

The Unitarian
Congregation
of Taos
September 2024
Bulletin Board



Sun., Sep. 1	Service: <i>A Labor of Love</i> , Rev. Diana Davies
Sun., Sep. 8	Sharing Circle: <i>I Am My Own Safe Space</i>
Sun., Sep. 15	Service: <i>All Water Is Holy</i> , Rev. Diana Davies
Tues., Sep. 17	UCOT Women's Lunch, 12:15 p.m., Martyrs
Wed., Sep. 18	UCOT Men's Group, 4:00 p.m.
Sat., Sep. 21	Workshop: <i>UU 101</i> , Rev. Diana Davies, 10:00 a.m.
Sun., Sep. 22	Sharing Circle: <i>Open Topic</i>
Wed., Sep. 25	UCOT Game Night, 6:30 p.m., Mary Shaffer's home
Thurs., Sep. 26	UCOT Book Group, 10:30 a.m., SOMOS
Sun., Sep. 29	5th Sunday Program: <i>Hospice Care and How It Relates to the Medicare Part A Benefit</i>

Right Now, It's Like This
Rev. Diana Davies

The title for my monthly minister's column comes from a popular saying among many American Buddhists. Theravada monk Ajahn Sumedho introduced the phrase as an invitation to explore what is present, without giving in to the false belief that "it will always be this way." It seems an appropriate title for a newsletter column that can never reflect more than a moment in time.

As Unitarian Universalists, we find inspiration in many different faith traditions and cultural sources. Many of us find meaning in holidays and rituals that originated in Christianity, Judaism, Buddhism, Paganism, or other traditions. But there are at least two rituals, the Flower Ceremony and the Water Ceremony (sometimes called Water Communion), that are uniquely Unitarian Universalist.

The Water Ceremony was introduced into UU worship in the 1980s. It was designed by two women (Carolyn McDade and Lucile Schuck Longview) to be a ritual that "spoke to our connectedness to one another, to the totality of life, and to our place on this planet." The originators of this ceremony chose water as their central metaphor because of its elemental nature, because it was in the water that life on Earth was first generated and in the amniotic waters that each one of us was formed. Today, often at the end of summer, UU congregations around the world celebrate the Water Ceremony as a symbol of our shared faith coming together from many different sources. Within the congregation, the gathering of the waters can symbolize how the individual streams of our lives flow together into one community.

For our service on September 15, all are invited to bring a small amount of water to pour into our communal bowl. It might be water you gathered on a summer trip, water from a nearby stream or acequia, or water from your rain barrel or kitchen sink. Whatever is meaningful to you.

A Labor of Love
Rev. Diana Davies

Sunday, September 1, 11 a.m.

At this year's UUA General Assembly, delegates voted to revise Article II of the Bylaws, the statement of our faith's core principles and purposes. The Seven Principles haven't been abandoned, but they have been substantially expanded upon. The new, stated values encompass Equity, Generosity, Interdependence, Justice, Pluralism, and Transformation, all centered around Love. On this Labor Day weekend, we'll explore what it means to put Love at the center of all we do.

All Water Is Holy
Rev. Diana Davies

Sunday, September 15, 11 a.m.

Today we celebrate water as the element upon which all life on this planet depends. We also celebrate water symbolically, as a representation of the way that the individual streams of our lives flow into the sea of community. All are invited to bring a small container of water that represents something you love. (It might be water you collected on a summer trip, water from a local acequia, well, or rain barrel, or water from your kitchen sink.)

Medicare Part-A Hospice Benefit
Joe Mazza

5th Sunday Program, September 29, 11 a.m.

Joe Mazza has been involved with hospice care for several years as a community educator, Executive Director, and a spiritual care and grief support coordinator. He will be presenting on the many supportive aspects of the Medicare Part-A hospice benefit and will address the myths and misconceptions regarding hospice care. In his experience, the Medicare Part A hospice benefit is sadly underutilized and

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accessed later rather than sooner, preventing the recipient and family members from receiving the full scope of supportive services offered by the benefit.

SHARING CIRCLES

I Am My Own Safe Space

September 8, 11 a.m.

"In the middle of winter, I discovered that there was within me an invincible summer."

—Albert Camus

"I am my own safe space" recently arose as a topic for discussion during an early-morning meditation. After a search of many possible ideas, this one seemed the closest to my journey. I am actively involved in writing my own spiritual biography concerned with the "predictable sufferings" of aging, illness, and death. This process involves anchoring in safety and autonomic regulation in times of disconnection and dysregulation. This soul work is a sacred part of our journey. My intention is to let go of everything that impedes my connection with grace and eventual spiritual maturity. It is preparation for the journey home.

What things do you find most "self-soothing" to you at this time of your life? What makes you feel safe, cozy, protected, and at home within yourself? Please come prepared to share your thoughts, hugs, and even a stuffed animal or two.

