

Winchester Unitarian Society



Highlights *November 16th, 2017*

Sunday, Nov 19th: Many Windows, One Light - An Interfaith Celebration of Gratitude

Worship Associate: Martin Newhouse

Fehmida Chipty, Fatemi Dawat

Judy Arnold, First Congregational Church

Teva Kenney, Temple Shir Tikvah

Heather Janules, Winchester Unitarian Society

In this intergenerational service, practitioners of four faiths - Islam, Christianity, Judaism and Unitarian Universalism - will share something from their tradition and speak about how it reflects or strengthens their gratitude for life.

This Sunday, half the offering gifts will benefit the **WUS Minister's Discretionary Fund**, supporting those within and beyond the congregation in times of financial need. This fund will soon give the Woburn Council of Social Concern \$300 towards their gift card drive, supporting low-income residents during the holidays. Your contributions help make this possible!

This Sunday is **Pie Sunday** - The Pie Sunday tradition was begun by longtime member Karen Barton and has been continued in her memory. On the Sunday before Thanksgiving anyone who can brings a pie (homemade or purchased) to church for our after-service coffee hour. It's a lot of fun and delicious, and we invite you to participate! (Please bring your pie to Metcalf Hall when you arrive.)

Music News

No Children's Chorale next Tuesday, November 21st.

Interested in getting involved? Contact Music Director John Kramer at John.kramer@winchesteruu.org

Religious Education

This Sunday in Religious Education:

Morning Programs: No morning programs this Sunday as we celebrate the interfaith expressions of gratitude – how we and our religious neighbors give thanks. All Ages are in Worship this week, and we commune over pie after the service. See you in church!

Afternoon Programs: PIE, PIE and MORE PIE. F8th in Action meets in Metcalf Kitchen to cut pie for our annual Pie Sunday. It's a sweet taste of service to others. Meet in the kitchen at 10:30 a.m. We'll also tag the herb bundles put together by some of the younger and older members of the congregation.

A little more about Bonus Religious Education Days: Approximately once a month, we gather on a day off from school which is not attached to a public-school vacation with primary aged children, parents and other adults to engage in creative and service projects and just to have fun! We check with local public school calendars (Arlington, Medford, Stoneham, Melrose, Winchester and Woburn) to find our dates. It's not always possible to include all towns, but over the course of the year, hope to see you at one of these special afternoons or mornings. *We're polling families to determine the best time to get together for our annual cookie bake and decorations. Keep an eye out for day and time.*

Family Worship at Winchester Unitarian Society 10:00 a.m. Sundays: On the Sunday when all ages worship together for the entire hour, we do not have family worship. We hope to see you in the sanctuary at 10:30 this Sunday, and will see you next week, November 26th, for family worship – “Is it REALLY a leftover?”

Many Thanks to Mike Hyde, George Wood and Lindy Brown for their contributions to the Thoreau celebration on November 12th. We are fortunate to have such gifted scholars and naturalists in our midst.

WUSYG: Winchester Unitarian Society Youth Group

Please [click here](#) to see our webpage, which includes a calendar of upcoming WUSYG meetings and events, and other updates for parents/youth.

WUSYG Parents:

Please register your youth for this year by filling out [this mandatory Google form](#) and be sure to join our new [WUSYG Parents Facebook Group](#) for last-minute updates from us and as a space to ask questions, share stories and generally be in community together.

Congregational News

Dine Around Thanks

Several years ago, it all started with Dine Around the World – we feasted across countries and continents. A great tradition was born. Then came Dine around America and we celebrated regional cuisines from sea to shining sea.



This year's Dine Around committee has gone a step farther - Dining Around the Classics. From the hills of the Shire to the forests of Transylvania, this congregation has enjoyed many a sumptuous journey during the past month. With toasts to Dickens and Christie, Poe and Shelley – our community has volumes of good memories. Merci for an Evening in Paris – Magnifique! Praise the Gods and Goddesses for our good fortune and safe passage through the Odyssey.

Hats off to our generous hosts! You are the stars of the Dine Around show. Your inspired creativity and thoughtful dedication to orchestrating memorable experiences is the key to our success.

And thanks to all our participants! Our cumulative efforts have raised \$14,850 for our faith community. Thanks to one and all.



