



# Highlights

4/20/2023

[\(link to today's full issue of Highlights\)](#)

The Theme for April is  
**Resistance**



## Upcoming Worship

# Sunday, April 23rd

10:30 Worship @ WUS Sanctuary AND Online

Virtual Worship Logistics Below

## Green Burial: Reclaiming Our Dead and Their Death

When someone dies, most people automatically call a funeral home. However, it has only very recently been this way. The profession of funeral director, along with the related array of goods and services comprising the American funeral industry, emerged in the latter 19th century and flourished over the 20th century. This century, however, a broad and growing movement is fostering the rediscovery of family-led after-death care, and ecological awareness is prompting a proliferation of greener disposition options. All of this is woven into a reclaiming of grief's gifts and needs, helping many people to experience a far better death than was available a generation ago. This service explores the movement's offerings for UUs, with particular attention to Massachusetts developments. It is paired with a hybrid-format presentation afterwards for those interested in more details and a chance to ask questions and share discussion. **Led by Life-Cycle Celebrant Martha Dallas**

### IN PERSON ATTENDEES

Come to the WUS Sanctuary (478 Main Street, Winchester).

**Masks are required until the children leave for Religious Education activities**

--VIRTUAL ATTENDEES--

On Sunday at 10:30 am, click here to connect with the livestream from the Sanctuary: <https://tinyurl.com/WUSlivestream>.

The **Order of Service** for Virtual Attendees can be found on our website under the listing for this service.

**Livestreamers** are encouraged to send an email to [checkingin@winchesteruu.org](mailto:checkingin@winchesteruu.org).

We know where you are streaming from but don't know who you are!  
We want to hear from you!

More information about the worship services  
can be found on the [website](#).

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## Joys, Sorrows and Transitions

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If you are facing a time of joy, sorrow or transition in your life, your minister and the Pastoral Care Associates are available to offer a listening ear, compassionate presence and, if applicable, resources. Contact the office, **781-729-0949** or [office@winchesteruu.org](mailto:office@winchesteruu.org).

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## Congregational News

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**THIS Sunday, April 23rd, 12 – 2 pm**

**FREE!**  
Donations Welcome

**Going Out  
Green**  
A Workshop about  
Home Funerals and  
Green Burial

**April  
23rd at  
Noon to 2**

This workshop will introduce the basics of caring for your dead, yourself, at home and will cover natural/green methods of disposition. Martha Dallas, a Life-Cycle Celebrant, will share resources for those who expect to die and be laid to rest in Massachusetts and will provide basic guidance for putting your own green deathcare plans in place.

**To register for in-person or Zoom attendance,  
email: [PCA@winchesteruu.org](mailto:PCA@winchesteruu.org)**

Winchester Unitarian Society 478 Main Street, Winchester 781-729-0949

### **A Workshop about Home Funerals and Green Burial**

Martha Dallas, a Life-Cycle Celebrant, will share resources for simple, green-minded practices for those expecting to be laid to rest in Massachusetts and who wish to put their own green deathcare plans in place.

Please sign up to attend. In-person attendance limited to 20.

[Click HERE to register.](#)

Additional opportunity to attend will be via Zoom.

Sponsored by the Pastoral Care Associates at WUS

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## WUS Spring Spruce-Up *This Saturday*

The **Building and Green Sanctuary Committees** seek volunteers to join in edging, weeding, and mulching our flower and shrub beds **this Saturday morning from 10 – 12.**

Doing this with volunteer labor will demonstrate to all passersby that much landscaping maintenance can be accomplished without gasoline-powered tools. It will also save the church on landscaping costs while protecting the substantial investments the church has made in recent years in beautifying our grounds.

Bring garden gloves, trowels, and edgers if you have them, but the church has some of these implements to use if you do not have your own.

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*Photo: Mural in the Unitarian  
Universalist Church of  
Annapolis sanctuary*

### **A Faithful Conversation About Neuroscience And Bias**

An Evening with Dr. David Rose & the Rev. Anne Mason

**Tuesday, April 25th, 7 pm**

WUS Sanctuary and livestreamed via [www.tinyurl.com/wuslivestream](http://www.tinyurl.com/wuslivestream)

**FREE** but donations to **Community Change** are welcome:

<https://communitychangeinc.org/>

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## Volunteers Meeting

Sunday 4/30, 12pm in Metcalf hall

All volunteers are encouraged to attend this informational and inspirational meeting!

