

Winchester Unitarian Society



Highlights April 20, 2017

Sunday, April 23rd:

"No Bud Breaks Open Alone" - Earth and Spirit

**With the Rev. Heather Janules and the
Spirituality and Nature Covenant Group**

Worship Associate: Peter McEntee

We speak of the environment as being in ecological crisis. While this remains true, beyond the primal impulse towards health, survival and longevity, what inspires us to care for the place we all call home? In recognition of Earth Day, this service celebrates our spiritual connections with nature and invites us into deeper awareness of this bond.

This Sunday, we share our gifts with the **Mystic Valley Watershed Association**, whose mission "is to protect and restore the Mystic River, its tributaries and watershed lands for the benefit of present and future generations and to celebrate the value, importance and great beauty of these natural resources."

Music News.

JohnKramer in Concert

A fun and lively Sunday afternoon concert features pianist and composer JohnKramer who will be performing original compositions, and jazz bassist MarkPucci who will join him in playing new jazz interpretations of music by Chopin, Bach, Mozart, Tchaikovsky and others. Sunday, April 30 at 2:00 pm, at the Winchester Jenks Center, 109 Skillings Rd., 781-721-7136. Refreshments will be served and John's recent cd will be available for purchase. Tickets are \$10, available at the Jenks.

Children's Chorale meets every Tuesday from 6:15 to 7:00 p.m. in the Spirit Play room in the RE wing. This is a wonderfully spirited group of young singers (grades 2-6) who meet weekly to sing, play games, and learn about music. All are

welcome and no previous singing experience is necessary. If you know of any young person interested in having a great time while making music, please be in touch with music director John Kramer at john.kramer@winchesteruu.org.

Religious Education



Our “Haul” for the Woburn Council of Social Concerns.

Family Worship: A service for Earth Day with Deborah Morgan Bennett. Please join us in the chapel for this family centric, 20 minute interactive service.

This month, Transformation: In our Worship services we will be exploring the theme of transformation, how a world can be changed from barren and inhospitable to a verdant landscape full of joy.

Religious Education Morning: This Week we change again. As the season turns toward summer and rapid growth, we take a moment to appreciate the lessons of Earth, and the lessons of change.

Childcare for babies and tots is available in the playroom with Juanita Simms.

Afternoon Programs:

Mark your calendars for May 7th: Our annual canoe outing is planned for that day. We'll paddle down the Aberjona, picking up trash along the way and carpool back from Boston Harbor. Details on time, rain date and what to wear are coming from trip coordinator Fritzie Nace.

Our Whole Lives meets for the final time at 4:30 in the Wallace room. Congratulations on completing your year! Sophia Sid, Jenny Nordan, Mark Shepherd and Karen Caputo – this year's facilitators lead the group in reflections on resources for Self-Care and our closing celebration.

F8th in Action meets Sunday at 4:30. Vanessa Steck and Rebecca Kelley Morgan lead the group

Mark your calendars

Next **Religious Education Committee Meeting May 3rd, 9:00 AM** Michelsen room.

And Don't Forget: We have a Parent's resource bookshelf in the Michelsen Room and a Little Library for children's books outside of the Religious Education office. These are curated for you and your family. Please borrow and return, feel free to add anything you'd like to share with others and let us know what else might be

of interest.

GROWTH AND LEARNING:

2017-2018 Programming: It's never too soon to start thinking about next year. We're inviting input and feedback on possibilities for next year's programming. Is there something you'd like more of? Less of? Let any member of the Growth and Learning Committee know, or send along comments to Rebecca Kelley Morgan at Rebecca@winchesteruu.org

Next Growth and Learning Meeting **May 10th, 7:00 PM Michelsen Room**

THANKYOU! To the many hands who dipped eggs in dye, who rolled cake into pops, who stirred pots of pasta, who colored and cut out flowers, who donated food for the Woburn food bank, who hid, who hunted, and who celebrated the Easter season with service to others and community conversations and worship.

