

**Winchester Unitarian Society**  
Order of Service  
**May 10, 2020**

**Centering Thought**

*"The place of true healing is a fierce place. It's a giant place. It's a place of monstrous beauty and endless dark and glimmering light. And you have to work really, really, really hard to get there, but you can do it."*

- Cheryl Strayed

<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/Community Usher: Judy – 339.222.0087

Note: Some elements of this service were pre-recorded to ensure broadcast quality.

**Gathering Music**

John Kramer

**Community News** (In 140 Characters or Less)

Peter McEntee

**Whole Community Greeting and Good News Roundup** Use the "chat" function to greet others in worship and, if you have especially good news, to share it!. Our Chat Covenant: we only write things we would say in person in the sanctuary.

**Announcements:**

- **Saturday, May 16th, at 7:00 PM, Music in the Sanctuary** will present three Beethoven sonatas, performed over live-streaming by Music Director John Kramer (in the sanctuary). Our all Beethoven program (celebrating his 250th birth year) is as follows: Sonata No. 23 in f minor, Op. 57 "The Appassionata" / Sonata No. 13 in E-flat major, Op. 27 "Quasi una fantasia" / Sonata no. 28 in A major, Op. 101 . A portion of our donations will go to UU Mass Action Covid-19 Emergency Fund and the UU Urban Ministry Covid-19 Emergency Fund. Look for our Facebook Live link in a special all-church e-mail. **Please note that our Windborne, May 8th concert has been cancelled.**
- **Winchester Unitarian Society Annual Meeting - Sunday, May 31, 2020** Following the worship service on Sunday, May 31, 2020 the Annual Meeting will be held via Zoom. This will be an abbreviated version of the traditional Annual Meeting to handle the most important articles and postpone completion of additional articles at a Special Meeting to be scheduled on or before September 30, 2020, or as soon thereafter as is safe and practicable. More information about the Annual Meeting will be released in the next few weeks. Thank you.
- **What We Owe To Each Other: Discussions on "The Good Place"**  
**Six Session Series: Every Friday Night from 7-9pm Beginning May 15<sup>th</sup>**  
Not every television show touches on human morality, philosophy and the afterlife. Nor does every program include a collection of funny and lovable characters, most of whom are dead and some are neither human nor robot. But *The Good Place* offers all these things as a way to explore ancient spiritual questions with a light heart. Join Rev. Heather in watching Season 1 and discussing the questions each episode raises. Through an on-line format, we will watch two short episodes in real time and then share our thoughts, reactions and ideas with one another. You are encouraged to participate in the whole series but drop-ins are also welcome. Let Rev. Heather know if you wish to participate: [heather.janules@winchesteruu.org](mailto:heather.janules@winchesteruu.org)

- **The Wednesday Night Meditation Group is now on-line!** See the last issue of Highlights or the WUS website for more details.
- **WUS Monday Yoga is now on-line!** See the last issue of Highlights or contact Fritzie Fritzie.nace@gmail.com for more details.
- **NOTE TIME CHANGE!** Please join us for Family Worship Friday at 4:30 PM. Have a family chalice ready, a candle, and these happy and sad faces, stones or beads or beans or colored paper bits for Joys and Concerns. We look forward to gathering virtually. \*A note to adults - we would like to give the children an opportunity to interact with each other after the service ends. Rebecca will be leaving the room open for another 15 minutes or so and inviting the children to visit with each other. <https://tinyurl.com/WUSworship>
- **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/haleywegner>

#### CONTRIBUTE TO WORSHIP

- **Flower Selfies:** June 14<sup>th</sup> we will celebrate a virtual Flower Communion. This ceremony symbolizes the beauty we find in community and diversity. We need you to make this service possible! Prepare by taking a photo of yourself or your family with a flower or two and send it to Rev. Heather by June 7<sup>th</sup>: [heather.janules@winchesteruu.org](mailto:heather.janules@winchesteruu.org)
- **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](mailto:john.kramer@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.



