

# Winchester Unitarian Society



## *Highlights December 14th, 2017*

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### **Sunday, Dec 17th: Traditions of Light: Not Your Everyday Pageant**

**With Rev. Heather Janules**

**Worship Associate: Phyllis Preston**

Throughout the ages, people of many times and places have turned to light to cast away the growing night. This all-ages service is a variation on the Christmas pageant, setting aside the traditional retelling of the nativity for reflections and illustrations of kindling hope in dark times. We will still need participants to jump in and enact the stories! Come ready to sing, to celebrate and to create warmth in community. The **annual potluck and carol sing** will follow the service so **please bring a dish to share!**

This Sunday, we share our gifts with **Boston's Common Cathedral**. This congregation without walls welcomes people experiencing homelessness in Boston in community meals and worship every Sunday, rain or shine. Common Cathedral also supports a constellation of programs offering temporal and spiritual sustenance. (WUS volunteers will be preparing and serving meals at the CC on 12/31. Please contact Social Action and Outreach for details.)



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## **Season of Light Services and Events**

**Thursday, December 21**

Solstice Service and Caroling

See below for more information

**Saturday, December 23rd (morning)**

Annual Cookie and Treat Baking

For chefs of all ages!

Metcalf Kitchen 10 AM - Noon

**Sunday, December 24th**

Stories of the Season, 10:30 AM, Symmes

(No Family Worship)

In lieu of a formal worship service, we will gather to share stories of holidays past and our hopes for what light might be born out of these long nights.

Bring a holiday poem or piece of prose or choose one that will be provided if you do not have a story of your own - personal or discovered - to share. Afterwards, we will enjoy the baked bounty of the day before with a coffee hour rich with goodies (with and without gluten!)

### Christmas Eve Candlelight Services

**4:00 pm** - Family Friendly Service

Including the Children's Chorale

**7:00 pm** - Lessons and Carols

Including the Adult Choir

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## Music News

Interested in getting involved?

Contact Music Director John Kramer at [John.kramer@winchesteruu.org](mailto:John.kramer@winchesteruu.org).

### From the Music Committee

Mark your 2018 calendar for the our January 26th jazz concert. This year's jazz theme is food! (Think: Salt Peanuts, Watermelon Man, and Scrapple from the Apple.) And, on March 16th, Vance Gilbert, will bring a bit of the unexpected to the sanctuary. The Fort Worth Star-Telegram describes him as "the voice of an angel, the wit of the devil, and the guitar playing of a god." Should be a very interesting evening!

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## Religious Education

### This Sunday in Religious Education:

**Morning Programs:** Our annual all ages worship holiday "pageant" and the following week is Christmas Eve. Please join us for any of our three worship services that day. Our morning worship is an informal gathering and sharing, the 4:00 PM family friendly and 7:00 PM services for Christmas Eve.

**Afternoon Programs:** F8th in action meets at 4:30 PM this Sunday.

**Family Worship:** There is **NO** family Worship this Sunday, please join us for our annual holiday pageant in Worship at 10:30 a.m.



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**OH MITTEN TREE:** Mitten Tree UN-decorating has begun in the Symmes Room

This year we are including **Gift Wrapping Concierge Service** by members of **F8th in Action** and **WUSYG**. If your gifts are dropped off unwrapped and clearly labeled, we will take on making them look wonderful on the afternoon of **the 17<sup>th</sup>**,

before they are distributed to the recipients. This year's recipients are drawn from families of undocumented workers. Since their status is a barrier to receiving services in the current political and social climate, we are reaching out to children and adults who are residents of Everett, Revere and Lynn in an anonymous process. Please return gifts no later than **this Sunday, December 17<sup>th</sup> at 3:00 PM with "mitten" contents and a name label** securely attached to the gift upon its return. We will need them when the gifts are wrapped and sorted.

### December Happenings:

**Solstice Celebration and Caroling: Solstice Celebration Thursday, December 21<sup>st</sup> at 6:30 p.m.** Metcalf Hall. Join our extended community as we welcome the darkness and celebrate the returning light on this longest night and shortest day of Winter Solstice. The celebration takes place in Metcalf Hall, with the exception of the wreath burning which takes place in the parking lot! And then...

