

THE PIONEER

Unitarian Society of Northampton and Florence 2019 Volume 50 No. 3

WORSHIP for NOVEMBER

ALL SERVICES AT 10 AM

November 3: Unity and Diversity in the 21st Century

The Reverend Mark Kiyimba

The Reverend Mark Kiyimba is founder of the Unitarian Universalist Church of Kampala, Uganda, which helps to run a school for children who have lost parents to HIV and AIDS. He will be available in the Great Hall after the service for questions and conversation.

November 10: Listen!

*Members and friends of the UU Jazz Jam, Stephanie Toggerson,
and the Reverend Janet C. Bush*

This music-filled service is an invitation to meditate on the power and practice of listening, setting a mood for the home gathering lunch conversations that will follow. Built around music provided by the UU Jazz Jam ensemble, it will include a demonstration of "conduction" directed by Bob Weiner, a well-known local drummer. We'll hear music improvised in the moment without written notation, demanding that the musicians and singers listen, respond, and take risks extemporaneously being themselves in musical conversation. Please come, whether or not you are able to attend one of the gatherings.

November 17 : Ways of Seeing

The Reverend Janet C. Bush

A meditation on vision, envisioning, and the wonders of the visual arts.

November 26: The Three Sisters – A Service for All Ages

The Reverend Janet C. Bush and Jessica Harwood

Our Thanksgiving service will be inspired by native American stories of cooperation and of sharing the harvest's bounty.

The Touchstones Journal for November can be found here: [VISION](#)



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Events & Activities

- ◆ Nov 8, Social Justice Movie Night, 7 PM Parlor
- ◆ Nov 10, House Gatherings, 11:30 AM
- ◆ Nov 18, Coordinating Council, 7 PM Social Rm
- ◆ Nov 24, USNF Gratitude Fair, 11 AM, Parlor
- ◆ Nov 24, Hawkins-Majumder Social Justice Lecture, 11:30 AM, Great Hall
- ◆ Zen Meditation Group Tuesday Nights 7:30 PM Parlor

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NOTES FROM THE MINISTER

“A Cassandre,” Pierre de Ronsard

Mignonne, allons voir si la rose
Qui ce matin avoit desclose
Sa robe de pourpre au Soleil,
A point perdu ceste vesprée
Les plis de sa robe pourprée,
Et son teint au vostre pareil.
Las ! voyez comme en peu d’espace,
Mignonne, elle a dessus la place
Las ! las ses beautez laissé choir !
Ô vrayment marastre Nature,
Puis qu’une telle fleur ne dure
Que du matin jusques au soir !

Donc, si vous me croyez, mignonne,
Tandis que vostre âge fleuronne
En sa plus verte nouveauté,
Cueillez, cueillez vostre jeunesse :
Comme à ceste fleur la vieillesse
Fera ternir vostre beauté.

My sweet, let us go to see if the rose
Who this morning showed
The sun her purple gown,
Has lost at dusk
Its pleats of mauve
And its blush so like your own.
Alas! see in this brief interval
My sweet, she - here on the ground
Alas! – has let her loveliness fall!
Nature – truly wicked stepmother,
That such a flower can but endure
From early morn until sundown!

So, if you believe me, my sweet
As your age blooms
Into its most verdant newness,
Pluck! Pluck your youth:
For as to this flower old age
Will come to sour your beauty. (tr. JCB)



Pierre de Ronsard was in his 16th century lifetime considered the “prince” of French Renaissance poets. Booker and I have just returned from ten days in Italy, which we spent, in part, wandering around art museums and churches that do service as art museums. I was challenged to recall traces of what I once learned about the development of European art and history – including the Renaissance. Ronsard’s poem, which I memorized in high school, crept into my mind.

The main purpose of our visit was familial, rather than historical, artistic, or touristic. We went to see our grandchildren, the eldest of whom is Cassandra, age 14. She is, like her namesake in the poem, blossoming into her own most verdant newness. Having all of them so far away is, like the season’s diminishing daylight, a reminder of how short is the interval from dawn to sundown.

