Simmons & Dr.
Natalie Chambers

November 18

"Happiness in the 4th Di-
mension"— Lay Led with
Jack Weinhold



Calendar of Events

Monday, November 5th

Immigration Resource Center
5:30 pm, Activities Room

Wednesday, November 7th

Building & Grounds Committee
Meeting
5 pm, Activities Room

Monday, November 12

Veterans Day

Meeting House & Office will be closed

Tuesday, November 13th

Board of Trustees Meeting
5:15 pm, Activities room

Monday, November 19th

Neighborhood Film Screening
5 pm, Activities Room

Thursday, November 22nd

Thanksgiving Dinner
4 pm, Activities Room

Thursday, November 29th

Food Rescue Meeting
11 am, Activities Room

Board of Trustees Report

October has been a busy month for the Board. Many of us participated in the Strategic Planning Meeting October 2, facilitated by consultant Kim Comart, with congregants Lora Stewart and Bess Clark. Kim suggested that the message we need to get “out there” to increase participation, is not just who we are and what we do, but what benefits people would get if involved in our congregation. On October 12, we met at the home of treasurer Paul Stewart to assemble and mail the pledge request letters, each of which included a personal message and a photographic collage of our recent congregational activities.

Our last Board meeting was on October 16. We heard from committee liaisons and planned their formal reports in the future. Committees include Ministry, Buildings & Grounds, Religious Exploration, Lay Led Service, Docents, Nominating, Finance, Caring, Membership, Music, and Parsonage Garden. Nancy Mack, speaking for the Garden Committee, will get a bid for an irrigation system and a landscaper to level out the yard. Paul presented the third 2018 quarterly treasurer’s report and a first draft of the 2019 Annual Budget, which will be completed after the Finance Committee’s November 6 meeting. Paul presented some revisions to the Constitution and Handbook to streamline how we count members for the UUA, to be voted on in November. The Board decided to have an early spring retreat to include evaluating the last approved Vision (2012), conducting a Board self-evaluation, and discussing some of the ideas from the Strategic Planning Meeting.

Finally, the Board plans to host the Pledge Kickoff luncheon on Sunday, October 28.

Respectfully submitted,

Valerie A. Hall
President

Religious Exploration News

In October our small but enthusiastic group of Religious Explorers focused on the theme of gratitude using the curriculum from the UUA Tapestry of Faith: “Heeding the Call - Qualities of a Justice Maker” as a guide.

Members of the RE Committee took turns leading the RE group throughout October. The UU “Stroll Tree” was discussed and ideas were brainstormed. We finally decided on the theme of “Open Doors and Chalice” (with many thanks to Rowan!) Work on the decorations for this theme has already begun!

We continue to begin each RE class with a Welcoming Circle, reciting together our “Open Minds, Helping Hands, Loving Hearts” words and checking in with each other - sharing joys, concerns, and our announcements.

Our beloved RE Leader and brand new mother, Leyah visited with us twice during Sunday services in October with her beautiful new baby boy, Beaumont (aka Beau!).... We were all so excited to see Leyah again and meet baby Beau! And how fitting that Beau and our Susie Jarrell should be together to share a birthday cake at one of our more festive coffee hours..... 102 years apart in age but both equally young in spirit!

We’re excited to announce that Leyah will be resuming her RE leader duties beginning on Sunday, October 28th! She will immediately be bringing her endless creative spirit to our Stroll Tree decorations as well as helping the children make some crafts for our annual Stroll Craft sale and prepare for our Thanksgiving service participation.

After any Sunday service we welcome you to drop by our RE space to say hello and see what we’re working on!

The RE Committee - Michelle Whelan, Lora Stewart, and Susan Richards



Eva and Rowan Blake read aloud a poem at the Blessing of the Animals Service in September.



Rev. Linda blesses Eva & Rowan’s hamster as well as some of the endangered animals that RE researched leading up to the Blessing of the Animals Service in September.



