

The Unitarian  
Congregation  
of Taos  
June 2020  
Bulletin Board



- Sun., Jun. 7 Service: *Feed Your Head*  
Rev. Gary Kowalski, on Zoom
- Sun., Jun. 14 Sharing Circle: *Bridging the Gulf*  
(via email)
- Wed., Jun. 17 Men's Group, 4:30 p.m. online via  
Zoom
- Sun., Jun. 21 Service: *Topic to be announced*  
Rev. Munro Sickafoose, on Zoom
- Sun., Jun. 28 Sharing Circle: *Risk* (via email)

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**Because of the coronavirus, the Unitarian Congregation of Taos has suspended services and sharing circles for an indefinite length of time. We will be meeting online via Zoom for abbreviated services.**

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**On My Mind**  
**The Rev. Gary Kowalski**

I think it was the late Unitarian minister Jack Mendelsohn who defined spirituality as the ability to discern the essential from the non-essential. The definition stuck with me because it's different and down to earth. Spirituality isn't a feeling of peace or calm or blissfulness, although a certain tranquility may result when we learn to stop obsessing about the small stuff. Spirituality is more akin to a sense of proportion: the ability to assess things, people and events for their true worth.

Lately, we've all been thinking about the topic of what's essential and what's non-essential. Are gun shops essential? Is bacon essential? We've had to recalibrate our notions about what kind of work really matters. Garbage collectors, it turns out, may be more valuable to society than hedge-fund managers.

Art is essential. But instead of going to museums and galleries, people are dressing up like famous paintings, then posting the re-creations on Instagram. Justice is essential. But maybe locking up large numbers of people less so.

Dori and I may go to the store every two weeks now, instead of every two days. Not entirely by choice, we've had to pare down, consider what we need versus what we want. And because there are fewer cars on the road, people in places like Delhi and Shanghai can see the sky again. Is the sky essential?

There is a legitimate debate about the need to restart the economy and the competing need to protect public health. There's a balance yet to be found. My hope would be for a conversation that is not only civil and science-based, but one that invites some thought about how much we con-

sume, what we produce, and where we find life's greatest satisfactions: a conversation, in other words, about what is essential.

In Antoine de Saint-Exupéry's classic *The Little Prince*, the child who falls to earth from an asteroid comments to the narrator, a pilot:

"People where you live grow five thousand roses in one garden ... yet they don't find what they're looking for."

"They *don't* find it," I answered.

"And yet what they're looking for could be found in a single rose, or a little water..."

"Of course," I answered.

"What is essential is invisible to the eye," rejoins the Little Prince. "It is only with the heart that one can see rightly."

Gary

**Sunday, June 7**  
**Feed Your Head**  
**The Rev. Gary Kowalski**

"When the white knight is talking backward and the Red Queen's lost her head, and you've just had some kind of mushroom ... go ask Alice." So advised Jefferson Airplane in their 1967 album *Surrealistic Pillow*. Fifty years later, serious researchers are re-examining psychedelics as modalities for the treatment of depression, anxiety, addiction, PTSD, and as gateways to spiritual well-being. This morning Gary shares the insights of individuals in our congregation who have found growth and better living through chemistry.

*See the weekly email for the Zoom link.*

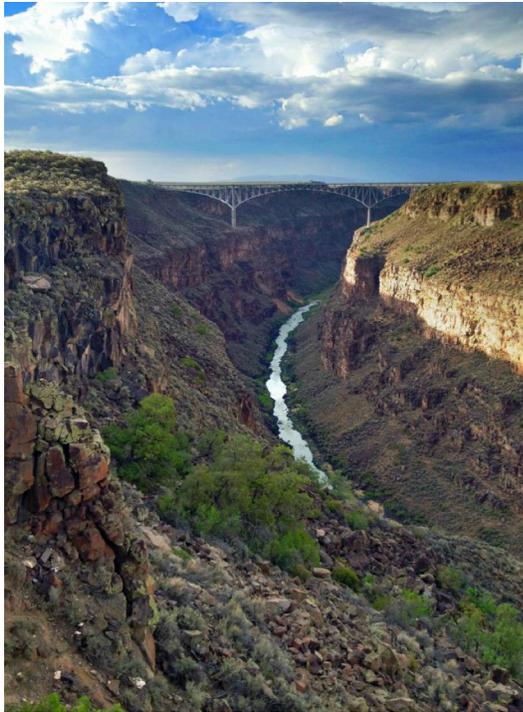
**Sunday, June 21**  
**Sermon Topic TBA**  
**The Rev. Munro Sickafoose**

*See the weekly email for the Zoom link.*

## SPECIAL SHARING CIRCLES\*

### June 14, *Bridging the Gulf*

Here we are: a nation divided, polarized into Us and Them. They are “The Other” and therefore evil or ignorant or both. We know that they are wrong. We are certain beyond doubt, because our superior understanding of history and the way the world should be tells us so. Of course, they believe the same thing about us. Everyone is talking but no one is listening. How do we bridge this gulf?



*Photo by Rachel Cohen*

### June 28, *Risk*

Since the advent of the novel coronavirus, *Risk* has taken on a powerful new meaning. Now the risks aren't personal but global. And our choices, if imprudent, can risk our well-being and even our life—and the lives of others. We've been on a razor's edge between safety and peril for three months now.

What kinds of acts and/or behaviors did you consider risky before COVID-19, and how have those changed for you in the weeks and now months of its course?

\*Sharing circles will be held via email. If you would like to participate, send an email to Jeanine Borree [jborree@camano.net](mailto:jborree@camano.net)

## UCOT Women's Group, June 11

As of this printing, the UU Women's Group June meeting is TBD. A further update will be published following the May 14 meeting.

## UCOT Men's Group, June 17

The UU Men's Group will meet Wednesday, June 17, at 4:30 p.m., via Zoom. To receive a Zoom invitation, contact [tsurguine@gmail.com](mailto:tsurguine@gmail.com).

## Music Committee News



In this time of social distancing, let's remember the power of music to heal and uplift mind, body and soul. So go ahead—sing, dance, and play music to your heart's desire



## JUNE BIRTHDAYS

- 15 Michael Martinez
- 16 Carol Doughty