



# The South County UNITARIAN UNIVERSALIST

THE NEWSLETTER OF THE UNITARIAN UNIVERSALIST CONGREGATION OF SOUTH COUNTY

Volume 29 Issue 1

JANUARY 2020

## January Services

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



January 5

### **Twelfth Night (Shakespeare version), or, The Lessons of a Topsy Turvy World – Rev. DL Helfer**

Unitarian Universalism contends that revelation— truth— is constantly unfolding, sometimes in the most unexpected ways and places. Join us for worship of laughter, love . . . and maybe even learning.

January 12

### **When Love Reaches Out – Rev. DL. Helfer**

Our congregation will join other Unitarian Universalist congregations throughout the world to begin a commitment to the UUA's "Thirty Days of Love" campaign. Let us begin this year with love!

January 19

### **Every Day is Sun Day: A Spiritual Journey – Cynthia Davidson**

Raised as a Methodist, Cynthia Davidson became an Orthodox Jew during her first marriage. Later she turned to an Earth-centered faith, studying with the Mi'kmaq and Blackfoot tribes in New Brunswick. She and her present husband have led vision quests and other ceremonies for almost twenty years.

January 26

### **Born Free in the New South Africa – Khwezi Becker**

Khwezi grew up in post-apartheid South Africa as the daughter of a German father and a South African mother. An actor, poet, and playwright, she uses performance art to explore her roots. Her one-woman play, "Where Coasts Meet," won an Ovation Award at the 2019 National Arts Festival in Makhanda, South Africa.

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](mailto:kellsworth6@verizon.net)

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## 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](mailto: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: Wednesdays 2:00 to 6:00 p.m., Thursdays 10:00 a.m. to 2:00 p.m., and by appointment.

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Office Hours: Tuesdays from 12:00 p.m. to 5:00 p.m., Wednesdays from 9:00 a.m. to 2:00 p.m., Thursdays from 12:00 p.m. to 5:00 p.m., and Fridays from 8:00 a.m. to 1:00 p.m.

### *Board of Directors*

Natalie Herbermann, President (2019-2021) • Mary Fulton, Vice President (2018-2020)

Mary Alice Kimball, Treasurer (2019-2021) • Linda Dupuis, Clerk (2018-2020) • Kai Migliaccio (2018-2020)

Bill Rodriguez (2018-2020) • Dave Hurdis (2019-2021) • Rosemary Galiani (2019-2021)

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Barbara Pagh & Etta Zasloff, Religious Education • Sally Barney, Facilities • Marcia Boyd, Finance

Charlie Donnelly, Personnel • Susan Pavlow, Music • Linda Whyte Burrell, Social Events

Betsy Dalton, Communications & Publicity • Dave Ruede, Stewardship • Amber Collins, Worship

Heidi Kranz & Sarah Bell, Wellness Team

Karen R. Ellsworth, Weekly E-News editor [kellsworth6@verizon.net](mailto:kellsworth6@verizon.net)

Johnnie Rodriguez, Coordinator, Music 'n' More at Lily Pads

LIKE US ON FACEBOOK!

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Betsy Dalton, Facebook manager

Will Bender, Webmaster

# *At the Water's Edge*

*Rev. DL Helfer*



Dear UUCSC Members and Friends,

I've been thinking a lot lately about masks. Not the kind we buy, but the kind we instinctively put on. These non-visual ways we project ourselves, indicating how we want the world to perceive us.

When my mom was living with me for those two months here, I thought perhaps I'd have to wear my masks more. I had changed and my mom had changed, in the 30-plus years since we had last lived together. I felt sure that I'd have to hide parts of myself to keep the peace.

It's true, sometimes I did need to put the masks on. And sometimes, sometimes, she saw right through them.

One night, she looked at me and said, "you don't hear when I thank you . . . you brush it aside almost immediately." And in this very imperfect mother-son relationship, I felt, in that moment, very seen.

I took off my mask, set it down, and didn't pick it back up for the rest of her life.

She was right. That mask wasn't serving me. Moreover, I hadn't been aware of it.

It makes me wonder, what are your masks? What are the parts of yourself that you show to the world and what are the parts that you hide? Do you remember, even, that that mask is there?