Leyah makes a visit with baby Beau

Report of the Lay Led Service Committee

The Lay Led Service Committee continues to be active. On September 16, the service was led by Val Hall, with special guest John Merson, who spoke on Civil Disobedience. Readings, prayers, and poems were taken from the writings of Robert Frost, Mahatma Gandhi, and Henry David Thoreau. The choir sang "Turn, Turn, Turn" by Pete Seeger, and we had the pleasure of hearing a special musical guest, vocalist Elliot Levine, who was on-island for the Jewish High Holy Days.

October is Domestic Violence Awareness Month. Kat Robinson-Grieder and Nancy Rappaport planned and led a moving service called "A World Without Violence". The choir sang the anthem "The Way of Peace", based on the Tallis Canon, and Cynthia Csabay sang the solo "Luka" by Suzanne Vega. While Nancy and fellow Safe Place counselor Carla Zenis read the stories of the thirteen people who have been murdered so far this year in Massachusetts as a result of domestic violence, congregants lit candles in their memory.

Stay tuned for future lay-led services: the Sunday after Thanksgiving with Val Hall and Jack Weinhold, and New Year's Eve with Peter and Susan Richards. The committee would love to hear ideas from the congregation for the 2019 season. And of course, we would love to have you join our ranks!

Val Hall, Committee Chair



Kat Robinson Grieder, Nancy Rappaport, and Carla Zenis presented a service on Domestic Violence Awareness on October 21.

Thanksgiving Dinner



Thursday November 22nd
4 pm

Activities Room

Bring a dish to share

Turkey & gravy provided

The Neighborhood Project

Film Screening & discussions

Every 3rd Monday at the Unitarian Meeting House or a participant's home

Begins Monday, November 19th at 5 pm
at the Unitarian Meeting House, 11 Orange Street

Over the course of 8 months, we will watch and discuss 8 movies which each take a provocative look at topics like acceptance, racism, forgiveness, duties, & satisfaction.

We will have a potluck before each movie to gather and build community and joy first, get to know one another, feed our bodies and souls and then we'll settle in and engage.

The Nantucket Project searches for passionate people with meaningful ideas & asks them to give the talk of their lives. Their best discoveries are made into films. They bring them to living rooms across the country. the neighborhood project explores what matters most - the mission is to unite and help individuals and communities through conversation. There are some simple guidelines:

1. Importantly, we put our phones away
2. Privacy is paramount, we commit to confidentiality
3. We respect diverse views. We are decidedly non-partisan, or multi-partisan. We reject finger-wagging, self-promotion and divisive language
4. Listening is an action word. We don't interrupt. We don't jump in or talk over each other. A good conversation is as much about listening as it is about talking.

There is a short meditation sequence at the beginning of the film. You can participate in the meditation or simply take that time to pause and reflect. When the film ends, we'll circle up and the conversation will begin. There is no leader. Anyone can speak.

Let's start the project!

2018 Third Quarter Treasurer's Report

Our annual budget is set by our Annual Congregational Meeting in January. We then run the Meeting House on that budget for the rest of the calendar year.

We also have longer-lived "Funds" which support the purpose for which they were created.

We also have 'Reserves', comparable to an 'Endowment'. The income from our Reserves supports our annual budget, and we may also use certain capital amounts from time to time.

All of those are summarized below in the various sections shown.

