

# Vineyard UU Voice

*We are an intentionally welcoming congregation of diverse faiths and shared values, fostering spiritual growth, community action and universal justice.*

VOLUME 8, ISSUE 1

JANUARY, 2021

## SPECIAL POINTS OF INTEREST:

- **Universal Justice Planning Meeting, page 5**
- **How to Survive this Pandemic Winter, page 7**

## INSIDE THIS ISSUE:

Worship Services	2
President's Column	3
PC Notes	4
In Our CommUUnity	6
January Caring Coordinator	8
Contacts	10
January Calendar and Zoom Login Information	11

## 2021 Annual Meeting

The Annual Meeting of the Unitarian Universalist Society is **January 24 at 12:30 pm** on Zoom following the Sunday service. All are welcome, but if you are a voting member of the

UUSMV, we urge you to stay or come for the meeting. We need to reach a quorum so we can vote on the slate of candidates for PC, Officers, Trustees, and

Moderator and to pass the budget for 2021.

Please join us to honor the volunteer work of members of our congregation.

—Editor

## How Much Racism Do You Face Every Day?

### Part I

By Amy Harmon, January 20, 2020, Excerpted from the *New York Times*

How do your experiences compare to the experiences of black teenagers in Washington DC.? A team of researchers tracked the experiences of 101 black teenagers in D.C. for two weeks. The responses reveal both overt and covert forms that anti-black bigotry take in America. Here are 3 of the 58 questions



asked of the teenagers. How do you answer these questions? In the past two weeks, How many times were you mistaken for someone else of your same race/ethnicity (who may not look like you at all)?

How many times did you see a racist image online (Facebook, Twitter, Instagram or in a comments section)? How many times did a teacher or co-worker assume that you were an expert on people of your same race/ethnic background? For more about how black teenagers answered these questions, see Part II on page 5 of this newsletter.



## For the January 24 Service:

We are looking for members and friends to share how they most enjoy worshipping—what it looks like, sounds like, feels like for you. Please contact Jennifer Knight to participate. We want to hear your experience so that we can welcome you into our worship together. **How do you worship?**

## Worship Services

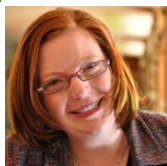
**11:00 am**  
*All Worship Services take place on Zoom. Please see page 11 for details about how to join.*

**January 3: *Prepping for Winter - A UU Survivalist's Guide* - Reverend Victoria Safford, Lead Minister, with Assistant Ministers Reverends Sara Good and Jack Gaede**



A virtual field trip to Mahtomedi, MN. What do we really need as we

face a long cold winter? How do we prep for the months ahead?



What will sustain us? What can we learn from Survivalists?

**January 10: *Resolving Social Inequities - Empathy as a Tool* - Dr. David Martin**



Prejudice and social bias are deeply woven into the fabric of our society

and have been since our beginnings. We will look at the problem from both intellectual and emotional viewpoints and discuss how pro-active efforts to develop empathy from an early age may be one pathway to a better social future. Dr. Martin will share specific ideas for teaching empathy, ideas he himself has developed

and modeled in a long career in education. Readings from Isabel Wilkerson's *Caste* will be part of the service. Please see page 4 for Dr. Martin's bio.

**January 17: *The Time Is Now* - Reverend Julie Taylor**

This service will honor and celebrate the Reverend Dr. Martin Luther King, Jr., by inspiring us to action.

Rev. Julie Taylor is a Unitarian Universalist community minister specializing in critical incident response,



community crisis and pastoral care. Rev. Taylor is the Senior Director of Contextual Ministry and an affiliate professor at Meadville Lombard Theological School. Agitating, preaching, and working towards dismantling systems of White Supremacy are key in Rev. Taylor's theology and work.