**Ringing of the Bell Ringing 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**

by Mary Harrington (Abridged)

The Rev. Heather Janules

**Chalice Lighting**

by Katie Romano Griffin (Adapted)

*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 chalice.*

Peter McEntee and Heather Janules

May the flame of this chalice, the symbol of our faith,  
 connect us to all who have come before us,  
 all who are with us in body and spirit,  
 and all who are yet to come into being.  
 May this flame serve as a reminder of our unity and connection  
 across all time and space.

**Hymn # 8***Mother Spirit, Father Spirit*

1 Mother Spirit, Father Spirit, where are you?  
 In the sky song, in the forest, sounds your cry.  
 What to give you, what to call you, what am I?

2 Many drops are in the ocean, deep and wide.  
 Sunlight bounces off the ripples to the sky.  
 What to give you, what to call you, who am I?

3 I am empty, time flies from me; what is time?  
 Dreams eternal, fears infernal haunt my heart.  
 What to give you, what to call you, O, my God?

4 Mother Spirit, Father Spirit, take our hearts.  
 Take our breath and let our voices sing our parts.  
 Take our hands and let us work to shape our art.

**First Reflection***The Tiger's Whiskers*

Retold by Rebecca Kelley-Morgan

*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.

**Meditation**

by Thich Nhat Hanh

Peter McEntee

**Prayer**

Heather Janules

**Kindling of the Light***Ave Maria*

Franz Schubert

*You are invited to now light a candle of joy, sorrow or concern.*

**Silence****Hymn***Comfort Me*

Comfort me, comfort me, comfort me oh my soul. (2x)  
 Sing with me...  
 Speak for me...  
 Dance with me...  
 Comfort me...

**Second Reflection***Wading in the Water*

Heather Janules

**Yoga**

Fritzie Nace

**Meditation**

Ron Denhardt

**Reading**

“Fire” by Judy Brown

Heather Janules

**Offering**

This morning, we share our gifts with the **National Alliance on Mental Illness (NAMI,)** whose mission is to promote "advocacy, education, support and public awareness so that all individuals and families affected by mental illness can build better lives."

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 “May 10 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**

*House at Pooh Corner*  
Andy Papas, Solo

Kenny Logins

**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 # 91**

*Mother of All*

1 Mother of all, in every age, in every clime adored,  
by saint, by poet, and by sage, your praises high have soared.

2 Goddess of nurture and of love, all nature sings your care.  
In life's extravagance you prove the gift of giving fair.

3 O spirit of unfolding grace and deepest mystery,  
teach us compassion's gentle face and wisdom's mastery.

4 Teach us to cherish this proud earth, its fragile beauty praise,  
and for the dreams your joy gives birth, a hopeful future raise.

**Benediction**

by Samuel Trumbore (Adapted)

**Postlude**

*The Fairy Garden*

Maurice Ravel

**Extinguishing the Chalice** *Please join us in reading together the words for extinguishing our 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.

**Join the Chat!**

**Questions for Reflection**

What does Mother's Day inspire in you?  
What does your spirit need right now...and how do you know?  
How are you receiving nurture? How do you nurture others?

**Music Notes:**

Our Kindling music is a contemporary setting of the beautiful ode to the Mother of God, by Franz Schubert. ♦ The Postlude comes from Ravel's *Mother Goose* suite, thus paying tribute to mother's and the healing powers of gardens in general. ♦ One thing we have all been looking for in this time of quarantine is a return to "normal". Hopefully the Offertory will help us go back to the days... and ways... of the house at Pooh corner.

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**Serving Today**

Real-Time Tech Support with Zoom/Community Usher: Judy – 339.222.0087

Pastoral Care Associate: Barbara Keyes - 339-927-1591

Special thanks to John Kramer for serving as Video Coordinator

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*This is a Welcoming Congregation, intentionally welcoming  
and affirming of gay, lesbian, bisexual and transgender people.*

*Each worship service includes wisdom or an artistic  
gift from people or communities-of-color.*

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Good morning families and friends,

*A note to adults. The first page is for you, so that you may have context for the service and contents of this packet. Following that there are activities for children, some suggestions for other things to do/try as a family over the week as well as this day and pages for meditative coloring as the service unfolds.*

Today's Worship Service explores the idea of nurturing. On Mother's Day, we turn to the qualities of nurture that although typically associated with mothering, are not gendered. Nurturing often is a collective and cooperative act, so you'll find a set of cooperative games to use with your children in this packet. We also turn to the idea of nurturing ourselves. We don't promote self-indulgence, but self-care is a necessary tool for getting through life. It's a good one for your children to learn.

