Winchester Unitarian Society



Highlights November 2nd, 2017

Sunday, Nov 5th: A Soldier's Heart: **Healing the Warrior's Soul** With Rev. Heather Janules Worship Associate: Ivan Correia

We don't often think about warfare in religious terms. And, yet, the role and spiritual experience of the warrior appears in all cultures and throughout many faith traditions.

The life's work of Dr. Edward Tick invites us to understand and minister to those with "a soldier's

heart." In preparation for Veterans Day, this service will explore Tick's vision for

profit offering healing opportunities to veterans living with PTSD through horsemanship.

how our nation welcomes its warriors home. This Sunday, we share our gifts with Wild Hearts Horses for Heroes, a MA non-

Music News

Children's Chorale meets every Tuesday from 6:15 to 7:00 p.m. in the Spirit Play room in the RE wing.

The Hymn Sing continues on the first Tuesday of the month at 7:15 p.m. in the Meyer Chapel.

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





This Sunday in Religious Education:

Morning Programs: How much is enough? Everyone takes in order to live, and perhaps having abundance is simply having "enough".

Playroom with Juanita Simms. All others with teachers Georgia Hoffman, Jill Pylkkanen, Mia Pylkkanen, and Max Ward.

Afternoon Programs: F8th in Action meets THIS Sunday, November 5th, 4:30 PM. Getting ready for our December 3rd outing to Common Cathedral by exploring who we "other" those unlike ourselves.

7th Grade Parents: Since we are not offering the Our Whole Lives Program this year, let's talk about church connections for your 7th grader. Interested families, please contact Rebecca Kelley Morgan.

Mark those Calendars!

Bonus RE Tuesday, November 7th – election day: 1-3 pm in Metcalf Kitchen and environs. Please join us for an herb and kitchen extravaganza and our annual chalice build, along with an Instagram art project.

Let us know how to reach you! We often have information and/or scheduling changes to share with families. If you have a child pre-k through 8th grades, please give us your current email address so that we may communicate more effectively with you. Send to rebecca@winchesteruu.org

Family Worship at Winchester Unitarian Society 10:00 a.m. Sundays Sometimes the thing we most lack is charity towards others. Who is our neighbor? Who is our responsibility?

WUSYG: Winchester Unitarian Society Youth Group

Fall Fest Setup this Saturday from 11 AM - 1 PM. Youth are asked to arrive at 10 AM on Sunday and stay until at least 2:30 or everything is otherwise cleaned up. Please bring baked goods or anything else that you signed up to contribute, and spread the word to everyone you know. See you soon!

Please <u>click here</u> 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** <u>Google form</u> and be sure to by join **our new** <u>WUSYG Parents Facebook</u> Group for last-minute updates from us and as a space to ask questions, share stories and generally be in community together.

Congregational News

WUSYG Presents:

Fall Fest! This Sunday after the Service in Metcalf. All-ages are invited to this fun event that will include pumpkin painting, cider donut bobbing, carnival games, live musical performances, grilled cheese and tomato soup,

a bake sale, 50/50 raffle, silent auction, the opportunity to pie Rev. Heather and Sam in the face, and much more! The event is free but food/games will have suggested donations. All funds raised will help off-set costs for WUSYG's upcoming service trip to Nicaragua. We look forward to seeing everyone there!





From the Music Committee

Our 12th concert series kicks off with "An Evening of Brahms Chamber Music" on Nov 10th. A "Buddy Pass" is available for you to bring to the concert a non-WUS member who is also a concert series newcomer. Please consider becoming a

concert series sponsor (\$125 donation), *Forte* sponsor (\$200 donation), or a *Fortissimo* sponsor (\$300 donation). Make your sponsorship check payable to WUS, write "concert series" in the memo field, and deliver it directly to the WUS office. To be acknowledged in our Nov 10th concert program, please submit your donation no later the Nov 6th. Thank you.

Save the Date: Attorney Susan Church on November 16th, 7pm

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



The Beagles will be in Residence Tuesday, November 7!

