

Winchester Unitarian Society
Order of Service
March 29, 2020

Centering Thought

"Music is a higher revelation than all wisdom and philosophy." – Ludwig van Beethoven

<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)

Marcy Tompson

Photo by Albert Lew @newenglandrocks, used with permission

OPPORTUNITIES TO CONNECT

- **Family Worship, Friday March 27th at 6:00 PM:** Have a family chalice ready, a candle, and these happy and sad [\[link to graphic\]](#) faces, stones or beads or beans or colored paper bits for Joys and Concerns. We look forward to gathering virtually!: <https://tinyurl.com/WUSworship>
- **Potluck Theology on Sunday, March 29th at 4:30 PM:** Everyone is welcome whether you have young children or not. We will have some seasonal thoughts and if you have eggs, food coloring and vinegar to dip dye that is our activity. If you don't have eggs or food coloring, we are also inviting people to create color wheels out of found objects. The link for our gathering is <https://zoom.us/potlucktheology>
- **WUSYG (Youth Group) MEETINGS** WUSYG is stressing physical-distancing but social-connecting! We will now be meeting digitally TWICE a week for *ZOOMSYG!* every Sunday, 4:30-6:30 pm, and one additional time during the week. Youth should use this link to join our meetings: <https://hbs.zoom.us/my/haleywegner> Our Sunday meetings will be similar to regular WUSYG meetings, and our Weekday Bonus WUSYGs (WBWs!) will be strictly fun: dance parties, visiting the zoo together virtually, watching movies, open mic nights, and much more!
- **Parent's Check in and Support Groups, Monday March 30th at 8:00 PM and Wednesday, April 1st 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 are drop in groups found at <https://zoom.us/ParentsSupportGroup>
- **Online Social Gathering, Tuesday March 31st, 7pm:** Are you ready to travel, be in crowds and attend cultural performances? I am! All are invited to join Marianne DiBlasi for an online social gathering on Tuesday March 31, 7pm. During our time together, we will begin with a check-in, then take a 3:32 minute virtual journey to Krakow, Poland for the vibrant Orfeo & Majnun Festival Aix 2018, followed by an open discussion. The Festival is an inclusive, intercultural and multilingual



music theatre project involving multiple art forms representing current social, cultural, and urban challenges. The Zoom Meeting Info is here: <https://zoom.us/j/8948469872> One tap mobile +16465588656,,8948469872# US (New York) And +16699006833,,8948469872# US (San Jose) Please note: this is a different Zoom account than we have been using on Sunday mornings.

- **Wednesday, April 1st Coffee Break, Noon-1p:** Use the worship link to take a break from work or refereeing sibling arguments to check in with folks at WUS. In last week's coffee break, we touched on the origins of the term "station wagon," the best over-the-counter pain killer to address COVID-19 fevers, the variety of instruments we have in our homes but do not play well and then some. Bring your lunch or a hot beverage and join the conversation wherever it might lead! Don't be a fool and miss it...: <https://tinyurl.com/WUSworship>

OUR SHARED LIFE TOGETHER

- **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
- **WUS will continue to pay all its staff throughout the State of Emergency as if we were still meeting in person.** Thus, for those who are not suffering from financial distress, please continue paying your FY20 pledges. We are also waiting for many members and friends to submit their pledge for FY21. You may do so on-line through this link: <https://tinyurl.com/WUSpledge>
- **Flower Dedications:** As we have moved to broadcasting from home, flower dedications are suspended until we return to the sanctuary.
- **Summer Services:** We are still planning to hold summer services, possibly in this remote format. If you are interested in leading a service this summer, please contact Lee Barton: lee.barton2009@gmail.com

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.

Ringing of the Bell The bell that calls us back to worship is a gift from our Partner Church in Marosvásárhely, Transylvania.

Opening Words by Kirk Loadman-Copeland The Rev. Heather Janules

Chalice Lighting by Adrian L. H. Graham Marianne DiBlasi
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.