Thanksgiving Baskets/Boxes REMINDER

Basket drop-off is this Sunday Nov 19th from 9:00 - 10:30 am in Metcalf Hall through the back parking lot door. Email Mary Saudade (msaudade@comcast.net) or call/text her at 617- 650-3763 if you have any questions. Please [click here](#) for the list of items needed for this effort during the months of November and December. Thank you so much for your generosity!

Pie Making this Saturday, November 18th

Spur of the moment pie making this Saturday! If you would like some company and/or assistance making pies for pie Sunday, please join us in Metcalf kitchen on Saturday between 2:00 and 5:00 pm.



Please feel free to bring family and friends. Extra pie making ingredients can be made available upon request. Please bring your own supplies and equipment.

For more information or questions, call Mary McIntosh 781-364-0404.

Attorney Susan Church TONIGHT, November 16th, 7 pm

Concerned about ICE raids, possible deportation of the “dreamers” and what houses of worship - and you - can do? Learn more about immigration law and the Sanctuary movement from Attorney Church who specializes in immigration and criminal law.



This presentation and discussion is part of the congregation's discernment process about whether to join the Sanctuary movement. Bring your questions, concerns and ideas!

WUS Sanctuary Task Force: Marilyn Mullane, Steve Butterfield and Heather Janules

Family & Caregiver Support Group

Family & Caregiver Support Group is a drop-in group for family members, caregivers, and loved ones of individuals living with mental illness. Facilitated by WUS members, Maria Shepherd, Maury Wood and Rebecca Kelley-Morgan, it meets **Tuesday, November 28th, December 12th & 26th 6:45-8:45 pm** in the Michelsen Room. Just follow the signs! **The group meets every 2nd and 4th Tuesday of each month.**

All WUS Caregiver support groups are facilitated by NAMI-trained leaders and provide a safe and confidential setting for mutual support and the sharing of resources. Looking for other local support groups or resources? Contact 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 our groups or our initiative, please contact any of our facilitators or would like to speak with someone about our groups or our initiative, please contact: Maria Shepherd mandmshepherd@comcast.net or Maury Wood mowood60@gmail.com.

From the Music Committee

Dual choirs in a premiere performance of
The Immigrant Experience cantata on
Music Sunday, December 10th

On Sunday, December 10th, during the 10:30 service, the Winchester Unitarian Society choir will be joined by the choir of the Arlington Street Church in Boston to perform *The Immigrant Experience*, a new work by WUS Music Director John Kramer. This timely and topical piece reflects the issues surrounding immigration, and features texts by founding fathers that established the United States as a welcoming place - a place, in the words of George Washington, "open to receive not only the opulent and respectable stranger but the oppressed and persecuted of all nations and religions." The cantata is composed in seven movements for choir, soloists, violin, clarinet, cello, and piano. It also will be performed by both choirs at the Arlington Street Church in Boston, 351 Boylston Street, on Sunday, December 3rd, at 11:00 a.m.

We Believe in Dog This Saturday

A great time was had by all humans and canines in our most-recent walk in the Fells.

Our last walk of the season - will be this Saturday, Nov 18th. 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!



Coming in 2018: The One-to-One Campaign

A One-to-One Campaign is an intentional process by which members of an

organization take the time to learn more about one another and what we find most important in our lives. In this year of "Building and Crossing Bridges," all are invited to participate in this upcoming campaign!

In [this resource](#), the Rev. Louise Green observes, "In most congregations, bureaucracy reigns. We are so accustomed to group meetings, collective agendas, and task-oriented activities that it is easy to perpetuate a system that creates only very minimal relationships between people. Communication happens via worship bulletins, newsletters, email and phone calls, and we rarely meet with someone individually unless we have a job to do or crisis to address. Talented leaders are recruited for many tasks, and attend multiple group meetings until they risk burnout and loss of interest. Congregants may meet for months or even years, and never have a conversation about anything but what is on the agenda page for their committee night."

A One-to-One Campaign challenges the "bureaucracy" of congregational life by inviting meaningful conversation between members. Trained facilitators will schedule short conversations with members of the community. This is not an interview or survey but an opportunity for us to discover what is most important to us as individuals and as a faith community. And stay tuned for more information!

If you might be interested in serving on the steering committee or as a facilitator, contact Rev. Heather.