As a treat for kids in Bonus RE on November 7, Temple and Dobby will be in the office on Tuesday as well as Thursday next week. The dogs are popular with the

younger folk!

For those who like - or dislike - dogs, please plan your visits to the office accordingly or call ahead if you would like to conduct congregational business in dog-free space.

November 12th:

We're Thoreau-ing a Party!

3:00 PM – meet at the church for a contemplative walk led by George Woods and Lindy Brown. Dress for the weather, stormy weather cancels, but rain or shine we'll take to the Fells to experience the woods in the ways of Thoreau. The group will return before dark.



4:00 PM -6:00 PM Let's talk Thoreau. Readings, books and conversations along with light snacks are to be found in the Symmes Room, Parlor and Michelsen rooms In honor of the 200th anniversary of Henry David Thoreau's birth. In the morning worship service, we sink into Thoreau's thoughts about transcendence and the connections we can make to the first of our Unitarian Universalist sources of faith "Direct experience of that transcending mystery and wonder, affirmed in all cultures, which moves us to a renewal of the spirit and an openness to the forces which create and uphold life" Later that day, we open our doors to the greater community with a "Thoreau Reads" gathering, including a round table discussion with scholar Mike Hyde, and a Walking with Thoreau outing.

What to read? The digital collection is here https://www.walden.org/thoreau/the-writings-of-henry-david-thoreau-the-digital-collection/ Some thoughts, applied to government and institutions, as well as to the life and freedoms of the individual are found in An Essay; On The Duty of Civil Disobedience http://www.gutenberg.org/files/71/71-h/71-h/htm

For guidance about Thoreau's work from a contemporary scholar and what chapters you might choose to read from Walden https://theamericanscholar.org/reading-thoreau-at-200/#.WeijedenGM8

And the book Walden, chapter by chapter is here http://www.gutenberg.org/files/205/205-h/205-h.htm Hard copy of selected chapters are available at the church.



It's time for "Much Ado about Redo"

An Evening of Thanks and Celebration: Wednesday, November 15, 6:00 pm

Yes, Phases One and Two are done - Join us for an evening of gratitude! Team Redo invites everyone

who has already made, is planning to make, or is considering making a donation in any amount to the Michelsen/Redo Fund for an evening of thanks and celebration.

If you haven't already done so, to make a donation and join in the fun, simply write a check in any amount to the Winchester Unitarian Society, note "Michelsen" or "Redo" in the memo line, and drop it in the church office.

Our evening will begin with a ribbon-cutting and unveiling of Phases One and Two of the Michelsen Redo Project. Join your Redo Team for a sampling of fine Italian cheeses, antipasto, white wine, sparkling water, and sparkling conversation. Come enjoy the elegant ambiance of the *mostly* renewed Michelsen room. Examine from our archives the gorgeous original hand-painted watercolor designs of the stained glass windows in our sanctuary, and architectural blueprints of the 1898 design for the church. In the final phase, we hope to restore the originals, reproduce blue

prints and frame these for display in the Michelsen room. Mark your calendar: Celebratory Soiree - Wednesday, November 15, 6:00 - 7:30 pm. Please meet in the Main Street foyer for the ribbon-cutting.

RSVP to office@winchesteruu.org by Monday, November 13.

Symmes Banners

The banners in Symmes are being taken down for cleaning, in preparation for our interfaith service on November 26.



Family & Caregiver Support Group

Family & Caregiver Support Group 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 meets next, Tuesday, November 14th & 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.

Green Sanctuary News W.U.S. taking Environmental Responsibility:





After weeks of standing in the Governor's office asking that he issue an executive order halting the development of fossil fuel infrastructure in the Commonwealth, we will come together on Monday, November 6 from 6-7 pm as a coalition of leaders and organizations of faith and of non-faith in a candlelight vigil on the Statehouse steps.

This will be the opening day of the UN Climate Change Conference in Bonn, Germany (COP 23), and we will stand as people of hope that Massachusetts might take the lead on climate, even when our country will not. As we consider the intersections of climate justice, we will hear from local leaders of the movement, gather together in moments of silence, song, and hope, and pray for our leaders here in Massachusetts and abroad.