We kindle a flame of power, illuminating the Holy in each of our faces.
We recognize in the flame a passionate commitment to our shared faith.
We are held and carried from day to day, week to week, in the shining of the light.
This flame is mine, as well as yours.
We are brought together on this day, called to growth, to expansion, within its glow.
What does your heart know while beholding this holy fire?

Hymn *Joy, Thou Goddess*

1. Joy, thou goddess, fair immortal, offspring of Elysium,
mad with rapture, to the portal of thy holy fane we come!
Fashion's laws, indeed, may sever, but thy magic joins again;
humankind is one forever 'neath thy mild and gentle reign.

2. Joy, in nature's wide dominion, mightiest cause of all is found;
and 'tis joy that moves the pinion, when the wheel of time goes round;
from the bud she lures the flower, suns from out their orbs of light;
distant spheres obey her power, far beyond all mortal sight.

First Reflection

Music and Emotion

John Kramer

Attached to this order-of-service is a "pew/couch pack" for young children so they may engage in an activity concurrent with the rest of the service.

Young people are also invited to draw an image of how they are feeling which they can hold up to the camera during the "chat" time at the end of the service.

You may also find the pew/couch pack 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.

Prayers for the People

Heather Janules

This prayer draws from how members of the congregation have responded to the question "How has your everyday life been impacted by the Coronavirus pandemic?" in our recent Needs and Gifts survey. If you have yet to be contacted and/or if a member of your household hasn't completed the survey, please do so by visiting: <https://tinyurl.com/WUSnandgsurvey>

Kindling of the Light

Piano Sonata No. 27 in e minor, movement no. 2

Ludvig van Beethoven

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

Silence

Hymn

Blessed Spirit of My Life

1 Blessed Spirit of my life, give me strength through stress and strife;
Help me live with dignity; let me know serenity.
Fill me with a vision, clear my mind of fear and confusion.
When my thoughts flow restlessly, let peace find a home in me.

2 Spirit of great mystery, hear the still, small voice in me.
Help me live my wordless creed as I comfort those in need.
Fill me with compassion, be the source of my intuition.
Then, when life is done for me, let love be my legacy.

Reading

from the Heiligenstadt Testament by Ludvig van Beethoven

Marcy Tompson

Offering

This morning, we share our gifts with our long-time partner, **the Women's Lunch Place**, continuing to serve poor and homeless women in downtown Boston. Due to the pandemic, WLP has switched to providing take-out meals.

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 "March 22 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

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.

Second Reflection "Overcoming Adversity: Lessons From Beethoven" John Kramer

Musical Offering Sonata No. 28 in A major, opus 101 Ludvig van Beethoven

Hymn *Ode to Joy*

1 Joyful, joyful, we adore thee, God of glory, God of love;
Hearts unfold like flowers before thee, hail thee as the sun above.
Melt the clouds of sin and sadness; drive the pain of doubt away;
Giver of immortal gladness, fill us with the joy of day.

2 All thy works with joy surround thee, earth and heav'n reflect thy rays,
Stars and planets sing around thee, center of unbroken praise;
Field and forest, vale and mountain, blossoming meadow, flashing sea,
Chanting bird and flowing fountain call us to rejoice in thee.

3 Thou art giving and forgiving, ever blessing, ever blest;
Wellspring of the joy of living, ocean-depth of happy rest.
Ever singing march we onward, victors in the midst of strife;
Joyful music lifts us sunward in the triumph song of life.

Benediction by Gary Kowalski (Adapted)

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

Considering the centering thought above, what has music revealed to you?

How do you perceive instrumental music differently from vocal music?

What obstacles have you overcome in your life?

Serving Today

Stephen Perepeluk, Real-Time Tech Support Associate; Contact Information: 917-716-4831

Barbara Keyes, Pastoral Care Associate; Contact Information: 781-729-0021

March 29, 2020 Pew/Couch Pack

Good morning families and friends,

Today's worship service is our spring Music Sunday, offered in a different way and led by John Kramer our Music Director. John will be describing how music moves us and evokes emotion, and of course there will be musical pieces. I have included a brief description of joys and cares with the graphics we use in Family Worship. The practice of listening to music, of sharing joys and cares – with words or silently with a symbolic act - are ways to develop emotional learning. Children do not always name and understand what they are feeling – like every other skill they acquire, it's a practice art.

