

# The Messenger

November 2020 Volume 28 Issue 10



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Sunday Services are virtual for the time being. A link to each new service and an invitation to the "Zoom Virtual Coffee Hour" will be sent out by Saturday @noon.

## November Worship Calendar

[Our Soul Matters theme for November is "Healing". Ask yourself: Are we a people who understand the need for healing in our collective life & society? Do we create healing environments when there is suffering, injury and conflict? How has healing happened in my life?]

**November 1<sup>st</sup>:** "How to Heal A Country" (The Reverend Michael F. Hall)

As we gather on the brink of another election, but surely no ordinary one, we will look at what we will need to fully participate in the election and to carry on after it is all over. Can the country ever heal and the people join together as one?

**November 8<sup>th</sup>:** "The Turn to Healing" (Rev. Michael)

There are times when we seem to double down on fighting against pain rather than to turn to healing. Why is that? What does it take to heal? What has been our experience of returning to health of body, mind or spirit? Join us.

**November 15<sup>th</sup>:** "Happy, Happy, Happy, Happy Talk" (Rev. Michael)

Is it really advantageous for people to speak positively, avoid unpleasant conversations and refuse to talk about contentious topics? Or are there ways that we might gain greater benefit from encouraging direct engagement, constructive conversation and problem-solving. Also, great music and sharing and more.

**November 22<sup>nd</sup>:** "What If We Gave it Away?" (Rev. Michael)

Sometimes we are saved by the kindness of strangers, sometimes by giving away things that matter to us. One of America's foundational stories, that of the Pilgrims of Plymouth and their Indigenous neighbors, involves the giving of gifts and the sharing of a meal. What is left out? Usually the truth and its consequences.

**November 29<sup>th</sup>:** "Circling the Turkey" (Antonia Andreoli)

Thanksgiving is past, and yet the emotion and energy of this annual kickoff to the holiday season is as present as the leftovers - and this year carries the heavy burden of uncertainty. Travel experts tell us that in normal times, this is the heaviest travel week of the year - why? Today, let us look beyond the bird, to our drive for reunion and communion with each other.

## KUUC Mission Statement

The people of KUUC are committed to actively creating compassionate community and working for a fair and peaceful world.

### THE SEVEN UNITARIAN UNIVERSALIST PRINCIPLES

The Principles are not dogma or doctrine, but rather a covenant made between our Unitarian Universalist congregations. Many of our members use “the Principles” as a guide for how they choose to live their faith at home and in the world.

- 1st Principle:** The inherent worth and dignity of every person
- 2nd Principle:** Justice, equity and compassion in human relations
- 3rd Principle:** Acceptance of one another and encouragement to spiritual growth in our congregations
- 4th Principle:** A free and responsible search for truth and meaning
- 5th Principle:** The right of conscience and the use of the democratic process within our congregations and in society at large
- 6th Principle:** The goal of world community with peace, liberty, and justice for all
- 7th Principle:** Respect for the interdependent web of existence of which we are a part

### THE SIX SOURCES OF OUR LIVING TRADITION

*As religious pluralists we draw upon multiple sources of inspiration in worship and daily life including:*

- Direct experience of that transcending mystery and wonder, affirmed in all cultures, which moves us to a renewal of the spirit and an openness to the forces that create and uphold life;
- Words and deeds of prophetic people, which challenge us to confront powers and structures of evil with justice, compassion, and the transforming power of love;
- Wisdom from the world's religions, which inspires us in our ethical and spiritual life;
- Jewish and Christian teachings, which call us to respond to God's love by loving our neighbors as ourselves;
- Humanist teachings, which counsel us to heed the guidance of reason and the results of science and warn us against idolatries of the mind and spirit;
- Spiritual teachings of Earth-centered traditions, which celebrate the sacred circle of life and instruct us to live in harmony with the rhythms of nature.



