



The Chimes

January 2021

Monthly Newsletter

Rev. Joanna Lubkin, Minister
 Rev. Meredith Anderson, Minister Emerita
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All Souls Unitarian Universalist Church welcomes all people to our faith community. Services are **online** on Zoom at this time, **Sundays at 10:30 am**, followed by an informal online coffee hour. Meetings and Connection Circles are also online. As we strive to stay connected during this time of social distancing, if you are feeling isolated, please reach out to us.

To attend a Sunday Service, meeting or connection circle, connect with us on **Zoom** <https://zoom.us/j/96571006038> **All take place at the same link, which**

we call All Souls' Zoom Room. By using Zoom, we can see one another's faces and hear each other's voices (you can choose to participate off camera if you wish).

If the technology is a barrier, you can **call in by phone instead of connecting by computer or tablet** and enter Meeting ID : **965 7100 6038**

Dial by your location

+1 301 715 8592 US (Germantown)

+1 312 626 6799 US (Chicago)

+1 646 558 8656 US (New York)

Find your local number: <https://zoom.us/j/apl3OzUAb>

Upcoming Services

January 3, 2021: A Question Box Sermon

Rev. Joanna Lubkin, Minister

Come with your questions, your wonderings, and your great mysteries. This interactive service is a chance for a conversation between the congregation and our minister. What do you wonder about?

January 10, 2021: Imagine You Could Do it on Purpose

Rev. Megan Visser, Guest Minister

Dolly Parton famously said, "Find out who you are and do it on purpose." Sometimes the path of discovering ourselves is not straightforward, but once we've figured it out, we need some encouragement to fully commit and let our whole self shine. Unitarian Universalism at its best guides us through covenant to find out who we are together and do it on purpose. Let's explore together all that is possible when our wild imagination meets with our deepest intentions.

Rev. Megan Visser serves the UU Congregation of Santa Clarita Valley in Southern California. For the past ten years, she was a professor at Starr King School for the Ministry, a UU theological school. Now, her community ministry continues as she works on doctoral research focused on religious/spiritual coping, supports congregations in serving people with chronic conditions, and coaches individual UUs in embodied somatic practices. She loves sharing worship with congregations whose spirit and values embrace joy and liberation. She lives in Hollywood with her wife Stefanie, her cat Emerson and a dog Violet.

January 17, 2021: Expanding Our Horizons

Rev. Joanna Lubkin, Minister

What's just beyond your view? In honor of Rev. Dr. Martin Luther King, Jr., we explore ways to expand our horizons, leveling up in our own work for justice and anti-oppression.

January 24, 2021: Community Sunday

Lay-Led

This lay-led, interactive service will invite us to reflect together and connect across distance.

January 31, 2021: Delight

Rev. Joanna Lubkin

What is the role of delight in our lives? What are the simple pleasures that bring you joy? Is there a theology of delight? Let's explore together.

Rev. Jo's Schedule Update

Rev. Jo will be taking a post-holiday vacation week between January 4-10. She will not be checking church emails during that time, but is available by cell in case of pastoral emergencies at 781-428-4606.

In general, Rev. Jo tends to All Souls work on Tuesdays through Fridays, as well as Sundays. She takes Friday night to Saturday night as a Sabbath, and Monday is her day off, except for pre-scheduled meetings. She's available for phone and Zoom calls by scheduling at www.calendly.com/joannalubkin.

Connection Circle: Anti-Racism Small Group – Sign up now



Join Rev. Jo on six Thursday evenings, as a dedicated group gathers to explore how systemic racism and white supremacy culture show up in our lives and what we can do to dismantle it. The group will meet every other Thursday from 6:30-8:30 pm in the church's Zoom Room. <https://zoom.us/j/96571006038> The dates are: January 14, January 28, February 11, February 25, March 11, March 25

Please sign up here by Tuesday, January 12 and email Rev. Jo at minister.allsouls@gmail.com with any questions or if you need assistance.

The Minister's Corner

My goodness, what a year. Usually, as we come upon the end of the year, I'm thinking of New Year's resolutions -- I love a good goal or intention setting. I don't know about you, but there's a lot I need to release from this year before I can really turn my attention to the fresh start offered in the new one.