As John plays, we invite your children to draw or color what they are feeling. They can make faces in the circles or freely draw anything that the music evokes. Perhaps it's colors with no form, or something from nature. Invite them to process rather than produce through their artwork this morning and remember that there is often nothing more inviting than a blank sheet of paper.

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. It's YOUR meditation.

Since it's a quieter morning, I invite you to have manipulative play items as well as the resource pages attached here as the music plays – no scavenger hunts this week. 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.

And of course, there's 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. You may find it helpful to get ready for worship. 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 will be pinned to the top of the weekly pages for reference.

You'll need your chalice, other candles for kindling the light, blank paper, things to color/draw with

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

Joys and Cares

We’re each part of what makes our congregation a special place. A place where we can share our lives, where we can wait together and where we can give and receive.

One of the things we do at our family worship is to share our joys and our concerns. Joys are the things that make us happy and concerns are the things that make us sad or worried.

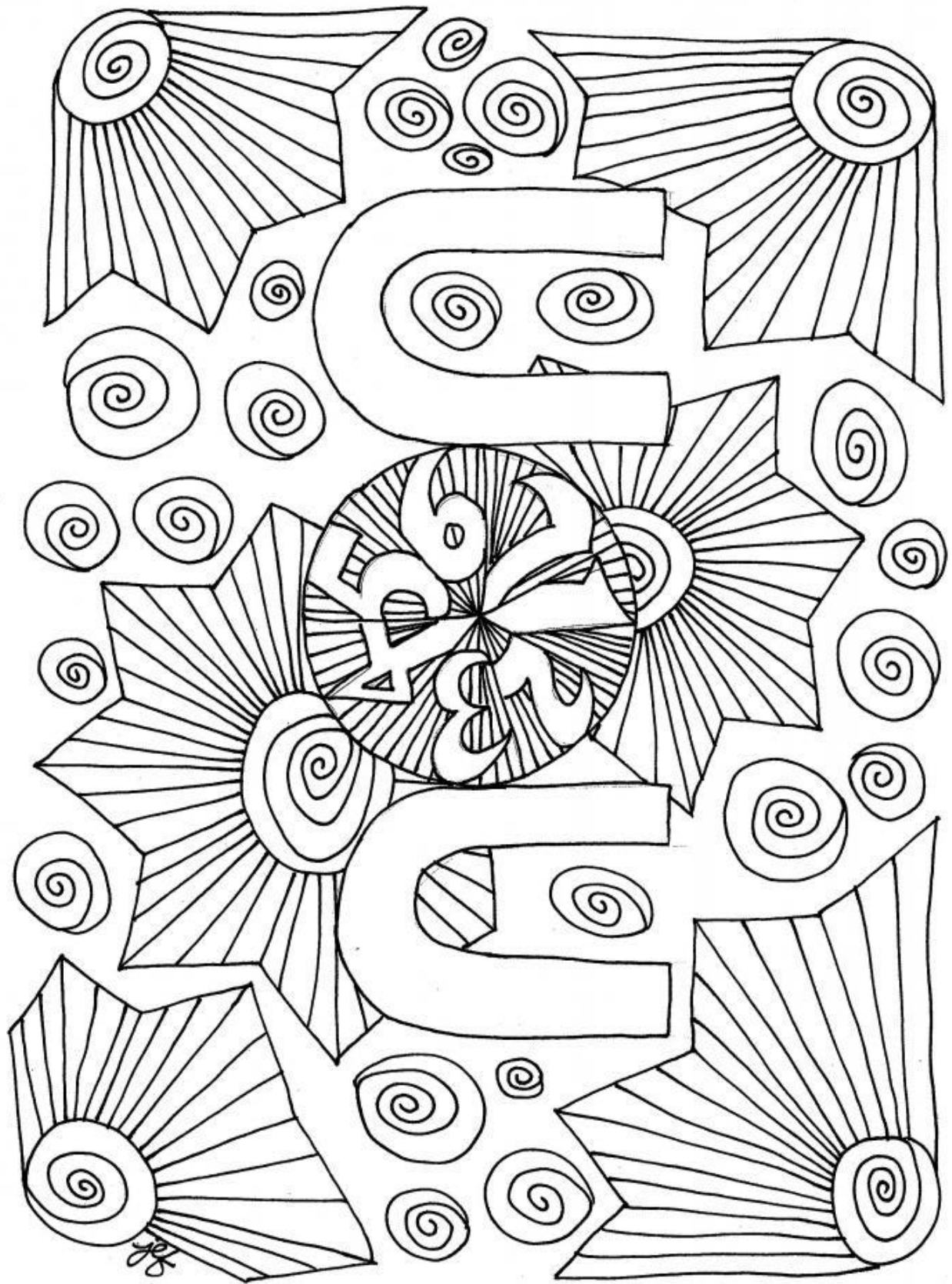
Many congregations have a ceremony of joys and concerns. Smaller congregations invite people to speak of the things on their hearts and minds, those that are heavy and those that are celebratory. We can share things with each other in many ways, but sometimes we don’t want to speak, and we let people know what is inside us in different way.

