

Winchester Unitarian Society



Highlights November 9th, 2017

**Sunday, Nov 12th: Source Sunday: Transcending Mystery and Wonder/Thoreau Celebration
With Rebecca Kelley Morgan
Worship Associate: Phyllis Preston**

As we celebrate the bicentennial year of Thoreau's birth, there are still relevant lessons taken from both his words and his lived experience. As with most humans, Thoreau had an abundance of aspirations that did not always match his deeds. Does the gap make his aspirations less noble, or less inspiring? Does the gap between who we hope to be, and who we are get in the way of trying?

Don't miss the afternoon activities centered on the philosophies and legacy of Thoreau. Look below for more information.

This Sunday we share our gifts with **The Friends of the Middlesex Fells Reservation**. This non-profit is dedicated to the protection and harmonious use of the Fells; promoting awareness, policies and programs to honor and preserve the ecological, historical and recreational resources of this urban forest reservation.

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.

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

Religious Education

This Sunday in Religious Education:

Morning Programs: We are surrounded by the abundance of nature. We will

close our eyes, to listen and open our mouths to taste the air. We are also surrounded by the abundance of each other.

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 12th, 4:30 PM. We are finishing our series on privilege and social assumptions as we introduce the concept of witnessing and the many ways to be present for someone who appears different than ourselves. Vanessa Steck and Rebecca Kelley Morgan lead the group. Reminder that next weekend we will meet in the morning 10:30 to cut pie for Pie Sunday.

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. *Many thanks to the gardeners who met earlier this week to harvest, bundle and contribute to our Thanksgiving Gift Baskets.*

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

How much do we need? Some of us are not very big, so perhaps we could think about the possibilities of a tiny house. And what we might put it in.

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 by 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

This Sunday, November 12th: We're Thoreau-ing a Party!

3:00 PM – meet at the church for a contemplative walk led by George Wood 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/#.WeijdenGM8>

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.



Thanksgiving Baskets - Last Week to Sign Up

This is the last week to sign up for Thanksgiving food baskets to be collected for the Council of Social Concern in Woburn. We only need 7 more families to sign up to reach our commitment of 35 baskets! Members of the Social Action and Outreach Committee will be in the Symmes Room during the social hour after the service this Sunday, Nov 12th. Basket drop-off will be on Sunday Nov 19th from 9:00 - 10:30 am. 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.

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!

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



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.

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.

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, 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@winchesteru.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: <https://tinyurl.com/yc4z58cc> 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. Stay tuned for more information!

Social Action and Outreach

There is still time for YOU to make a difference on Criminal Justice Reform. A Comprehensive Criminal Justice Reform Bill, S.2170 has been passed by the Senate. UU Mass Action recommends we write our representatives in the House by November 14, to urge them to work for the same reforms..[Click here to find a template for your representative](#) Come to Clergy Day at the State House! Monday Nov 13th at 1:00 PM – Meet on the Grand Staircase. Congregants too! And, if you have a Yellow Love shirt – please wear it. Please RSVP to Laura Wagner lwagner@uumassaction.org **Or attend part or all of the House debate on November 13-15.** If you can go, email your state rep beforehand that you'll be there. Wear light-colored or bright-colored clothing, and sit in the front row of the balcony.

Book Discussion: *Sacred Ground* By Eboo Patel

Sun Nov 12, 2:00 - 3:30 at the Islamic Center of Boston, 126 Boston Post Rd, Wayland.

It's not necessary to read the book in order to join the discussion! This is a great way to build relationship with our Muslim and interfaith neighbors.

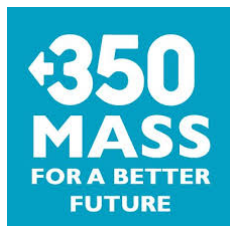
Contact Claire McNeill to carpool. *This discussion will cover Part I in the book: Ground Zero, The Muslim Menace and The Evangelical Shift.*

Give Light: Spiritual Nurture for Climate Activism

Sun Nov 12, 2:00 - 4:30 PM First Parish in Needham, 23 Dedham Ave.,

Needham UU minister, singer, and veteran climate activist Rev. Fred Small will lead multi-faith workshop on how we convert informed anxiety into effective action in these disheartening times of climate disruption. The workshop includes meditation, reflection, conversation, and song to strengthen our spirits in the struggle for climate justice. Registration is free, with a suggested donation of \$10 at the event. [Please register HERE](#)

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.



350Mass for a Better Future in Michelsen

Meets every other Wednesday:

November 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 CO2 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:

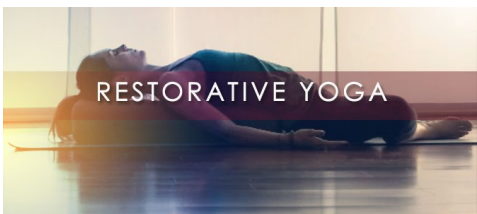


From the Office

The office will be closed **tomorrow, November 10th**, for the observation of Veteran's Day.

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 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 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 **Chuck Khuen** who is recovering from a knee replacement.

Our thoughts are with **Evelyn Trageser** who spent a few days in the hospital after a fall last weekend.

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.

Community News

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 transgender 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/.

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.

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