

# 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  
September 19. Send items to  
Sue Bauer: [Ralphb1234@cs.com](mailto:Ralphb1234@cs.com)



## COME ONE and ALL....

### IT'S TIME to CRAWL INTO FALL

### Join us on Friday, 20 September 2024!!

On Friday September 20 we will gather at a new location to  
"Crawl Into Fall."

Our "Celebration of the Autumnal Equinox" Pot Luck will be  
held at the Chatham Marconi Maritime Center, located at  
831 Orleans Road (Route 28), North Chatham, MA.

We will gather at 3:30 pm, and the celebration will be  
underway by 4:00 pm. (There is plenty of parking). The  
Marconi Museum will be open for anyone interested in  
taking a tour. Then at 4 pm, food and drink will be available  
at the Education Center (tall building on campus).

Please join us on the veranda for great conversation, food,  
and libations.

A signup sheet will be available at the service beginning on  
September 2, so be thinking about what you would like to  
bring to share. (Remember to bring your own liquid  
refreshments.)

Social Activities Committee  
Sandi Porter, Chair  
Mary Parsons  
Sue Bauer



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**MONTH OF SUNDAYS**

**September 1            Gaia, Mother Earth and the Oneness of Everything            Jim Scott**

Celebrate the earth with Jim's original songs, readings, and personal reflections on Mother Earth or "Gaia" being one living organism. Our "spiritual response" is so timely now, as "the spirit of life" on earth is in crisis.

**September 8            The Blessings of Imperfection            Rev. Chris McMahon**

To say the least, the universe and our world are not perfect places. Amid the incredible story of creation and the amazing balance we see in nature, there is imperfection. And – of course, there is great imperfection in human beings and in each of us. Such is the nature of things. But is there anything positive in all this imperfection?

**September 15            Swinging Both Ways: Ambivert!            Rev. Maddie Sifantus**

**September 22            Reflections on Prayer            Rev. Chris McMahon**

Most Unitarians Universalists have a hard time believing that prayer can affect the world around us and our own lives. However, prayer and its corresponding practice – meditation – are an important component of every one of the world's religions. Might there also be a place for prayer in Unitarian Universalism?

**September 29            Jesus Commands Non-Violence            Rev. Paul Sprecher**



**Board of Trustees**

Danielle Jeanloz, President  
 Evan Howard, Vice President  
 Dave Van Wye, Treasurer  
 Susan Patterson, Secretary  
 Beth Avery, At Large

**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.

## *WINDWARD PASSAGE*

“Lemonade is from Lemons”

Lemons are sour and bitter. We can't eat them like apples or pears or other fruits that are sweet. Yet we still use lemons a lot. We find ways to put them in pies. We use them on fish. We make lemonade from lemons. Who hasn't passed a lemonade stand being run by some entrepreneurial young people who are amazed at the concept of making something and selling it? If you are like most people, you probably even ran a lemonade stand at least once in your youth. When you think about it – the lemon isn't so bad after all. (It's interesting that kids always seem to run lemonade stands – not orange or apple juice stands!)

Lots of things that happen to us in life are like lemons. We find ourselves in circumstances where the sweetness of life has evaporated and we feel sour and bitter – just like the lemon. Maybe we even become a little sour and bitter ourselves. Life can be very much like a lemon sometimes. Well – what to do?

When our life is like a lemon, we can certainly do nothing and just drift through our bitterness and unhappiness until it consumes us and changes our personality in a negative way. Or – we can make lemonade out of lemons. We all have the ability to reshape the bad things that happen to us – sometimes in profound ways.

Many years ago, one of my very good friends was diagnosed with cancer. He knew he had only six months to live. At age 47, he could have become very bitter, and he would have been justified in doing so. But he told me that he was going to spend his remaining days enjoying life as much as possible, loving his friends and family as much as he could, and enjoying life. On the day before he died, my friend told me that he was the “luckiest man alive.” Indeed, my friend had turned lemons to lemonade.

The lemon offers a great lesson. In cooking, the lemon is so often used to make a dish taste better. In our lives, we can use our negative and bitter experiences to learn, and we can take the lessons we learn and become better people. It is our choice.

Don't feel angry and bitter about the lemons in your life. Turn them into lemonade.

Fair winds and weather,

Reverend Christopher McMahon





# ***The Year To Save The Earth***

***A Musical and  
Multimedia  
Experience by  
Composer Jim Scott***

***Jim's lyrical songs of ecology  
are illustrated by beautiful  
and striking projected images***

***1 PM - Sunday  
September 1***

***Suggested donation \$20***

**Unitarian Universalist  
Meeting House  
819 Main St. Chatham MA**

**JimScottMusic.com**

## **YOUR DONATIONS**

When giving to the Sunday offering by check, it is important to designate in the memo line on the check where the donation should go: Outreach, toward your pledge, or to the general church fund. There are also envelopes available to put cash in for the offering. Please write your name, amount, and where the donation should go on the envelope.

