



The South County UNITARIAN UNIVERSALIST

THE NEWSLETTER OF THE UNITARIAN UNIVERSALIST CONGREGATION OF SOUTH COUNTY

Volume 28 Issue 10

NOVEMBER 2019

Sunday Services

Sunday Morning Services are at 10:00 a.m.

November 3

The Season of Ancestors and the Gift of History - Rev. DL Helfer

Across faith traditions, this is the time of year when we pause to ritually honor our ancestors. It is easy to forget that legacy is both behind us and ahead of us—we are but this moment in time. Let us place ourselves in a multigenerational web of life, and consider our faith in that larger context.

During this service we will build a table of memories. You are invited to bring a small picture or memento.

November 10

Striving to Live My UU Values: A Soulful Exploration of Veterans Day and the Transgender Day of Remembrance- Rev. DL Helfer

Unitarian Universalism has always openly struggled with the question of love for all, and where—perhaps if—there is a limit to that love. During this month of remembrances, it is worth asking again who we have chosen to love and honor, and where our faith is calling us now.

November 17

How Folktales Teach Us to Be Human - Milbre Burch

The stories we hear in our culture of birth are meant to teach us how to be human, but in time we may hunger for other narratives. Traditional tales can expand our experience, our perspective and our vision of what's possible and who gets to live happily ever after.

A Grammy-nominated spoken-word recording artist, internationally-known storyteller and playwright, Milbre Burch began her career in Rhode Island more than thirty years ago.

November 24

Honoring Indigenous People: A Multigenerational Celebration - Rev. DL Helfer and Bethany Vaccaro, Director of Religious Education

More and more Unitarian Universalist congregations are recognizing that this time of year should not be a celebration of conquering, but instead a time to honor Indigenous Peoples and their rights to this land. How might we celebrate this complex holiday in new ways?

There will be no religious education classes, but care for children under five will be available.

OUR HOME IS AT LILY PADS PROFESSIONAL CENTER, 27 NORTH ROAD, PEACE DALE, R. I.

THE SOUTH COUNTY UNITARIAN UNIVERSALIST

Karen R. Ellsworth, Editor

Deadline: The 20th day of each month

Material should be submitted by e-mail to kellsworth6@verizon.net

UNITARIAN UNIVERSALIST CONGREGATION OF SOUTH COUNTY

<https://uusouthcountyri.org/>

OUR HOME IS AT LILY PADS PROFESSIONAL CENTER

27 NORTH ROAD, PEACE DALE, R. I. 02879

(401) 783-4170 • uucscri@yahoo.com

Services and Children's Religious Education on Sundays at 10 a.m.

We welcome all individuals without regard to race, color, physical challenge, sexual orientation, age, or national origin.

Staff

REV. DL HELFER, MINISTER

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Office Hours: Tuesdays from 10:00 a.m. to 5:00 p.m., Wednesdays from 8:00 a.m. to 2:00 p.m., and Thursdays and Fridays from 8:00 a.m. to 2:30 p.m.

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At the Water's Edge

Rev. DL Helfer



Dear UUCSCers,

As I write this, my freezer is full to overflowing. With awareness of my mom's presence in my home, meals and snacks and breads have come flowing in with abundance.

I am simultaneously immensely grateful and overwhelmed by the love and support. I am filled with gratitude, recognizing that I am not doing this alone.

So allow me to take this opportunity to thank you as well, for what has and will be an unusual year for me, as I both minister to you and care for my mom. You have all been so kind, allowing me to shift gears back and forth between ministry and home life in ways that feel sustainable.

It's weird—to say the least—walking with you through this phase of my life, and yet I know enriches us. You get to see more of who I am under stress, what I'm capable of in terms of love, and if I, well, practice what I preach.

Caring for my mother, I know already, will be one of the hardest things I've ever done. The roles have flipped, and I am caretaker now. Has she eaten? Taken her medicine? Does she hurt?

And there's the larger stuff too. Is there stuff left unsaid? Of course, it's hers to decide what she wishes to resolve in this life, but I can't help but watch, wonder, and, yes, even worry sometimes.

I guess what I'm saying is "Wow, this is hard." I've been here before, when I took care of my now-late partner. But that was years ago, I was younger, and somehow the intensity of that time has faded. This is definitely a reality check—remembering how complex life can be, in so many ways.

It makes me think of those of you with chronic illnesses or mental health challenges, or those that are raising children or caring for parents (or both), or those that are 'simply' aging and learning how to cope with all that.

It's all so hard, and there's no guidebook on how to do it right. Somehow, together, we find our way through.

So, know, that even when I'm the one in the pulpit, the one encouraging you in some direction, I'm learning too. That's the way it is—life will make us humble with its twists and turns, and in that pain, we find, too, the strength at our very core.

