

Winchester Unitarian Society
Order of Service
April 26, 2020

Centering Thought

*"True wisdom comes in understanding that sometimes,
you are both the prison and the key." -Johnathan Jena*

<https://tinyurl.com/WUSworship>

Be sure to set your screen to "speaker view" in Zoom (upper right-hand corner of the screen) for best reception of those leading the service.

Real-Time Tech Support with Zoom: Stephen Perepeluk - 917-716-4831

Gathering Music

John Kramer

Community News (In 140 Characters or Less)

Peter McEntee

OPPORTUNITIES TO CONNECT

- **The Wednesday Night Meditation Group** is now on-line! See the last issue of Highlights or the WUS website for more details.
- **WUS Yoga** is now on-line! See the last issue of Highlights or contact Fritzie Fritzie.nace@gmail.com for more details.
- Rebecca Kelley Morgan is hosting two parent's check in and support groups every week during April - one evening and one morning session. **Monday at 8:00 PM and Wednesday at 8:00 AM.** Whatever the ages of your children, the challenges of working from home and managing a family, keeping teenagers corralled, the abrupt change in schedules and circumstances - it's all vent/rant/support worthy. These drop in groups found at <https://zoom.us/ParentsSupportGroup> *(Due to Zoom's increased security you will need to enter a password, so that I can admit you to the virtual room. It is 233249)
- **WUSYG:** We're physically-distancing but socially-connecting, now in 3 different ways a week! *ZOOMSYG!* is every Sunday, 4:30-6 pm, which are similar to our regular meetings; "Weekday Bonus WUSYGs" (WBWs!) are every Wednesday, 7-8:30 pm, which are strictly fun, and "Happy Hour" (unstructured social time) on Fridays at 4 pm. Youth should use this link to join all of our meetings: <https://hbs.zoom.us/my/halewegner>

OUR SHARED LIFE TOGETHER

- **Don't forget! Over the week of April 20th, all from WUS are invited to send cards and well wishes to Maria.** Please send your cards, including some expressions in Spanish to:

First Parish Bedford
75 Great Road
Bedford, MA 01730
Attn: Maria

- **Town Day and WUS Fundraiser Postponed until September 26th** What does this mean for us? It means we won't have these added funds for FY'20 as anticipated. But it also means more time to prepare! In addition to the chili dog and pie stand on the front lawn with live music to serenade diners, we will have a "not really a rummage sale" WUS Bazaar in Metcalf Hall. There, we will sell

creations of all sorts. What might you offer? Here are some ideas, **but please let us know if you have a unique offering** and use the [Sign Up Genius link here](#) to let us know what you hope to contribute. Ideas:

- Knitted and crocheted items (some already in the works)
- Sewing craft: coasters, baby blankets, stuffed animals, aprons, you name it
- Jewelry: beaded necklaces, bracelets, earrings – newly made, refurbished or repurposed!
- Decorative key chain art
- Woodworking: cutting boards, coasters, cooking spoons, tool boxes ???
- Rock Art: paint smooth stones with images or inspiring messages
- Upcycled Art: get creative!!
- Origami Art
- Painting/Printing: Homemade wrapping paper, bookmarks
- Photography
- Plants: split and pot your prolific houseplants; by September we could have dried flowers for arrangements
- Homemade food items: fermented veggies, pickles, hot fudge sauce, jams & jellies, baked goods, dried herb sachets
- Metal work – blacksmithing, sandblasting – lawn art???

We will envision a time when we can return to a community in person, perhaps a pie baking party, a jewelry-making soiree, a morning of preparing fermented veggies together. If you have a craft or creation that you would like to offer, please let me know with a quick email to Fritzie.Nace@gmail.com. THANK YOU!!