**Happiness walks on busy feet. (Kitte Turmell)**

### WHO'S NEW

Barbara Segall, our newest member, retired to Chatham in 1999 to be near her brother and cousins.

She spent many years, not only working at, but also taking courses at, Adelphi University and Hofstra University on Long Island while raising three children. Barbara received her Doctorate at age 58 in administration and finance and was hired at Adelphi as a senior Associate Provost, developing spreadsheets, budgets, and programs.

On the side, Barbara learned to play the violin, mandolin, flute and piano, while singing with Sweet Adelines. She currently teaches piano and knitting to students on the Cape. She has worked for several local businesses as a bookkeeper since moving to the Cape. She recently stepped down as Chair of the Chatham Center for Active Living.

She says that reaching out by learning new things and seeking involvement with her community keeps her young. UUMH is fortunate to have such a talented woman join us.



### Who's Preaching

**Jim Scott** was the co-composer of the Paul Winter Consort's celebrated "Missa Gaia/Earth Mass." He has long been an activist for peace and the Earth with his music. He's visited over 700 UU churches in four decades, and his songs are in our hymnbooks. Former Co-Chair of the UU Ministry for the Earth, Jim helped create the "Green Sanctuary" program.

**Rev. Maddie Sifantus** recently retired as the full-time, ten year settled minister of the Universalist Unitarian Church of Santa Paula, CA where she is now Minister Emerita. Before that she served two small formerly Universalist congregations here in MA. She was originally ordained as a community minister, founding and directing a senior citizen chorus she directed for 20 years, the Golden Tones. She is also a professional singer.

**Rev. Paul Sprecher** is a familiar figure here at the Meeting House, having served as sabbatical minister for the first six months of 2014 and speaking several times a year since. Since his retirement from his seven-year ministry at First Parish in Bridgewater in 2021, he has become a climate activist at his Senior Living Community in Hingham as well as in the town. Previously, he ministered to Second Parish in Hingham. He also served as the sabbatical minister at the Murray Church in Attleboro during the first three months of 2022. In other lifetimes, he was a middle school teacher at a boys' prep school in New York City and Vice President for Technology at the American Stock Exchange.

***ALERT    ALERT    ALERT    ALERT***

Members and Friends,

I was distressed to learn in late July that someone had sent out an email with my picture on it requesting “help” in the form of sending gift cards. Sadly, this type of scam is becoming more and more common, and it is difficult to guard against it – particularly with the advent of artificial intelligence.

I have one piece of advice. If you receive a telephone call, a fax or an email requesting some action from you that involves asking for any of your personal information, or if there is a request for anything that involves money or finances – **DO NOT** – respond immediately. Call a verifiable and trusted telephone number first and inquire if the information requested is legitimate.

Example – if someone calls you asking for information, tell them you will call back and use only a telephone number you know is trustworthy and accurate. Don’t let them try to talk you into giving them information over the phone until you have checked it out.

Example – if you receive a fax or email requesting information – **DO NOT** immediately respond. Call a telephone number that you know is trustworthy, and ask if it is a legitimate email or fax.

And remember – the federal government: Social Security, Medicare, the Internal Revenue Service – **WILL NEVER** send you an email or text and **WILL NEVER** call you. They will only communicate with you by old-fashioned mail!

And – if you are doubtful, call a friend, or you can even send me an email and I’ll call you to discuss!

It is so sad we must be so careful these days, but it is a reality.

Fair winds and weather,

Reverend Chris

**OSPREY POINT**

Osprey Point gatherings are open to all women connected to the Meeting House. Our last gathering this year will be Monday, September 16 at 5PM for an hour or so (before the bugs arrive!). Bring your lawn chair and your dinner/snack/whatever, and join new and old friends. It is a beautiful, peaceful place that we usually have to ourselves. Bring your cameras and/or your binoculars.

Watch the Eblast for further info on our September gathering on **Monday, September 16**. Call Sue Bauer (945-3264) for more information or directions.

### BOARD OF TRUSTEES NEWS

Our Board of Trustees and Rev. Chris want your feedback and suggestions. Your opinions matter to us. For your convenience, we have moved the suggestion box to the table at the entrance of the sanctuary. Paper and pencils are available nearby for your use. You can leave comments with or without your name. Also, if you wish to join a committee or have an idea that you want to implement, please let us know. We look forward to hearing from you.

In my new role on the Board of Trustees, I am experiencing an even broader perspective on how we work together as a congregation. I want to thank our volunteers and staff who work tirelessly to meet deadlines, resolve challenges, and find creative solutions. While there are too many of you to name, each of you knows who you are and how much effort you put into making UUMH the success that it is.

