

NEWS FROM THE HILL

NEWSLETTER OF THE U.U.
MEETING HOUSE OF CHATHAM
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is published monthly year round
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SUNDAY SERVICES are
held at 10:30 AM each week.

NEWSLETTER DEADLINE
next month is THURSDAY
January 23. Send items to
Sue Bauer: Ralphb1234@cs.com



HOLIDAY THANKS



To Mary Parsons for
coordinating and arranging the beautiful poinsettias in
front of the Sanctuary. And to Mary and her crew for
planning the Christmas Fair on December 15. A
resounding success which brought in over \$400.

To Joe Zahka for hanging the Christmas wreaths.

To Linda Jean Kirkpatrick and her helpers for keeping
the front urns vibrant and seasonal.

To Robin Hubbard and Social Justice for arranging the
collection of winter hats and mittens for the homeless,
and to Pavia for delivering them to Hyannis.

For all of you who have hosted coffee hour, started new
groups for lunch, for discussions, and so many other
things.

To ALL of you for your generosity and enthusiasm...for
making items for the Fair, for shopping at the Fair, for
joining in for all the UUMH activities and services, not
just at this holiday time, but everyday. For being part of
UUMH.....A BIG PART!



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Evan Howard, Vice President
Dave Van Wye, At Large
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VISION STATEMENT

We, the members and friends of the UUMH, strive:

To apply UU principles in our daily living, social actions, and community service;

To nurture a safe community that encourages intellectual, spiritual, and religious freedom and celebrates all the passages of life;

To welcome diversity and pluralism as essential for our connection with all humanity;

To provide fellowship, friendship, and fun, and to support a creative artistic and musical environment;

To sustain and promote a vital religious and spiritual lifespan education program.

MONTH OF SUNDAYS

January 5 Reaching for the Stars (Creating Positive Change)
Rev. Chris McMahon

As we enter a new year, we are all challenged by a rapidly changing world and a world that is filled with violence and despair. In our own lives all or most of us face many challenges as well. One way to make a difference in the world and in our lives is the attitude we project to others every day.

January 12 The Cape’s First Land Trust Lauren Arcomano,
Executive Director, Chatham Conservation Foundation

January 19 In Spite of Everything...Thank You
Rev. Dr. Barbara Whittaker-Johns

What can we do when “The world is too much with us”, as Wordsworth wrote in 1802, to voice his grief at “the decadent material cynicism” of his era.

This year Martin Luther King Day falls on January 20, the same day as the Presidential Inauguration. In the midst of organizing the Poor People’s Campaign - a massive march in Washington, DC - King was assassinated. April 4, 1968.

On Inauguration weekend 2025, almost 60 years later, The People’s March will take place in Washington, DC, organized to embody and protect the same values for which King lived and died.

When our personal grief and our worldly grief are one, what can we do to retrieve, heal, and connect our hearts?

January 26 Civility and Compassion Rev. Chris McMahon

It seems to me that civility in human interaction is on the decline in so many ways in our society and in the world at large. There are many reasons for this and it is complicated. If we focus on compassion in how deal with others, perhaps we can make a little difference and encourage others to do the same.

WHO’S PREACHING: Barbara Whittaker-Johns is a Unitarian Universalist minister, having served as Solo/Senior Minister in Amherst, MA, and Arlington, MA. She was ordained by First Parish Brewster and the Nauset Fellowship Eastham in 1984. Since the 80’s she has served in leadership and speaking roles for the Institute on Religion in an Age of Science (IRAS). In a previous life as an Educator, she focused on children and adolescents who are ‘neuro-divergent’.

Windward Passage

WINDWARD PASSAGE

Visions for Yourself - Setting and Keeping New Resolutions

While New Year's day may be a kind of "make believe moment" and New Year's eve celebrations are not really marking any kind of intrinsic reality, I think there is still important symbolism in marking the "ending one year and the beginning of another." Equally important are New Year's resolutions. This is because considering and adopting New Year's resolutions, frankly, has the potential to make each of us a better person, particularly if this is the focus of our New Year's resolutions.

A common denominator in all religions, including secular religions such as Confucianism, is the call to become a better person; a call to frequently examine who we are; to acknowledge our faults and shortcomings and to take action to become a better person. This is really the basis of New Year's resolutions and this is why they are valuable and important to make.

If we are to become a better person, we need to make New Year's resolutions not just on one day of the year, but frequently throughout the year. There really is no one way to change for the better. In sports, athletes constantly evaluate their performance. To become better at their sport, they must accept criticism. They must repeatedly review their performance, and they must practice, practice, and practice to become better in their sport. To become a better person, we must do the same – over and over and over again.