## Sharing Ministry: November 2020

“Don't remind the world that it is sick and troubled. Remind it that it is beautiful and free.”  
---Mooji

Well, here it is, the homestretch of this seemingly never-ending year! Soon the election will happen and it will pass, the next phase of our democracy or its unraveling will commence and the holidays will happen. One way or another we will make it to the new year and, at some point, we will rip off our masks, having heard the good news from scientists, public health experts and physicians that this deadly pandemic has finally passed over our houses.

“One of these mornings,” as the old song says, we’re “gonna rise up singing.”

But why not now? There is so much energy, anticipation (and not a little anxiety) in the air; feelings of hope and fear, power, pain and possibility arising. What do we do with it all?

I will begin the answer (and what I hope will become a conversation) with this idea: we channel it, redirect it and use it.

“For what?” you might ask.

To find the joy we may be missing in our lives right now, or are afraid to let show because of the virus. To make ways to celebrate the many noteworthy events in our lives; to enjoy the wonderful friendships we have cultivated over many years. You be wondering, is joy the appropriate response to times like these? I think so. I think that we need to find the sources of joy in our lives. Each of us should root around and find true love in our hearts, look for evidence of joy in our spiritual selves, check in the attic, poke around the cellar and the places we hide important things--perhaps gratitude is in the back of the sock drawer? We mustn't give in, we must not isolate, or be satisfied with brooding or feeling powerless: joy, love, celebration, gratitude and wonder are our way out.

I think that joy, love, celebration, a restless imagination, gratitude and wonder are our way out of the dungeon of fear and panic. joy centers us, love braces us and wonder are the resources of resilient people, hopeful and resolute people, people who conceive of new beginnings instead dungeons and fresh hells. People like us.

Mooji, the Jamaican spiritual teacher quoted above is right. We need to remember that the world is beautiful and we are free even as we take up the task of healing what is broken and in need of our care.

Yours in Faith, Hope and Love,

*Rev. Michael*

## Rev. Michael's Schedule & Office Hours for November:

**Office Hours:** In November, Rev. Michael will be at the office and available to meet on Mondays from Noon to 5 PM. Please call to make an appointment which may be held in his office or out in the Deane Starr Memorial Garden. Of course, he will be in the office on other days but may not be available to meet on those other days.

**Visits:** Rev. Michael will be available for home visits—or their equivalent—on Tuesday in November. Please call if you would like him to visit, especially if the visits need to be held on days or hours other than those listed here.

## President's Message November 2020

By Jim Peale

Hard to believe November has come but here it is. November 1st is the first Sunday of the month and I hope everyone remembers to “Fall back” the night before and won’t miss the service the next day. Rev Michael, Donna, Jill and their great supporters Carl, Susie, Dave, and Lindsay (and anyone else I may have missed) have been producing enjoyable and thought-provoking services. If you haven’t been watching, or hanging in for the Zoom coffee hours afterward, give it a try.

Rev Michael spoke this week about the history of our denomination and our church in Keene. We have a long history of courageous leaders and public service by members and ministers. I know many of our members have been working hard for positive political change these last few months and others are doing ongoing work for the less fortunate in Keene and the surrounding towns. Our church community lives in this kind of effort.

We expect to have a leaf-raking event on the church grounds Saturday, October 31. I hope to see people there. Also, please keep an eye out for our “Virtual Greens Sale.” Ordering will be done on-line. The wreaths will be real.

Please stay in touch with each other, and with us!

Jim Peale

### Committee Opportunities:

The structure of church operations stands on volunteer committees. We currently lack members and chairs for the Fundraising, Social Action, and Welcoming Congregation Committees. Anyone interested in working in any of those areas should contact Jim Peale ([pealefamily@gmail.com](mailto:pealefamily@gmail.com)) about getting involved.

# DRE Update: Religious Exploration News

## Religious Exploration News

The Soul Matters theme for the month of November is *Healing*.

