

Winchester Unitarian Society



Highlights July 27, 2017

Upcoming Summer Worship Services

July 30: *Isten Hozott: The Gospel According to AirBnB*,
with Heather Janules

August 6: *What's a Nice Atheist Like Me Doing in Church Like This?*
with Peter McEntee

August 13: *Can We Talk About Sex: The Power, the Shame, the Spiritual?* with
John Loewy

*Anyone who misses a summer service may email office@winchesteruu.org
or call the church office 781-729-0949
and ask for a printed copy of the Reflection.*



Summer Group Ministry and Spiritual Practice Opportunities

Please join our summer minister, Deb Morgan Bennett,
on Tuesdays throughout the summer.

Tea and Conversation 2:15–3:30 PM

Join Deb for afternoon tea (iced or hot, depending on the weather) and conversation in
Heather's office. All are welcome. **No gathering August 15th.**

Qi Gong for Health, Vitality and Stress Relief 6:45–8 PM

Qi Gong is the ancient Taoist practice of breathing, gentle stretches and flowing movements
designed to awaken the body's own healing energy while relaxing the mind.

No special equipment is required, just wear comfortable clothing and bring a curious mind.
Each week we will focus on different movements to address various health concerns, but all
exercises are wonderful for general vitality, relaxation and spiritual attunement, so feel free to
come to them all.

Each session will end with a meditative relaxation.

August 1: Digestive Health

August 8: Weight Loss

No class August 15

August 22: Buddha Palm (for healing self and others)

August 28: Longevity



News from the Church Office

The office is open regular hours 9 am-5 pm this summer, except the week of August 14-18:

Monday August 14 **10 am-2 pm**

Tuesday August 15 **10 am-2 pm**

Wednesday August 16 **10 am-2 pm**

Thursday August 17 **10 am-2 pm**

Friday August 18 **CLOSED**

****Next Highlights will come out August 17. Submission deadline August 16 at 9 am.****

Please enter/update your information in the online church directory.

Also known as "the photo directory," this is the directory we will be using from now on.

You can enter and update your own information (and add a photo!) and it is updated instantly. It's available online at all times to all members.

Instructions for creating an account and updating your information are here.

Giving Statements Coming Soon

Our fiscal year ends August 31st. If you have not yet fulfilled your 2016-17 pledge, you will receive a statement in the mail by next week. If you have questions, please contact Administrator Alison Baron (office@winchesteruu.org) or Treasurer Steve Butterfield (scb01467@yahoo.com).

Church photographer needed!

The Metcalf floor and downstairs kitchen are newly waxed and shiny, and we want someone to take a few photos that we can post on our website for potential renters. While you're at it, some photos of the sanctuary and Symmes would be appreciated.... contact Alison at 781-729-0949 or office@winchesteruu.org.



Music News

Did you know that Summer Choir is one of the best things about the summer?!

With a short and joyful rehearsal, we usually sing something familiar or tuneful: a round, an easy anthem, or even a hymn arrangement.

All are welcome.

Remaining summer choir rehearsals are at

9:45 am Sunday August 6th & August 20th.

Contact Music Director [John Kramer](#) if you have any questions.

Social Action News

2nd Movie Night Co-Sponsored by the WUS Racial Justice Team

and the Winchester Multicultural Network

You are invited to another free movie night at the Winchester Unitarian Society!

Friday, August 4, 2017 at 7pm: *I Am Not Your Negro*

2016 French, American, Belgian and Swiss documentary film directed by Raoul Peck, based on James Baldwin's unfinished manuscript, *Remember This House*.

Narrated by Samuel L. Jackson, the film explores the history of racism in the United States through Baldwin's reminiscences of civil rights leaders Medgar Evers, Malcolm X and Martin Luther King, Jr, as well as his personal observations of American history. It was nominated for Best Documentary Feature at the 89th Academy Awards. (description from [wikipedia](#)) You can watch the official trailer [here](#) and find a discussion guide [here](#).

We will be in Metcalf Hall this time with a somewhat larger screen and will have a 30-minute discussion at the conclusion of the 90 minute movie.

Please invite your friends!

**BLACK
LIVES
MATTER**

Update on WUS Black Lives Matter Banner Process: Fall Conversations have been scheduled! *Mark your calendars now!*

We trust that you are having a good summer. As you may remember, a group of WUS members within the Racial Justice Team submitted a proposal for a BLM Banner Process to the Standing Committee and it was approved in late April. Since June we have been collecting your comments about the banner process via a display in the Symmes Room, with a comment box and at the following dedicated email address: WUSBLMBannerProcessGroup@gmail.com

You are also encouraged to speak directly with members of the BLM Banner Process Group: Steve Butterfield, Phil Coonley, Sarah Kelley, John Loewy, Gordon McIntosh, Kathy Richardson, Patty Shepard, and Sophia Sid, whenever you can find us. (Some of us are lucky enough to be taking vacations this summer!)

As promised we have scheduled a series of open conversations this fall as follows:

Thursday, September 28th 7-9 pm in the Chapel

Sunday, October 8th 12-2 pm in the Parlor

Thursday, October 12th 7-9 pm in the Chapel

Sunday October 22nd 12-2 pm in the Parlor

Additional conversations will be scheduled in the fall for other groups within the congregation including WUSYG, RE, OWL and Wednesday daytime "Soup and Conversations." All conversations will be structured with a covenant and focused speaking and listening regarding our own and others' thoughts, feelings, and experiences about possibly having a Black Lives Matter banner at WUS. The broad range of policies advocated in the most recent Movement for Black Lives platform will be read aloud.

This platform can be found at [Movement for Black Lives](#) and hard copies are available near our display in the Symmes Room.

Ongoing Meditation

Meets almost every Wednesday from 6:30-7:30 pm in the Meyer Chapel. Sitting from 6:30-7:00 p.m. Walking from 7:00-7:15 pm. Discussion 7:15-7:30 pm. Contact Ron Denhardt (rondenhardt@gmail.com) for info.



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STAY CONNECTED