Ronsard’s “To Cassandra” is a fall poem. With wisdom for all of us, how ever many petals may still cling at the top of the stem. “Cueillez, cueillez ...” Seize the time that is now. This moment, here and now. Ours to notice, ours in which to grow and serve, ours out of which to make meaning, ours in which to stand in wonder at late October’s glories, ours to share with those we love.

Our November theme is vision. It gives us many rich questions to ponder and explore. I am blessed to be able to ponder and explore with you.

TO CONTACT THE MINISTER: Please email or call for an appointment Mondays, Tuesdays, or Thursdays. revjanetbush@gmail.com; 584-1390 x202 (office); 727-8497 (home – before 9 pm for non-emergencies)

REPORTS & ARTICLES

Report From the Board of Trustees

Our October agenda included a variety of items, both big and small, quite a few updates, good snacks and lively discussion. Once we approved the Year-end Treasurer Report, we began a review of two of the standing committees, personnel and finance, and discussed their responsibilities and policies, and how we can support the important work they do for the Society. In other news, we are excited about the progress of the Music Visioning Team. They are actively seeking as much input from members and friends as possible, so please keep an eye open for opportunities to share your thoughts on the future.

Among the updates, the Gender Inclusion Committee reported that the change to the all-gender bathrooms has gone smoothly. We are all very grateful to them for the thoughtful way in which they introduced this change. The Safe Relations Committee reported that training of new security team members continues. The committee will host “Soup, Salad, and Safety” on Friday, November 15, in order to answer any questions people may have about security changes in the building. More specifics elsewhere in this newsletter.

We also heard an update from the Racial Justice Planning Team about some of their recent projects, which included a well-attended Cultural Humility workshop in late September, a Sunday service in early October, and some upcoming events. The Board enthusiastically supports their work and the ongoing need to move our congregation towards multicultural Beloved community by dismantling racism and other oppressions in ourselves and our institutions, as put forth in the UUA’s proposed 8th Principle. One upcoming event is an upstairs/downstairs movie night on Friday, November 8. Upstairs, we’ll view *I Am Not Your Negro*, a documentary based on James Baldwin’s writing, while downstairs, the children will watch *Coco*. Both films start at 7 pm.

We look forward to both the November 10th House Gathering and the Board’s annual joint meeting with the Coordinating Council next month, on Monday, November 18.

— Joan O’Brien for the Board of Trustees

Office Hours Through November 10

Lisa will be out of the office from October 25 thru November 10. For the weeks of October 28 and November 4, volunteers will be staffing the office Tuesday thru Thursday from 9 am to 3 pm to answer the phone and greet visitors. *Sunday Times* info can continue to be sent to office@uunorthampton.org with “Sunday Times” in the subject line. If you need to reserve a space in the building during the time that she is gone, please send your request to Jessica Harwood (dre@uunorthampton.org).

REPORTS & ARTICLES

Will You Step Up to Leadership?

The Nominating and Leadership Development Committee will be seeking candidates this spring to fill a number of positions for the following year. Below are some thoughts that members who have previously served in some of these positions shared about their experiences.

Barbara Smith shared this about being part of the Nominating Committee:

A very congenial and thoughtful group to work with. Loved the convenience of the monthly meeting being the hour or so before Sunday services. A few times a couple of us would meet separately from the meeting to go over something, like our book discussion group and the fun service we put on. Much done on-line with emails back and forth which worked very well. Early Spring was very busy finding nominees and everyone worked together to find the best nominees for the empty positions. Very gratifying when the slate was filled!