**January 24: *How Do We Worship? How Do You Worship?* - A Service by the Worship Committee and Volunteer Members**

**How do we worship?** A number years ago, Reverend Bill had us participate in an activity where we all lined up in the Chapel according to where we were on a spectrum of beliefs. Some of us were one side of the line believing in God,

some of us were somewhere in the middle, others of us were at the other end as atheists, still others of us chose to step to the side of the line—off the delineated spectrum entirely. How do we worship together with such a diversity of beliefs? Where do we find common ground? During this service, we will explore our congregation's diversity of beliefs. As we enter the new year together, how do we move forward honoring all of our beliefs and ways of worshipping? We believe that sharing these differences creates a community that feels inclusive and welcoming to all.

**January 31: *Befriending Our Own Hearts* - Reverend Jennifer Johnson**

Self-love is a difficult concept for many of us to embrace. In her classic text, *All About Love*, scholar



bell hooks writes, "many of us are troubled by the notion, as though the very idea implies too much narcissism or selfishness." Yet in our age of social distancing, the practice of self-love is essential for individual and community survival. In this service, we'll explore ways to integrate practices of self-love into our daily lives.

Rev. Jennifer Johnson currently serves as the Learning Fellow for Prison Ministry at the Church of the Larger Fellowship.

# From Your President - 2021!

Let me say that again...**2021!**

We are finally officially ending 2020. What a year it has been! In March, a pandemic struck our world. We were told we needed to stay home; businesses, restaurants, schools, and churches closed. Suddenly, we were planning Sunday worship services and committee meetings virtually on Zoom.

As I write this TODAY, December 14, over 300,000 people in America alone have died from COVID-19, AND the first vaccine was administered to health care workers. Too many more people will die before large numbers of our citizens get vaccinated, and the virus is no longer a public

health threat. We will still need to wear masks, keep socially distanced 6 feet from one another, and wash our hands often for the foreseeable future.

At UUSMV, we said goodbye to Rev. Bill Clark in early September, as he retired as our minister. We gathered to celebrate his 7 years with us and to wish him well. Early in the new year, we will have an opportunity to take stock of our church and create our vision for the next 5 years. We will gather virtually to talk about our hopes for:

- Future professional ministry
- How to use the property behind the Chapel that we purchased in 2015
- How we wish to be involved in uni-

versal justice in our community and beyond

- How we will be part of an island-wide and nationwide conversation and action plan for racial justice and racial equity
- Reviving life-long learning for children, youth, and adults
- Our vibrant music program
- Our worship together on Sunday mornings once we are back in the Chapel

And...what were you just thinking I should add to this list? (Please write it down and send it to me!)

My personal best wishes to each of you for 2021,

Rita Brown



## Our New Directory!

A new Directory was published in December and it has a number of new phone numbers, addresses, and email addresses that you might want to check out. We have removed quite a few past members and friends from the Directory and put them in a Supplement with their latest known addresses and phone numbers. This Supplement is posted along with the Directory in the Member Section of the UUSMV website.

As Nancy Wood observed, the cover for the printed Directory looks like a gigantic Zoom session! Every photo in the Directory—almost 100 of them—is also on the cover, in



alphabetical sequence. Now we can all say that we've been featured on a brochure cover! Heartfelt thanks to Tisbury Printer for gifting UUSMV with color covers for the black and white directories.

Please be sure to alert the UUSMV office if you have any

changes for the Directory. And thank you for using the Directory contents only for UUSMV purposes.

—Mimi Davisson, for the Membership Directory Team

## PC Notes

Your Parish Committee met via Zoom last month on December 9th. Here are some highlights.