WUSYG: Winchester Unitarian Society Youth Group

Upcoming Events:

4/23: WUSYG 4:30-6:30: Regular Meeting

4/30: WUSYG 4:30-6:30: 8th in WUSYG! Fun times with next year's frosh aka the new WUSYG crew.

Please email the Director of Youth Ministries, Sam Wilson, for further information about WUSYG and Youth Ministry at

WUS: sam.wilson@winchesteruu.org or WUSYouth@gmail.com

To subscribe to our newsletter and/or for more detailed information about contacting Sam and following him/WUSYG on social media, please [Click Here](#).

Congregational News

White Supremacy Teach In, May 7th, Noon in the Parlor

A controversy has emerged within the UUA:



In response to selection of a white male ministerial candidate over a Latina female lay leader for a key position within the Association, a choice reinforcing a pattern privileging white people over people-of-color and ministers over lay leaders, UUs-of-color and white allies have called for change. This call led to UUA President Peter Morales writing a letter in response. While this letter sought to foster unity, it increased anger and distress. Rev. Morales then resigned the Presidency and UUA staff - COO, the Rev. Harlan Limpert and Director of Congregational Life, the Rev. Scott Tayler - also resigned. The minister chosen for the position then withdrew his interest. You may learn more through this article in *UU*

World: <http://tinyurl.com/ke6spxz>

As part of this discussion within the UU faith family, a campaign has emerged for congregations to offer a **White Supremacy Teach In** on either April 30th or May 7th. As the May 7th service is slated to explore a relevant subject, the part of the WUS Vision Statement speaking to fostering capacity in professional leadership, the service will remain the same but the post-service discussion will be dedicated to the Teach In.

In preparation, we encourage you to explore some resources provided by Black Lives of UU: <http://www.blacklivesuu.com/teach-in-resources/>

These resources include a definition that may be helpful: "Why 'white supremacy' as the term here? It conjures up images of hoods and mobs. Here, we mean: 'White supremacy as a set of institutional assumptions and practices, often operating unconsciously, that tend to benefit white people and exclude people of color.' In 2017, actual 'white supremacists' are not required in order to uphold white supremacist culture. Building a faith full of people who understand that key distinction is essential as we work toward a more just society in difficult political times."

This understanding of "white supremacy" as a spectrum of beliefs, practices and behaviors is illustrated in this graphic: <http://tinyurl.com/ls6n4dg>

Please save May 7th to participate in the Teach In!

-Rev. Heather, planning with Claire McNeill, Patty Shepard, Sam Wilson, Sarah Kelley and Rebecca Kelley Morgan

Budget review sessions: Sunday April 23rd at 12:15 and Wednesday April 26th at 7:00 p.m.

Please join members of the Standing Committee and Stewardship and Finance Committees at one of two budget review sessions scheduled during the next week. This year's budgeting is proving to be **extremely challenging**, and there will need to be very important and difficult decisions made during the next two weeks that best reflect our values and priorities. We strongly encourage you to attend one of the budget review sessions!



We Believe in Dog Resumes! Saturday, May 6th, 10 a.m.

Want to enjoy the outdoors with your canine best friend and folks at WUS? Rev. Heather invites anyone who wants to go on a short hike to bring their (friendly and vaccinated) dog and join in the fun. (You don't have to have a dog to participate!)

Our next walk will be Saturday, May 6th. We will meet at the second of three entrances to the Middlesex Fells on Hillcrest Parkway at 10:00 am and start walking around 10:05. If you intend to come,

contact Rev. Heather (heather.janules@winchesteruu.org) with your cell number (if

applicable) so she can call you if you are not there at walking time.

Hope to see you there...And wear your WUS t-shirt if you have one!



People's Climate March in Washington D.C.

A local coalition of labor unions, environmental justice groups, faith organizations, youth groups, and climate activism groups is coming together to send more than 1,000 people from the Boston area to

the People's Climate Mobilization on April 29 in Washington, DC. Our WUS-based 350.Mass group is helping 350.Org bring this coalition together because we think this could be a transformative moment for the Massachusetts climate movement. Together, we can build a powerful, justice-centered movement that lifts up the voices and leadership of those most affected by climate change.