	A	B	C	D	L	M	N	O	P	Q	R	
1	Treasurer's Report: Pledges, Funds, and General Operating Budget											
2	My goal is to put this information in the May, August, November, and February Weathervanes. Paul P. Stewart, Treasurer, Paul@PLPDD.com											
3	2018 Pledges			1/1/2018	Net Change	9/30/2018	2018 General Operating Fund		Budget		Actual @	
4	Amount Pledged			\$ 75,641	\$ 10,329	\$ 85,970	Income less related expenses		Annual	9/30/18	9/30/18	
5	Number of Pledges			53	11	64	<= Pledge Payments Received		\$ 86,966	\$ 65,225	\$ 69,855	
6							Sunday Plate and Gifts		\$ 12,489	\$ 9,367	\$ 9,212	
7	Funds ('R'estricted, by 'D'onor)			1/1/2018	Net Change	9/30/2018	Rentals (Pars, FdL, CSHY, tower, wed, ...)		\$ 83,975	\$ 62,981	\$ 73,767	
8	General Operating monies			CapeCod5 \$ 5,018	\$ 1	\$ 5,019	FUNdraising (Auction, 4thJuly, etc.)		\$ 20,350	\$ 19,350	\$ 15,952	
9	General Operating monies			NanBank \$ 72,528	\$ (23,053)	\$ 49,475	Income from Reserves and Banks		\$ 42,107	\$ 31,580	\$ 31,582	
10	Subtotal General Operating			Rows 8:9 \$ 77,547	\$ (23,052)	\$ 54,495	Income from Sanford Fund		\$ 10,000	\$ 7,500	\$ 7,500	
11	R Parsonage Capital Maint.			NanBank \$ 10,783	\$ 4,210	\$ 14,993	Principal taken from Endowment		\$ 0	\$ 0	\$ 0	
12	R Minister's Discretionary			NanBank \$ 1,505	\$ (347)	\$ 1,158	total Income less related expenses		\$ 255,887	\$ 196,003	\$ 207,868	
13	R Sabbatical Provision (est. 2015)			NanBank \$ 5,860	\$ (2,500)	\$ 3,360	2018 General Operating Fund		Budget		Actual @	
14	R RE Committee			NanBank \$ 489	\$ -	\$ 489	Expenses		Annual	9/30/18	9/30/18	
15	R Social Action			NanBank \$ (68)	\$ 169	\$ 101	Ministry + Guest Speakers		\$ 106,074	\$ 79,556	\$ 78,090	
16	R Membership Committee			NanBank \$ 175	\$ 149	\$ 324	Building & Grounds		\$ 71,006	\$ 57,465	\$ 59,898	
17	R Caring Team			NanBank \$ 300	\$ 250	\$ 550	Operations (office, postage, etc.)		\$ 36,261	\$ 27,196	\$ 24,451	
18	R Lay Led Committee			NanBank \$ 550	\$ -	\$ 550	Music Program		\$ 22,834	\$ 17,126	\$ 16,971	
19	R Activities Room Renovation			NanBank \$ 6,855	\$ (721)	\$ 6,134	Religious Exploration (RE)		\$ 11,538	\$ 9,974	\$ 10,664	
20	R Coffee Hour Supplies			NanBank \$ 365	\$ (26)	\$ 339	Denominational Affairs (UUA, etc.)		\$ 5,131	\$ 5,056	\$ 5,056	
21	R Noonday Concerts			NanBank \$ 2,509	\$ (847)	\$ 1,662	Committee Budgets		\$ 1,200	\$ 1,200	\$ 1,200	
22	RD Hanner Memorial Music			NanBank \$ -	\$ 5,214	\$ 5,214	Contingency/Slack		\$ 1,842	\$ 1,382	\$ 0	
23	RD IRS Duplicate Refund??			NanBank \$ -	\$ 4,688	\$ 4,688	total Operating Expenses		\$ 255,887	\$ 198,953	\$ 196,329	
24	RD Food Rescue Fridge			NanBank \$ 18,500	\$ (18,881)	\$ (381)	Income - Expenses = Surplus(Deficit)		\$ -	\$ (2,950)	\$ 11,539	
25	RD Honoring Ministry			NanBank \$ 3,269	\$ 4,555	\$ 7,824	'Share the Plate':		Date		Amount	
26	RD Organ Playing			NanBank \$ -	\$ 400	\$ 400	United Nations UUUNO		6/24/18	\$	493	
27	RD Organ Maint. +			NanBank \$ 4,740	\$ (633)	\$ 4,107	Rohingya Humanitarian Crisis		8/12/18	\$	1,300	
28	Subtotal R and RD above			Rows 11:27 \$ 55,832	\$ (4,319)	\$ 51,513	Animal Blessing NISHA		9/30/18	\$	400	
29	Subtotal Nantucket Bank			Rows 9:28 \$ 128,360	\$ (27,373)	\$ 100,988	Minister's Discretionary Fund		??			
30	Subtotal all Bank Accounts			Rows 8:29 \$ 133,379	\$ (27,371)	\$ 106,007	Summary:		Our Funds are doing as they are supposed to do, accumulating and then providing money for specific purposes.			
31	R Capital Reserves			68.59% Vanguard \$ 1,006,002	\$ 18,458	\$ 1,024,459	Our Reserves are providing steady support for our annual budget.			Our Annual Budget is proceeding close to plan.		
32	R Working Reserves			31.41% Vanguard \$ 460,740	\$ 8,454	\$ 469,194	I see no significant concerns in any of these areas.			Paul		
33	Subtotal Vanguard			100.00% Rows 31:32 \$ 1,466,742	\$ 26,911	\$ 1,493,653	RDP Sanford Trust		(est. 1910) BNY-Mellon	\$ 238,637	\$ (4,792)	\$ 233,846
34	R Capital Reserves			\$100K 5/2015 UU CEF \$ 115,462	\$ 4,773	\$ 120,235	Sanford Trust is a 'right to income' but we don't 'own' the principal.					
35	Subtotal Reserves			Rows 31:34 \$ 1,582,204	\$ 31,685	\$ 1,613,889						
36	RD Organ Maint. +			(est. 2011) TIAA \$ 75,100	\$ 2	\$ 75,102						
37	Subtotal all 'Endowment'			Rows 31:36 \$ 1,657,304	\$ 31,687	\$ 1,688,991						
38	Total all Funds above			Rows 8:37 \$ 1,790,683	\$ 4,316	\$ 1,794,998						
39												
40	RDP Sanford Trust			(est. 1910) BNY-Mellon \$ 238,637	\$ (4,792)	\$ 233,846						
41	Sanford Trust is a 'right to income' but we don't 'own' the principal.											