- We discussed the UUA's recommendations as to whether UUSMV Members can or should become Staff. The PC agreed that this would be considered on a case-by-case basis and policy handbooks will be updated accordingly.
- The Treasurer's Report noted our financial health remains strong.
  - If your 2020 pledge is still outstanding, or if you haven't yet made a 2021 pledge, please consider doing so now.
  - Funds raised for the Red Stocking Fund and Guest at Your Table have been sent to their respective organizations. Thank you to all who donated!
  - Two minor changes were made to the 2021 Budget based on feedback from the Budget Town Hall Meeting. The
- PC approved the updated budget.
- Along with the Annual Report, members will receive a copy of a 2021 summary budget, a detailed 2021 line-item budget, and a list of assumptions used. Please bring any questions to the Annual Meeting on **January 24, 2021**, when the vote will be held.
- The PC recognized what a terrific job the Worship Committee has been doing! If you have any feedback on services, please reach out to a Committee member to share.
- We will be hiring someone to provide technical support weekly for Sunday Zoom services.
- A Parish Committee member will now greet you when you enter the Zoom call, and we're looking forward to connecting with each of you this way!
- We're looking for individu-

als interested in joining a Working Group for Vision 2025. Please contact Rita if you have interest in participating. This group will set up the process for engaging the congregation to get their input on updating our mission, vision, ministerial needs, and back property wishes.

- The Minister's Discretionary Fund has monies available. Please contact Jan Casey with any needs.
- **January 21st from 3:00-4:30 pm**, join Mimi Davisson for a one-time only Zoom meeting to plot out Universal Justice, Social Action, and Community Action activities for 2021.

The next PC meeting: **Wednesday, January 13th, 4:00-6:00 pm**. If you plan to attend and/or have an agenda item to suggest, please contact Rita Brown. Kristy Brooks, Secretary

## January 10 Worship Service Speaker's Biography

**Dr. David Martin** is the former Dean of the School of Education at Gallaudet University in Washington, D.C., and a co-author of *Origins of Unitarian-Universalism on Cape Cod and the Islands*, published in 2019. He has also spoken at Island

Libraries on how to go about finding your roots. He is a genealogist, an astronomer, and a sailor, though he no longer keeps his sloop, *Andromeda*, or its dinghy, *Strain*. One of the hats he has recently worn is President of

the Cape and Islands Chapter of the American Guild of Organists. Though he won't be playing our Hook and Hastings pipe organ, Dr. Martin has asked us to include an Elgar piece played on the largest pipe organ in Asia to a COVID-empty hall in Taiwan.

# How Much Racism Do You Face Every Day?

## Part II

By Amy Harmon, January 20, 2020, Excerpted from the *New York Times*

(See Part I on page 1 of this newsletter.)

The black teenagers' experiences in the past two weeks:

*How many times were you mistaken for someone else of your same race/ethnicity (who may not look like you at all)? Black teenagers averaged 7 times in two weeks.*

*How many times did you see a racist image online (Facebook, Twitter, Instagram or in a comments section)? Black Teenagers averaged 10 times in two weeks.*

*How many times did a teacher or co-worker assume that you were an expert on people of your same race/ethnic background? Black Teenagers averaged 8 times in two weeks.*

"Collectively, the 101 black teens participating in the study reported more than 5,600 experiences of racial discrimination over two weeks. That boils down to an average of more than five instances per day for each teenager. That's more than 70 over two weeks.

"Those findings may not be surprising to those who face routine discrimination, but they reflect a higher frequency of racism than has previously been reported. What caused the increase? Researchers say that the study was the first to include so many expressions of racial bias, 58 in all, and to ask participants to record them [their experiences] daily. Previous studies have typically asked participants to recall experiences from the past, which researchers say is not as accurate. Although there has been an increase in hate crimes during the Trump administration, this study measures incidents that



occurred when Barack Obama was in the White House.

"The teens who participated in the study were students at a middle school, a high school and a summer program in Washington. Those who experienced more instances of discrimination over the two weeks also showed more symptoms of short-term depression, the study found, such as difficulty sleeping, loneliness and anxiety... This is showing us the magnitude of the discrimination faced by black adolescents. It's happening all the time. And it's affecting how they feel."

—Mimi Davisson



**Zoom Video-Conference,  
Thursday,  
January 21, 3:00 –  
4:30 pm.**

2020 was a watershed year for Universal Justice. Forces of

## Stand up for Universal Justice

bigotry, hate, and political sleaze challenged people of good will to stand up for our "one nation . . . indivisible, with liberty and justice for all." And people of good will prevailed!