We want to make sure EVERYONE who wants to can go to this exciting march. [Signup here to buy your bus ticket for DC or donate to help others go!](#) Purchase now, as prices are likely to go up after March 25.

If you can't attend the March, but want to join us in our local action, attend our meetings at WUS in Winsor Room every other Wednesday from noon to 1:30pm. Our next meeting is March 29th. To be placed on our email list, please contact Barbara Lieurance at barblieurance@yahoo.com.

Annual Review - Input Welcome

We are beginning the annual review process for our program and administrative staff - Rebecca Kelley Morgan, John Kramer, Sam Wilson and Jenny Goh. As part of this process, we welcome input from the congregation.

Please send your thoughts to Rev. Heather at heather.janules@winchesteruu.org by May 1st by responding to these questions:

How has WUS best served its mission in the past year?

How has [the staff person] contributed to these successes?

How could WUS have better served its mission?

Do you have any suggestions for [the staff person's] programmatic or professional growth?

Although anonymous feedback will not be included/considered in the review process, we do respect confidentiality and share names only with your permission. Thank you!

UU GATHERINGS IN WOBURN AND NEW ORLEANS

The UUA's Spring New England Regional Assembly (April 21 & 22) will be held right next door in Woburn! Here's a convenient opportunity to gather with other UU's

from across New England, for a preview of General Assembly (Friday evening will showcase UU Presidential candidates for election at GA) and a Saturday full of worship, workshops, singing and regional business. For more information and to register, phone (617-948-6415) or email (newengland@uu.org).

For a larger-scale UU gathering, at a more exotic locale, consider attending this year's General Assembly, to be held in New Orleans from June 21-25. More details can be found at UUA.ORG/GA.

Peter Coccoluto, WUS Denominational Affairs

Social Action and Outreach

March for Science Boston Sat April 22, 2:00 - 4:00 PM Boston Common

1-2pm: Parkman Bandstand kid-centric entertainment.

2-4 pm: Main rally with [speakers](#) and music at the main stage, [science activities for kids](#) at the Kids' Corner

The MA Chapter of UUs for Justice in the Middle East encourages UUs to join the **Walk for Water** on **Saturday 4/22** beginning at 10 AM. Join members at the start of the walk with the UUJME banner. See info and videos at [Join a Team](#) Primary sponsor is **1for3** founded by members of WUS. Walk begins at South Plaza, Kendall Square. Day of Event registration: \$25 for Adults, \$20 for Students, \$15 for Children

Adam Foss on the Evolution of Prosecution

Sunday, April 23, 2:00p.m. The program will be held here at WUS.

Prosecutors have enormous power and discretion; their decisions shape thousands of lives. Adam Foss is a former Suffolk County Assistant District Attorney and founder of Prosecutor Impact. An optional \$10 donation to support Prosecutor Impact. His TED Talk:

https://www.ted.com/talks/adam_foss_a_prosecutor_s_vision_for_a_better_justice_system

The first **Book Discussion sponsored by our Racial Justice Team** will focus on "Between the World and Me" on **Sunday April 30** at 12:00. Do bring a bag lunch and your ideas for next books. If you can't come but have the book to share, or suggestions for the next book, please contact Claire McNeill.

Save the Date for the Louis D. Brown Mothers Day Walk for Peace May 14, 2017

Every year families from across the state and region walk together to support families who have lost loved ones to violence. For several years we have coordinated carpools to this area event. See sign-up at the Social Action and Outreach table. <http://www.mothersdaywalk4peace.org/>

Please join us for conversation and community.....

WUS Mental Health Awareness & Support Initiative (MHASI)

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Creating ways to support one another whether we are living with a mental illness, facing a mental health challenge, or are close to someone who is.

UPCOMING PEER SUPPORT GROUPS

WUSFamily & Caregiver Support Group, a drop-in group for family members, caregivers, and loved ones of individuals living with mental illness, facilitated by Jacquie Serebrani-Kesner, of the National Alliance on Mental Illness and co-facilitated by WUS members, Rebecca Kelley Morgan and Maria Shepherd.