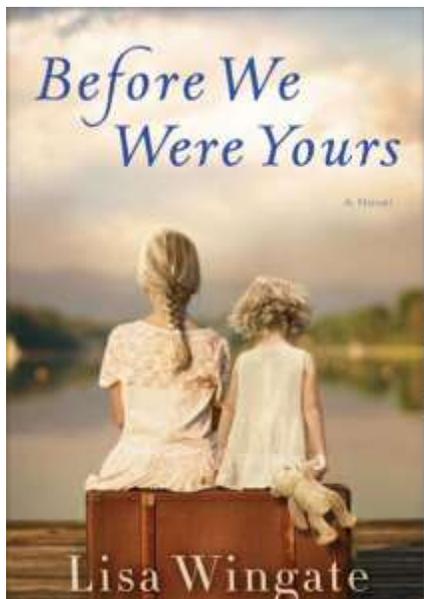
So I'm planning my own impromptu New Year's ritual, and invite you to do one yourself (in this style or creating your own!).

1. Get four colors of post-it notes, or four different colored markers with some index cards and tape.
2. With the first color, write down all the bad, hard, or disappointing things that happened this past year. You can look at your personal calendar to help remember the first part of the year, or look up a recap of 2020 news.
3. With the second color, write down all the good, encouraging, or hopeful things that happened this year.
4. With the third color, write down all the hopes you're carrying into this next year. They can be broad or specific.
5. Before you move onto the last color, spread out everything you wrote -- on the floor, table, or stuck to the wall -- and spend some time taking it in. If you're with someone else, share with each other what you notice about what you see.
6. Then, with the remaining color: Given the good and the bad from this past year, and especially given your hopes, write down some small, sweet steps you'd like to take in 2021 to add more joy to this next year. It could be having regular calls with a friend, choosing to avoid screens while you eat, try painting once, finding a way to volunteer or give back to your community. These should be tangible, measurable things, so that way you'll know if you've done them. (For example, "I reach out to friends" is less measurable than "I call my sister every Saturday.")
7. Finally, take everything from 2020 - the 'bad' papers and the 'good' papers - say goodbye, and release them. Run them through the shredder, burn them in a fire pit (safely!), or crumple them up and put them in the recycling.
8. Keep the hopes and the actions and look at them from time to time -- whether you put key ones up on the fridge, above your desk, or in a journal -- to check in with yourself in 2021.

Let me know how it goes! Wishing all of us joy, peace, and well-being in this new year.

With love, Rev. Jo

Book Group



All are welcome to join us for a night of discussion Tuesday, January 5, at 7 pm on Zoom

<https://zoom.us/j/96571006038> We will start the new year by reading and discussing *Before We Were Yours* by Lisa Wingate

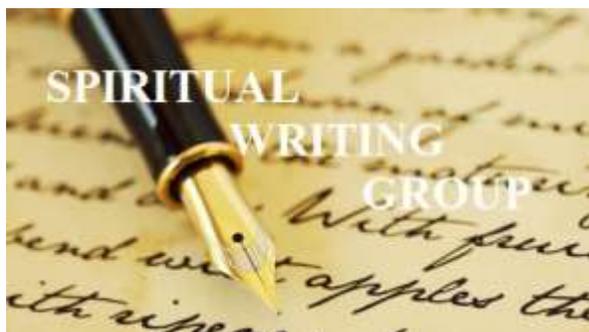
“Lisa Wingate takes an almost unthinkable chapter in our nation's history and weaves a tale of enduring power. That Georgia Tann and her Memphis Tennessee Children's Home Society could actually exist, unraveling the lives of countless children, stealing their pasts and changing their futures, will give you chills. But the real feat of this stirring novel is how deeply Wingate plunges us into the heart and mind of twelve-year-old river gypsy Rill Foss. Rill's utterly singular voice will stay with you

long after the last page is turned, as will Wingate's courage to follow her anywhere. . . . Vivid and affecting.”—Paula McLain, New York Times bestselling author of *Circling the Sun*

February's selection is Lara Prescott's *The Secrets We Kept*, “a fictional account of how Boris Pasternak wrote his Nobel Prize winning novel *Doctor Zhivago*, and how the CIA used it as political propaganda during the Cold War”. (BookPage, Sept 2019)

“The novel combines a legendary literary love story--the decades-long affair between Pasternak and his mistress and muse, Olga Ivinskaya, who was sent to the Gulag and inspired *Zhivago's* heroine, Lara--with a narrative about two women empowered to lead lives of extraordinary intrigue and risk. From Pasternak's country estate outside Moscow to the brutalities of the Gulag, from Washington, D.C. to Paris and Milan, *The Secrets We Kept* captures a watershed moment in the history of literature--told with soaring emotional intensity and captivating historical detail. And at the center of this unforgettable debut is the powerful belief that a piece of art can change the world.” (Amazon.com). Join the conversation about *The Secrets we Kept* on **Tuesday, February 2 at 7 pm on Zoom.**

Writing Group



All Souls Spiritual Writing Group will meet **Wednesday, January 27 at 4 pm on [Zoom](#)**. Our theme for the month is **Change**.