Open Topic Sharing Circle

September 22, 11 a.m.

Using a virtual "talking stick," each person can speak in turn, sharing whatever is in their hearts or minds in the moment.



Sack Lunches for the Men's Shelter

September 1 Following the Service

After the Service on September 1, we'll assemble lunches for the Men's Shelter. We are doing this monthly now. Please [sign up here](#) for what you'd like to bring. We'll set up the assembly line to put them together immediately after the service. It only takes a few minutes, and the men are very appreciative. Please email Annette Rubin with questions, rubin.annette@gmail.com.

UCOT Women's Lunch

September 17, 12:15 p.m.

(Third Tuesday Monthly)

Martyrs Steakhouse

RSVP [here](#)

We will meet at Martyrs on Tuesday, September 17, at 12:15 p.m. in their separate meeting space at the rear of the property to enjoy a meal and conversation with UCOT women members and their friends.

Join us as we enjoy delicious food and the company of amazing women. RSVP by 10 a.m. September 17 to rubin.annette@gmail.com.

UCOT Men's Group

September 18, 4:00 p.m.

(Third Wednesday Monthly)

The UCOT Men's Group will meet in person on Wednesday, September 18, at 4 p.m. Contact Chuck Fawns charles.fawns@gmail.com for location.

UCOT Game Night

September 25, 6:30 p.m.

(Fourth Wednesday Monthly)

Everyone's invited to play games — Rummi-kub, Dominoes, Train, or a game of your choice — on the fourth Wednesday of the month. Join us on September 25 at 6:30 p.m. Contact Mary Shaffer for directions or more info: shafferstudios@gmail.com, (432) 386-5888. If you need a ride from the south side of Taos, please call Don Zablosky at (469) 855-9107 or email him at don@donzablosky.com.



SEPTEMBER BIRTHDAYS

- 3 Donna Collins
- 5 Lee Stringer
- 8 Adela Windsor
- 17 Linda Aubrecht

UCOT Book Group
September 26, 10:30 a.m., SOMOS
(Fourth Thursday Monthly)

The UCOT Book Group is open to all readers and their friends. Bring \$1 to contribute to SOMOS, who allows us to use their space. In September, we will read ***The Rediscovery of America: Native Peoples and the Unmaking of U.S. History (2023)*** by Ned Blackhawk. Read a preview [here](#).



All are welcome to join us for any month. [Here is an updated list of titles we'll be discussing through the end of 2024.](#)

UU 101

Saturday, September 21, 10am-1pm

Are you new to Unitarian Universalism and/or the Unitarian Congregation of Taos? Do you have questions about who we are as a congregation and as a faith? Rev. Diana Davies will offer a three-hour Saturday workshop (September 21, 10 a.m.–1 p.m.) that will cover the basic history, theology, and principles of Unitarian Universalism, as well as an overview of the history of UCOT and ways you can get involved. A light lunch is included. This workshop is intended for those who have joined within the past year (or since the last UU 101 offering) or who are seriously considering becoming a member of UCOT.

RSVP by Sept. 17 to Be at finaleyes@icloud.com.

**UCOT Highway Cleanup
Volunteer Organizer Needed**

Wally will retire from serving as UCOT's highway cleanup organizer after this year. After this fall's event, someone else needs to support the twice-a-year commitment. Ideally, the new leader would be named before October 12 this year, so he/she can ride along with Wally to get the equipment from the highway warehouse, etc.

[The attached "job description"](#) is an attempt to define the tasks required. He does plan to make an announcement at a service soon, both about the October 12 cleanup and the need for a new ringleader.

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Please call Wally at (575) 224-1234 if you have any questions (or want to volunteer!). Thanks.

Music Committee News
Gael Minton

Reminder of singing practice each Service Sunday. Martha Grossman will lead a 10:30 a.m. practice at the Lodge on the 1st and 3rd Sundays. On these Sundays gather around the piano and sing the hymns planned for that service.

The August book for the UCOT reading group was *The Prague Sonata* by Bradford Morrow. The story is a long, involved search for the three separated (in 1939 Prague as the Nazis came in) movements of a piano sonata manuscript from the late 18th century. In the early part of the novel a young musicologist, Meta, and her mentor, a world-renowned musicologist discuss whether the manuscript is a fake and who might have been the composer. They consider several composers, including C.P.E. Bach, Jan Ladislav Dussek (Czech), and Beethoven. The young Meta thinks the 2nd movement Adagio resembles the [Beethoven Piano Sonata #26 Op 81a. E flat Major](#) (WQXR NYC classical station).

At this writing, I am at the beginning of the novel and will have to wait to see if this mystery is solved. In the meantime, if you like Beethoven's piano sonatas (32 in all), [Louis Schwizgebel's performance](#) is exquisite.



Louis Schwizgebel