**Carol Singing Thursday, December 21st at 7:30 PM** After we jump the wreath into the new solar year, we're off to share some holiday spirit with our neighbors in Winchester. Bundle up and join us as we walk through the center of town beguiling all with our rousing renditions of winter classics. We hope to see families of all ages there. Questions? Contact John Kramer or Heather Janules.

**December's Bonus Religious Education Day:** Our Annual cookie baking and decorating happens Saturday morning, December 23<sup>rd</sup> in Metcalf Kitchen. Watch for your invite. We hope you can join us!

**Jan Fest is coming!** Sometimes you just have to do something different. In January, our religious education leaders take a break, and community members offer activities for youth.

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## 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

### Holiday Potluck this Sunday!

It's Holiday potluck time, following the service **this Sunday**, December 17. Bring a dish to share...and your appetite for good food, conversation, and carol singing!



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**Circle Dinner Sign Ups!**

(deadline December 24 - easy date to remember!)

It's time to widen your circle of friendships with fellowship and good eating! Circle dinners consist of small groups of singles and couples from the church dining together in each other's homes throughout the winter and spring. Everyone contributes to the meal and it is hosted by a member of the group, on a rotating basis. Newcomers are especially welcome. This is a great way to get to know the people you see on Sunday in a relaxed, convivial setting. Sign up online at: <https://www.surveymonkey.com/r/Z5L9VZT> or at Coffee Hour through Sunday, December 24. You will be notified in early January of your group members. This is one of the most popular social events at the church and many people participate. Don't miss out!

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## Friday, February 9, 2018

Indulge your tummy.  
Pledge your heart.  
Sing out your love!

Details coming in January.

~ Cynthia Randall & Rebecca Keller ~



## Church decorating during holidays!

Please join the WUS Elves at 6 pm tomorrow, December 15th as we green the Sanctuary, Symmes and the Foyer for the holidays! Come enjoy this yearly tradition of decorating our

church while listening to Christmas music and nibbling on holiday cookies. Many hands make light (and fun) work. For more info, contact Karen at [Karenerikson@comcast.net](mailto:Karenerikson@comcast.net).

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## 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, **meets next December 26<sup>th</sup>, January 10<sup>th</sup> & 24<sup>th</sup> 6:45-8:45 pm** in the Michelsen Room. Just follow the signs! **The group meets every 2nd and 4th Tuesday of each month.**

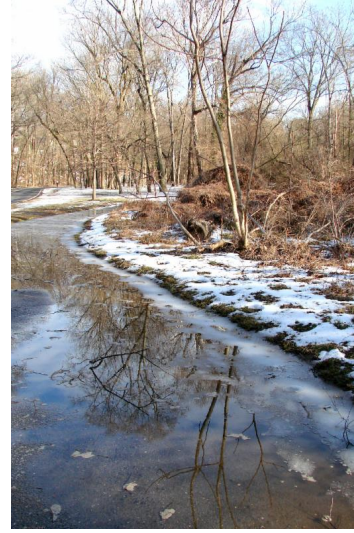
*All WUS Caregiver support groups are facilitated by NAMI-trained leaders and provide a safe and confidential setting for mutual support and the sharing of resources. Looking for other local support groups or resources? Contact the Massachusetts chapter of the National Alliance on Mental Illness (NAMI), [www.namimass.org/NAMI](http://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 Maria Shepherd [mandmshepherd@comcast.net](mailto:mandmshepherd@comcast.net), Maury Wood [mowood60@gmail.com](mailto:mowood60@gmail.com) or Rebecca Kelley Morgan [rebecca@winchesteruu.org](mailto:rebecca@winchesteruu.org).*

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## Grief Support Group

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

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. **These feelings can be particularly intense during the holidays.** 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.



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 9pm.

Our meetings are confidential - we ask that everyone observe the guideline that what is said in a meeting, stays in the meeting.