Haven't signed up to volunteer yet?

The **Not Your Average Rummage Sale** Needs YOU!

Click [HERE](#) to **VOLUNTEER**.

(see tabs at bottom of spreadsheet)

Can't help in person, but still want to contribute?

Email [rummage@winchesteruu.org](mailto:rummage@winchesteruu.org).

- The major effort will begin on **Saturday May 27<sup>th</sup>** with setting up tables and the beginning of donations sorting.
- **Sunday May 28<sup>th</sup> – Friday June 2<sup>nd</sup>** we will be collecting, sorting, pricing and arranging donated items.
- **Saturday June 3<sup>rd</sup> – The Rummage Sale 8 am – 4 pm**
- **Sunday June 4<sup>th</sup> – Rummage Sale:** 11:30 – 12:30 for WUS; 12:30 – 3 pm Public

**Questions??** Contact Donna Reed, Fritzie Nace and Susan Walewicz at [RummageTeam@WinchesterUU.org](mailto:RummageTeam@WinchesterUU.org).

### DONATE ITEMS:

*Been scouring your attic, basement, closets, drawers? Know someone who is downsizing?*

Find the Guidelines for Donations click [HERE](#).

We also need:

- paper bags with handles
- packing materials
- hangers

Help us make our major fundraiser of the year  
a MAJOR SUCCESS!!!

**What Issues Are Important to You?**  
**Climate? Racial and Environmental Justice?**  
**Transportation?**

A chance to speak up for your values—

On Sunday, **April 30th, 12 to 1** after morning worship

State Senator Jason Lewis will join us to listen to the issues of importance to our community and discuss legislative priorities in the current session.

Come, listen, and make your voice heard!



**Sponsored by the Social Action and Outreach Committee**



## Summer Services

This year's summer services will begin on Sunday, June 18th, with the last summer service on Sunday, September 3rd. With some exceptions, these services are led by lay members of the congregation, who, over the years, have shared wonderful, moving, and thought-provoking reflections with those in attendance (and via livestream). If you are interested in leading such a service, please see coordinator Martin Newhouse at church or contact him

at [mnewhouse9@gmail.com](mailto:mnewhouse9@gmail.com). You would give a 15- to 20-minute reflection (a bit shorter or longer is o.k. too) on a topic that relates in some way to our Unitarian Universalist values and principles (broadly construed). You would have help planning and carrying out the rest of the service. Please consider sharing your wisdom, passion, and/or life experiences with us in a supportive and meaningful context.

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**Walk to Benefit the  
American Foundation  
for Suicide Prevention**

THIS Saturday, April  
22nd, 11 am - 1:30 pm @  
Boston University  
Join Us!

As shared in worship on  
April 2nd, we are  
organizing a team to  
raise money to benefit  
the American  
Foundation for Suicide  
Prevention. This effort is  
in memory of our own

Brenda Martino who died this past Fall and to support her mother, Ginger  
Hanson, who is walking in the AFSP Out of the Darkness walk in June in  
Washington, DC.



Contact Rev. Heather with questions about the walk at  
[heather.janules@winchesteruu.org](mailto:heather.janules@winchesteruu.org).

You may join the team and/or contribute to the team [here](#).

Our new WUS t-shirts include an adaptation of Brenda Martino's words she inscribed on a mural while on the West Virginia service trip: "May our love be like a circle...no beginning and no end." Those who are joining the walking team are encouraged to order a t-shirt so we can carry Brenda's words with us...but order soon so it arrives on time! Order through this link: [WUS Shirts](#). Your shirt(s) will be mailed to you.