For me, this theme invokes a myriad of possibilities—healing relationships might happen, or not, over a holiday meal; healing social and cultural divisions, might happen, or not, after a bitterly contested election; healing bodily, might happen, or not, after exposure to a little-understood virus; healing spiritually, might happen, or not, after a period of prolonged stress is relieved by rest, reflection and replenishment.

Teresa Honey Youngblood, Family Ministry coordinator for the Soul Matters team, writes:

*The best description of healing I ever heard had to do with healing being not a matter of reaching a fixed state called “cured” or “healthy,” but rather engaging in a dynamic and multi-faceted process of restoring one’s self to a new kind of wholeness.*

None of these options represent easy work. Healing, whether in body, mind or spirit, in the metaphorical body politic, or in personal or societal relationships, can be heavy labor. Don’t labor alone; join your fellow UUs in one or more of the many ways KUUC and the UUA are fostering community in the coming days. Find many of these events here in the Messenger (including our weekly worship and coffee hour) and follow KUUC and the UUA on social media for notice of regional and denominational events.

**Sunday, November 1:** 1:30, KUUC lawn, weather permitting, Neighboring Faiths (middle-high school youth) group meets.

**Thursday, November 5:** 6:30 PM, Zoom family check-in. Grown-ups with or without their kids are invited to join Jill for conversation and community (approx. 30-45 min, as we find useful) about the month’s theme or whatever is coming up for us at the time.

**Sunday, November 8:** During Zoom worship, breakout meeting for elementary age kids.

**4 PM:** Religious Exploration Committee meets via Zoom. All are welcome; email Jill for a link.

**Thursday, November 12, 6:30 PM:** Reflection/conversation about episode 2 of the *Seeing White* podcast. Please listen to this episode, “How Race Was Made,” before the meeting. It is approximately 29 minutes long. Adults and youth are welcome. Please contact Jill for a link.

**Sunday, November 15:** During Zoom coffee hour (which immediately follows the Zoom worship service) breakout room for elementary age kids.

**Thursday, November 19, 6:30 PM:** Zoom family check-in. Grown-ups with or without their kids are invited to join Jill for a 30-45 minute conversation about November's theme or about whatever is coming up for us at the time.

**Sunday, November 22:** KUUC's special Thanksgiving worship, via Zoom.

Jill M. Hall [kuucdre@gmail.com](mailto:kuucdre@gmail.com)

508-821-8935

## November Music Notes

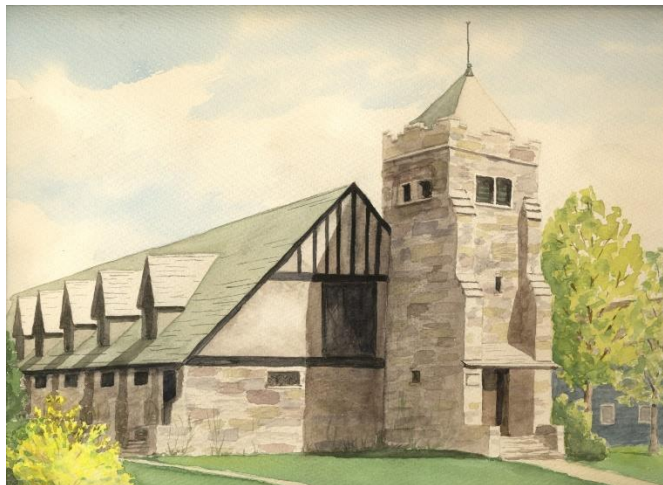
This has been a spectacular Fall with the gorgeous colors of the leaves and warm temperatures. I hope that you also relished in it!

A few weeks ago, I sent an email to choir members inviting them into the sanctuary to be part of the music ministry. I want to extend that invitation to all of you who would like to share your talents. I've mentioned before that music needs to be in the public domain for recording purposes. Please be in touch with me if you have a desire to be part of the service in any capacity.

I have enjoyed incorporating more classical music into my repertoire at KUUC. I love learning new pieces and relearning some of my old favorites from many years ago. I hope you are enjoying them too.