There are many ways we can think about change as we begin 2021. We have new hope in vaccines to stop the Covid pandemic. We have new leaders with fresh ideas, and a renewed focus on addressing climate change. We also have changed, having endured the upheavals of 2020. We are wiser, having learned how events in the submicroscopic realm can result in an uncontrollable pandemic.

Changes occur throughout our lives and impact us in various ways. Some philosophical quotes about change follow:

"Nothing is so painful to the human mind as a great and sudden change."
Mary Wollstonecraft Shelley, Frankenstein

"Be the change that you wish to see in the world."
Mahatma Gandhi

"They always say time changes things, but you actually have to change them yourself."
Andy Warhol,

"The only thing that is constant is change."
Heraclitus, Greek philosopher, 535 BC – 475 BC

Diane Doucette - for the Writing Group

Social Action / Environment Committee Notes

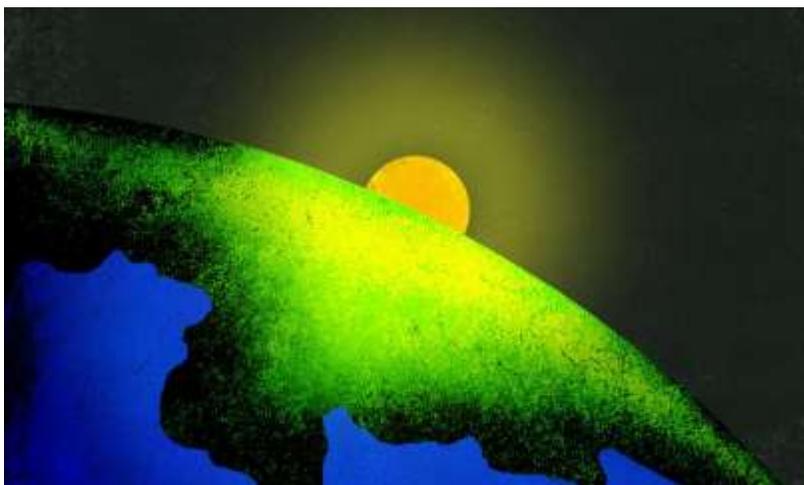
The Social Action and Environmental Committee will meet on Zoom on Tuesday, Jan 12 at 7 pm. <https://zoom.us/j/96571006038>

We will lead the Sunday, Jan. 24 morning service, 10:30 to 11:30 am. The focus of the service will be to continue talking about points raised in the Dec. 15 All

Souls discussion of the GA Ware Lecture, “Why We’re Ready for Radical Change”, by Naomi Klein. This discussion is helpful in our planning, in the words of Rev. Susan Federick-Grey: to “...give all we can to defend democracy, dignity, and liberation and to put people and the planet finally and resolutely above profits.” (By the President, Fall 2020 UUWorld, p. 4)

The SAEC realizes this is not an easy discussion and that there are different views on what our faith calls us to do. Every view, every voice is welcome in this serious discussion, in which consideration and a willingness to listen are essential.

George Goss, chair Social Action and Environment Committee



Earth Illustration from the lecture

Read The Lecture online here

[Naomi Klein’s 2020 Ware Lecture to the UUA General Assembly June 20-23, 2020](https://www.uuworld.org/articles/ready-radical-change?)

<https://www.uuworld.org/articles/ready-radical-change?>

You can also watch and listen to the lecture here

<https://vimeo.com/showcase/7462757/video/433421388>

At the December Social Action discussion of Naomi Klein’s lecture, Ross Edwards presented this outline.

[Naomi Klein’s 2020 Ware Lecture to the UUA General Assembly June 20-23, 2020](https://www.uuworld.org/articles/ready-radical-change?)

<https://www.uuworld.org/articles/ready-radical-change?>

Key moment in history-Triple crisis leads to extraordinary response, the Age of Consequences- Climate Change, COVID-19, and Racial Injustice.

- A. time of reckoning.
- B. Many people now grasp/understand this, and perceive the interrelation of the crises.

1. Those who seek positive change are many.
2. Those opposed are powerful but few.
3. Green New deal addresses multiple social and physical areas, realizing the interconnectedness of them.

Pandemic response has shown what is possible, what can be done when necessary. (Granted, it is an immediate and deadly threat.)

- A. That we cannot do it – that it is “too much” – is shown to be a lie.
- B. Our imaginations are being rewritten
- C. That such changes can happen is inspiring, a cause for hope.
- D. The chances of achieving an ethic of caring are better now than a year ago.