This is what Laurel Foster-Moore said about being Clerk of the Coordinating Council:

The Clerk for the Coordinating Council attends each of the monthly meetings (roughly two hours) on a week night and takes brief notes about each committee report and major topical discussion. The Clerk then turns the notes into the minutes of the meeting. Very soon after the Coordinating Council monthly meeting, the Clerk sends the minutes out to the chairs of all committees and projects as well as the Leadership Team of the Board of Trustees in order to keep all of those people informed about (and help them remember!) what topics were discussed or decisions made at the Coordinating Council meeting. The person who is the clerk gets to have a "bird's eye view" of the many programmatic activities of our congregation so it is a great way to become familiar with the activities, the people who carry them out, and their concerns or hopes for the future.

Stay tuned for reflections on serving in the rest of the positions in an upcoming issue of the *Pioneer*. If you would like more information about any of the positions or about the committee, please contact Nominating Committee member, Sheri Hall-Smith, at hallshs@aol.com.

REPORTS & ARTICLES

November 10 Gatherings in Members' Homes

Once again we are all invited into members' homes on Sunday, November 10, after the worship service. After a light brunch, we'll join in conversation, exploring how we listen and respond to one another as members of a spiritual community. The morning's service will inspire us with jazz improvisations.

Like jazz musicians we'll consider how we may really hear one another and answer with care. We'll consider how we learn to do this, practice, and say, "oops" and learn some more when we hit a sour note. A jazz improvisation is in many ways spontaneous, like our daily interactions. Yet accomplished musicians have trained long and practiced hard and an ensemble improvises within a structure of well-understood conventions.

How do we learn to really listen and respond well? How might spiritual practices help us pay attention? What explicit and implied covenants here at the Unitarian Society provide a safe community where we may learn and grow together? In a time when people are increasingly talking past each other, it's more important than ever to hone our skill at truly listening to one another.

Our fifth annual Home Gatherings are co-sponsored by our Nominating and Stewardship Committees. Thanks to the many volunteers who are hosting, moderating, and planning these much-loved events. They are intended to help us reflect upon what we most care about, how we can support each other in our life's journey, and strengthen our connections with each other.

November 8 - USNF Movie Night

The Racial Justice Team invites you to join us for a screening of Raoul Peck's bold film, *I Am Not Your Negro* on Friday, November 8 at 7 PM in the Parlor. The film explores the history of racism in the United States through James Baldwin's reminiscences of his own experiences of being black in America, woven in with the voices of civil rights leaders Medgar Evers, Malcom X and Martin Luther King, Jr. It was nominated for Best Documentary Film at the 2016 Academy Awards and won the BAFTA Award for Best Documentary. Childcare will be available, and a family film will be shown downstairs in the Social Room during the film. Popcorn and refreshments will be provided. Please contact Nancy Sardeson at nsardeson@gmail.com if you have any questions.



REPORTS & ARTICLES

Music Visioning Team Seeks Your Input!

Music is a critical part of Unitarian Universalist worship and community life. The Board of Trustees has appointed a Music Visioning Team (MVT) to seek out the thoughts and visions of members and friends of the congregation regarding the future of the music program here at USNF. For several weeks in October and November, you will be provided with a number of opportunities to share your views. We will be conducting a survey that you'll be able to take via computer or on paper. You can also attend a listening circle, where you can join with others to share your ideas. Finally, if anyone would like to speak one-to-one with a member of either the Music Visioning Team or the Worship Committee, please contact someone on the MVT to set that up. Your input is important! We hope to hear from everyone, whether you've been coming to USNF for just a short time or for many years. We encourage you to participate in as many of the activities as you'd like. After we have heard from you, we'll report our findings to the Board as they consider and plan what our music program going forward might look and sound like. Look for the dates of the survey and listening circles in the *Sunday Times* in upcoming weeks. In the meantime, please feel free to contact a member of the MVT if you have questions. We will be wearing "MUSIC" nametags at Sunday services. We look forward to hearing from you!