With peace,

Donna





## **Leave Raking Day Work Day!!**

**Saturday October 31<sup>st</sup> (9AM-Noon)**

As the City will be picking up leaves on Washington and Taylor Streets the week of Nov 2, 2020, that would make Saturday, October 31 (Halloween) the best date for our KUUC yard work day! We usually plan on this event to run from 9am-noon, but often finish earlier. We rake the leaves and pile them on the grass at the curb; not in the street. Carol Hill may also have garden tasks we can do that day as well.

People should bring masks (Covid type), gloves, rakes, and tarps for the leaf work.

Work days are enjoyable opportunities for building community so please join us!

## **Greens Sale Reimagined**

We would like to offer an “By Order Greens Sale”. Due to Covid-19 cautions and restrictions, a typical Greens Sale would not be safe, however Wreaths, Berry Bowls and Kissing Balls would be for sale by order. You would have a choice of bow colors on a decorated wreath or a wreath with only a bow, plain wreaths, small and medium sized Berry Bowls, along with Kissing Balls. Once ordered, the items would be delivered to your house. To make this happen, we are in need of a person familiar with spread sheets to take and keep track of orders. If you could volunteer to set up an ordering system, please contact, Jim Peale, Board President at [pealefamily@gmail.com](mailto:pealefamily@gmail.com) or call 357-7875.

## **Election Night Zoom Get-Together**

So many KUUCers participate in the democratic process by doing more than simply voting: they help out at the polls, help out with local, statewide and national campaigns, take part in the census data collection, go door-to-door for their chosen candidate, educating and on and on.

Many say that this is the most important and potentially impactful election night that they can remember. So much seems at stake in a country that seems so divided on nearly every issue, every aspect of American life now politicized.

November 3<sup>rd</sup> seems like a good time for a little (virtual) get together from 8-9 P.M. We will light a chalice, share a reading and a few minutes of silence. After that, we will each briefly share what we are feeling about the election, the issues and, most importantly, consider the hard work before us of healing our country. Look for a Zoom invite coming via email.

## **“The Chat” To Become a Weekly Program in November**

**Mondays at Noon**

Rev. Michael wants to continue to host “The Chat” on Zoom~yet with a few wrinkles. Starting on November 2<sup>nd</sup> “The Chat” will become a weekly program, on a new day and time~Monday

afternoons from Noon-1PM. Also, each week the show will focus on a different theme, starting with “The Church and Social Justice.” Rev. Michael said, “I have enjoyed some of the conversations that we have engaged in on ‘then Chat’ but there haven’t been too many people participating. I hope that by making it a weekly discussion, later in the day that has different theme each week will entice more people to participate. I think what many folks are missing most is that regular community time, the direct connection and interesting conversations that would usually take place face-to-face. With ‘The Chat’ I hope to get some conversations going on different aspects of congregational life and see what new and different things come from it.”

“The Chat” is also an opportunity to hear about and discuss what is going on at the church. Its is a forum to share your ideas for new programs, to discuss what is going on in your lives with each other, and arrange in person meets with Rev. Michael if they are needed. The goal is to make us all feel more connected, heard and well informed. You will have received a link to the November 2<sup>nd</sup> chat as part of the cover to this Messenger.

### **Rummage Sale Leaders Still Needed**

Would you be interested in working on or even leading the yard sale/rummage? If you are willing to lead the Rummage Sale you can organize it however you wish, (obviously with current precautions with regard to the Covid-19 epidemic apply).

**For the time being, we ask that no further rummage donations be brought to the church.**

### **LIBERAL CHRISTIAN SCRIPTURES FELLOWSHIP GROUP**

USUALLY MEETS FIRST TUESDAY OF EVERY MONTH AT 5:00 PM.

UPCOMING MEETINGS: November 3 and December 1.

