



The South County UNITARIAN UNIVERSALIST

THE NEWSLETTER OF THE UNITARIAN UNIVERSALIST CONGREGATION OF SOUTH COUNTY

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How we can keep in touch with each other *A message from Rev. DL*

During these stressful times, while we are physically isolated from each other, communication is especially important. Here are the ways we can stay connected.

Worship on Sundays

Music Director Michael Galib and I will prepare a weekly Sunday service that you can listen to on the [UUCSC website](#). It will be broadcast each Sunday at 10:00 a.m. Don't worry if you can't tune in on time—the service will be available for you to listen to any time after 10:00 a.m.

Sermon topics will respond to needs that emerge each week, so they won't be announced in advance. But the service on Sunday, April 5 will have a Passover theme, and the service on Sunday, April 12 will have an Easter theme.

E-mail updates during the week

At least twice a week, I will send you a Constant Contact e-mail that will include congregation news and resources you might find helpful. Each week, you'll receive a link to an on-line offering from Religious Education Director Bethany Vaccaro.

Twice-weekly on-line pastoral sessions

Twice a week, on Mondays at 10:00 a.m. and Thursdays at 7:00 p.m., I will conduct on-line pastoral meetings. If you have a computer, tablet, or phone with two-way audio and video capability, you can participate in these sessions using a free software program called Zoom. Download [Zoom](#) to your computer or device in advance. At the meeting time, open [this link](#).

How else can we help each other?

Families with children, if you can think of a way the congregation could provide more support for you, please get in touch with me, Bethany, or the Religious Education Committee.

The Pastoral Care team have been reaching out to members of the congregation. If you haven't heard from anyone and you need help— for instance, if you're older or vulnerable to infections and you need someone to shop for you— please get in touch with me or Board President Natalie Herbermann. We have many ways of assisting you, so don't hesitate to ask.

If you need to communicate directly with me, all Board members, staff members, and committee chairs have my telephone number, or you can send me an e-mail. I'll respond as soon as I am able to.

With love,
Rev. DL



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.

Whoever you are, wherever you come from, whomever you love, you are welcome here.

Staff

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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)

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Karen R. Ellsworth, Weekly E-News editor kellsworth6@verizon.net

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

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LIKE US ON FACEBOOK!

<https://www.facebook.com/UUCSC>

Betsy Dalton, Facebook manager

At the Water's Edge

Rev. DL Helfer



Beloved UUCSC Members and Friends,

Like many Generation Xers, I've been raised on notions of a post-apocalyptic world. From Octavia Butler's book, *Parable of the Sower*, to the animated movie *Wall-e*, to shows like *Star Trek* (or *Battlestar Galactica* or *Firefly*), my world view has always held out the possibility of a world changed dramatically in our lifetime. While COVID-19 is a pandemic, not an apocalypse, I find myself nonetheless reaching for the lessons of apocalyptic fiction.

In an earlier part of my professional life, when I worked solely on natural resource issues, a good part of my training focused on responding to large crises. What could go wrong? What were the cascade of events that might follow that first crisis, and what could we do to prepare?

All this, taught me a few key things:

- Nothing beats preparation. Including considering what might be needed a day, a week, a month down the road.
- Create layers of redundancy, backup plans for backup plans. E.g., if X fails, how else do we accomplish it? If X and Y both fail, what is needed?
- Despite the best plans and preparation, it comes down to the resiliency of the group. The most enduring answers are always found in collaboration.

It's that last point that will serve us best during this time. Collaboration, community, connection.

The good news, as I've said, is that people want to— and are— helping. In so many ways. We're finding ways within CDC guidelines to support each other mentally, emotionally, and physically.

As it becomes clear that this pandemic and its impacts will be with us for a while, I wonder what is sustaining and replenishing you? How is this and other communities, connections, and collaborations keeping you from unwanted isolation? How are you dealing with the fear and uncertainty, and are you reaching out to/for help?