— *Music Visioning Team*

Cat Batson, Laurel Foster-Moore, Ginny Fuhringer, David Junno & Ed Olmstead

November 24 Hawkins-Majumder Social Justice Lecture on Race

Embracing Race to Realize the Promise of Multiracial Democracy, 11:45 AM, Great Hall. Children in cages. ICE raids. Unarmed Black, Brown, and Native people killed by police. Widespread poverty in communities of color. And six- in-ten Americans say race relations are bad - and getting worse. A national nonprofit based in Amherst, MA, EmbraceRace was founded on the belief that the road to easing our racial anxieties and inequities must begin in our homes, schools, and communities with our children's hearts and minds. Join founders Andrew Grant-Thomas and Melissa Giraud for a presentation and conversation about the nonprofit's work and why they believe it to be so urgent. FMI: Rich West at rwest@periodyssey.com.



REPORTS & ARTICLES

Fundraising Projects to Replace Annual Auction

Last June the Coordinating Council recommended that the Society replace our annual spring auction with some new ways to fundraise. A dozen Society members met in July to brainstorm some ideas that might be able to generate our annual auction goal total of \$11,500. Participants proposed a number of themed events.

Rich West took on coordinating **Dinners** scheduled throughout the first seven months of 2020. He offered members and friends the opportunity to purchase seats at social hours throughout the month of October. The effort has already raised more than \$3,000. He hopes to duplicate this effort in February by offering **Vacation Home Rentals** of properties owned by fellow Society members and friends.

Other proposed ideas included:

- **Outing Fests** (games nights, birding, hiking and kayaking trips, Tanglewood rehearsals);
- **A Cyber Auction** offering services, food, and artwork;
- **Holiday Jewelry and Gift sales** with donated items;
- **Workshops**;
- **Talent Shows, and/or Dramatic and Musical Events.**

We are a community. In order to reach our goal of \$11,500, we need help and participation. Any donations or help is greatly appreciated. These ideas will only work if we can have coordinators willing to step forward. Can you donate goods (not tag sale stuff)? Can you run an on-line auction? Can you be a point person for those who want to offer a service and help set dates? Please contact me if you able to coordinate one of these events. Together we can have fun, create community, and support our Society and the work we do within and outside of our walls. FMI: Cathie Brown 413-575-1736 or cathiebrown@comcast.net.

November 24 USNF Gratitude Fair

The Coordinating Council will be hosting a Gratitude Activity Fair on Sunday, November 24, during social hour. This will follow a multi-gen service. We will be celebrating the great work and on-going social justice and education programs at USNF and get more people involved. This fair will give members and friends the opportunity to find out more about what is offered outside of Sunday Services and connect to a person for conversation. There will be tables set up with representatives from various groups and committees. Stop by to learn more. All are welcome.

REPORTS & ARTICLES

News From the USNF Sanctuary Team

After Cornucopia began carrying Irida's pierogis over the summer, the Tuesday Market in Northampton and Easthampton Farmer's Market followed suit and now River Valley Market is selling them as well. Once the Tuesday market closes for the season next month, we'll be selling Irida's pierogies at the Northampton Winter Market on Saturday mornings at the Northampton Senior Center. This expansion of pierogi sales is great news, allowing Irida to continue her efforts supporting her family, as she did before coming into sanctuary. It is also a community effort and anyone interested in taking a shift selling pierogies at the Tuesday market can contact Margaret Humbert-Droz at mhumbertdroz@gmail.com If you want to help sell at the Northampton Winter Market on Saturday mornings, email merriansara@gmail.com. This is a true team effort and labor of love by people within and beyond our congregation.



You don't know how good Irida's pierogies are until you taste them!

A word about pierogies: You may know that they are a dumpling made by wrapping unleavened dough around a savory or sweet filling. What you may not know is that Irida's pierogies are so popular at the Tuesday Market, customers often are waiting when we set up shop. This is a traditional eastern European dish that has foodie applications. If you want to know more about that, check in with Booker Bush, who has a number of recipes that transform this standby into an elegant dish in both look and taste.

Speaking of food, Irida and her cooking team will be making and selling traditional Thanksgiving sides and pies, as they did last year. Watch the *Sunday Times* for information about how to order, or check in with Irida.