- **Connecting with the Office at this Time.** When contacting Thomas or Jenny please send your email to both members of the office staff. By sending your emails to both Jenny and Thomas it will ensure we can respond to your requests in a timely manner. Please let us know if there is any way we can help. Thank you.
- **Your Sacred Space Needed:** In a few weeks, I will be leading a service about "sacred space everywhere." This whole "worship by Zoom" thing has gotten me thinking about the notion of "sanctuary." As always, I would love to have your contributions to the subject. And photos! Do you have a thing or place in or near where you live you consider "sacred?" What makes it so? Perhaps it is a garden or an antique from a beloved family member or a meditation corner. Send your photos and stories to me at heather.janules@winchesteruu.org Thanks! - Rev. Heather
- **Share Your Light:** We would like to create a slide show of our collective candle lighting for the "kindling the light" portion of our service. Please send a short video of you lighting your candle or a photo of your lit candle to Music Director John Kramer at john.kramer@winchesteruu.org
- **And "Decorate the Chancel":** As flower deliveries and dedications are postponed until we return to the sanctuary, we invite you to send photos of flowers from your garden or from your daily walks to be included in our services. Email these photos to heather.janules@winchesteruu.org
- **We are looking for more "Tech Support" volunteers.** If you are Zoom-fluent and would be willing to be on-call Sunday mornings to assist viewers, please let Rev. Heather know.

Whole Community Greeting Use the "chat" function to greet others in worship. Our Chat Covenant: we only write things we would say in person in the sanctuary.

Ringings of the Bell Today we are called back to worship by the ringing of the bells at our Partner Church in Marosvásárhely, Transylvania on Easter morning.

Opening Words "Sheltering in Place" by Alden Solovy (Adapted) Rebecca Kelley-Morgan

Chalice Lighting by Rebecca Kelley-Morgan The Rev. Heather Janules
If you wish to do so, please read together the words for our chalice lighting and light a chalice at home as we light the community chalice.

We light this chalice
for the power of love to heal all that is and all who are.
We kindle this flame as we take part in creating and liberating,
blessing and transforming –
each other and the world of which we are part.

Hymn #346 *Come Sing a Song With Me*

1 Come, sing a song with me, (3x)
that I might know your mind.

(Chorus) And I'll bring you hope when hope is hard to find,
and I'll bring a song of love and a rose in the wintertime.

2 Come, dream a dream with me, (3x)
that I might know your mind. (Chorus)

3 Come, walk in rain with me, (3x)
that I might know your mind. (Chorus)

4 Come, share a rose with me, (3x)
that I might know your mind. (Chorus)

First Reflection *Mask Makers* Rebecca Kelley-Morgan *
**Many thanks to the mask makers who have given so generously of their time in gifting masks to those in need of protection.*

*Attached to this order-of-service is a packet for young children
so they may engage in an activity concurrent with the rest of the service.
You may also find these materials here: [\[link\]](#)*

Blessing

May the light within you shine before you, everyday, everyday.
May the light within you shine before you guide your way, guide your way.
May the love we share surround you and chase your fears away.
May the light within you shine before you, this we pray, this we pray.

Testimonial Kate Ebbott
Once a month, we invite members and friends of the Winchester Unitarian Society to share how the congregation has changed them and how they have contributed to the community's gifts. Today, we hear from former member Kate Ebbott, who moved to Chicago a few years ago but recently reconnected with WUS through our on-line worship services.

Anthem *One Day* Matisyahu
Virtual Youth Choir

Prayer By The Terma Collective Heather Janules

Kindling of the Light *Sonata for Cello, Mvt 2* John Kramer

Sam Ou, Cello; Chi-Chen Wu, Piano

You are invited to now light a candle of joy, sorrow or concern as we light candles in our homes and in our hearts

Silence

Hymn #396 *I Know This Rose Will Open*

I know this rose will open.
I know my fear will burn away.
I know my soul will unfurl its wings.
I know this rose will open.

Second Reflection *The Paradox of Liberation* Rebecca Kelley-Morgan

Offering This morning, we share our gifts with **Winchester Hospital Healthcare Heroes Fund**. The fund is a recently established vehicle for donations that can be used in whichever way is most appropriate and effective to provide immediate resources to our nurses, physicians and hospital leaders as they fight the pandemic. All donations to Winchester Hospital remain within the community.

You may donate through Give+ [\[link to app tutorial\]](#) PayPal [\[link\]](#) or by mailing a check to WUS, 478 Main Street, Winchester, MA 01890. Please write or type "April 19 Offering" in the memo line or comment field.

Our practice is to invite first-time worship attendees to be our guests. In lieu of a contribution, please complete the Virtual Visitor Card: <https://tinyurl.com/WUSVirVisCard> so we can stay connected beyond this Sunday.