Is there a spiritual practice you do? Ramp it up now. Are you an exerciser? There are many free and challenging (I can attest) online options. Walk, sit in nature, breathe.

And reach out, reach out. To everyone who says, "I'm fine," give them space to say a bit more. No one is truly "fine" right now. We are all carrying some amount of stress and anxiety.

Take care of yourselves. Take care of each other. And know that even in isolation, you are never alone.

With so much love,

Rev. DL

Please help update the on-line photo directory

“Garbage in, garbage out.” Remember that expression from the early days of computer programming? It still has meaning for us, because our wonderful on-line photo directory is only as good as its information is accurate. Our on-line directory needs your help!

The online photo directory is a great, easy way to keep in touch by mail, e-mail, or phone, especially during these days of personal isolation. When addresses, e-mail addresses, or phone numbers change, but the directory isn't updated immediately, keeping in touch can become difficult. The Communications and Membership Committees are working to bring the on-line directory up to date, and the best way to do this is for individuals to check and update their own information. We are asking all members and friends to do this by accessing your entry in the directory, where you can check for accuracy and update if necessary. You can also contact Karen St. Peter or Linda Dupuis, the Directory Administrator, and they will do this for you. If you have forgotten your username or password, please contact Linda Dupuis.



When COVID-19 crisis is finally over, and we can be together again, we will have a display at coffee hour where you can check your entry in a printed copy of the directory. For those who don't have their contact information listed in the directory, sign-up forms will be available.

Who should be in the UUCSC Directory?

When UUCSC congregants officially become members, their information is entered into the directory. In the “individuals” tab, they are identified by an "M" after their name. They are also included in the member "groups" tab.

People who are not members of the congregation can also be listed in the directory. They are considered Friends of the congregation. According to UUCSC Policy Manual, a Friend is someone who does one or more of these things: participates as a non-member, attends services regularly, contributes financially, or chooses to be listed as a Friend in the photo directory. Friends may join a committee, but not as a chair; may receive pastoral care; and will receive pledging information and all communications to the congregation.

If you feel that you are a Friend of the congregation, but you are not yet listed in the directory, please contact Linda Dupuis and she will create an entry for you and send you information about how to access the directory. You can reach Linda at ldupuis4@cox.net or 401-294-9147.

With your assistance in keeping the directory up to date, we can have “good info in, good info out.” – *Linda Dupuis*



Dining for Dollars 2020

Our UUCSC fundraiser, Dining 4 Dollars, celebrates its tenth year in 2020, and we know it can be the best ever, if we all pitch in and take part.

You can participate in two different ways:

- 1) by hosting an event or
- 2) by bidding to be a guest at an event

Both ways are great fun and both ways really help the UUCSC.

More hosts are needed. Whether it's a pizza night, gourmet supper, or outdoor barbeque, all ideas are welcome - let's do something for everyone! You can view last year's events for new ideas [here](#).

The information necessary in planning your D4\$ event includes:

Title and/or theme of your event

Date and time

A short paragraph describing the event (make it tempting!)

Menu

How many guests can you accommodate?

Hosts names

Address of event

Any special instructions

We have extended the deadline to sign up as a D4\$ host to April 7, so please go to the online sign-up form [here](#).

The period for Dining for Dollars bidding, however, will be postponed until further notice. We believe that this is the best decision for our UUCSC congregation at this time.

Thanks so much for supporting D4\$ over these last 10 years - let's make it 10 more great ones!

Also, a big "Thank You" to Nancy Rose, UUCSC's D4\$ founder and coordinator for so many successful years.

Your D4\$ Coordinators, Betsy & Etta

Soul Matters for April

"The more you try to control something, the more it controls you. Free yourself and let things take their own natural course." - Unknown

April's Soul Matters theme is about liberation. It's an interesting concept to explore this month, with the way the world has changed so rapidly over the past few weeks. Many are not feeling very liberated lately, with the sudden loss of many freedoms most of us have never experienced... such as not gathering with friends and family, going to a restaurant, sitting in class, going to work, etc. How can we feel liberated in such uncertain times?