Meanwhile, with winter coming, a clothing drive is underway for Irida's children. As of *Pioneer* press time, these items were on the list: girls (size 6 children) -- two winter coats, two sets of snow pants, mittens, warm pants, leggings, long-sleeve dresses and socks (size 11 children). Also needed in boys size 10-12 or 12-14: long sleeve shirts, sweatpants, a winter coat, boots (size 7), socks, and mittens. You might check in with Irida to see what she still needs, if you want to contribute to the clothing drive.

Other sanctuary news: the team has applied for a grant from the UUA to fund a musical production we hope will draw a wide audience from around the Pioneer Valley. We'll keep you posted, of course.

---The Sanctuary Team

REPORTS & ARTICLES

Young Adult Group - It's Happening!

By early November, The Young Adult Groups (YAG) will have a plan for 2019-2020 programs that will meet their needs to connect, grow, and be of service. Stay tuned to the *Pioneer* and *Sunday Times* to learn more! If you are interested in joining YAG, please contact Annie (youthfulUSNF@gmail.com). The group is open to anyone age 18-40 (there will be two different groups in the future: college-age and also 20's-40).

Acting on Gender Inclusion at USNF

As you may have noticed, we have new bathroom signage! The Gender Inclusion Team has been hard at work since last Winter to make these changes. We have learned a great deal about how to create a community process that is respectful of people who may have been harmed by issues of justice and that helps all of us learn to be better allies. Thank you Gender Inclusion Team for all your time and energy and vulnerability to make this happen! If you have any questions or thoughts, please reach out to Reverend Janet Bush, Jessica Harwood, or Annie Doran (youthfulUSNF@gmail.com).

Would You Like to Join the Grove Street Cooking Team?

The Grove Street Cooking Team is looking for one or two new members. We cook and deliver a meal on the third Tuesday of each month to the shelter. Each member contributes one item to the meal. You can join us for cooking at 4 pm or drop off your part of the meal if your schedule does not allow you to help us cook. Please contact coordinator Donna McGee (donnamacgee@comcast.net) if you're interested.

Can you donate a grocery gift card to the Youth Group Cot Shelter Team?

The Youth Group cooks, serves and socializes at the inter-faith cot shelter one Sunday each month. The food for the complete meal for 30 guests is purchased by the youth and donations of grocery cards help fund this effort. Please consider buying a gift card at social hour on Sundays and donating it to our USNF Youth Group cot shelter effort. Any amount will help. The gift cards can be left in Youth Director Annie Doran's mailbox in the office or given to Cathie Brown, Alan Dorman, Mark Glenny or Jan Nettler (youth advisors) at social hour. Cash donations are accepted as well. Doing Cot Shelter is an important part of youth leadership development as well as an important expression of our UU faith and principles. We appreciate your help with this worthwhile project.

RELIGIOUS EDUCATION

Vision and Mission in Our Education Program

The great end in religious instruction is not to stamp our minds upon the young, but to stir up their own....In a word, the great end is to awaken the soul; to bring understanding, conscience and heart into earnest vigorous action on religious and moral truth, to excite and cherish spiritual life.

-William Ellery Channing

Lately I have been having a hard time using the term Religious Education (RE) to describe our program. In large part, I have observed that people are turned off by the idea of religious education or have a limited view of what RE is. What words better encapsulate this notion of **stirring up minds, awakening the soul, and inspiring action**? How can we invite new families into this endeavor if they have been turned off by religion in the past?

In my first year as the Director of Religious Education, the RE Council worked on clarifying our mission and vision for the educational work that we do at the Unitarian Society of Northampton and Florence. This was a helpful process to guide our work with students of all ages and I think we clarified the actual work of our religious education program. The visioning process is ongoing though, and I have been enjoying conversations with families about what they envision for their children and themselves in their spiritual and UU educations. Please let me know if you would like to talk about our education program's mission and vision -- for any age.

Mission Statement

Religious Education at USNF engages children and youth with lessons, activities, community service, and events which exemplify the Seven Principles of Unitarian Universalism. RE brings together community members of all ages to learn, grow, grapple, celebrate, and serve together.