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## Is WUS Your Spiritual Home? Consider Becoming a Member

If you resonate with the values of Unitarian Universalism and the ministries of the Winchester Unitarian Society, if you have found friends and a sense of purpose here for you or for you and your family, if you attend worship and programs regularly, pledge and give of your resources and plan to serve the community in some way, perhaps it is time to make your affiliation official by signing the Membership Book! **There will be a Signing Ceremony in worship on May 14th.** Contact Rev. Heather or Membership at [membership@winchesteruu.org](mailto:membership@winchesteruu.org) for more information. (The ceremony is sweet and painless - we promise!)

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## Staff Evaluation Season

Each Spring, we take stock of the concluding program year and prepare for the next. One important part of this reflection and planning is the staff evaluation process.

All are invited to contribute feedback regarding the work of our hard-working program staff: Director of Music John Kramer, Director of Youth and Children's Ministry Sam Wilson, and Director of Administration and Outreach Richard Dorbin.

To this end, please complete the forms below before May 20th. Note that we seek feedback specific to job descriptions and do not factor in any anonymous feedback. Thank you! - Rev. Heather

John Kramer [tinyurl.com/JKramerEval23](https://tinyurl.com/JKramerEval23)  
Sam Wilson [tinyurl.com/SWilsonEval23](https://tinyurl.com/SWilsonEval23)  
Richard Dorbin [tinyurl.com/RDorbinEval23](https://tinyurl.com/RDorbinEval23)

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Deep breathing (pranayama) brings warmth and focus. Yoga postures (asanas) gently stretch and strengthen, enhance balance and counter patterns of daily tension. Connecting breath and movement deepens self-awareness and enlivens our sense of being. If you have never done yoga before, or only just a bit, Fritzie gives clear guidance through a slow flow of postures, offering support as we go. If you have more experience, you are invited to take the postures to your own depth of challenge. Mats, blankets, blocks and straps are provided.

Please let me know of your interest by emailing [Fritzie.Nace@gmail.com](mailto:Fritzie.Nace@gmail.com).

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## Religious Education

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This past Sunday, we talked about service during First Reflection – the service projects that our RE community has worked on so far this year, including Guest at your Table, Mitten Tree, Build-a-Bed, Build-a-Blanket, and – coming up next week – our river cleanup project. Then we collectively blessed the youth and chaperones going on a service trip to Connecticut. Reverend Heather emphasized how our RE kids will grow in service as they come up through the programs at WUS and someday they, too, will be leaving to do good in the world on service trips and, hopefully, beyond!

### **This Sunday, April 23rd: RE Classes for Grades K-6**

#### ***Spirit Play.***

This Sunday, the Spirit Play class will hear a story called **A Turtle Tale** that explores our yellow promise (yearn to learn about ourselves, others, and mystery). In this story, turtle learns that playing it safe and risking it all are

both bad options. She decides to find a middle ground, and grows in bravery and wisdom.

### **Neighboring Faiths**

This Sunday Neighboring Faiths class will visit Parish of the Epiphany Episcopal church in Winchester. We'll experience a traditional mass service, including experiencing the Eucharist. Families with Neighboring Faiths kids should have received specific information about this trip, including when to arrive and so forth. Please contact me ([brenna.mayer@winchesteruu.org](mailto:brenna.mayer@winchesteruu.org); 978-877-1322) if you didn't receive it.

### **Our Whole Lives (OWL)**

OWL class will start up again on Sunday, 4/23. The subject for class this coming Sunday is Communicating with a Sexual Partner. Class will meet in the OWL room at WUS from 5 to 6:30.

## **Other RE Happenings**

In addition to regular Sunday morning RE classes, see the activities below for other RE family events. Please take a look and join in with us in building a strong RE community!



***Aberjona Canoe Trip and River Cleanup Spring Service Project: Saturday, April 29th (rain date of Saturday, May 6th)***

**Please sign yourselves up for the canoe trip by April 21st! We're gearing up for a good time on the river**

**on April 29th.** We'll start at the Winchester Fish Ladder, get aboard our canoes and paddle to the Watershed area between the lakes for lunch, and then continue down to the Medford landing. The trip will take approximately 3 hours total from start to finish. **Please sign up now** so that we can finalize planning and be sure to have enough equipment: <https://forms.gle/ArNG7z9muYfka7eX8>.