Standing Committee Retreat Report from SC Chair Sioux Brokaw

This past Saturday, your Standing Committee gathered off-site with Reverend Heather and Administrator Alison Streit Baron for a full day of learning, sharing and visioning WUS. Our educators, Sam Wilson and Rebecca Kelley Morgan, joined us for lunch and midday discussions. Highlights included talk of SC Roles and WUS Vision, a focus on membership; pearls of wisdom shared by former SC members Marilyn Mullane, John and Maggie Russell. A WUS website tour was given by Ryan Levering. It included a grand round of applause for Tyson Kamikawa, Ryan Levering, Alison Streit Baron, and past administrator Emily Soule, for the redesign and update of our website.

Kathy Richardson gave us the 30-minute tour of WUS Finances which included a fun piece of WUS history. The Trump Fund was established in 1983 by Donald's uncle in memory of his wife Elora Trump. This \$5K was given to purchase the church's harpsichord; the remainder is for the instrument's maintenance.

A short session of relaxing yoga with Jamie Sokolowski quieted our minds and bodies before leaving.

Heather shared well-chosen opening and closing words. An excerpt here from past WUS minister Robert Storer "May we learn to trust human beings and have confidence in their motives."

Many thanks to Betsy Bowles for providing a spacious and comfortable setting for our retreat.

Social Action and Outreach

#Sanctuary Everywhere Webinar on Bystander Training TODAY Nov 16, 8:30 – 10:00 pm. [Register for webinar here.](#) Learn how to intervene in public instances of racist, anti-Black, anti-Muslim, anti-Trans, and other forms of oppressive interpersonal violence and harassment.

On Sunday we will be taking orders for organic Fair Trade coffee and chocolate bars. Order forms are on the Social Action and Outreach table. Equal Exchange, a worker owned buys organic chocolate coffee from small farmer coops.. By ordering cases through the church we pay wholesale prices. For questions contact Claire McNeill.

UU Mass Action urges us to support Siham Biyah. On November 7th Siham Biyah, a single mother, arrived for a routine ICE check-in. Without any warning, Siham was not allowed the typical 30-day notice for deportation and was sent to the Bristol County Detention Center. Her 8-year-old son who was sent to the Dept. of Children and Families despite the fact that Siham identified a family member who would have taken the boy. For info: uumassaction.org.

48th Annual National Day of Mourning

Thurs Nov 23, 12:00 noon at Cole's Hill, Carver St, Plymouth MA
Lead sponsor: [United American Indians of New England \(UAINE\)](#)

Since 1970, Native Americans and supporters have gathered at noon on Cole's Hill in Plymouth to commemorate a National Day of Mourning. Thanksgiving day is a reminder of the genocide of millions of Native people, the theft of Native lands, and the relentless assault on Native culture. It is a day of remembrance as well as a protest of the racism and oppression which Native Americans have experienced.

Annual Theodore Parker Lecture: Samer Naseredden: "Islam and the Beloved Community" Sun Dec 3, 2:00 – 4:00 PM at Theodore Parker Church, 1859 Centre St., West Roxbury Samer Naseredden is Youth Program Director at the Islamic Society of Boston Cultural Center (ISBCC) and Muslim Co-Chaplain at MIT. The event is free to the public, but requires [pre-registration](#).

Where Does it Hurt? Overcoming the Pain of White Supremacy

Dec. 8 – Dec.10 at The Rowe Center, 22 Kings Highways, Rowe MA. With Ruby Sales, M.Div. Join this civil right legend and educator for a spiritual perspective that offers a vision of love through which we could become new people. Registration and details [here](#).



**350Mass for a Better Future
Michelsen Room**

**Meets every other Wednesday:
November 29th (due to holiday)
December 6 & 20, January 3, 17 & 31**

**Time: 11:30 - 12:00 pm Social time and newcomers,
12:00 - 1:30 pm Meeting**

Celebrating Our One-Year Anniversary!

Since Nov. 2016 when our group was formed, we have decided on our primary focus and taken many actions. We have promoted legislation on 5 major energy topics: carbon pricing, increasing the % of renewables in our electricity, advancing solar installation in MA, stopping new gas pipeline infrastructure and taxes and repairing gas pipeline leaks. Along the way, we have learned a lot about these issues, gotten to meet and know our state reps and senators, attended hearings, written letters and overall had a significant impact.