Offertory *Let it Be* Lennon/McCartney
Tyson Kamikawa, Saxophones

Affirmation of Shared Ministry *Those who wish to do so are invited to join in reading together the community affirmation:*

We gather not for ourselves alone, but to use our common power to build the Beloved Community within and beyond these walls.

We create and reaffirm this covenant this day - to make justice flourish, to practice compassion amidst difference and to embody transformative love.

Hymn *Seed of Hope*

There's a seed of Hope* in my soul,
A little seed of Hope* in my soul,
Gonna tend it everyday, so that it grows strong, Oh this I pray
Then that seed of Hope* soon will bloom in my soul.

*Peace, Justice, Freedom

***Benediction** by Jalāl ad-Dīn Muhammad Rūmī

Postlude *I Wish I Knew How it Would Feel to be Free* Billy Taylor

Extinguishing the Chalice

We extinguish this flame but not the light of truth, the warmth of community, or the fire of commitment. These we carry in our hearts until we are together again. - Elizabeth Selle Jones

Join the Chat!

Music Noes:

Cellist Sam Ou (who has played at our church numerous times) is part of *The Formosa Duo* with pianist Chi-Chen Wu. Together, they have performed internationally. They premiered my Cello Sonata in April of 2018 and I thought the second movement would be particularly lovely for our Kindling the Light music. ♦ We are pleased to have the song *One Day* performed virtually by our youth choir! This song offers a message of hope that one day we will come together and live in peace. ♦ We have a special treat for the Offertory. Tyson usually sings in the choir and offers tech support, among other gifts to the congregation, but here he has put together his own take on the Beatles' song *Let it Be*. One man, four saxophones - enjoy! ♦ We close the Billy Taylor Civil Rights anthem *I Wish I Knew How it Would Feel to be Free*. Taylor recorded this first as an instrumental piece in 1963 and it was later recorded by vocalist Nina Simone in 1967.

Questions for Reflection

What have you done/experienced during this time of physical distancing that is brand new for you?

What are these days asking of you?

How can we find meaning and make sense of the senseless?

Serving Today

Real-Time Tech Support with Zoom: Stephen Perepeluk - 917-716-4831

Vicky Coccoluto, Pastoral Care Associate: 781-729-9313

Special thanks to John Kramer for serving as video manager for the pre-recorded parts of today's service.

Good morning families and friends,

Today's worship service is on this month's theme of Liberation. We also address the paradox of celebrating liberation when we are confined. (The monthly themes were established before we entered community isolation). This is a more nuanced concept for kids to take in. So I encourage the notion of opposites and looking at things differently. During our first reflections I will be describing mask making as a way to offer service from afar.

There are coloring pages beyond the introductory pages, for meditative coloring. It's okay to color over the lines, outside the lines, or leave parts blank. In keeping with the theme of liberation, try coloring opposites – green sky, blue grass. Yellow rocks, black sun. Mix it up however you like. It's YOUR liberation. It's YOUR meditation.

If you wish and your children are old enough to cut and assemble, they can practice mask making. Directions are in the packet.

I invite you to have manipulative play items as well as the resource pages attached here as the service unfolds. As with in sanctuary worship, your children will check in and out, and it bears repeating that attention on something else does not mean they are not taking in the service, or the elements appropriate to their age. We finish the day with the all-important ritual of snack or lunch. Breaking bread together is an important part of many religious observances. We can call it snack or fellowship, but it is a time to share food and enjoy the company of each other. This sharing deepens relationships. Enjoy. Enlist your children in creating snack or lunch. They are more likely to eat something they helped to make.

I will continue to include a description for the Settling In part of the morning which we use in Religious Education sessions. These are pinned to the top of this week's pages.

Before our Morning Begins You'll need your chalice, other candles for kindling the light, blank paper, things to color/draw with, paper for decorating and folding origami tulips. Card stock for eye masks if you wish.