Our fellowship group is planning to meet via Zoom (until further notice) the first Tuesday of every month from 5:00 – 6:30. We usually have a topic we focus on each month. This group is for anyone inspired by the teachings of Jesus or who identifies with aspects of Christianity and would like to share their experiences, feelings and insights in a supportive environment, and support one another’s spiritual growth and understanding. This group is guided by our fourth Unitarian Universalist principle (a free and responsible search for truth and meaning”) and free of the doctrine or dogma that has often characterized traditional institutional Christianity.

For information and Zoom meeting details, contact Carol at 603-863-4920/ 603-398-5389 or [cstamatakis@outlook.com](mailto:cstamatakis@outlook.com).



## GENERAL INFORMATION

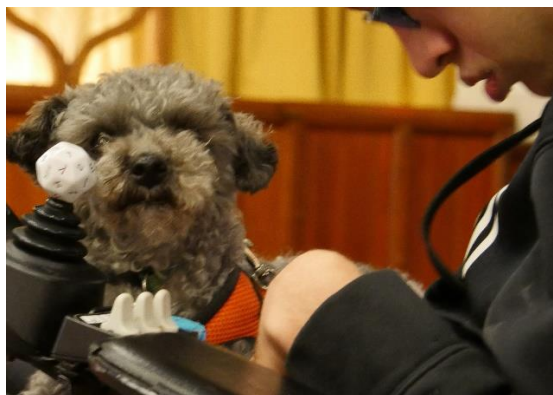
### NEXT MESSENGER DEADLINE:

The deadline for the December *Messenger* is 5 P.M. on Monday, November 23rd. The due date for *Messenger* submissions will be on the 23rd of the month prior to their issue (the only exceptions will be for the January issue--deadline December 15<sup>th</sup>--and the fact that there is no July *Messenger*). Send all your articles and notices to Rev. Michael at [rev.michaelkuuc1824@gmail.com](mailto:rev.michaelkuuc1824@gmail.com).



## COMMITTEE CONTACTS:

Circle of Caring:	Betsy Zimmerli & Betty Forrest
Covenant Groups:	Carolyn Antrim
Investment:	John Bordenet
Middle East Study Group:	Jim Smart
Membership:	Melinda Hildreth-Honkala
Music:	Carin Torp
Personnel:	Ruth Shepard
Religious Exploration:	Barbara Bryce
Senior Lunch Bunch:	Betty Forrest
Shawls of Love:	Darcy Doyle
Slice of Fellowship:	Betty Forrest
Social Action/Green Sanctuary:	Open
Stewardship:	Carol Stamatakis
Ushers:	Tom Haynes
Wayside Pulpit:	Vicki Keller
Worship:	Susie Ericson-West & Gwyn Powers
Property:	Carl Jacobs
Fundraising:	Open
Greens Sale:	Open
Welcoming Congregation:	Open



# KUUC CONTACT LIST 2019-2020

## WORSHIP SERVICES

## STAFF

Sunday Services: 10:00 A.M. Minister: Rev. Michael Hall  
 Religious Exploration: 10:00 A.M. [rev.michaelkuuc1824@gmail.com](mailto:rev.michaelkuuc1824@gmail.com)  
 September-June (508) 821-6092  
 Summer Services 10:00 A.M. Director, Religious Exploration: Jill M. Hall  
 Address: 69 Washington Street [kuucdre@gmail.com](mailto:kuucdre@gmail.com)  
 Keene, NH 03431  
 Phone: (603) 352-1719 Music Director: Donna Dearth  
 E-mail: [office@kuuc.org](mailto:office@kuuc.org) [rdearth@hotmail.com](mailto:rdearth@hotmail.com)  
 Website: [www.kuuc.org](http://www.kuuc.org)  
 Facebook: [Keene Unitarian Universalist Church@KeeneUU](https://www.facebook.com/KeeneUnitarianUniversalistChurch@KeeneUU)

## BOARD OF TRUSTEES 2019-2020

Jim Peale, President-Elect	357-7875	Eloise Clark	352-9182
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		Lindsay Bartlett	762-1946
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