Vision Statement

Religious Education at USNF is:

- a primary hub through which members of the congregation develop a robust and affirming sense of self, community, and faith.
- a nurturing environment in which members of the congregation become religiously literate by exploring Unitarian Universalist history, principles, and values, and gaining an appreciation of our neighboring faiths.
- an affirming community in which all members feel valued, and become invested in valuing others.
- an incubator for personal and communal work for social justice.
- a space where children and youth experience safety and radical acceptance.

REPORTS & ARTICLES

Education Program Updates

Early Childhood

This month the Preschool RE has been exploring the second principle: Be Kind In All You Do. We have made kindness rocks with paint markers and a collaborative art piece that is hung on the classroom wall which states, "Kindness is Everything." During our circles, the children were able to choose kindness cards to take home, with special messages written on them. We have read a number of books, including *Have You Filled A Bucket Today? A Guide to Daily Happiness for Kids* by Carol McCloud.

K-3rd Grade & 4-8th Grade Anti-Bias Class

Over the past month, these classes have been getting to know each other better and building a community. They created covenants and are now adjusting them through different experiences, like learning about and practicing cooperation. They have explored language about appearance and feelings. Gradually, the classes are building towards being able to discuss and appreciate diversity. Additionally, the older class made climate action posters to send to our state legislators as part of a project of different UU congregations around the state.

Coming of Age

This 8th and 9th grade class has met several times with their amazing teaching team of Booker Bush, Peg Johnson, David Juno, Julie Chandler, Sarah Bloomgarden, and Colin Henrichon. They volunteered in Springfield with Gardening the Community and helped with the multigenerational service on October 20. We will be looking for mentors soon. Please contact Jessica, dre@uunorthampton.org if you are interested in being a mentor.

Youth Group

While gleaning this year, together with two other congregations, we harvested almost a half ton of vegetables for local soup kitchens! Jillian, Jasmine, Jayden, and Alma boarded the big school bus as the youngest youth and had a blast. Youth Group is known as a place where youth can show up and be their authentic selves. We are embarking on a journey to deepen our learning even more. All youth and youth advisers will be completing an assessment adapted from *Youth Organizing: A Model for Change*, that will guide us to a deeper understanding of what work we have to do to get better at youth-adult partnerships, power dynamics and peer relationships. Our Youth Advisers know how important their roles are and are committed to this work that can challenge our egos, and push our comfort zones. The youth are committed to looking internally, and learning how they can create a space that is even more conducive to each one of them showing up as their unique selves.

Adult Education Offerings

- November 8, 7-9 pm: Racial Justice Movie Night.
- November 13, 6:30-7:30 pm: Credo Writing Workshop.

RELIGIOUS EDUCATION

November Calendar



November 1-2: Youth Group Lock In, 5 pm Friday through 9 am Saturday

November 2: Gardening the Community Fundraiser, 4-6 pm

November 3:

- Early Childhood: 10-11:15 am
- K-3 & 4-8 Anti-Bias Education: Our Families and Neighborhoods

November 8: Racial Justice Movie Night, 7-9 pm

- *Coco* in the Social Room; *I Am Not Your Negro* in the Parlor with discussion afterwards

November 10:

- Early Childhood: 10-11 am
- K-3 & 4-8 Anti-Bias Education: Belonging (10-11)
- House Gatherings: 11:30 am -1:30 pm. Childcare offered at USNF. Please RSVP to dre@uunorthampton.org.
- Youth Group: 4-6 pm - Shelter Cooking and Serving.

November 15: Safe Relations Dinner - Security Updates, 6-8 pm

November 16: Grades 10-12 Our Whole Lives Sexuality Education, 10 am - 3 pm

November 17:

- Early Childhood: 10-11:15 am
- K-3 & 4-8 Anti-Bias Education: Culture and Difference
- Coming of Age: 12-2 pm
- Youth Group: 4-6 pm

November 22: Parents Night Out - Babysitting Fundraiser at USNF, 5:30-8:30

Email dre@uunorthampton.org to reserve a spot! Spread the word to other interested families.