Join us in a Zoom session on **Thursday, January 21, 3:00 – 4:30 pm.** – the day after the Presidential inauguration – to decide how UUSMV will continue to stand up for

Universal Justice in 2021. BYO refreshments. We'll use our notes from last year's planning session as a starting point. Please let Mimi Davisson know in advance if you'll attend, so she can share last year's notes with you. We hope to see you there.

--Mimi Davisson for The Universal Justice Network

## In Our CommUUnity

Please hold the following members and friends in your thoughts and prayers:

**Tad and Judy Crawford, Steve Solarazza, Herb and Carol Golub, Ann Dietrich, Russ Hartenstine, Joan Clark, and Glenn Palmer.**

The Red Stocking Program at UUSMV had a successful drive and was able to sponsor seven children this year. Thank you to all who made monetary contributions and to **Doris Troy, Dorie Godfrey** and her daughter **Adele** who provided hand-made hats for several children. Thank you to **Laura Beebe** and the Sewcial Action Knitwork for the ten quilts they made and donated to the Red Stocking Program. A BIG thank you to the Red Stocking Team of **Joan Clark, Kristy Brooks, Jennifer Knight** and family and **Celeste** and **Nor-**

**man Stickney** for taking on the shopping, wrapping, and dropping off all the clothing, toys, and art supplies. Thank you, thank you, thank you.

Huge thanks to **The Knight family** for creating the Worship goody bags that held a candle, dreidel, recipes, matches, etc. for our Chanukah and Candlelight services. And thank you to all the helpers who dropped off bags to those who could not pick them up in person. It made our Services, especially the Candlelight service, possible on Zoom.

Join me in thanking **Mimi Davisson** for publishing the new Member Directory. The Directories have all been distributed to those who prepaid. If you missed out on ordering, you can access the same directory online on our website [www.UUSMV.org](http://www.UUSMV.org) Mem-

bers page, which is password protected. If you forgot the password, please contact Lori or any member of the Parish committee.

Final thanks go to **Jenifer Parkinson** and **Mary Miller** for decorating the outside of the Chapel this year and for the "bright" idea of the candles in the windows, as well as to **Celeste Stickney** for the beautiful window boxes in front of the Chapel. If you have not driven by, please do so after dark. It is magical.

Happy Holidays to all, and especially to those who struggle at this time of year and who are just praying to get past the festivities. Hang in there. This is a very challenging year. Be good to yourselves and reach out if you are struggling. We are here for you.

—Celeste Stickney

## This Old Church

Happy New Year! But I am melancholy, baby. Mary Miller says, "If nominated she will not run. If elected she will not serve." I wonder how we will get her to be *capa di tuti* trustee again? She always graciously did those writing things. She is a so-



bering presence. I am going to wish upon a star and am certain, like The Terminator, she'll be back.

Another facet of this jewel of a Chapel, is the tree of good hope. I put a stake in the ground at the back corner. Babs Caseau



is aware and will have the tree put there for eternity.

—Norman Stickney, Trustee

*Editor's note: Mary Miller completes her term as Trustee. Mary has been a Trustee since 2007.*

# How to Survive this Pandemic Winter

Marina Khidekel writing for the Muse makes these suggestions (adapted)!

Many of our opportunities for getting together are gone for the winter. As the darkness and cold begins, we may start to feel lonely and or frustrated with the isolation of the pandemic. Marina Khidekel suggests that we start with small actions to stay connected and in-touch.

## **Micro step 1:** Start a Group Text with Friends

Science shows there's power in consistent kinship, even if it's a simple daily "thinking of you" message. Send that silly photo you took of your pet to your long-ago friends or reach out to someone when you come across something that reminds you of them. Remind your friends you care, and they'll remind you back.



## **Micro step 2:** Schedule a Virtual Coffee Break or Afternoon Tea with a Friend

Social isolation can have powerful negative effects on your

health, but spending time with others—even virtually—helps you stay connected. Schedule a weekly virtual coffee date or teatime with a friend. Use FaceTime or Zoom and make it a group coffee klatch.