Below are some suggested books and movies for families and individuals, as well as questions to think about regarding the concept of liberation.

Questions

2. Who taught your greatest fear? (Notice how different this question is from "What caused it?" or "When did it arise?")
3. Do you need to let yourself out of the box you've put yourself in?

Movies

1. 13th - TV-MA - An in-depth look at the prison system in the United States and how it reveals the nation's history of racial inequality.
2. Iron Jawed Angels - TV-14 - Defiant young activists take the women's suffrage movement by storm, putting their lives at risk to help American women win the right to vote.
3. Wadjda - PG - An enterprising Saudi girl signs on for her school's Koran recitation competition as a way to raise the remaining funds she needs in order to buy the green bicycle that has captured her interest.

Kids' Books

1. Laila's Lunchbox: A Ramadan Story, by Reem Faruqi
Message - Lailah finds out a new way of deepening her understanding of fasting as liberation from the physical world into spiritual growth. She grows when she gains understanding of her new friends and country.
2. Wangari's Trees of Peace: A True Story from Africa, by Jeanette Winter
Message - Planting the seeds of hope to liberate the earth from the destruction of the planet. Saving the Earth is saving us. We are liberated into interdependence.
3. Exodus, by Brian Wildsmith
Message - The Biblical story of the liberation of the Hebrews from enslavement into freedom. A people gets liberated together. Liberation takes time.

Adult Books and Articles

1. When They Call You a Terrorist, by Patrisse Khan-Cullors and Asha Bandele
2. Your Liberation Is on the Line, by Rev. angel Kyodo williams
<https://www.lionsroar.com/your-liberation-is-on-the-line/>
3. How We Fight White Supremacy: A Field Guide to Black Resistance, by Akiba Solomon and Kenrya Rankin



Religious Education News and Events By Bethany Vaccaro, Director of Religious Education

Dear families + friends of RE,

We are living in unprecedented times. We are all feeling this in many ways.

For many of our kids, COVID-19 may be the first major life disrupting event they've experienced. I can't remember a time when schools and other public institutions were closed en masse.

The impact of this is felt most by those who are more vulnerable, and as much as we are being mindful of the elderly and immune-compromised in these times, we also need to see our children as part of this vulnerable population. This is not because this virus targets kids (who actually seem to fare better than other demographics with this one), but because of the potential impact on their psychological and physiological development.

These are times when we particularly need to see children as spiritual beings.

We need to see how they are absorbing the messaging around them, taking on concepts in ways that will form their body's physical responses to their environment. There is the potential for great growth and also great trauma.

So I encourage you in these times to cling to specific concepts that resonate with you.

JOY is one we've been working with in my household. We are prioritizing moments of joy above all else.

TOGETHERNESS is another. The extreme unusualness of the last few weeks has thrown us together in new ways, even if it's just new routines within one family unit. Seeing this as a chance to live into new values may a positive outcome from all of this.

Whether or not we are physically meeting, we are seeing with new eyes all of the ways in which we are still bound together. It's a pleasure to be linked in with you in these strange and phenomenal times.

With love,
Bethany

I want to let you know that I will be dropping down from 20 hours to 5 hours a week, effective on April 1. This is a needed change in my life that I requested, and I'm looking forward to continuing to contribute content to our online connections, as well as to remain a resource for you in any way needed. This will not be a permanent change to the DRE role; it will just be for the time during which the church is closed.

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



RETURN SERVICE REQUESTED

“Do not blow your own trumpets nor, which is
the same thing, ask other people to blow them.
No trumpeter ever rose to be a general.”

– Edward Everett Hale

*Hale, an author, historian and Unitarian minister, spent his summers in
Matunuck and lived the rest of the year in Boston, where he was born on
April 3, 1822.*