During this period of change, working with a new Minister and Board, different procedures and guidelines from the past, and our busy summer schedules, it is truly amazing what we are accomplishing as we provide a diversity of thought-provoking services, inspiring concerts, ongoing success in our Thrift Shop, warm hospitality with delicious food, financial stability, popular offsite gatherings, important community outreach and pastoral care, impactful signage, a building and grounds that sparkle - all while attracting new members. We have so much for which to be thankful.

While it's not Thanksgiving yet, and we have a stressful road ahead as our country works through the election process, I believe that now, more than ever, we need to work together closely, help and support one another, and keep the focus on our mission:

- Nurturing inclusive community
- Seeking justice and equity
- Encouraging free minds and spirits

Thank you for all that you give to UUMH. Each of you makes a world of difference.  
Danielle Jeanloz, President, BOT

### THRIFT SHOP



The Thrift Shop has been having an absolutely terrific summer! About 6 weeks left until we close for the season. As the days start to get a little shorter and cooler, why not drop in and see the winter clothes now available – along with all the usual treasures!

Mary Parsons

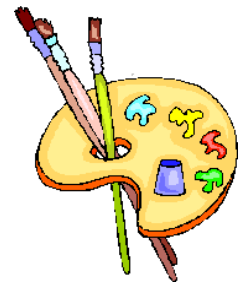
### MUUGS

**MUUGS**— Men's Unitarian Universalist Group Social. 3rd Thursday of the month. This month **September 19 at 11:30 AM** at the 400 East Restaurant in East Harwich.

Come meet old friends and meet new ones at a cordial, stimulating, friendly, and thought provoking social get together!

**GALLEY WEST ART GALLERY****2024 AUTUMN SHOW THROUGH OCTOBER 19**

Original art in all media by artists from the Lower and Outer Cape, including 3 pieces by our own **SUSAN PATTERSON!!**



Galley West Art Gallery      204 Monument Road      Orleans

WEDNESDAY, FRIDAY, SATURDAY, 10-2 AND THURSDAY, 10-6

**SCOUT SCUTTLEBUTT****BOY SCOUTS**

Bottles and cans are **still** being sorted and bagged at the dump at an alarming rate! Thank you to the residents and visitors to Chatham for contributing to the bottle and can bin at the landfill. The proceeds allow our Pack and Troop to participate in a wide variety of activities.

Five boys and five adults returned from a week in **South Dakota** visiting many sites including **Mount Rushmore**. What a great trip for our older boys at a minimum cost to the families as a result of the **fund raisers**. Pictures are still being sorted and will be posted at some time in the future.

Two of our younger Boy Scouts attended **Camp Greenough Boy Scout Day Camp** to earn more merit badges. After going to Mount Rushmore, the consensus is that next year overnight camp will be in order. Of course, that means “off Cape” and additional fees, to be covered by the income from **Bottles and Cans!**

**CUB SCOUTS**

The parents of our Cub Scouts have been busy at the land fill with “DUMP DUTY” collecting bottles and cans. This task is borne by the adults of the Pack for now, as the Cubs are too young to be saddled with this job.

One activity already on the calendar is attending **Scout Day at Fenway Park** in September. **COST TO BE COVERED BY BOTTLES AND CANS REVENUE for the boys of those families who assisted in the very sticky, hot work involved.**

Plans are in the works for another recruitment night at the Elementary School. Our new Assistant Scout Executive will be assisting our current leadership in creating an exciting program for our Cub Scouts for the coming year.

**No one is in charge of your happiness but you. (Anon.)**





The inestimable Pavia in concert



## JOYS AND ACCOMPLISHMENTS

Wonderful, lengthy article in the August 22 Cape Cod Chronicle introducing Rev. Chris McMahon to readers. Much of this was in our August Newsletter, but worth another read!



WOW – HAPPY HAPPY 100<sup>TH</sup>  
BIRTHDAY TO THELMA DYKENS ON  
SEPTEMBER 6. LOADS OF LOVE  
AND SPECIAL JOYFUL WISHES

## MISSION STATEMENT

**Nurturing inclusive community**

**Seeking justice and equity**

**Encouraging free minds and spirits**

## THIRD MONDAY BOOK CLUB

The **UUMH Book Club** will read *The Weekend* by Charlotte Wood.

This book is readily available through the Eldredge and Brooks Public Libraries.

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](mailto:gail.eldredge@gmail.com)



## PEOPLE TO CELEBRATE

### September Birthdays

2	Thadd Eldredge
2	Dorria Marsh
4	Betty Twiss
6	Thelma Dykens
8	Jean Mangiafico
12	Gail Eldredge
16	Carolyn Ormond
18	Janice Peters
20	Karen Nickerson
21	Margaret Tompsett
21	David Veach
25	Owen Shorey
26	John DaSilva
29	Stephen Davol



### September Anniversary

22	Naomi Turner and David Veach
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## THANKS

Many thanks to Connie Pina for the lovely arrangement with ceramic flowers which will be used occasionally in the front of the church on Sunday mornings.

## 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](mailto: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