We welcome all of those who would like to feel the rewards and challenges of interacting with state legislatures as they construct laws to improve our environment. We are aligned with the group 350 Mass and you can learn more about all of the activities of this group at the following website:

<http://350mass.betterfutureproject.org/>

From the Office

Office Hours Week of November 20th

Monday 9-3
Tuesday & Wednesday 9-5
Thursday & Friday CLOSED



All Highlights and OOS for next week should be submitted to Jenny by 9:00 AM, Tuesday, November 21st. Thank you.

Personal Trainer/Physical Therapist Needed

Do you know of a personal trainer or physical therapist willing to work with someone in their home? If so, please contact Mindy Arbo, mindyarbo@comcast.net or 781-729-2888.

Meditation News

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



Something NEW at WUS Yoga!

**Sample a Restorative Yoga class this
Monday, November 20th, 2017.
6:30 - 8:00 pm - Meyer Chapel
What is Restorative Yoga?**

Restorative yoga is designed to relax the mind and open the body in a gentle way. Props are used in order to ensure comfort and support. If, while laying down in a spinal twist, for example, one's knees do not touch the ground, a pillow or cushion is placed under the knees to support them. Comfort is key! Restorative poses are typically held for 5-10 minutes, which is what it takes to get to a deep level of relaxation, of quieting the body, mind, and breath. It is common to fall asleep while in a restorative pose, which is part of the intention: to deeply relax the central nervous system and restore the body from everyday stress. Restorative yoga is accessible to all, even if you are overcoming an injury or a recent surgery.

We ask that everyone bring a beach towel or blanket, a mat and a pillow if you'd like.

Your previously purchased class card may be used, or pay the drop-in fee of \$15. If you have not yet attended yoga this Fall and would like to attend, or have any questions, please contact our teacher, Jamie Sokolowski, Certified Kripalu Yoga Instructor.



Yoga at WUS Monday nights 6:30 - 8:00 pm

The Fall Gentle Kripalu flow yoga class continues through November 20th, the final class being the Sample Restorative Yoga class. Our Winter session begins November 27th through February 26th, 2018. We meet in the Meyer chapel from 6:30 – 8:00 pm. Each class ends with a relaxation, allowing you to pause deeply before facing the coming week. Several payment options are available: a 10-class card for \$130, a 5-class card for \$65 or drop-in for one class for \$15. We are strongly committed to having the yoga class be an integral part of our church ministry and invite all who wish to take part to attend and offer a donation as you are able. For further information, you may contact Fritzie Nace at fritzie.nace@gmail.com.

Joys, Sorrows and Transitions

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

Healing wishes are with **Evelyn Trageser** who is recovering from surgery to install a pacemaker. She is currently at the Aberjona Rehabilitation Center.

We are delighted that **Sam Berliner** made it to worship last Sunday after a surgical procedure earlier in the week. We hope he continues to heal well!

A reminder: The memorial for **Emmons Ellis** will be held on Saturday, December 2nd at 1:00 pm. All are welcome.

You may reach the Rev. Heather Janules in the office at 781.729.0949. She 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.

Sign Up for Coffee Hour Refreshments

You can help make Sunday mornings more welcoming and joyful by bringing refreshments for coffee hour! If you are willing to be contacted when sign-ups are needed (usually once a month), please email janetnelson@comcast.net to put yourself on the contact list. (If you already receive my emails, you don't need to contact me, unless you'd prefer to be taken off the list.) Usually two people sign up to bring finger foods for one Sunday. We truly appreciate your willingness to be asked to help out in this simple way – thank you!



From Janet Nelson for the Fellowship Committee

Sunday Secretary Volunteers

Do you want to be part of our Sunday Secretary list? Do you want to get trained to be one? Contact the [office](#) or [Sara Delano](#) to learn more about it. You can also click here to [sign up](#) or use the sign up sheets in the Foyer.



Celebrating a special occasion?
Honoring a loved one?



Flower Dedications are available for Sundays

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 click to [sign up](#) or use the sign up sheets in the Foyer.



For information about office hours, worship services, religious education, music, pathways to membership, and church events, visit <http://www.winchesteruu.org/>

To access the members' section of the website, [contact the office](#) for the password and to view the church calendar, please click [here](#).

The deadline for all Highlights submissions: **Wednesdays, 9:00 a.m.** and OOS announcements submissions: **Thursdays, 9:00 a.m.** 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.