Our theme for the month is "Thresholds" and this week and through the month, I will be providing you with some thoughts about the threshold experience of creating and inhabiting sacred space at home on times other than Friday Family Worship and Sunday morning Service. If you recall, last week, we began to create sacred space in our home. You were invited to find a home for your chalice, cover it with something decorative and place your chalice/candle on it.

Today some additions to your sacred space are suggested below.

**First: A chime or bell** to call us to attention, to worship. As we do in the weekly service, the ringing of a chime or sounding of a bell brings attention to the here and now. If you don't have a bell, singing bowl or chime, and even if you do, try using a wine glass and using a wetted finger, circle the rim until a "singing" is heard. (If you want to vary the pitch, add water to the glass)

**Second: A giving bowl.** Your giving bowl can be a bowl, or piggy bank, or you can make a special box, or glue tissue paper to a clear glass jar or paint a container. It should be special for you and dedicated to this purpose. It is helpful to remember those who do not share our privilege of food, shelter, water, healthcare and freedom. As a congregation we give to support local non-profits when we "share the plate" each Sunday. Perhaps your family can consider what you would like to contribute as a family and to whom or what. Your gifts do not always have to be monetary ones. You may make a pledge on a piece of paper (or the non-writers can have someone scribe) to place in the bowl. Have you drawn chalk encouragement to others who walk by? Have you sent a note or card to a graduating high school senior? Those are things you can do this week.

**Before Worship:** You'll need your chalice, other candles for kindling the light, these pages, blank paper, things to color/draw with, origami paper if you have it, plain paper is fine if you don't have scissors for cutting. 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. Encourage them to come closer to the screen for First Reflections and have some manipulative and the materials attached for them to engage with during worship. If your children are very young, sensory play containers are a great preschool activity. *\*Let Rebecca@winchesteruu.org know if you need ideas on how to DIY sensory play*

You may wish to use the settling in and chalice lighting rituals we use in Family Worship and Religious Education sessions. They may be helpful as your family gets ready for our Zoom worship services or for any family worship you wish to create in your own sacred space. Eyes will probably roll, and there may be exaggerated sighs, but keep going. Eventually, as with many new things, kids catch on to the benefits. Your older kids can probably lead this, since many of them have. These are linked here for reference.

<https://docs.google.com/document/d/16eq9h9bnOJAssE8U21wDcj4IjPZkyD-iW96UShQgdmw/edit?usp=sharing>

What shall we do with our week ahead? It's MAY! Here are some things you might want to try with your family this week.

**Today, May 10<sup>th</sup>** In honor of Mother's Day, do something nice for your mother or any caretaking adult and celebrate National Clean up Your Room Day— which is also today. Clean up your room! Or the playroom! Or the ?

Bonus idea: Make folded origami hearts (directions in these pages) glue them to paper, straw or chenille stems and make a bouquet to give to someone you love.

**Monday May 11<sup>th</sup>** Do something silently and mindfully. Walking heel to toe, being aware of each step, slow it down, speed it up. If you remember some of our asanas (poses) from yoga in Religious Education, try one of those, mindfully. Go slowly. You might even stop in one position

**Tuesday May 12<sup>th</sup>** : Have your family take the J. Paul Getty Museum's art masterpiece challenge. Find a work of art you love and then have your family "re-create" it. WUSYG (youth group has already done so) Learn more by Googling "art masterpiece challenge."

**Wednesday May 13<sup>th</sup>** Listen carefully. Go outside and sit quietly. Listen. Don't talk, just listen. What do you hear? Keep listening. What else do you hear? Keep listening, what else do you hear? Try this for a little longer than you think you can sit still. (about 5 minutes)

**Thursday 14<sup>th</sup>** What grows near you? Go on a plant hunt. See how many plants and trees you know the names of. Take pictures of one you don't know and after doing an image search, learn something about it. \* You will find a couple of common plants to color later in this packet

**Friday May 15<sup>th</sup>** Favorite food night. What are your favorite foods? Make a list of everyone's favorites, kids and adults. Post it on the refrigerator so you can pick one for each person throughout the month.