Who are the most vulnerable: pandemic is a spotlight on them.

- A. Categories of people who are disposable/sacrificeable by the powers-that-be.
- B. This attitude has shaped society's response to COVID crisis:
 1. At first all were perceived to be at risk, we were “all in this together.”
 2. Then, when the most disposable were shown to be the most hurt by COVID, calls to “open the economy” in ways that put the most vulnerable at the most risk.

Back to item 1. above: Initial response shows what can be done; initial consequences show how positive the result can be (in spite of the imperfections).

- A. However, we now must take the changes “all the way to the top.”
- B. Many people understand this
- C. BUT: there are opponents.
 1. Authoritarian governments taking advantage of COVID to control and shut down democratic activities.
 2. Big industries and companies are doing the same, limiting personal interactions among their employees.
 3. Disaster Capitalism is alive and well.
- D. Analogy between FDR's New Deal and the Green New Deal; How both did/could uplift society.
- E. The future is up for grabs. FDR's New deal won out over opposition, why can't we win? (Can the right leader at the right time lead us there?)
- F. We are writing this science fiction novel together; no one knows how it will come out.

Note: we need the text of the Green New Deal, which is not a set of laws, but rather a congressional resolution which is a broad outline of where we need to go to not just fight Climate Change but to improve society. [Link to complete](#)

Green New Deal: <https://www.congress.gov/bill/116th-congress/house-resolution/109/text>

Andy Pearce shared some suggestions for specific things we can do in our everyday lives. Doing any of these things is a meaningful contribution to at least mitigating the negative impacts we have on the environment.

Try to avoid having natural gas in your home, if possible. There are health issues with the gasses released indoors, even when the gas is burning for cooking or heating. Also, gas main leakage under streets and into the air is a major urban health problem, particularly in lower income areas where mains are usually not as well maintained. And the placement of large gas lines in more populated areas has become more of an issue over the last few years. These lines can be dangerously explosive. So, try not to increase demand for natural gas, if possible. But yes, gas is less expensive than electricity and oil heat. I get that.

Be prudent with water use. Massachusetts conservation guidelines suggest using no more than 65 gallons of water per day, per person in the household. Monitoring water usage is not difficult. If you have access to your water meter, let me know if you're curious about the method I use. Very easy. In short, a cubic foot is 7.48 gallons, so if your quarterly water bill (90-92 days) is less than 800 cubic feet per person in the household, you're meeting the guidelines.

Basically, it's a matter of not letting the water run continuously while scrubbing dishes, brushing teeth, shaving, or soaping up in the shower.

Drink tap water! It's safe and cheap. About 2 cents per gallon for us, including sewer cost. And, unfortunately, now we know about the huge problem with plastic waste, and the fact that plastic recycling has basically been a myth.

If you have oil heat, maintain your furnace yearly. If the furnace is performing below 80 – 85% efficiency, you should replace it. Not just for environmental reasons. Lower efficiency can indicate the furnace has aged beyond safe usage. And if you have a gas furnace, at least you can feel good that a well-maintained, late model gas furnace is highly efficient.

When not using air conditioning or heating, try to keep your household electrical usage to less than 13-14 kilowatt hours average per day. Even if you have an electric dryer, stove and water heater, which is the case for us. LED lightbulbs make a big difference. Turn off power strips when microwaves, computers, TV's, etc. are not in use. Where a power strip is not practical, a simple switch receptacle can be plugged into the outlet, and the appliance can be plugged into that.

Try to set your heat thermostat at 68 degrees or lower. Try to set your air conditioning thermostat at 75 degrees or higher. AC dehumidifies the air, so a temperature of 75-78 degrees is quite livable. Try not to use the AC unless nighttime temps stay above 70 degrees for a prolonged string of days.

Braintree has a program where you can support the use and installation of solar power sources in town by buying power from solar panels that have been placed around the town. We enrolled in that several years ago. Let me know if you want details, or contact BELD directly.

Drive a car that gets at least 30 miles per gallon, overall. And keep your vehicle well maintained, to mitigate emissions, and optimize your gas mileage. Hope this helps! ~ Andy

Development Committee



Please join us for a virtual meeting to plan some winter fun and/or fundraising virtual activities. **The Development Committee will be meeting Wednesday, January 20 at 6:30 pm on Zoom** <https://zoom.us/j/96571006038> If you can't attend but have ideas you would like to share, please contact me at sjlingley@gmail.com. Wishing everyone a

warm, safe and happy new year.