November 24: Multigenerational Service

- Early Childhood: 10-11:15 am
- K-8: Attend the Service
- Youth Group: YAC: 2-3 pm; YG: 4-6 pm

December 1: Transylvania Service, 10-11

Learn about the youth trip to Transylvania in July, 2019.

RELIGIOUS EDUCATION

OWL's Nest: Updates on Sexual Arousal and Desire Research

By Stephanie Baird

Recently reviewing the high school OWL curriculum for our upcoming October and November classes, we noticed that this older curriculum (circa 2000) lacks the most recent information on sexual arousal and desire models. I'd like to provide a refresher of sexual arousal and desire models plus inform you of the most recent advancements in our cultural and scientific thinking about arousal and pleasure.



In the 1950s and 1960s, brave early researchers Kinsey, and Masters and Johnson (after surveying and observing thousands of voluntary subjects) concluded that healthy sexual functioning involves this sequence: **excitement** (i.e. flushing of skin, erections of clitoris and penis, faster breathing), **plateau, orgasm, resolution** (pre-sexual restful state).

Helen Singer Kaplan expanded this research with her Triphasic Model of “**Desire, Arousal** (excitement and plateau), and **Orgasm.**” **Desire** became a critical component, finally understanding that our brains account for a great deal of our sexual response-abilities.

In the late 1990s Erick Janssen and John Bancroft (Kinsey Institute) developed the Dual Control Model of sexual response. This model consists of 2 parts: Sexual Excitation System (SES) and Sexual Inhibition System (SIS). Emily Nagoski, a local researcher, has an entire chapter devoted to this in her sexual bible for women (and the people who love them): *Come as You Are* (2015).

Essentially, Nagoski states that “your central nervous system (brain and spinal cord) is made up of a partnership of accelerator and brakes – like the pairing of your sympathetic nervous system (‘accelerator’) and your parasympathetic nervous system (‘brake’).” Therefore, the “brain system that coordinates sex (has) a sexual accelerator (SES) and sexual brake (SIS).”

Nagoski says that the SIS consists of an emergency brake that notices all the immediate dangers and turn-offs in the environment (e.g., your kid screaming in the next room) plus a second brake that emits more of a “chronic, low-level ‘no thank you’ signal’ possibly associated with a ‘fear of performance failure’ like worrying about having an orgasm.” We all have these two types of brakes, and we all have sexual accelerators. Some folks have a sensitive SES and/or a sensitive SIS, no matter what is happening in the environment. *continued on next page*

RELIGIOUS EDUCATION

In 2001 Rosemary Bason developed a nonlinear model of sexual interest, adding the concepts of emotional intimacy and relationship satisfaction to the already researched sexual stimuli. She also linked sexual motivation with emotional and physical satisfaction, and named **spontaneous** desire (randomly finding yourself in the mood) and **responsive** desire (which is when you may not necessarily be burning for sex, but your partner is interested and applies all your favorite courtship rituals and touches to get you interested). Responsive desire is **NOT** about “giving in” (especially in this essential, long overdue zeitgeist of “enthusiastic and freely given consent”), but rather about being receptive to sexual activity in the context of what you consider to be erotic. Bason recognizing and incorporating emotional intimacy and relationship satisfaction aligns well with the OWL spiritual guidelines of self-worth, justice/inclusivity, good sexual health, and responsibility.

Now that you know about the Dual Control Model as well as the inclusion of elements such as emotional intimacy and sexual responsiveness, you can think about what can help you turn off the brakes and step on the accelerator. We live in a very hectic world of caregiving children and/or elders, with often both caregivers working, or a single person working two/three jobs/volunteer activities/hobbies, plus managing chores, finances, etc. So how can you tune into your Dual Control sexual system?