**Saturday May 16<sup>th</sup>** Cooperation Day! Play a cooperative game with everyone in your home or choose an activity from the descriptions on the following pages. What other ways do you cooperate as a family?

### **Clothespin Cooperation Game for younger children:**

Materials:

- 3 or 4 clothespins (the spring type)
- String, yarn or clothesline
- Plastic milk jug with a narrow opening

Directions:

1. Tie pieces of yarn onto the clothespins (one for each person) and put the clothespins inside the milk jug with only the strings hanging out.
2. Try to pull the clothespins from the jar. What happens if you all try to pull at the same time? Can they think of a way to get the clothespins out?
3. This activity can open the door for discussions about other times when we need to cooperate. How can we solve other kinds of problems peacefully?

### **Always in a Rectangle**

All players are blindfolded. All hold a rope and must try to make a rectangle. Then you can make a circle. Which team can make the best rectangle or circle? The rectangle or circle can be drawn on the ground and a corner/starting point/endpoint can be shown. \*one person should remain outside the game to be a spotter.

### **Spider Web**

Between two trees or posts, make a web with a rope. The goal is for all players to go from one side of the web to the other. Of course, the web must not be disturbed and each opening in the web can only be used once. Be careful that no one falls as they cross through the web.

Purpose: A strategy is developed together, the solution to the problem is worked on together and that no one can solve the problem alone.

### **Stand Up**

Two players sit back to back with legs stretched out in front of them. They must try to stand up without using their arms. Purpose: working together to reach the goal.

### **Carton Place**

The group is given a carton (fridge carton or moving carton). On this carton, everyone must find a place. It doesn't matter how. What possibilities the group might use are not told to them.

Purpose: The group must work together to find a answer to this problem. A game for thinkers and people with ideas.



## **Water Cup and Bottle**

This game is difficult and requires concentration and coordination. Use the easier variation with younger children. A circle is drawn on the ground measuring 2-3 Meters. In the middle of the circle place a bottle with water in it and next to it, an empty cup (with a rim). No one is allowed to enter the circle. Two players stand across from each other and receive a string. Now, with the help of the string, the group tries to get the water out of the bottle and into the cup. If the cup is filled half-way, then it must be transported to another circle or a nearby Table.

Purpose: Timing, coordination and concentration.

Easy variation: The bottle is tied at the top and the bottom with 4 strings. The cup is also tied at the top and bottom using 2 strings. The idea now is the coordination of movements: tip, pour, hold, lift transport, and move.

## **Rescue Island**

Two tables are placed apart in a room. Every player gets a carpet square (a chair can also be used). The players spread out in the room. Players pretend they are on icebergs and must get to the safety of the island (the tables) without touching the floor. Variation: Only one player can be on an iceberg at one time. An iceberg can only be moved if not occupied by a player.

Purpose: coordination, working together and solving the problem together.

## **Solidarity**

Groups of two players each are made. Either between the backs of the hands, or index fingers, or knees, (or a piece of paper, or a pen, or a block of wood) is held between the two players. Both players must move through the room without the object falling. The better the players can coordinate and react to their moves, the bolder the tasks can become. The game can also be played blindfolded.