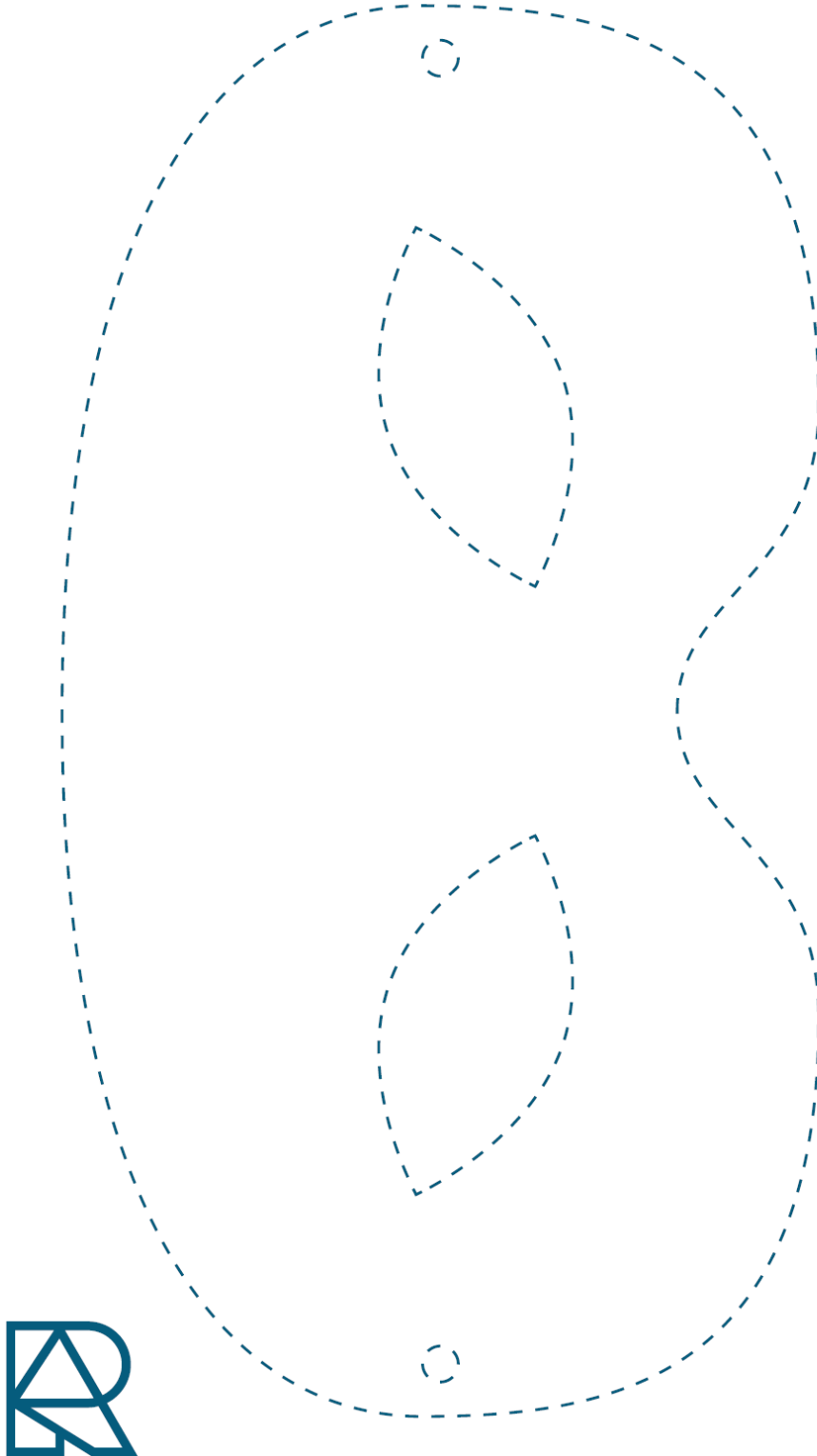
Settling in ritual and description (skip this part if you know it!)

- **Entering** –Ask everyone to “check in” with their name and something specific (an animal they like, favorite food etc.) This week I recommend “something very small”. Even though you know each other, naming and responding is a way of bringing one's self into the present.
- **Introduce and practice chime time signals:** If you have a physical chime or bell, great, if not, there's an app for that. Ring the chime (or better still, have a child ring the chime). The set up goes something like this. “Relax, soften your gaze or close your eyes if you like. To soften your gaze, just look off in the distance at nothing in particular. I think you probably know how to close your eyes.