## **Micro step 3:** Ask Someone What They're Doing to Take Care of Themselves and Stay Connected to Loved Ones

Social distancing can make us feel further apart, not just physically but emotionally. Bridge the distance with this simple question—you might learn something, or find you have something in common.

## **Micro step 4:** Every Morning, Write Down the Top Three Things You Want to Accomplish That Day

Prioritization and scheduling tasks are more critical than ever. Give yourself structure and clarity by focusing on three objectives every day—and when they're done, you can declare an end to your

### To Do List

- 1.
- 2.
- 3.

"workday," knowing you'll come back tomorrow recharged.

## **Micro step 5:** Do One Small Thing Each Morning That Brings You Joy

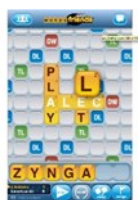
How you begin your day can set the tone for the rest of it—so make a conscious effort to do something that will start you off right. It might be meditating, walking, reading while you drink your coffee, making a breakfast you love, or trading stories about weird dreams with your kids. From this foundation, you'll build up strength and resilience for the rest of your day—and the rest of this unusual winter.

**Micro step 6:** End each day by expressing gratitude for the things that brought you joy or simply helped you through the day. By focusing on the positive, we feel more positive and have greater resilience.



—Dorie Godfrey

## Shared Games to Play Virtually

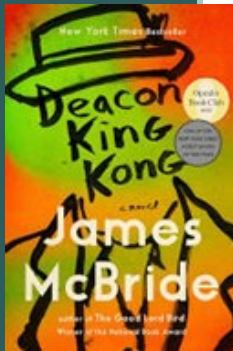


Try *Word with Friends*, a free app for smart phones. Don't want to download an app or play online? Pull out Scrabble and have a friend do the same.

Start the game, take a picture of the board with your word on it, send the picture to your friend. Your friend places your word on their board – same as yours and then makes their play. They send you a picture of the

board. And so on. You can decide a time limit for play, or not! Have fun!

—Dorie Godfrey



## Looking for a Good Read?

*Deacon King Kong* may be my favorite book of 2020. If my recommendation is not enough, the book is on Barack Obama's best books of 2020 list. Author James McBride is known for using large doses of humor when writing of serious subjects. *Deacon King Kong* takes place in a housing project in

Brooklyn in the 1960s. While you are laughing out loud, McBride suddenly jolts you with insight to the ongoing harm done to black and Latinx people in our country. As Junot Diaz says in his review in the *New York Times*, "What lingers after the last page of this

terrific novel is not laughter or thunderbolts or the endless resilience of communities of color but something far more unsettling: grief, like the sound of many waters, wide, dark, deep."

—Dorie Godfrey

## Neighborhood Convention

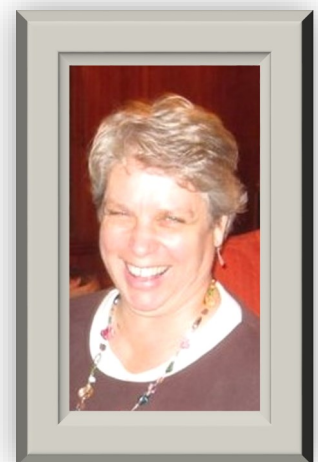
### Update

Our 2020 vision was not good enough for any of us to see what this year would be like. Who would have guessed the new meanings of "bubble" and "uptick"? One word's definition remains firm, however. We know that for Neighborhood Convention, PAUSE has begun and that it will end. We will be back. We

hope you will be back with us. Meanwhile, we wish for you the gifts of love and peace always.