You are welcome to bring organizational signs and banners, but because this is a vigil, we do not recommend protest signs.

The campaign's participating groups include: 350 Mass, Toxics Action Center, Massachusetts Conference United Church of Christ, Unitarian Universalists, Episcopalians Caring for Creation, Elders Climate Action, Sunrise Movement, Massachusetts Sierra Club, Jewish Climate Action Network, Mothers Out Front, divestment student leaders, grassroots anti-pipeline groups, and concerned citizens. Click here to RSVP for the facebook event.

For more information about the broader campaign check http://350mass.betterfutureproject.org and read our letter to Governor Baker here.

Next meeting of local 350.Metro North at Winchester Unitarian Society – Wednesday, November 8th 12:00 – 1:30 pm

How can you help act for A Better Future? See what our local and state 350.ORG upcoming events and actions are <u>here.</u> Highlights include:

- · Bill McKibben speaking at Brattle Theater, Harvard Square. Nov. 8th, 6 pm
- · Vigil for Climate Action: Urge Gov. Baker to honor his pledge to exceed the goals of the Paris Climate Agreement by signing an executive order to effectively ban new fossil fuel infrastructure. Mon, November 6 at 6:00 pm, outside the Massachusetts State House
- · Gentrification & Climate Justice: 350 Mass Webinar with ACE & Right to the City! Register here. Mon, October 30 at 5:00 pm
- · Attend the next **350.Metro North node** meeting here at WUS. Upcoming meetings: **Wednesdays**, **Nov 8th & 22nd**, **11:30 am 1:30 pm in Michelsen**

For more information on these events and more, click here.

Learn EFT to Manage Holiday Stress

This ninety-minute workshop with *Terry Currier* will teach you the essentials of a self-care practice known as *EFT (Emotional Freedom Technique)*. This is a very simple but extremely powerful energy technique, and is useful for *easing emotional discomfort, managing pain* and *eliminating food cravings*. Before the holidays descend upon us, discover how to proactively *manage holiday stress, overeating* and *other challenges* that come at this time of year.

Date: Tuesday, Nov. 14 Time: 7:00 to 8:30 Where: Meyer Chapel

We Believe in Dog

A great time was had by all humans and canines in our most-recent walk in the Fells. Our next - and last walk of the season - will be Saturday, November 18th, 10 am. Contact Rev. Heather if you wish to join. No dog is necessary to take part in the fun!



Social Action and Outreach

Why Are All the Black Kids Sitting Together in the Cafeteria? by Beverly Daniel Tatum is the topic for a community discussion hosted by our Racial Justice Team, on Sunday afternoon, November 5. All are invited for refreshments at 3:30 p.m. followed by discussion from 4:00-5:30. Come and bring your friends.

Tatum's book, first published in 1977, has been updated and is even more relevant today as it explores issues of race and racism in our country. *Join the conversation whether you've read the book or not,* as we touch on topics such as racial identity, how to be an ally to people of color, American values, parenting strategies, and affirmative action. You may wish to read:

http://endinjustice.gmu.edu/wp-content/blogs.dir/1600/files/2015/05/05-The-Complexity-of-Identity-Beverly-Tatum.pdf

Denial, The Persistence of White Supremacy in U.S. History and Life Speaker: Anti-Racist Activist David Billings, Author. **Sunday Nov 5, 3:00 PM** at First Parish in Concord, 20 Lexington Rd., Concord, MA. Talk followed by discussion, refreshments, and book signing

We will be taking orders for Fair Trade Coffee and Chocolate bars at the Social Action and Outreach table in November. A new "Sisters" blend of organic coffee buys beans from small farmer coops in Nicaragua and Peru. By ordering cases through the church we pay wholesale prices for organic coffee and chocolate, and assist farmer cooperatives.

Good News. The Comprehensive Criminal Justice Reform **passed our Senate** on Oct 26. The main bill passed 27 to 1! If you have not yet sent a letter of support to your representative, you can find a suggested template <u>here</u>.