## **JUSYG: Junior Youth Group (7th & 8th Grades)**

We're looking forward to having another regular meeting with everyone this Sunday, April 23rd, 6:30-8 pm per usual. Please also mark your calendars for

May 12-13, which will be a JUSYG Semi-Formal, Sleepover and then Service Retreat.

## WUSYG: Winchester Unitarian Society Youth Group (9th-12th Grades)

There is no meeting on 4/23 because of the service trip. We look forward to seeing WUSYGers not going on the trip at our next regular meeting on 4/30 from 4:30-6:30.

WUSYGers going to NE Connecticut should also save the date of 5/7 after worship (11:30) to share stories with the congregation about the trip.

### Look at what WUSYG is doing this week!

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## Building Beloved Community

## Quotation by Quotation



Winchester Unitarian Society member Terrill Levering shared this quotation which is displayed in many neighboring Arlington schools:

**Diversity is a fact.**

**Equity is a choice.**

**Inclusion is an action.**

**Belonging is an outcome.**

—Arthur Chan, DEI strategist, creating equitable cultures

May this be our spiritual practice in all the communities we touch.

—Gloria Legvold, for the Racial Justice Team Planning Group

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## General Assembly 2023



Whether you are new to Unitarian Universalism, or have been a life-long UU, General Assembly is a chance to experience our faith on a whole new level! Winchester Unitarian Society is a member of the larger UU Association (UUA) and each year there's a 5-day conference of congregations with workshops on everything from youth programming, worship, governance, social justice, Green Sanctuary, hospitality, membership, and so much more. Check out the

website [www.uua.org/ga](http://www.uua.org/ga) and see for yourself! It's hybrid, with both in-person (in Pittsburg, PA) and virtual options. This year, we'll be electing a new President of the UUA. Winchester can have 5 delegates to vote on issues, topics and elections on behalf of the church. So far, Claire McNeill and Patty Cameron have expressed interest in serving as WUS delegates; please let Standing Committee know if you are interested in serving and they will select the 5 delegates. [sc@winchesteruu.org](mailto:sc@winchesteruu.org)

If you have any questions, please feel free to reach out to either Claire or Patty.

Patty Cameron

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## Beyond the Congregation

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Sponsoring Organizations:  
 The Winchester Conservation Commission  
 The Winchester Cultural District  
 The Griffin Museum of Photography



# Aberjona River Day

**Saturday, April 22, 2023, Earth Day**  
**9 AM - 12PM, rain or shine**

Meet at the SW corner of Mystic Valley Parkway and Main St.  
 across from the Unitarian Church



## Environment and Community Service

- Pick up trash and/or
- Cut back and remove invasive plants
- Sign up to let us know you're coming

<https://forms.gle/KQEW5LueDpSoRnhU7>

The Winchester Conservation Commission is once again sponsoring its annual effort to improve the habitat, environment and water quality of the Aberjona River. The Winchester Cultural District and the Griffin Museum have commissioned two found art sculptures, a herring and a heron - by Winchester resident & sculptor August Westner and photographer & conceptual artist Stefanie Timmerman, respectively. Both animals are native to the Aberjona River. Clean up and fill up these found art sculptures with the trash from your efforts.

## We need your help to make the most impact!

- Wear clothing that covers your legs, feet, and arms
- For invasives work bring pruners / loppers. (We will have a few tools available)
- For trash pickup work, bags and gloves will be provided
- Bring friends and family
- Join us anytime between 9AM and 12PM.
- Parking at Winchester Middle School nearby

Questions? [evreeland@winchester.us](mailto:evreeland@winchester.us)  
 Elaine Vreeland, Conservation Commission Agent



## Parting Shot

The only Fox News you will find in Highlights!

Spotted and photographed by sexton Joe Correcelli, we have an occasional visitor to the WUS parking lot.



**Winchester Unitarian Society | 478 Main St. Winchester MA 01890**  
**(781) 729-0949 | [office@winchesteruu.org](mailto:office@winchesteruu.org) | [www.winchesteruu.org](http://www.winchesteruu.org)**

Winchester Unitarian Society | 478 Main Street, Winchester, MA 01890

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