Tuesday, April 25th, 6:45-8:45 pm in Michelsen

Peer to Peer Support Group, a drop-in group for those living with mental illness, facilitated by a NAMI facilitators and Reverend Heather.

Tuesday, May 9th 6:45-8:45 in the Parlor

All WUS support groups are co-facilitated by NAMI and provide a safe and confidential setting for mutual support and the sharing of resources.

Looking for other local support groups or resources? MHASI recommends contacting the Massachusetts chapter of the National Alliance on Mental Illness (NAMI), www.namimass.org/NAMI

If you have any questions, or would like to speak with someone about groups or our initiative, please contact:

Maria Shepherd mandmshepherd@comcast.net or
Maury Wood mowood60@gmail.com

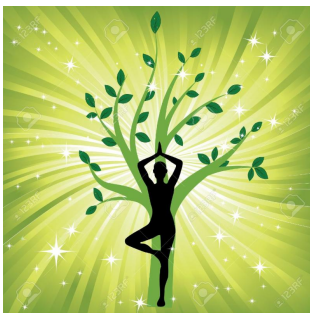
The Grief Support Group

The Grief Support Group will meet Wednesday, April 26th. All are warmly welcome to attend. 7:30-9:00pm (to be held in the Winchester Unitarian Society Parlor / go in the 478 Main Street circular drive door and to your right.)

The Grief Support Group is open to anyone in the community who has experienced loss and seeks a caring environment to process the complex feelings of grieving. If you have experienced a death of someone in your life and would like to explore your grief with other people who have also experienced loss, please consider attending a grief support group meeting. Everyone makes his or her own individual journey after experiencing loss. Our group has found that by sharing our experiences with each other, we are strengthened and comforted.

The grief support meetings start with a reading and then a check-in by participants. You can say as much or as little as you feel comfortable saying (you can also choose to pass if you want.) Usually personal check-ins last a few minutes each and should be uninterrupted. Then the conversation opens up. The facilitator usually starts off this conversation with a topic or question to discuss. The meetings conclude at 9 pm. Our meetings are confidential- we ask that everyone observe the guideline that what is said in a meeting, stays in the meeting. Please see the attached covenant which the group follows.

Please feel free to contact Karen Erikson (781-223-0089 or by email at "KarenErikson@comcast.net") if you would like more info on the Grief Support Program at WUS -or- feel free to just show up at a meeting. No rsvp needed. If you would like to be removed from this distribution list, please just let me know.



Monday Night Candlelight Yoga

6:30 – 8:00 pm in the Chapel

April 3 - June 19

Find ease and flow in your body in our Spring Session of gentle Kripalu-style yoga with teacher Jamie Sokolowski. Jamie gently guides us through a flow of deep breathing (pranayama) and body awareness, yoga postures (asanas) leading to a final shivasana, a deeply restful integration of the practice. Postures gently stretch and strengthen, enhance balance and counter patterns of daily tension. Connecting breath and movement deepens self-awareness and enlivens our sense of being! If you have never done yoga before, or only just a bit, Jamie gives clear guidance through a slow flow of postures, offering support as we go. If you have more experience, you are invited to take the postures to your own depth of challenge. Ten-class (\$150), 5-class (\$75) and drop-in (\$15) options available. Questions? Email fritzie.nace@gmail.com.

From the Building's Committee

Tree Trimming – Friday, April 28th, in recognition of Arbor Day, the arborists at Barrett Tree Service in Medford (www.barretttreeeast.com) have volunteered to do some tree-trimming for the church, **GRATIS!!** If you see their trucks around town, please take the time to thank them for this generous offer...or consider them if you need tree work on your own property.



Joys, Sorrows and Transitions

If you are facing a time of joy, sorrow or transition in your life, our ministers and the Pastoral Care Associates are available to offer a listening ear, compassionate presence and, if applicable, resources.

This week, we rejoice in the arrival of BABIES!

As named in worship, we celebrate with **Sheila Puffer** with the birth of her granddaughter, Malin Hendry Fraser, born on April 10th in Palo Alto, California. She is pictured above with her father Doug, one hour old.