Climate Change Activism. UU Mass Action is coordinating #StandUpCharlie Campaign to pressure Gov. Baker to stop supporting new fossil fuel infrastructure. On the opening day of the UN Climate Change Conference in Bonn, Germany, we will gather as people of faith and conscience on the steps of the Statehouse on Monday, November 6 from 6 - 7 pm, for a candlelight vigil. Also, UU congregations have committed to recruiting people to show up on Tuesdays at noon through Nov. 14. "We meet outside the Hooker entrance of the State House and, after a short orientation, go to the hall outside Governor Baker's office. There we stand in silent protest for about half an hour." To volunteer, email Evan at eseitz@uumassaction.org or call 413-687-8444.



350Mass for a Better Future in Michelsen

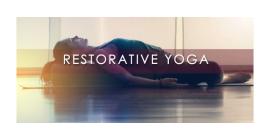
Meets every other Wednesday
November 8 & 22
December 6 & 20, January 3, 17 & 31
Time: 11:30 - 12:00 pm Social time and newcomers,
12:00 - 1:30 pm Meeting

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, such as as mitigating C02 emissions by reducing our reliance on fossil fuels. 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:

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. 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 on 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 <u>bring a beach towel or blanket</u>, 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, <u>Jamie Sokolowski</u>, 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 ritzie.nace@gmail.com.

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.

Our condolences are with **Betty Ellis** and her family with the death of her husband **Emmons Ellis** on October 26th. A long-time member of the choir, Emmons was part of the WUS community for the 94 years of his vibrant life.

All are welcome to attend his memorial on Saturday, December 2nd at 1pm.

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.

Community News

4th Annual Story Slam (Like NPR's "The Moth")

When: Saturday, November 4th, 7:00 - 9:00 PM Where: First Church Unitarian, 19 Foster St., Littleton

Tickets: https://2017storyslam.eventbrite.com,

Flyer: https://drive.google.com/file/d/0B2zdGjNv-BbAX28yZU0xV0o3bE0/view

Enjoy food, fun, and fellowship while supporting UU Mass Action and our shared social justice work! IF YOU COME AND CHEER TO CHEER OUR OWN SAM WILSON, YOU CAN STILL PURCHASE TICKETS AT THE EARLY BIRD RATE OF \$30 (2 FOR \$50 RATHER THAN THE REGULAR RATE OF \$40.

Story Tellers: Rev. Lynda Sutherland (First Parish, Northboro), Rev. Ellen Rowse Spero (First Unitarian Chelmsford), **Sam Wilson (Director of Youth Ministries, Winchester)**, Rev Jo Van Rue Minister-in-Residence, Concord), Rev. Steve Edington (First Church Unitarian, Littleton), and Rev Nathan Detering (UU Area Church Sherborn)

Emcee: Rev. Robin Bartlett, Senior Pastor, First Church in Sterling

Nov. 11 Concert in Chelmsford to benefit Homes For Our Troops
On Saturday November 11 at 7:00 pm, First Parish UU Church of Chelmsford's talented Music Director Steve Zocchi will share his gift in a benefit concert for 'Home For Our Troops'. The nonprofit organization's mission is to build and donate custom homes nationwide for severely injured post-9/11 Veterans. The latest in the First Parish Chelmsford Concert Series will include Jazz, Blues, and Inspiring Improvisations. To read more about Music Director Steve Zocchi, please click here.

Homes For Our Troops (HFOT) https://www.hfotusa.org is a privately funded 501(c) (3) nonprofit organization that builds and donates specially adapted custom homes nationwide for severely injured post-9/11 Veterans, to enable them to rebuild their lives. Most of these Veterans have sustained injuries including multiple limb amputations, partial or full paralysis, and/or severe traumatic brain injury (TBI). These homes restore some of the freedom and independence the Veterans sacrificed while defending our country, and enable them to focus on their family, recovery, and rebuilding their lives. Since its inception in 2004, nearly 90 cents of every dollar has gone directly to program services for Veterans. HFOT builds these homes where the Veteran chooses to live, and continues its relationship with

the Veterans after home delivery to assist them with rebuilding their lives https://www.hfotusa.org.