As we begin this new year, my hope is that it is one where we focus on growth. Not the growth in numbers of members (though that's nice, too), but the spiritual deepening that comes with attention and awareness.

There is a growth that only happens with vulnerability, that risking to show more of ourselves, proclaiming (even if silently), "this is who I am."

When my mom was dying, my ministerial reserve slipped a bit. I was less in control, more emotional, and showed up more as myself because I literally didn't have the energy to do otherwise.

I thought that I'd put that mask back on after, when things normalized.

It turns out I didn't need that mask. Now, I do still have appropriate ministerial boundaries, and that's both necessary and good. I also recognize, however, that some personal vulnerability has strengthened our connection, and led to good outcomes on several fronts.

Will you, given my testimony or your own experience, risk too?

Will you let us see more of the truth, the beauty, of who you are?

Blessings for a new year together.

With love,

*Rev. DL*

# A Note from the President

## *Getting to Know Our UUCSC Board of Directors: Nancy Dean*

Over the last year I have been getting to know our UUCSC Board members, like Bill Rodriguez, who I interviewed last month. It was great to sit down with him and hear his story. This month I sat down with a dear old friend, Nancy Dean, and we had a chance to reconnect.

Nancy has served the UUCSC in many roles over the years. I approached her last spring about returning to serve as a UUCSC Director and am grateful that she agreed. She has been part of the UUCSC since the early days of the congregation and brings a lot of experience to our table.

Nancy and I both relocated to Rhode Island in the early nineties and she was one of the first people I met at UUCSC. Over the years, we have spent a lot of time together, powering through the ups and downs of parenting. I learned a lot from her about nutrition and eating healthy. She introduced me to The Nursery Garden, the beloved preschool that our children attended. We both love to hike and bike and we have had many adventures, sometimes with seven kids in tow.

Nancy grew up in a small town in New Jersey. Her family home doubled as the Norman Dean Funeral Home. Growing up in a funeral home was certainly a unique experience, as death becomes a way of life. I think this experience explains Nancy's great sense of humor. Being surrounded by death so frequently at a young age raises questions that are hard to answer. She wasn't quite satisfied with the teachings at the

local Episcopal church. She began her spiritual exploration while attending the University of Delaware. There she also met her husband, Brian Maynard, a lifelong Unitarian Universalist.



Over the years, I have admired Nancy for her creative abilities. She has passed these on to her sons, Tate, Rory and Jens, who are accomplished artists. Nancy's art has always involved repurposing and upcycling. She thinks this came from her grandparents, who lived close by and encouraged her to join them in tinkering and creating. Nancy's grandfather was a clever mechanic who was always looking for a solution to a problem. Her uncle lived with them and had been stricken with polio, leaving him a quadriplegic and unable to breathe on his own. Together they invented several devices to improve his quality of life. Nancy's grandmother was an expert seamstress and good with needlework. Both Nancy and her son Rory can do wonders with textiles.

As her children grew older, Nancy was able to pursue some of her

creative interests. She began working with stone and metal. She has several amazing projects on display in Peace Dale. While you stroll along the bike path near Kingston Pizza, take time to look at Flora Rustica, a nine-foot-tall metal totem. She sculpted this out of recycled bolts, springs, gears and faucets. I have passed it hundreds of times and I always notice something new.

However, after a few years working with metal, Nancy realized the toll it was taking. There are fumes, dust and loud jarring noises, so she is going to leave this type of work to the next generation. Her son Jens took an interest in industrial art and has created many of his own interesting pieces. Nancy started to gravitate back toward softer, quieter work. She returned to sewing and needlework. Nancy's son Tate has also been doing "needle work" of sorts for the past ten years, establishing himself as a tattoo artist in Swansea, Mass. You can see some of his fine work on both Nancy and Brian. Nancy now works as a seamstress, doing alterations. She also refurbishes vintage clothing that she sells in her space at Jules Antiques on Route 138 in Richmond.

I appreciate Nancy taking time out of her busy schedule and creative projects to serve on the UUCSC board this year. Since the very early years, she has helped our congregation grow into a vibrant community. I hope we can continue to work together for many years to keep our community strong.