It is also with joy
that we welcome
Coraline (Cora)
Ella Ruth
McVey, the
newest member
of the McVey
family, joining



mom **Becky**, dad **Dave** and older sister **Abby**. Cora was born on Easter Sunday at 9lbs, 6oz. Allelujah!



You may reach the Rev. Heather Janules or Intern Minister Deborah Morgan Bennett through the office at 781.729.0949. They can also connect you with a Pastoral Care Associate or the Caring Network (providing short-term, practical support like rides and meals.) To learn more about the PCAs, pick up a brochure when you are in the church.

Beyond babies, we are proud to announce that Director of Music **John Kramer's** hymn, *Seed of Hope*, will be sung at this year's General Assembly of the Unitarian Universalist Association of Congregations in New Orleans, LA: <http://www.uua.org/ga>

And our best wishes are with **Stephen and Cecily Parkhurst**, who are preparing to move to Brooksby Village in Peabody in early June

Community News

Please join us for our annual Womensphere Spring Event
 Rise Up ~ Reflect ~ Connect ~ Act
 Saturday April 29, 2017
 9:30am – 3:30pm
 Westminster Unitarian Church
 119 Kenyon Avenue, East Greenwich, RI

We may feel powerless in the face of the hostilities facing us today, but we are not. When we embrace a spiritual practice that brings tranquility to our hearts and minds, we are taking the first step toward bringing peace to ourselves and the world. As we bring these practices and actions to our families and friends, people we work with, and those in public life who serve us, we radiate peace out into the world. In this workshop spiritual women will share the practices that support and guide them through their daily life and difficult times. We will explore spiritual practices together in group activities and discussion. Womensphere is a Sacred Circle Gathering for Women through the Ballou-Channing District and New England Region of The Unitarian Universalist Association

Please go to www.uuwomensphere.com or www.facebook.com/uuwomensphere for registration and directions

Chili Cook Off to Benefit Justice for Our Neighbors (JFON)

Saturday April 29, 5:30 pm - 7:00 pm

JFON is a faith-driven ministry providing immigration and legal services, education and advocacy.

Woburn Food Pantry

For the month of **April**, the Woburn Food Pantry needs canned fruit. Every month the director of the pantry lets us know which items are in low supply so that our contributions can have the most impact. Please place your donations in the bin under the new-and-improved Social Action area in the Symmes Room. For additional information contact Mary Saudade at msaudade@comcast.net.

Coffee Hour Refreshments

Hate Has no Home Here signs - like the one in front of the church - are available to individuals. Stephen Perepeluk will have some at coffee hour this Sunday.



For the upcoming church year, we need volunteers to bring refreshments for coffee hour on Sundays. Please go to <http://winchesteruu.org/hospitality-171.html> and click on 'Volunteer Sign Up Form' to sign up, or use the sign up sheets in the Symmes Room.



Flower Dedications

Dates are available for flower dedications. You may dedicate flowers in celebration of, in memory of, or in honor of someone and it will appear in the Order of Service. The cost is \$45.00 (or you can bring your own flowers, but let the office know). Please go to <http://winchesteruu.org/hospitality-171.html> and click on 'Volunteer Sign Up Form' to sign up, or use the sign up sheets in the Symmes Room.

Staying Connected

For information about:

- Standing Committee Approved Minutes
- Society Members and Friends Directory
- Sign in information for the "Members" portion of www.winchesteruu.org
- Electronic Payment Options
- Sunday Worship Service CDs and Hardcopies of the Sermons
- Society Office Hours
- Parish Minister's Office Hours

Visit the "Staying Connected" section of the "Events" page of our website: <http://winchesteruu.org/events-86.html>

The deadline for all Highlights submissions: **Wednesdays, 9:00 a.m.** and should go to adminassistant@winchesteruu.org. All articles submitted should be no more than

250 words.

Contact Us

To contact any member of the staff at the Winchester Unitarian Society, you may start with the Office: office@winchesteruu.org or visit the Contact page of our website for specific information: <http://winchesteruu.org/staff-contact-us-47.html>

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STAY CONNECTED