I am grateful to be on this journey with all of you.

With gratitude and love,

Rev. DL

A Message of Thanks to the UUCSC

November is a time when we turn our attention to our community. We give thanks for the support that we receive in times of need. We reflect on what our role is and what we can give.

This is the sacred place where we gather on Sunday mornings and where, at times, we celebrate the lives of those who have passed. Sometimes we gather for food and fellowship. It is also the place where our children explore and play.

Over the past few months we have had a renewed focus on our building and its maintenance. We recognize how this enriches our community. The Facilities Committee has developed a detailed plan for upkeep and repairs. They have made a list and checked it twice. You may have noticed some of the improvements, both large and small. We appreciate this work.

Back in September, the Board reviewed the recommendations of the Facilities Committee and examined the budget. The board made the important

decision to end our contract for cleaning services and ask our members to do the work. The Board made this decision after careful deliberation. We weren't sure people would come forward to help.



The call for volunteers went out and we got answers. This initiative began as a way to save money. However, as it evolves, I cannot help reflecting on our Seventh Principle, respect for the interdependent web of all existence of which we are a part. Our beautiful building has allowed us to build and support our community and others. It is part of that web. It reminds me of the words of Rev. Elizabeth Lerner Maclay. "As drops of rain that find each other and build to

become a track, a rivulet, a stream, a river, a sea, so are we drawn together; so are we fortunate to find each other; so are we bound together, on this shared passage toward an unknown ocean and eternity."

Working together toward a common goal can strengthen a community. As a member of the Clean Team, I have been spending more time at UUCSC. Before I go in, I always stop to look at the plants and flowers that have been so carefully tended. Our garden is so special that we had irises blooming in late October. Sometimes when I arrive, the building is quiet and empty. I listen to music as I scrub and enjoy the solitude. Other times, the building is bustling with activity. I see committees, staff and members doing the work of our congregation. It is a beautiful sight to behold.

This is a good time of year to reflect on what we are thankful for. I am grateful for this amazing and vibrant community that we have worked together to build.

– Natalie Herbermann

MUSIC 'N' MORE AT LILY PADS

Tales from Beyond the Ban: Folktales from Libya, Iran, Iraq, Somalia, Sudan, Syria and Yemen



On Saturday, November 16, storyteller Milbre Burch will tell traditional folktales from the seven predominantly-Muslim countries in President Trump's initial travel ban.

Milbre, who is based in Chapel Hill, North Carolina, is a Grammy-nominated spoken word recording artist. She began her storytelling career in Providence as a member of the Spellbinders.

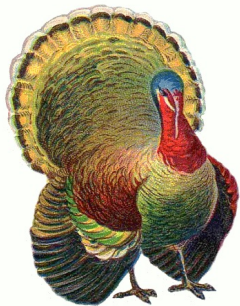
The show begins at 7:00 p.m. Tickets are \$15 and are available from www.BrownPaperTickets.com or at the door. There is no charge for children under 12.

Wellness Team offers two gong meditation sessions in November

This month, the Wellness Team offers two events at which you can attune body, mind and spirit and immerse yourself in a sound meditation experience.

On Sunday, November 19, join Marion Hearn for a Full Moon Gong Meditation. Full Moon meditation uses a building crescendo of vibration and sound to awaken the soul and release what is blocked. The event takes place from 3:00 to 4:30 p.m. The suggested fee is \$20. If you have questions, e-mail Marion at marionhearn@gmail.com

On Saturday, November 30, Kevin and Sarah Bell will lead a Sounds of Harmony New Moon Gong Meditation from 5:00 to 6:30 p.m. The new moon is a powerful time to tune in and reflect on new possibilities, guided by our own inner light. The Sounds of Harmony New Moon Gong Meditation program uses the mellow and subtle sounds of gongs, crystal bowls and assorted resonant instruments to facilitate relaxation, meditation, inspiration and rejuvenation. If you would like to lay on the floor, please feel free to bring a mat, blanket or pillow to make yourself comfortable. The event will also include a short session of seated and standing basic yoga to enhance well-being. The suggested fee is \$20. If you have questions, please call Kevin Bell at 339-0840.



You're invited!

Thanksgiving Day is on Thursday, November 28. If you're planning to spend the day by yourself, why not stop in at Vikki LePree's for the Thanksgiving buffet? Every year, Vikki and her husband John Jackson host a open house beginning at 1:00 p.m. at their circa-1750 colonial home in Green Hill. They serve a traditional Thanksgiving dinner buffet-style. Everyone is welcome. You may bring a dish to share if you wish. Vikki says, "This is always a fun afternoon. We look forward to seeing our past guests and we're happy to see new faces, too." To RSVP, please call or text Vikki at 793-1649.