When the chime sounds, listen carefully to when the sound ends and the silence begins and when you hear that change, raise your hand or” (any signal you agree on).

- **Introduce and practice Collective Breaths:** We breathe together three times with a slow count inhale and a slow count exhale (I use a four count for each). Set up goes something like this “As with chime time, you can soften your gaze or close your eyes. If you like place a hand on your chest, over your heart and one on your belly so that can also feel the breath go in and out. Let us begin, 1, 2, 3, 4, and out, 1, 2, 3, 4. Again (repeat the sequence). And one last time (repeat the sequence)
- **Chalice Lighting:** We do this collectively, online as our service begins

Make a mask – Some of us are making mouth and nose masks to keep each other healthy, but there are other kinds of masks. Decorate this mask – in a way you would like others to see you



WHAT SHALL WE DO THIS WEEK? HERE ARE SOME IDEAS FOR TODAY AND OTHER DAYS.

Sunday, April 19th- Bicycle Day– Go for a bike ride and/or make new decorations for your bicycle.

Monday, April 20th– Make a rainbow for your window

Tuesday, April 21st– National Tea Day– Celebrate with tea and conversation (Mind your manners!)

Wednesday, April 22nd– Earth Day– Write an acrostic poem about the EARTH (more here

<https://www.poetry4kids.com/lessons/how-to-write-an-acrostic-poem/>)

Creating an Acrostic in Five Easy Steps

1. *Decide what to write about. EARTH!*
2. *Write your word down vertically.*
3. *Brainstorm words or phrases that describe your idea.*
4. *Place your brainstormed words or phrases on the lines that begin with the same letters.*
5. *Fill in the rest of the lines to create a poem.*

Thursday, April 23rd– Build a blanket fort. Or a sheet fort. Or a chair and pillow fort. Ask an adult first!

Friday, April 24th– Make an Origami Tulip* with plain paper that you can decorate (*see the next page for instructions*)

Saturday, April 25th– Learn a new card game with your family

Number of players: 3+ **Age:**4+

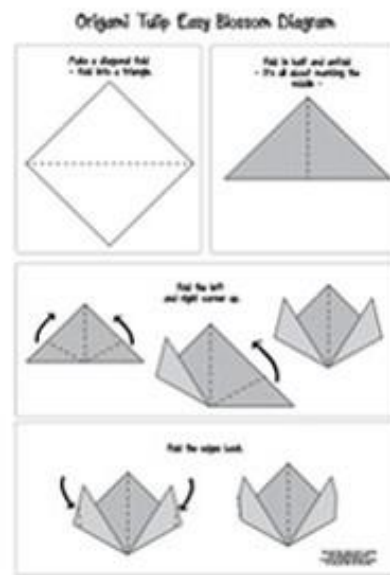
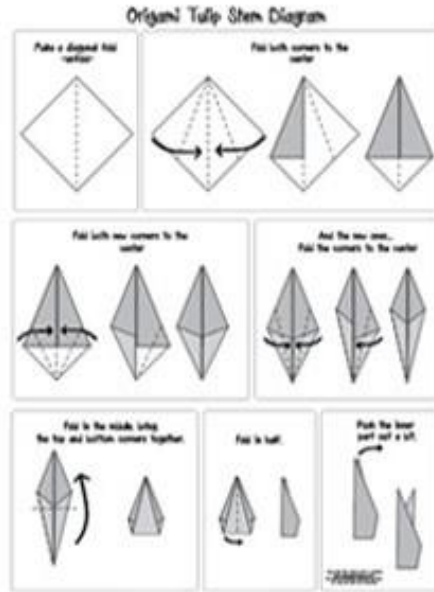
Cards: Standard deck of cards

Instructions:

Deal the cards out completely (don't worry if some players get more than others). Players sort the cards in their hands by rank: the object of the game is to get rid of all your cards.

The player to the left of the dealer starts by placing any card down on the table. The next player looks to see if they have a card of the same rank. If they do, they place it down on top of the card, saying "Snip". If they have another card of the same rank, they place it down too, saying "Snap". If they don't, play passes to the next player, and so on. Whoever places the final card of that rank says "Snorem" and wins the right to start the next round with the card of their choice.