In the weeks ahead, your Finance Committee and Board of Trustees will be developing a financial plan and budget for 2019. **If you have not already done so, please make your 2019 pledge now** (an e-mail to me is fine).

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

Sermons for November

November 4

Maintaining Integrity in a Post-Truth Age, Rev. Linda Simmons

How do we and should we define truth? And when truth becomes so distorted as to lose its meaning, what becomes the building blocks of our integrity then? This pre-election sermon will look at maintaining lives of accountability even while the world around is not reflecting this, especially while the world around us is not reflecting this.

November 11

On the Brink of Everything: Resilience and Love Rev. Linda Simmons

Many people have been talking about aging and maintaining a sense of self that is meaningful, hope-filled and resilient in the process. What do we need more and less of as we age? This sermon will explore how can we can age feeling less alone and more filled with a sense of meaning.

November 18

The Peace Practice, Rev. Linda Simmons & Dr. Natalie Chambers

Dr. Natalie Chambers, family doctor and UU Meeting House member, will offer us her thoughts on the causes of despair and how we can find our way from there to peace. This service will be in an interview format with Rev. Linda asking Dr. Natalie questions. Join us as we explore the shadows and the light as we approach this holiday season.

November 25

Happiness in the 4th Dimension—Lay Led with Jack Weinhold

Why do we spend most of our time thinking about the future? Why does Buddhism see happiness as the work of being alive? Why do an uncountable number of authors dissect happiness all without giving a definition? This promises to be an interesting twenty minutes.

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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; Wednesday & Thursday 12:30—3:30 pm

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