An athlete who refuses to practice and to accept criticism cannot become a better athlete, nor can a person become better at anything without doing the same. This is the meaning of the "way of the warrior."

And – it is so important to do this. Even in our relationships with those whom we love, we must always seek to become better people. If we are unwilling to acknowledge our faults and seek to change them, we put at risk, our relationships - including those in our professional life and those in our personal relationships with the people we love.

If you have not yet made New Year's resolutions for yourself for this New Year, it is not too late. Take some time today or tonight and look at yourself in a mirror. Take a nice long walk in a beautiful and solitary place, and ask yourself the questions: Who am I? Am I happy with the way I am? What can I do to become a better person? What can I do to contribute to others? How can I become more compassionate to others and to the world around me?

All of us can benefit from resolutions because all of us can grow and change, and in so doing become better people in ways that can and will make a difference in our life and in the lives of those we touch.

Reverend Christopher McMahon



LADIES' LUNCH

Let's gather on Tuesday, **January 28** from 11:30-2pm at the 400 East in Est Harwich and continue to gather every 4th Tuesday of the month through March. Please come for all or some of the time; to eat lunch or just to visit. Watch for location in the weekly bulletin. Please let Linda Jean know if you are going to attend by contacting her: in person, by email at lindajebean@yahoo.com or by text at 774-316-3310. Hope to see you then.

MUUGS

MUUGS - Men's Unitarian Universalist Group Social. 3rd Thursday of the month. This month **January 16 at 11:30 AM** at the 400 East Restaurant in East Harwich. For more info, email Evan Howard at ehoward1313@gmail.com. A cordial, stimulating, friendly, and thought provoking social get together!



CARE GIVERS GROUP

The next meeting of the Caregivers' Support Group will be Saturday, January 25 at 9AM.

For anyone who is feeling the weight of caring for a loved one, be it local, at a distance, or if you are just feeling overwhelmed with feelings, please join Rev. Chris and others to share. Let Chris know you are coming – or just arrive.

All are welcome. If you let Chris know, he would be happy to set up a Zoom connection for you.

Email him at revchrisuumh@gmail.com

One kind word can warm three winter months. (Japanese Proverb)

SOCIAL JUSTICE and ANGEL FUND THANKS

Social Justice thanks everyone who contributed to the Angel Fund. Our Elves were able to provide our Angel Fund family with a Merry Christmas. In December the membership filled a large box with gloves, hats, socks, and scarves for the Homeless shelter in Hyannis and many contributed to generously to Independence House.

The Social Justice Committee is working on a Policy and Procedure document which we will share with the Board once agreed upon in the committee. This will make it easier for folks new to the Meeting House or interested in joining the committee to understand what we do.

Our January Outreach will be for We Can, a Cape Cod nonprofit that offers free and confidential services to women experiencing challenging transitions in their lives. They foster independence and empower women to create lasting, positive change for themselves, their families, and ultimately, our entire community.

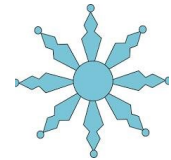
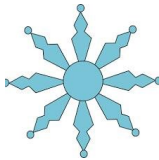
MEMBERSHIP COMMITTEE

The Membership Committee wishes everyone happy, peaceful Holidays!
We thank each of you for all you do to make this such a welcoming community.

Please check out the pew cards at the end of each pew. They are in front of the beautiful updated brochures. Should you be sitting next to a visitor, feel free to offer these to them.

Come January we will be inviting folks to consider being greeters. We will also be initiating a mentorship program to help integrate new members. More to come on both in 2025.

Take care and be well,
The Membership Committee



SUNDAY FLOWERS

Don't forget that you too can provide lovely flowers for a Sunday service. Call Sue Bauer (945-3264) for more information or to have her order them. Or you can bring your own (New England Gardens is a great resource!) Any Sunday other than the first Sunday of the month is available.

After the service, you are welcome to take your flowers home if you wish.

BOARD OF TRUSTEES NEWS

As we reflect on an exciting year with a dynamic new minister, delicious coffee hours and food-filled socials, inspiring music, thought-provoking art exhibits, fun-filled social activities, energetic meetings, an expansive range of topics at Sunday services, ongoing efforts to restructure and simplify volunteer jobs, a successful thrift shop, rebuilding the Fleck Room after flooding, strong fundraising and pledging initiatives, along with enthusiastic participation of many volunteers, staff, colleagues, members, and friends, we have much to be grateful for all that we have accomplished.

One of the most exciting news of the year is that we have finally paid off our mortgage and now own our building! This accomplishment demonstrates the dedication, hard work, and energy that so many have put into UUMH Chatham over the years. We look forward to celebrating with a mortgage pay-off gathering sometime this spring or early summer. In the meantime, the board has started meeting with committees to provide support and assistance as needed. We wish to thank everyone for all that you have done in 2024.