Find quiet moments to check on your sense of sexual self-worth by noticing factors pressing on your brakes, and what could help activate your accelerator. If you have a lot pressing on your brakes, you may need to work diligently getting your mojo back by saying NO to extra responsibilities and chores, or even regular ones. A prior untreated trauma history is also a huge brake.

Once you’ve let up on the brakes, you can more easily zoom that accelerator to 65+ mph. Take some alone time (do you see a theme emerging?), play sensual music, dig out that old erotic or romance book in the back of your closet. Give yourself permission to fantasize. Ask your partner(s) to try something new. Getting your heart rate up with exercise also activates accelerators. Broaden your repertoire of pleasurable activities. The HS OWL makes a point to say that healthy sexual response is not linear, but rather circular. We can enter into pleasurable sexual activity from many points.

In conclusion, go forth and pay attention! Notice what grabs your erotic attention in the environment, and what stifles it. Then set about readjusting your exposures so that you can let up on those brakes and press that accelerator to 100 mph, at least from time to time.

How Do You Describe USNF To Others?

Last year, the Junior Youth class interviewed people in the congregation, from their peers to newcomers to college students to longtime members about their experience of UUism and USNF. These interviews offer an interesting insight into our faith and community. Julie and Jim Kurose put the interviews together in a video: https://youtu.be/Y01Z9hnPm_s. Check it out!

EVENTS & WORKSHOPS

Office Hours Through November 10

Lisa will be out of the office from October 25 thru November 10. For the weeks of October 28 and November 4, volunteers will be staffing the office Tuesday thru Thursday from 9 am to 3 pm to answer the phone and greet visitors. *Sunday Times* info can continue to be sent to office@uunorthampton.org with “Sunday Times” in the subject line. If you need to reserve a space in the building during the time that she is gone, please send your request to Jessica Harwood (dre@uunorthampton.org).



Volunteers Wanted? Volunteers Available?

Check out the USNF’s Volunteering web page!
<http://uunorthampton.org/community-life/volunteering>



If you are looking to get engaged, this site is for you! We will be posting short-term, or “seasonal” volunteering opportunities, as well as the ongoing projects currently listed. Check back in to the web page for updates, or visit our facebook page: <https://www.facebook.com/UnitarianSociety/>

Making a Flower Dedication

If you have someone special that you would like to honor with flowers at a Sunday service, the first step is to pick an available date on the signup sheet located in the Parlor or online using this link: [Flower Sign-Up](#). Fill in your information and decide whether you would like to bring the flowers yourself or make a monetary donation to the flower fund. That’s all there is to it. The flowers can either remain here or go home with you.

Purchase Grocery Store Gift Cards to Support the Society

The Society purchases gift cards from Big Y, Stop & Shop, and River Valley Market at a discounted rate through each store's charity program. The cards are sold at the Society for the full value of the card with the Society earning 5% of each sale. Gift cards are sold during Sunday social hours and in the office during the week. Cash or check only to USNF (please include “gift card” on the check’s memo line). *Please consider donating a Stop & Shop card to our sanctuary effort to help support Irida’s family.*

Unitarian Society of
Northampton and

220 Main St.
Northampton, MA 01060
Tel: 413 584-1390
E-mail: office@uunorthampton.org

ADDRESS SERVICE REQUESTED

THE PIONEER
THE MONTHLY NEWSLETTER OF
THE UNITARIAN SOCIETY OF NORTHAMPTON AND FLORENCE

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WEB MANAGER	<i>Julie Kurose</i>
COORDINATOR	<i>Lisa Britland</i>
STAFF PHOTOGRAPHER	<i>Ellen Dickinson</i>

DECEMBER PIONEER DATES

Deadline: November 21

Publication: November 26

*Articles should be 350 words or less.
Send submissions to pioneer@uunorthampton.org.
Include the word "PIONEER" in the subject line.*

**Office hours: Tuesday through Thursday 9:00-3:00
Contact the Society at 584-1390. Visit us online at www.uunorthampton.org.**