



The Beacon

Weekly Newsletter of The Unitarian Society of Northampton & Florence

March 7, 2023 Vol. 4, Issue 3.1

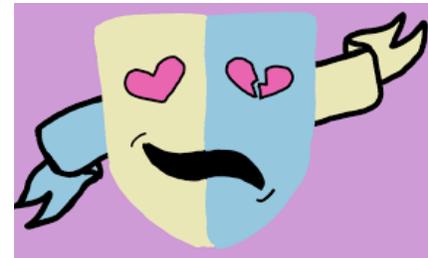
In This Issue:

- Minister's Reflections: Vulnerability
- March Worship Schedule
- In Our Thoughts: Debbie Kehne

Minister's Reflections: Vulnerability

I say that pain and fear, when they show themselves, come out looking like anger. I think vulnerability is like that. We tie ourselves up in knots and get into a lot of trouble with the ways we cover our vulnerability.

Krista Tippet



My granddaughter Cassandra was trying to help her little brother Kaleb develop better strategies for dealing with bullies. He explodes angrily when teased or taunted, and gets accused of starting fights. She told him, “You need to tell yourself you don’t care what they think or say, and walk away.”

Sensible advice, but hard to follow. The taunting hurts, and the big boys are scary. Lashing out in anger is a response to his vulnerability, and his pain and fear.

My parents had high standards for themselves and their children. We were generally expected to conquer or hide our weaknesses and vulnerabilities. I suspect I have worked too hard at being self-sufficient, when showing my softer spots and asking for help would have been a better path.

There are times when we need to hide our vulnerability to protect ourselves from physical or psychic harm. There are other times when letting our vulnerabilities show and relaxing our edges is good for us. It helps us grow and grow closer to each other.

What did you learn about showing vulnerability in your family of origin? Was it acknowledged and modeled, or shamed or punished? What did your family teach you about asking for help? Those are some questions suggested for journaling and reflection in this month’s *Soul Matters* packet. If you’d like a copy, please email Jessica. dre@uunorthampton.org or me, minister@uunorthampton.org, and we will send it to you.

Spring will come! I am grateful for this community and grateful to be your

March Worship Schedule

March 12

Things Fall Apart

The Reverend Janet C. Bush

We live in troubling times, with pressing existential problems around the globe - the climate crisis atop the list. How do we cope? What is a faithful response?

March 19

Sensing Being

The Reverend Jonathan Rehmus

The comparative religions scholar Huston Smith describes a dichotomy of views: human beings are greater beings derived from lesser entities (atoms etc.) or they are lesser creations of a greater being (e.g. God). Exploring our options to "*sense being*" through personal practices will guide our service.

Rev. Jonathan Rehmus has been as a UU parish minister, math and sciences teacher, university chaplain and adjunct professor, and antiracism and peace activist. He lives and gardens on the Valley Community Land Trust in Colrain, MA.

March 26

Youth Group Service

Members of the Combined UU Amherst and USNF Youth Group

A highlight of the year!ur youth will share their creativity, energy and insights on the theme of comfort.

In Our Thoughts: Debbie Kehne



Many of you know that Debbie Kehne has had breast cancer and is facing another set of challenges and interventions to treat its spread.

Friends have established a gofundme site to help Debbie and her wife Justina cope with loss of income and medical costs not covered by insurance. If you would like to contribute please email Janet for the link: minister@uunorthampton.org

Wilde Irish Concert: March 17, 7:30 pm

A St. Patrick's Day Celebration! Rosie Caine, the locally acclaimed harpist who organized a fabulous fundraising concert for Irida in June 2021, will be

ROSEMARY CAINE & WILDE IRISH SHENANIGANS



performing with her Irish band in our Great Hall on Friday, March 17 at 7:30 PM.

Mark your calendars and please join us. Tickets will be \$20 at the door.

Submit to The Beacon!

We welcome submissions!

The Publication Schedule is as follows:

- Week 1: Minister's Edition
- Week 2: Board Updates & Social Justice
- Week 3: Committee, Team, & Activity Reports
- Week 4: Faith Development & Religious Education
- Week 5: Special Edition, Topics Vary - chosen by you perhaps?

To submit an article, use this link: [Beacon Submission Form](#)

For questions, please email newsletter@uunorthampton.org

Contact
Us



UNITARIAN SOCIETY OF NORTHAMPTON AND FLORENCE

220 Main Street, Northampton, Massachusetts 01060 Phone (413) 584-1390

The Reverend Janet C. Bush, Minister

Jessica Harwood, Director of Faith Development and Community Engagement

Ellen Cogen, Director of Music

Michael Taylor, Manager of Congregational Operations

Collee Williams, Youth & Young Adult Coord., Emma Gaudreau, Early Childhood Ed.

Frank Taillon, Custodian

Office Hours: Mon., Tues. Thurs., Friday 9 AM - 3 PM, please call before coming.

Partner of the Unitarian Congregation in Homoródkarácsonyfalva, Transylvania (Romania)