RE parents and volunteers study non-violent communication skills

This year, the religious education program is hosting a discussion-based training group to learn and practice the skills of non-violent communication. Participants will talk about how being present to our children and noticing how we communicate with them has applications for our own spiritual growth. The group is intended primarily for parents and RE volunteers, but may be of benefit to anyone who works with children. The group meets on the last Sunday of each month at 11:15 a.m. in the youth group room downstairs. If you are interested in attending, please get in touch with RE Director Bethany Vaccaro at uucsdre2@gmail.com



This month's Soul Matters theme is Attention

"In a world with exponential information growth, we need new filters, new ways to discern and pay attention to what matters, and the best spam filters the internet has to offer will not suffice. We need soul filters . . . the problem is not the quality of the information around me, but the quality of my own attention, and my lack of careful discernment. Anything can be worthy of our attention if we have, with care, found it to be so. Anything can be a distraction if we are not mindful . . .". – Rev. Molly Housh Gordon

The Soul Matters Sharing Circle (<https://www.soulmatterssharingcircle.com/>) is a network of Unitarian Universalist congregations that adopt the same monthly theme, enabling them to more easily share resources for worship, sermons, music, covenant groups, and children's religious education.

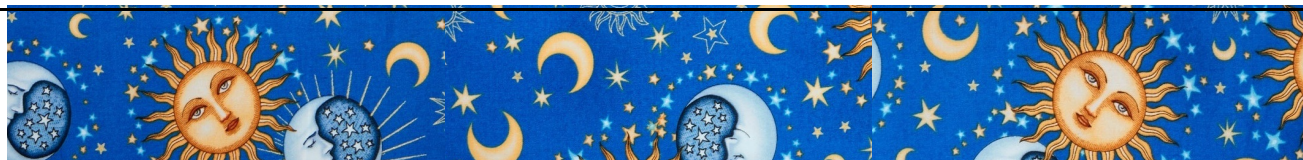
Guest at Your Table drive begins on November 24

The Unitarian Universalist Service Committee's Guest at Your Table program has been an important part of Unitarian Universalist congregational culture for 40 years. Each year, involvement in GAYT grows, strengthening UU connections to our shared principles and helping to challenge injustice throughout the world.

Guest at Your Table has evolved from a charitable drive to a multigenerational human rights awareness and action program. This year, UUSC is adding new features to make it more fun for families and more meaningful for people regardless of their congregational connections.

UU congregations and individuals around the world participate in this important annual tradition. We come together, learn about people directly connected to human rights work, reflect on our own lives, and raise funds to advance justice in communities near and far. This is also a time to invite new members to join UUSC and take action in support of our shared vision. UUSC is honored to partner with congregations to amplify social justice efforts through advocacy and engagement, long-standing fundraising programs, and justice education programs and resources with the UU College of Social Justice.

UUCSC will start the 2019-2020 Guest at Your Table collection campaign on Sunday, November 24. You will be able to pickup a box or envelope that should be returned to Mary Fulton by January 12.



Religious Education News and Events

By Bethany Vaccaro, Director of Religious Education

This month we celebrate Attention.

*"To this quiet place of beauty, we come from busy things
Pausing for a moment for the thoughts that quiet brings."*



Sunday, November 3

All-Ages Breakfast! 9:00 a.m. in the Oneto Community Room.

All are invited to bring a potluck breakfast item or just to show up for some artful collaboration and find out more about the community here.

Service Project: Clean Up Peace Dale's sidewalks

At 10:00 a.m., we will be cleaning up litter from the sidewalks of Peace Dale.

Parents are welcome to join!

Sunday, November 10

Exploring Sound and Music

We will be welcoming special guest musician David Floyd as we explore the effect sound and music have on our bodies.

Sunday, November 17

Peaceful Hearts: Drawing Meditation

Do you think you can draw smoke? Grab a piece of charcoal and find out, as we practice paying attention to the smallest details.

Sunday, November 24

Multi-generational Thanksgiving Service

Kids are invited to remain in the service for our all-ages celebration of gratitude. At 11:15 a.m., the training group Non-Violent Communication as Spiritual Practice will meet in the Youth Group room.

THE UNITARIAN UNIVERSALIST CONGREGATION OF SOUTH COUNTY
27 NORTH ROAD
PEACE DALE, RI 02879



RETURN SERVICE REQUESTED

*“Jesus wrote no creed, appointed no bishop,
organized no church and taught no trinity.
Taking these away, you have instead of
Christianity only a blessed humanity left.”*

— Jenkin Lloyd Jones

Lloyd Jones, a Unitarian minister, founded All Souls Unitarian Church in Chicago, as well as its community outreach organization, the Abraham Lincoln Centre. He was born in Cardiganshire, Wales on November 14, 1843.