A reception will follow the performance. Recommended donation is \$15, \$8 for children twelve and under. First Parish is located at 2 Westford Street, Chelmsford MA, 01824. For more information call our office at <u>978-256-5133</u> or email Steve Zocchi, Music Director, at <u>music@uuchelmsford.org</u>.

Annual Transgender Day of Remembrance Vigil at First Parish Chelmsford Saturday, November 18

First Parish UU Church of Chelmsford will hold their annual vigil for International Transgender Day of Remembrance on Saturday, November 18. The vigil is organized by the Welcoming Congregation Committee of the church, as part of their commitment to being welcoming and inclusive to LGBTQ people by honoring the dates that are special to members of the LGBTQ community and advocating on issues important to them.

The event will begin with a gathering, a procession, and a brief ceremony on the Chelmsford Common.

The second part of the vigil will meet in the Chapel (next to the parking lot). The names of those killed around the world during the past year as a result of transphobia will be read. Music will be provided by the Tervos. The vigil will end with words by Renee Manning and a brief period of fellowship. There will be child care.

People are welcome to come for either or both parts of the vigil.

Speaker Renee Elaine Manning has lived in the Boston area her entire life. While beginning her 35th year in technical work, she is currently in her final year in the Masters of Divinity Program at Andover Newton Theological Seminary and is a Member in Discernment for the UCC ordination process. She brings to the table a diverse religious heritage; Catholic, Unitarian Universalist, Baptist and Congregationalist-United Church of Christ. In her free time she enjoys astronomy, model rocketry, re-enacting 8 historical characters in the local school systems and model building. Though she transitioned at the age of 50, she knew she was trangender at the age of four. She now serves as a facilitator for Merrimack Valley PFLAG, and as a Transgender and GLBIQ advocate and teaches "Trans 101" in churches, police stations and venues throughout Massachusetts.

International Transgender Day of Remembrance (TDOR) happens every November around the world. TDOR was first organized in 1999 by transgender woman and activist Gwendolyn Ann Smith to mark the murder of Rita Hester the previous year in Allston, Massachusetts. It has been held annually ever since to raise awareness about the continued violence that is directed at the transgender community. While the official date is November 20, observances are often scheduled on various dates so nearby events do not conflict with each other.

The church is located at 2 Westford Street, on the Chelmsford Common. Directions may be found at the church website: www.uuchelmsford.org/.

Thanksgiving Baskets - Week 2 Sign-up

It's that time of year again to sign up for Thanksgiving food



baskets to be collected for the Council of Social Concern in Woburn. Last year we committed to 30 baskets for the council's food pantry which represented approximately \$2,800 worth of food distributed to families in need in our community. Well done! With the generosity of the previous two years, we are upping our commitment this year to 35 baskets. Last week 19 people signed up to provide

baskets. Only 16 more to go! Members of the Social Action and Outreach Committee will be signing up people during the social hour after the services on Nov 5th and Nov 12th. Basket drop-off will be on Sunday Nov 19th from 9:00 - 10:30 am. We will also need lifters and drivers to help with delivery of the baskets on the morning of Tuesday, November 21st. Please email Mary Saudade (msaudade@comcast.net) or call/text her at 617-650-3763 for more information or if you'd like to help out.

Feel free to team up and share a basket. Or, if you can't commit to an entire basket (cost can range from \$60-\$100) please consider donating items from the Thanksgiving basket donation list posted in the Symmes Room. The council will use these food items to put together additional baskets for Thanksgiving and to distribute to their clients during the Christmas season. 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!

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 <u>office</u> or <u>Sara Delano</u> to learn more about it. You can also click here to <u>sign up</u> 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, <u>contact the office</u> for the password and to view the church calendar, please click <u>here</u>. The deadline for all Highlights submissions: **Wednesdays**, **9:00** a.m. and OOS announcements submissions: **Thursdays**, **9:00** a.m. should go to <u>adminassistant@winchesteruu.org</u>. 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.

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