Children will soon learn that it is best to lead with a card in which they have more than one of a kind.



Make your tulip out of plain paper – decorate it in any color you want. Or perhaps a design. Make it YOUR idea of a flower.

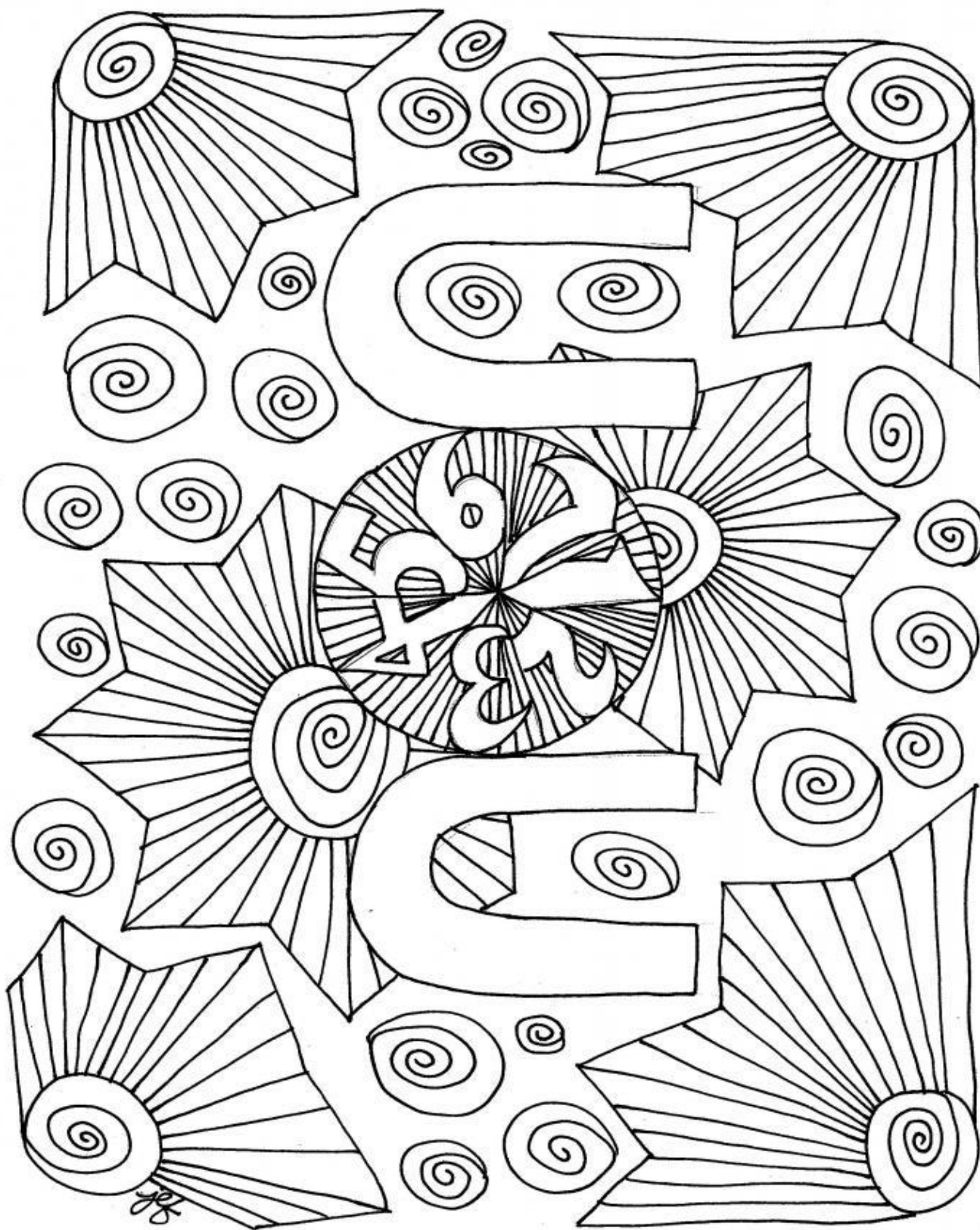
Hide a treasure and draw a treasure map so others can find it.



