RELIGIOUS SERVICES IN JANUARY

THEME: NURTURE

January 5th – “Nurturing the Seeds of Eco-Recovery”
Guest speaker Nathan Wilson – Despite the increasing urgency to do more to help reverse the challenges of the climate crisis and ecosystem degradation, there are already some amazing stories of eco-recovery as close as our own backyards. What can we learn from these successes about when and how to act and not act to support the healing process?

January 12th – “Creating a listening Community: Restorative Circles is a Practice”
Church communities are built on the strength of love and service. Communication and understanding are key to creating an environment of loving acceptance for all who attend and serve the community. Disagreement and misunderstanding can cause breakdowns in communication. Individual and/or group feelings are hurt and needs go unmet because of the conflict.

How does a community find its way back to love and connection in the face of hurtful misunderstanding? Join us as Sarah-Elizabeth Anderson, member of the UU Church of Concord, NH, shares stories from the journey her congregation has experienced as they listen to one another in Restorative Circles.

Note: There will be a Restorative Circles workshop on Sunday, January 12 after the service. It will be lead by Sara-Elizabeth who is a Restorative Circles facilitator and trainer.

January 19th – “Don’t Sleep Though the Revolution!”
In 1966 the Rev. Dr. Martin Luther King Jr. addressed the Unitarian Universalist General Assembly and this was his topic. On this MLK Sunday, let’s look back at this speech, and reflect on what Dr. King might have to say through these words to us today.

January 26th – “In the Midst of Winter, an Invincible Summer”
“Why does God let bad things happen?” This is one of the most common questions people ask in times of tragedy. In this service, we’ll explore this difficult question, using insight from existential philosopher and atheist Albert Camus, as well as the Book of Job. How do we nurture a sense of meaning when tragedy can make life feel meaningless? This sermon topic was chosen by Tom Kirkman, winner of the Sermon Topic prize at last year’s UUFF Auction.
2020 will be a momentous year. We begin a brand new decade, we have the 400th anniversary of the Plymouth landing, the 150th anniversary of the founding of the town of Mashpee, and what looks to be an important and extremely anxious presidential election in the shadow of impeachment. Whatever your personal beliefs or politics, these are nerve-wracking times. It’s also January on the Cape, which can be a bleak time with increasing depression and health concerns.

How appropriate that our UUFF Religious Services Committee has chosen “Nurture” as our Sunday service theme for January! These are days for finding what is good, what is just, what is kind, and nurturing it. We need to water and tenderly care for what is good within ourselves and each other. This is the time of year the earth lies fallow, but She is not dead. Seeds of spring are being nurtured deep within Her. In the same way, even if your heart feels cold and frozen, there is hope in there, buried, waiting to be nurtured so it can grow.

Friends, be kind to yourselves. Find space to do what is nourishing to your spirit. Get plenty of rest, eat healthy, do whatever reconnects you to hope. Also: be kind to each other. We each carry difficult burdens, and when people are hurting they don’t always behave in the best way. When someone rubs you the wrong way, or gets under your skin, try to pause and be patient. Maybe they are fighting a difficult battle that you cannot see. Give the patience and kindness to others that you wish others would give to you. However, that doesn’t mean you need to put up with abuse. Part of taking care of ourselves is getting toxic relationships out of our life. You deserve relationships where you are respected and loved.

In addition to nurturing kindness for ourselves and others, let’s nurture the vision of Beloved Community. For our neighbors who are afraid and anxious over the state of our nation and planet, let’s be a congregation that nurtures hope and courage. Let’s be a place that nurtures spiritual and ethical growth. Let’s be a place that offers something better. Let’s be a lighthouse of love and logic in our cruel and irrational time.

Yours in love,

Rev. David
Amy Bower, who has been serving her second consecutive term as a Board member has decided to step down. This is primarily because of a perfect storm of professional duties. In addition to being a department chair at WHOI, she serves as the co-chair of the search committee for a new WHOI leader. All in addition to running her laboratory. Since there are only so many hours in a day, Amy is leaving the Board so that she can competently perform her professional and family duties. Amy has been an extraordinarily important contributor to the Board and congregation. We will sorely miss her insights.

Fortunately, Ellen Germann has accepted the Board’s invitation to fill out the rest of Amy’s term (until July, 2021). Many of you know Ellen (and her husband, Jay Melosh). Ellen sings in the UUFF choir. She has held various leadership positions in the UU universe, both within UU congregations and with the UUA.