—Susan Waldrop, Penny Hinkle, Arline Harkness, Carole Early, Barbara Bennett, Mary-Jean Miner, Patricia Correia, and Sofia Anthony

January Caring  
Coordinator:  
Celeste Stickney



# January Meetings



**Sewcial Action Knit-workers** are at home individually working on knitting,

crocheting, and sewing comforts for our members and friends. We recently donated 10 of our quilts to the Red Stocking Fund! Anyone interested in contributing may contact Laura Beebe. There is always a need in our community.

—Laura Beebe

The UUSMV **Men's Group** will meet on **Saturday, January 9,**



**9:30 am**, since the previous Saturday is New Year's weekend. We'll meet via Zoom, and I'll send a reminder a few days before the 9th. Please be ready to tell us a story about your life such as: what was the best job you ever had, how you met your wife, what was the best trip you ever took, etc., so that we can get to know you better.

—Peter Meleney

The UUSMV **Women's Group** meets **Thursdays, January 14 and 28, 2:00 pm** in the UUSMV Zoom meeting. All are welcome.



—Celeste Stickney

The **"Ageing to Sage-ing" Group** will meet **Wednesday, January 27, 2:00 pm.**

—Ann Hollister



These wonderful people are about to begin another trip around the sun! Let's wish them an incredibly happy birthday and the best year yet!

Diane Purvis and Orion Thibodeau Newton on January 7

Tad Crawford who will be 81 on January 8

Norman Stickney on January 9

Bill Sankey who will be 74 on January 12

Mary Miller who will be 87 on January 14

Abbie Steele on January 19

Samantha Green on January 21

## Unitarian Universalist Society of Martha's Vineyard

P.O. Box 1236, 238 Main Street  
Vineyard Haven, MA 02568  
Phone: 508-693-8982; Email:  
uu.society.mv@gmail.com  
Website: [www.uusmv.org](http://www.uusmv.org)

**Lori Shaller** - Administrative Assistant,  
Newsletter Copy Editor and Publisher

**Dorie Godfrey** - Managing Editor

**Mary Miller** - Proofreader

## *Contacts*

# Unitarian Universalist Society of Martha's Vineyard

**For Pastoral Care please call Reverend Vicky Hanjian at 508-696-8225.**

Worship services and meetings listed are by Zoom. The UUSMV Zoom ID# is 940 766 8736, password is 735531

You can join using this url: <https://zoom.us/j/9407668736?pwd=STN5bVZXd2lnEpmalUxTYW5ib0pWdz09>

Or call: 1-646-558-8656, and when prompted give this ID# including the pound sign at the end: 9407668736#, password 735531

Please contact Ed Merck for the Zoom information for Tuesday morning meditation and Island Insight Meditation for the Saturday morning meditation.

## January 2021

Sun	M	Tue	Wed	Thu	Fri	Sat
					1	2
3 11:00 am: <i>Prepping for Winter - A UU Survivalist's Guide</i> - Reverends Victoria Safford, Sara Good and Jack Gaede  Worship Coordinator: Celeste Stickney	4	5 9:30 am: Meditation Circle	6	7	8	9 9:30 am: Men's Group Meeting
10 11:00 am: <i>Resolving Social Inequities - Empathy as a Tool</i> - Dr. David Martin  Worship Coordinator: Peter Palches	11	12 9:30 am: Meditation Circle	13 4:00 pm: Parish Committee Meeting	14 2:00 pm: Women's Group Meeting	15	16 10:00 am: Island Insight Meditation and Learning
17 11:00 am: <i>The Time Is Now</i> - Reverend Julie Taylor	18	19 9:30 am: Meditation	20	21 3:00 pm: Universal Justice Meeting	22	23
24 11:00 am: <i>What Is Worship?</i> - Worship Committee and Others  12:30 pm: Annual Meeting	25	26 9:30 am: Meditation Circle	27 2:00 pm: "Ageing to Sageing Group Meeting	28 2:00 pm: Women's Group Zoom Meeting	29	30
31 11:00 am: <i>Befriending Our Own Hearts</i> - Reverend Jennifer Johnson  Worship Coordinator: Celeste Stickney						



UUSMV

PO Box 1236

Vineyard Haven, MA 02568