Please feel free to contact Lee Barton or Heather Janules 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.**

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## Social Action and Outreach

**UU Urban Ministry** needs **volunteers this month at the Meetinghouse in Roxbury:**

- tutors in all subjects for grades 8-12, during the week of **Dec 11-14 and Dec 18-19, 2:00-5:30 pm**
  - carrying, unpacking, redistributing donated food at Fair Foods, **every Saturday morning**, 10:30 am - 1:30 pm. (2 hour shifts)
- To volunteer, contact Marvin Venay, [mvenay@uum.org](mailto:mvenay@uum.org) or 617-318-6010 x214.

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Join Rev Heather to provide lunch and fellowship at **Common Cathedral** on **Sunday, December 31, 2017**. WUS will be making and serving sandwiches at noon that day to the homeless. Each Sunday, up to 50 people gather on the Boston Commons for lunch and a Christian service. We need 6-8 volunteers to prepare food, and 5-7 at the Commons. Volunteers are needed to:

- shop for food and paper goods (you will have a list)
- prepare soup on Saturday (optional, for anyone interested)
- prepare or buy a sheet cake on Saturday
- prepare sandwiches (early Sunday morning, at church)
- drive volunteers and food to Boston
- set up, serve and socialize with congregants (12:00-2:30 pm)

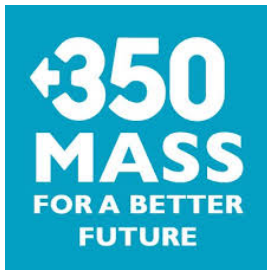
Please contact Gordy McIntosh [gordon.mcintosh@verizon.net](mailto:gordon.mcintosh@verizon.net) about how you could help. More information about Common Cathedral is available at the following link: <http://commoncathedral.org/common-cathedral-ministry/>

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**Support Black Lives Matter Cambridge's Holiday Bailout!** Did you know that more than half of people held in jail have not been convicted of a crime, but are awaiting trial and can't afford bail? When a person can't pay bail, they can lose their job, housing, and sometimes their kids. Black Lives Matter Cambridge and the MA Bail Fund are working to free as many people as possible this December to be home with their families for the holidays. Learn more about how you can donate or volunteer at: <https://www.massbailfund.org/holiday-bailout.html>

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**Green Energy News:** UU Mass Action is part of the [Mass Power Forward Coalition](#). We are collaborating on a number of strong pieces of legislation that will need to move out of committee before February 7, 2018. The legislative session will resume in the new year. For the status of the bills we are tracking, [Click HERE](#)



### 350Mass for a Better Future Michelsen Room

Meets every other Wednesday:  
December 20, January 3, 17 & 31

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

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 Christmas Week:**  
Monday & Tuesday CLOSED  
Wednesday 10-4 PM (Beagle Day)  
Thursday & Friday 8-5 PM

**On New Year's Day - CLOSED**

## 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](mailto:rondenhardt@gmail.com)) for info.



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## Qi Gong at WUS Tuesday nights 6:45 - 8:30 pm

Come experience the relaxation and rejuvenation of Qi Gong. Lee Holden's (Deb Morgan-Bennett's teacher) class will be down-streamed and projected on to a large screen. Classes will begin on December 12th and 19th (No class on 12/26) then will resume weekly in January. We will meet in the Symmes room (next to the Sanctuary). Tea will be available at 6:45 pm and classes will be held 7pm - 8:30pm. Classes are free and invite all who wish to take part to attend and offer a donation as you are able. For further information, you may contact Carol DeLaney at [ccdolaney1@hotmail.com](mailto:ccdolaney1@hotmail.com)



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

The winter session of gentle Kripalu yoga began November 27<sup>th</sup> and runs through February 26<sup>th</sup>, 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](mailto:fritzie.nace@gmail.com).

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## 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.

**Rebecca Kelley Morgan's** orthopedic surgery went well. Now it is time for the healing to begin! Please drop off get-well cards to the WUS office and/or email your image of a lit candle to Rebecca so she knows she is "held in the light."

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.

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**Sign Up for Coffee Hour Refreshments**