Our Governing Board has been busy lately. In fact, we have decided to double our meeting frequency from the usual one per month to two per month, at least for a while. Moreover, we are planning to establish a cadre of advisors from the congregation to assist us in particular areas that match their expertise and passion. There will be no responsibility to regularly attend Board meetings, and invitations will be offered as the need arises.

The Board is planning the agenda for our all-day off-site retreat on February 15, with the assistance of Joe Sullivan at UUA, who will act as our facilitator. We are hoping to put some flesh on the bones of the concept of “Family Ministry” as it applies to us. We will include discussion of our priorities, and how to translate those priorities into funding and organizational decisions. An essential element of the retreat will address the best strategy to ensure that members of the congregation have input to our deliberations. Our plan is that no proposal or budget item brought to the Annual Meeting comes as a surprise to the congregation.

I hope that all had a fulfilling holiday season. It’s the start of a new year. I honestly feel that this coming year will be one that we will look back upon with affection.

Life is good.

Steve Treistman
January Theme - Nurture

January 5  Sunday  10:00 AM  Class 7
           11:15 AM  Youth Group Meeting
January 12 Sunday  10:00 AM  Class 8
January 17 Friday  6:00 PM  Parent Social Group
January 19 Sunday  10:00 AM  Social Justice
           11:15 AM  Youth Group Meeting
January 26 Sunday  10:00 AM  Class 9

Guest at Your Table

Guest at Your Table is the UU Service Committee’s annual inter-generational program to raise support for and awareness about key human rights issues. Since UUSC works in more than 20 countries, with over 60 grassroots partners, there are thousands of individuals involved in, and who benefit from, the work that our members make possible.

If you haven’t already, it is time to bring in your collections. Please bring them to the Family Ministries office or put them in Debi Keller’s mailbox. Please return boxes if you have them. If you don’t, feel free to put the money or check into an envelope marked “Guest at Your Table.” Checks can be made out to UUSC.


Grandma Sophie lived on a farm in northern Wisconsin. She was a down-to-earth, hard-working, always humming, practical idealist. Growing up I loved summers there, living close to the land and experiencing the abundance of the season—vegetables from the garden, eggs from the hens, fruit from the trees, milk from the cows. But most of all, water from the well. At the end of a hot day we would haul up the bucket and pass the dipper around, each drinking deeply. Lying back, we looked up at the millions of stars. We knew somehow that this earth was home and that we were all connected—blue sky, neighbors and all the love that surrounded us.

Now my husband and I tell our seven grandchildren our family heritage stories, from Grandma Sophie and her garden of rhubarb, green tomatoes, and braids of four-leaf clover to Opa Heinrich and his workshop of wood, stained glass, and bowls of ripe cherries. We share our own stories about how we met in Germany, learned to speak “Germlish” and gave birth to four children, their parents. Harvesting wisdom and blessing future generations are gifts of grand-relationships where younger and older persons come together across generations and find a sense of kinship and mutuality. Every elder is a grand-parent, related to the grand-children in their family, cultural, and congregational life.

Grandparents who are freed from a parenting role can offer children a different kind of support, empathy and understanding, making them trusted confidants and compassionate companions. Stories of their lives and connections to the past are gifts that elders can bring. Grandchildren bring stories out of their wondering, questioning, and imaginations, helping elders find new meanings, more hope, and amazing joy. What do you get when you connect an elder with a youngster? Grand-generational gifts of wonder and creativity, wisdom and spontaneity, insight and stories, stories, stories!

A Big “Thank You” as we head into the New Year…
*To Jean Stern for our wonderful Sweater Raffle.
*To the office volunteers who prepared 150 candles for Christmas Eve. The children AND adults are grateful!
*To members of the Family Ministries Committee, Membership Committee, Waldorf School, and Building & Grounds for organizing and implementing a wonderful Holiday Celebration Party!
* To Nannette Oldenbourg for her tireless promotion efforts to let the community know about what we do.

In Spirit, Debi
Director of Family Ministries
Adult Ed Programs

“ISN’T IT TIME WE TALKED ABOUT...”
Next Monthly Series on Aging: Sunday, January 5 at 11:30 AM at the Meetinghouse

In June, a congregational discussion took place where important issues on aging were raised. Based on the discussion, the Adult Education Committee developed a Series on Aging program.