*- Natalie Herbermann*

# JOIN US!

At a luncheon  
for Religious Education families

Sunday, January 12

at 11:30 a.m. in the Sanctuary

There will be food, beverages and games  
for the children (and adults!)



Kari Kurto and Daniel Peltz will share their experience  
joining this congregation.

Please RSVP by Sunday, January 5 to  
Elise Bender ([ejmb@cox.net](mailto:ejmb@cox.net) or 465-5103)  
or Betty Bogutt ([ebogutt@verizon.net](mailto:ebogutt@verizon.net) or 783-0288)  
Membership Committee co-chairs



## This month's Soul Matters theme is Integrity

“The English word ‘personality’ is derived from the Latin word for ‘mask.’ Simply put, our personality is the mask we wear. A mark of spiritual growth is when we stop polishing the mask and instead start working on our character.” - Christopher L. Heuertz

*The Soul Matters Sharing Circle 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.*

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### Where have all the flowers gone?

Oh no, not flowers, but aqua tablecloths. A few years ago the Hospitality Committee bought six aqua tablecloths to have coffee hour, or any other hour, be beautifully coordinated if one chose.

For several months now, I have seen only three at church. Please, if one is hiding at your home, could you return it to our spiritual home? They would be so happy to be together again, and so would I.

— Thanks from Val Follett



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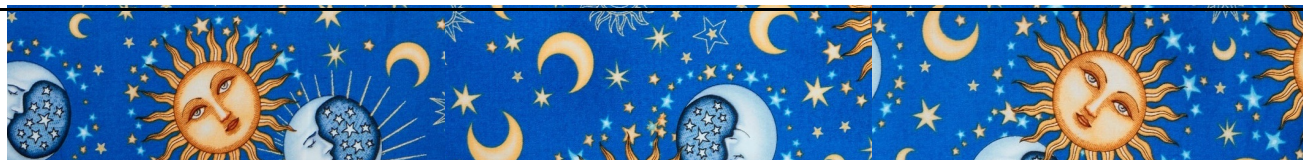
### Where do the snacks come from on Sundays?

Those snacks you enjoy with your coffee after each Sunday service—do you ever wonder where they came from?

The snacks at coffee hour come from members and friends of the congregation. There is no sign-up; people contribute when the spirit moves them.

Coffee hour volunteers are only responsible for beverages. So please bring snacks whenever you care to do so. That's how they get there.





# Religious Education News and Events

By Bethany Vaccaro, Director of Religious Education

*This month we explore Integrity.  
Stand tall! Our UU Principles provide a solid foundation.*



## **Sunday, January 5**

Kids start downstairs at 10:00 a.m.

Building Community with Paper Cups

What does it mean to be a people of integrity? Let's explore this concept using paper cups!  
We'll also be making a group art project to decorate the RE space.

Service Project: Cards of Encouragement

Handmade cards to encourage folks in our community.

## **Sunday, January 12**

Exploring Music: Old Time Tunes

We'll celebrate foundations with some old time folk music. We are welcoming special musical guest duo "Pitcher's Garage Band." We'll do some rhythm play and explore how the beat gets built.

## **Sunday, January 19**

The Integrity of "We"

We're celebrating MLK day! We'll be doing some games and art to explore how it takes effort from all of us to create a fair and just world.

## **Sunday, January 26**

Standing Tall: Being True to Yourself

Having the courage to be yourself gives others the courage to be themselves! We will explore this idea with mask-making and the return of the Sculpture Table.

Youth Group: Kids in grades 5 through 8 will meet in the Youth Group room for games and snacks.

Kids ages 5 and young are welcome to visit our Nursery,  
where our trained staff are ready to play and connect.

Kids in grades K through 8 are invited to our main classroom.

We begin upstairs with the congregation on every Sunday except the first of the month.



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



RETURN SERVICE REQUESTED

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“I won't take my religion from any man  
who never works except with his mouth.”

– Carl Sandburg

Carl August Sandburg won three Pulitzer Prizes, two for his poetry and one for his biography of Abraham Lincoln. A Universalist, he was born in Galesburg, Illinois on January 6, 1878.