Danielle, Evan, Beth, and Dave



SENDING OUR THOUGHTS AND ALL OUR LOVE

TO ERIC AND GREG



SCOUT SCUTTLEBUTT

BOY SCOUTS

Chatham Boy Scout Troop 71 celebrated a Court of Honor. Two boys advanced in rank and many merit badges were awarded. Way to go Scouts! They are learning how to conduct an opening ceremony with more than a handful of scouts. It is so great to see a crowd at the Doc Keene Scout Hall for events such as this.

Christmas Tree Pick Up: January 4-5, 2025. Ask the Chatham Boy Scouts to pick up and dispose of your tree. All donations will benefit: Chatham Angel Fund and Family Pantry of Cape Cod. For more information, visit <http://www.tinyurl.com/boyscouttreepickup>

Plans are being made to visit Battleship Cove during January and to have a campout sometime in February.

CUB SCOUTS

Chatham Cub Scout Pack 71 continues to keep growing. We now have a Committee Chair, Treasurer, 3 Den Leaders and a Cub Master and 8 Cubs! Cub Master America Lesh is doing a great job of keeping them active and on task for earning their advancements. Thank you to America!



UPCOMING BOOK CLUB PICKS

In case you want to read ahead on these cold dark winter days:

February book: My Antonia by Willa Cather

March book: The Soul of an Octopus by Sy Montgomery

April book: Colonization and the Wampanoag Story by Linda Coombs

COME JOIN US!!

Happiness depends upon ourselves. (Aristotle)

OUR CHRISTMAS FAIR



PAM EBELING
GAIL TILTON



JOYS AND ACCOMPLISHMENTS

Congratulations to Emma Eldredge for receiving High Honors for the first quarter. A terrific interview in the December 5 Chronicle with Rev. Chris.

DIRECTORY CHANGES

Please use Rev. Chris' PO Box if you write to his CT address: P.O. Box 217, East Woodstock, CT 06244

Amy Dykens has a new address: 10 Place du Soleil d'Oc/ Siran, France 34210

Instructions for submitting UUMH news items:

The deadline for submissions to the *Weekly Bulletin* (published on Monday) is **6 pm on Sunday**.

Email items to KD Ryan: socialtechie1@gmail.com

- Submissions suggested include upcoming events, programs, opportunities, enhanced activities, etc.
- On your email's subject line, please write "**For Weekly Bulletin on Monday (Insert Date)**" Include your name and contact information in case KD has a question.

Newsletter:

Email directly to Sue Bauer (ralphb1234@cs.com) Follow schedule written on cover of previous month's Newsletter.

On subject line, write "For Newsletter"

THIRD MONDAY BOOK CLUB

The **UUMH Book Club** will meet Monday to discuss *Born a Crime* by Trevor Noah. All are welcome to attend for one book or many. For more information, please contact Gail Eldredge at 508-776-3760 or gail.eldredge@gmail.com



PEOPLE TO CELEBRATE

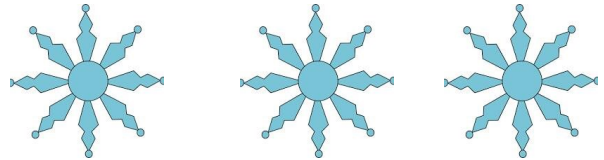
January Birthdays

- 6 Zoe Simmons
- 7 Naomi Turner
- 7 Dawn Dinnan
- 8 Charlotte Edgecombe
- 13 Read Moffett
- 23 Jenni Makihara
- 26 Beth Avery
- 28 Ron Nickerson



February Anniversaries

- 1 Liz and Dave Van Wye
- 2 Marija and Thadd Eldredge



MISSION STATEMENT

Nurturing inclusive community

Seeking justice and equity

Encouraging free minds and spirits

MEDITATION GROUP

“Our body talks to us in Feelings and Sensations. Meditation Practice is taking time out to listen.”

The UU Meditation group meets on Zoom at 9:30 every Saturday morning. If anyone is interested in joining the group you can tune in from any location.

Email Nancy Fields with questions:

nefields42@gmail.com

Join Zoom Meeting

[https://zoom.us/j/93717313258?](https://zoom.us/j/93717313258?pwd=OUZDbzdjSzZoa2dybGo4cWp4dnNPUT09)

[pwd=OUZDbzdjSzZoa2dybGo4cWp4dnNPUT09](https://zoom.us/j/93717313258?pwd=OUZDbzdjSzZoa2dybGo4cWp4dnNPUT09)

Meeting ID: 937 1731 3258 Passcode:040260