Sandra Lingley

Chair, Development Committee

From the Treasurer

Thank you to the many of you who continue to donate to All Souls by mailing your checks to my home or to the church PO Box, or by donating through PayPal, Square or direct deposit. This community relies upon your steadfast generosity so that we can fairly compensate our wonderful staff and insure, maintain and preserve our lovely, historic building which we look forward to occupying again when it is safe to do so.

In January, all known donors to All Souls Church will be receiving a report of their contributions on record for the calendar year 2020. This report will also indicate how much of your 2020-2021 pledge you have paid as of December 31, 2020. For the first time, this year I hope to issue these reports by email. Please get in touch with me if you have any questions or corrections or if you do not receive your report by the end of January. Your monetary gifts are much needed and much appreciated!

Just as All Souls depends upon your donations, our denominational organization (the Unitarian Universalist Association (UUA)) depends upon financial contributions from all UU congregations in order to continue its important work of supporting congregations such as ours and promoting the values of Unitarian Universalism. Because our operating budget cannot absorb the calculated FY 2021 Annual Program Fund (APF) fee of \$6,489, we ask for APF contributions from our members and friends. If each of our 60 members were to contribute \$108 towards the APF, we would be able to remit the full requested amount for our congregation. Thanks to those of you have already pledged to contribute in this way and to those who have already made their payment. We will forward your donation of any amount toward the APF if you make your check payable to All Souls Church, and write "APF" in the memo line. Thank you for your generous support!

Mary Mitchell, Treasurer

Maryalthea52-at-gmail.com

A Message from the Chair of the Board of Trustees

*"We will open the book. Its pages are blank.
We are going to put words on them ourselves.
The book is called Opportunity and its first chapter is New Year's Day."*
— **Edith Lovejoy Pierce**

As we move forward to a new calendar, I would like to say thank you very much to all of you- members, friends, leaders, supporters, volunteers and Zoom visitors for all of your support this past year.

The Board of Trustees will continue to work on drafting a covenant for our congregation and for ourselves as Board members in this new year.

We would like to welcome back Alicia Jaromin and Nikki Milne as active members again to our church membership ranks and thank Linda Steiner for agreeing to serve as the Nominating Committee Chairperson for the remainder of our current church year.

There is an update regarding our church Preservation Project- On Wednesday, December 9, a site visit took place to bid on the work that is needed to be done in conjunction with our church preservation and was attended by five contractors and several possible subcontractors.

The bidding process closed the following week on Friday, will be reviewed and a recommendation be made by our architectural firm of Spencer, Sullivan and Vogt.

The winning bidder will be the most qualified and lowest cost.

Thank you very much to Linda Steiner, John Cobble, Mary Mitchell and Mark Cozzens for agreeing to review the findings from our architectural firm.

The next **Board of Trustees meeting will be on Monday, January 18 at 6:30 pm** and all are welcomed to attend. If you have any questions you may contact any Board member.

We wish you and yours a happy and healthy 2021!

Respectfully,
Joseph Maloney, Chairperson of the Board

Ross Edwards, Vice-Chairperson of the Board

Member Page on the All Souls website

Our Members and Friends Directory has undergone several small changes over the past month. For the latest member directory, please visit the [password protected page on the church website](#). If you need the password, please [email the office](#) or call. This password is not printed in our newsletters to protect your privacy. If you have trouble accessing the directory, we can email one to you personally. Just remember that it does keep changing and the latest version will be on our website. ~ Maggy

All Souls Church of Braintree
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 P.O. Box 850219
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The Chimes – January 2021

This Month's Highlights

All Souls' Zoom Room is <https://zoom.us/j/96571006038>

Sunday Service each week on Zoom at 10:30 am followed by virtual coffee hour

Connection Circle Tuesday at 3:30 pm and on Friday at 10 am on Zoom

Book Discussion Group on Zoom on Tuesday, Jan 5 at 7 pm

Social Action and Environmental Committee will meet on Zoom on Tuesday, Jan 12 at 7 pm

Anti-Racism Connection Circle Thursday, Jan 14 on Zoom at 6:30 pm

Board of Trustees Monday, Jan 18 on Zoom at 6:30 pm

The Development Committee Wednesday, January 20 at 6:30 pm

Sunday Service and Music Committee will meet on Zoom on Thursday, Jan 21 at 5.30 pm.

Spiritual Writing Group on Zoom Wednesday, Jan 27 at 4 pm

Anti-Racism Connection Circle Thursday, Jan 28 on Zoom at 6:30 pm

Market2Day is using the Parish Hall Saturdays from 8 am to 2 pm and the parking lot from 12 noon to 2 pm