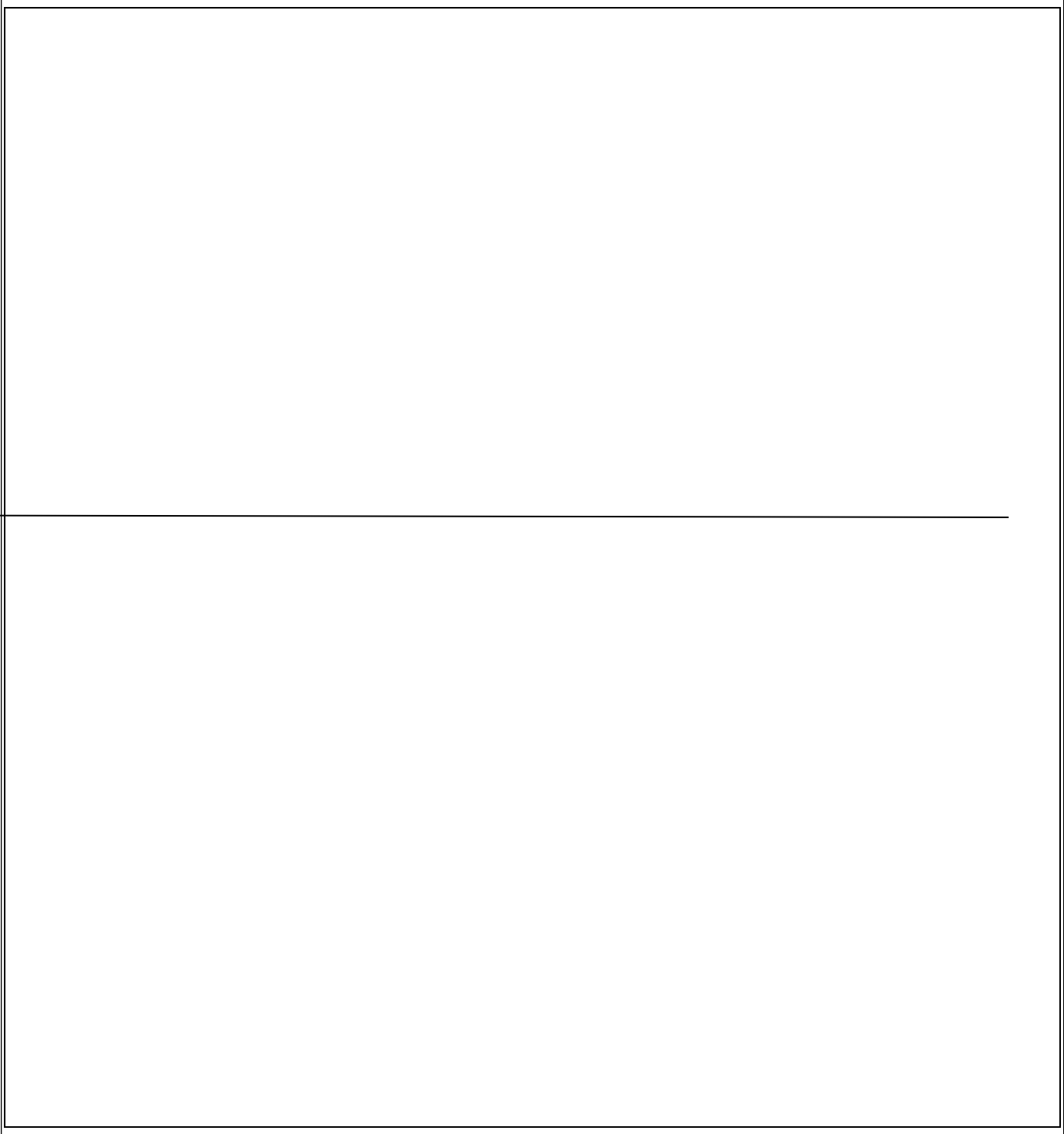
## **Turn the Blanket**

The group sits on a blanket. The blanket can be folded so that there is only enough room for all players (increases difficulty of game). Now the group must turn the blanket without getting off of it.

Purpose: Helping and supporting, agreeing and coordination.



It's Mother's Day! Make a card for a person who takes care of you. That person might be your mother, or they might be someone else. Use this page to draw and write a card/note from you to them. You can cut out the card below and fold it along the middle line.