Draw your treasure map here.



This is a drawing for you to color. Maybe you have seen it before. It has two U's; One for Unitarian and one for Universalist. It has 7 numbers. One for each of our seven principles. Do you remember what they are? Try to Remember before looking at the next page and coloring the numbers to match



OUR UNITARIAN UNIVERSALIST 7 PRINCIPLES

#1 WE BELIEVE THAT EACH AND EVERY PERSON IS IMPORTANT

#2 WE BELIEVE THAT ALL PEOPLE SHOULD BE TREATED FAIRLY

#3 WE BELIEVE THAT HERE, ALL PEOPLE ARE ACCEPTED AND KEEP LEARNING TOGETHER

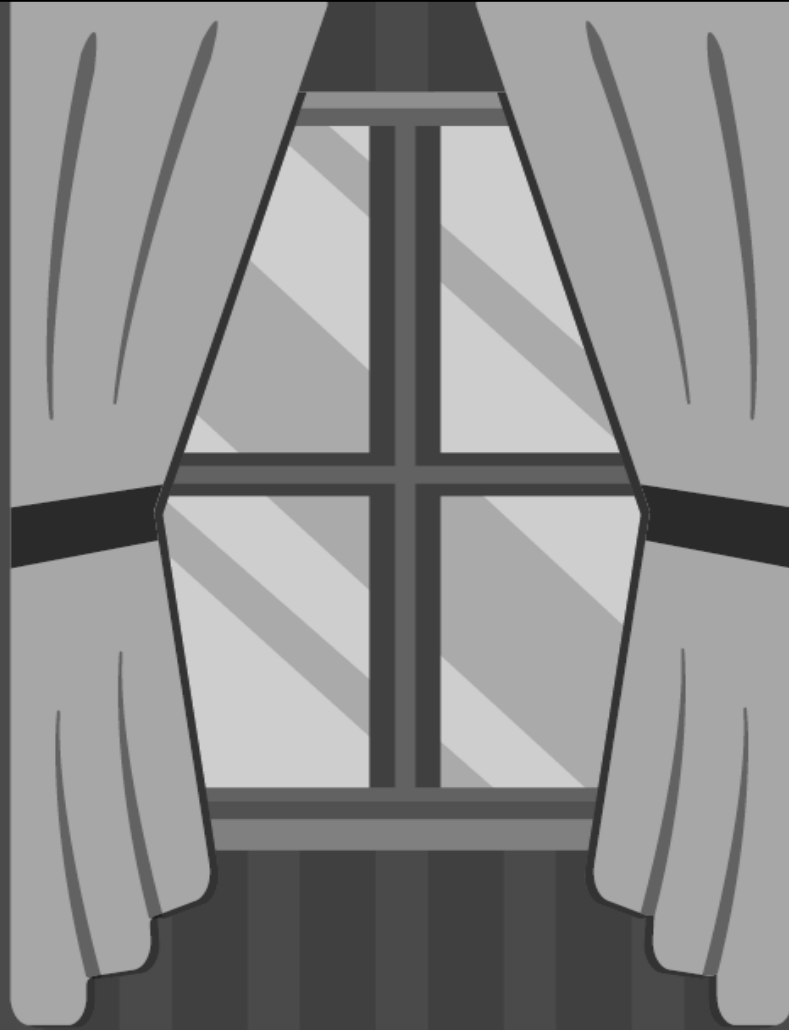
#4 WE BELIEVE THAT EACH PERSON MUST BE FREE TO SEARCH FOR WHAT IS TRUE AND RIGHT

#5 WE BELIEVE THAT ALL PEOPLE SHOULD HAVE A VOICE AND A VOTE ABOUT THE THINGS THAT CONCERN THEM

#6 WE BELIEVE THAT WE SHOULD WORK FOR A FAIR AND PEACEFUL WORLD

#7 WE BELIEVE THAT WE SHOULD CARE FOR OUR PLANET EARTH

Sometimes we try to look at things differently. It helps us understand other people and places that might seem different to us. When you look outside your window – what do you see? If you see two trees, try seeing and drawing the space between them. If you see a flower, try drawing the space between the flower and the sky. What other betweenens can you see and draw?



**Draw the space between
two things.**