The series will continue, one program per month, until June. Those who are interested are invited to meet after the Sunday service at 11:30 AM and empower themselves with information that may help them plan for the future.

The topic for our January 5 meeting will be “When the inevitable happens – you or your partner become sick.”

In upcoming months, we will discuss “Hospitalization and nursing home care (Medicare/Medicaid),” “Dementia and the need for extensive care,” “End of life conversation,” and “Estate planning.”

If you would like to help in planning/facilitating any of these programs, contact John McWilliam, 508-524-9268.

Creating a Listening Community: Introduction to Restorative Circles Practice
Sunday, January 12 from 12:00-2:00 PM at the Meetinghouse

Join us to experience how listening creates a bridge of understanding and moves us towards resolution of conflicts which arise in our community. We will explore how we listen and what gets in the way of understanding others. This is an experiential introduction where you will have an opportunity to be heard. Sarah-Elizabeth Anderson, Restorative Circle facilitator and trainer, will be leading the workshop.

Light refreshments will be served. If you have questions please contact Joanne Treistman at 508-335-1071.
Discussion January 29, 2020 at 7:00 PM at the Meetinghouse. Start reading now!

The Welcoming Committee along with the Adult Ed, Family Ministries, and Social Action committees invite you to join in a community read of the book *White Fragility*, by Robin DiAngelo. We encourage all who are interested to read the book over the next month, then **meet at UUFF on Wednesday, January 29, 2020 at 7:00 PM** for a discussion of insights and questions, facilitated by Rev. David. This topic of white culture and racism in our society is both timely and enlightening. Everyone is welcome!
On December 1 we **welcomed our new members**: Sharon Lowberg, Saphira Ravenstar, Ellen Germann, Carol Ann Cronon, Bob Cronon, Noreen Cavanaugh, Annalisa Fox and Beth Nicholson.

On December 6 we all gathered for the fun-filled Holiday Party complete with gifts and a visit from Santa.

On December 13 Waldorf students celebrated St. Lucia Day.

December 21 caroling brought joy to those in nursing homes and others who couldn’t get out.
Caring Committee

Can you believe another year and decade have left us! Hope you all had a great holiday and look forward to a happy healthy new year.

Jack Pearce is under the weather again and would appreciate visits.
Odin Tidemand is also ill and appreciates calls and emails.
Rolf Kleuver also likes to hear from folks.
Remember all who are less fortunate; do a little something to brighten their day.
So long to the Jewett family, we will miss you. Enjoy Florida!
Stay warm and think spring.
Take a moment to thank our employees for all they have done for us in the last year.

Happy 2020!

Marion Flurkey

JANUARY BIRTHDAYS!

1/5 Alice Liljestrand
1/8 Anne Giblin
1/13 Bob King
1/14 Cynthia O'Neill
1/16 Izzie Williams
1/18 Jim Tietje
1/24 Mary Lima
1/26 Julie MacNary
1/30 Joanie Thompson
The UUFF central calendar is now linked in real time to the website, UUFFM.org so you can see up-to-the-minute changes as they occur.

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<td>9:00 AM: Denominational Affairs Mtg., Choir Rehearsal</td>
<td>7:00 PM: Choir Rehearsal, Adult Ed Committee</td>
<td>1:00 PM Mah Jongg</td>
<td>6:00 PM Peace Corps Potluck</td>
<td>8:00 AM Men's Breakfast</td>
<td>12:00 PM Ladies Lunch</td>
<td>3:00 PM Fellowship #3</td>
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<td>10:00 AM Service &amp; RE</td>
<td>11:15 AM Youth Group 11:30 AM: “Isn’t It Time...” series, Stewardship Com.</td>
<td>1:15 PM Waldorf/ UUFF Mtg</td>
<td>4:00 PM Membership</td>
<td>5:30 PM: Women's AA, Religious Svcs.</td>
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<td>7:00 PM Choir Rehearsal</td>
<td>1:00 PM Mah Jongg, Caring Com.</td>
<td>12:00 PM Brown Bag Book</td>
<td>8:00 AM Men's Breakfast</td>
<td>6:00 PM Parent Social Group</td>
<td>9:00 AM Leadership Council Meeting</td>
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<td>10:00 AM Service &amp; RE</td>
<td>11:15 AM Nature Walk 12:00 PM Restorative Circles Workshop</td>
<td>1:15 PM Waldorf/ UUFF Mtg</td>
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