# FIERCE

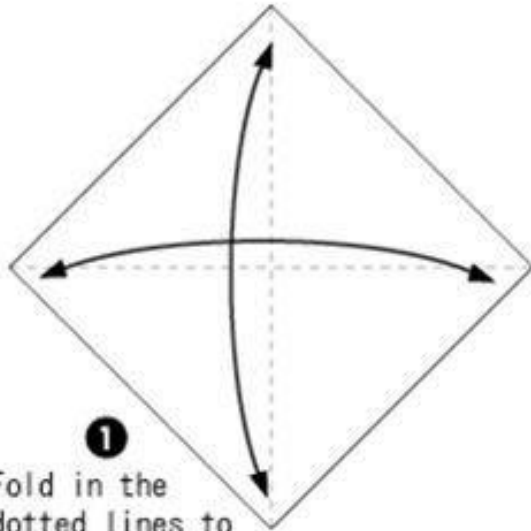
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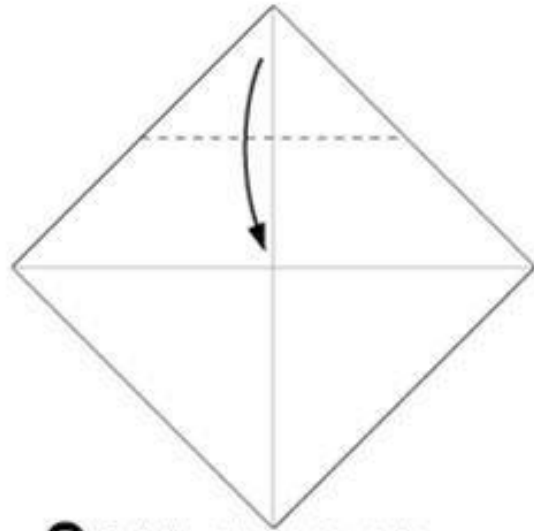


# RISE UP

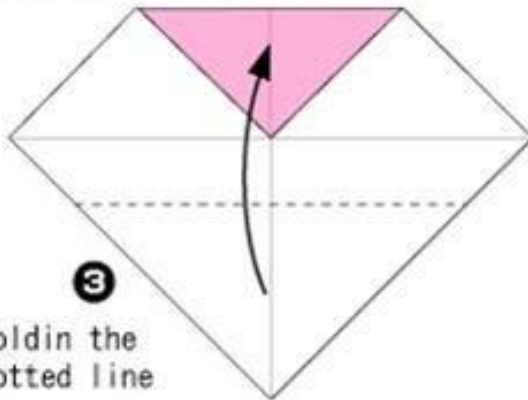




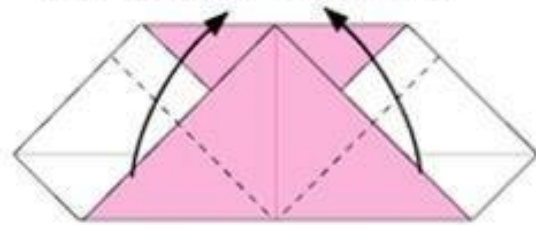
**1**  
Fold in the dotted lines to make creases and fold back



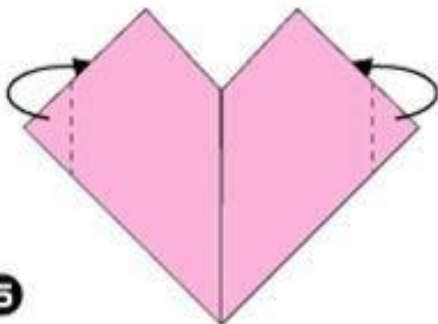
**2** Fold in the dotted line



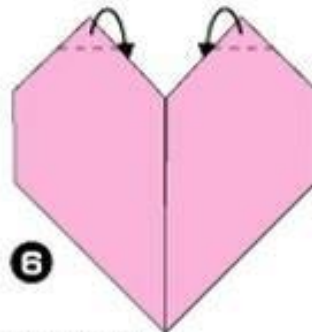
**3**  
Fold in the dotted line



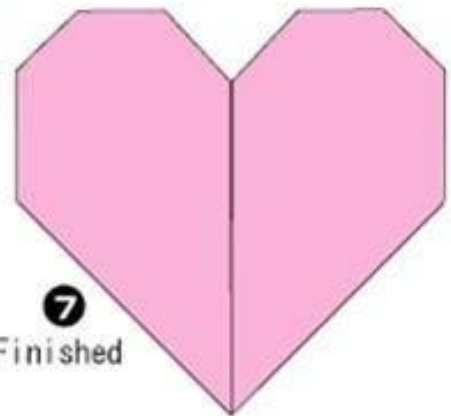
**4** Fold in the dotted lines



**5**  
Fold backward in the dotted lines



**6**  
Fold backward in the dotted lines



**7**  
Finished

# An Easy Heart