At our congregation, we use a **happy and sad face** to show how we are feeling. When we are together there, the stones are placed in a scale – happy on one side, sad on the other. We see which side is heavier. (It’s usually the happy side, but not always)

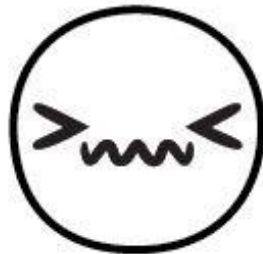
You can have joys and cares at home too, if you want to with your own family. At my house it’s how we let each other know what has been important about our day, or that we’re having strong feelings that we might not be ready to talk about.

Try this. Use two containers of water and make sure they are clear. They can be glasses or plastic cups. Find stones or small shells or marbles or ? Use the attached happy and sad faces to indicate which cup of water represents happy or sad. Light a candle with your family. Take the deep breaths we practice in Religious Education and watch the candle for a little while. As you think about the things that make you happy or sad, you can place a small object into the water. When you are with your family this doesn’t take too much time, but sometimes you might want to talk together.





HOW DO YOU FEEL TODAY?



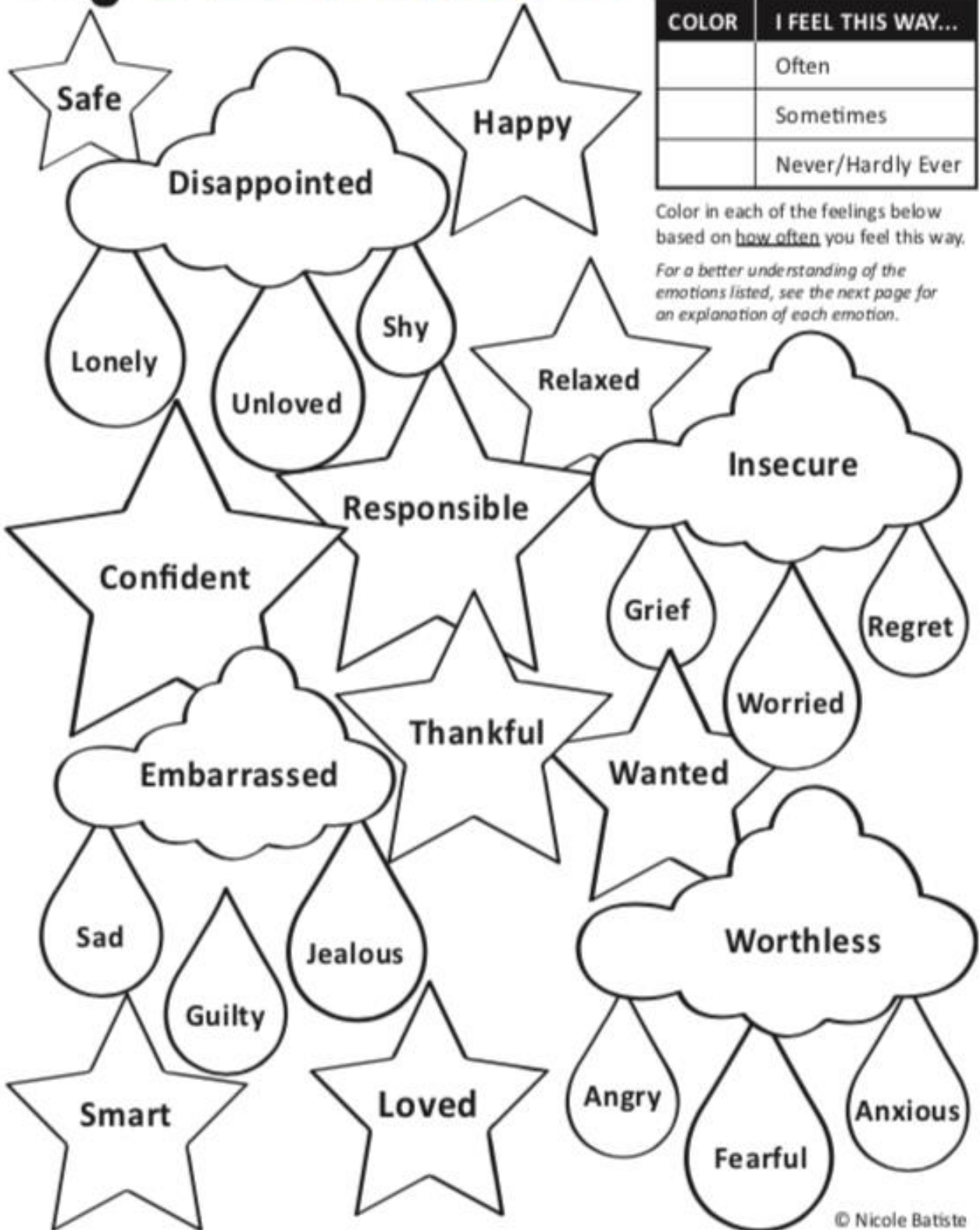
My FEELINGS

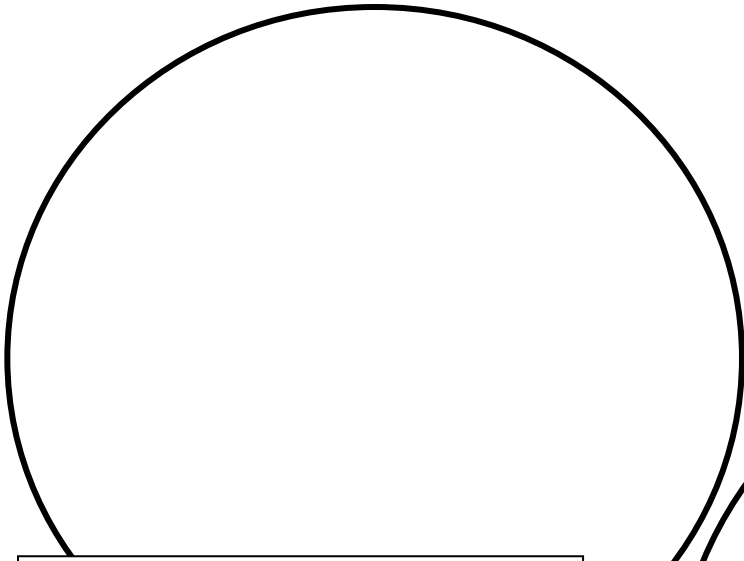
Choose 3 colors to represent: **Often**, **Sometimes**, and **Never/Hardly Ever** and color in the key below.

COLOR	I FEEL THIS WAY...
	Often
	Sometimes
	Never/Hardly Ever

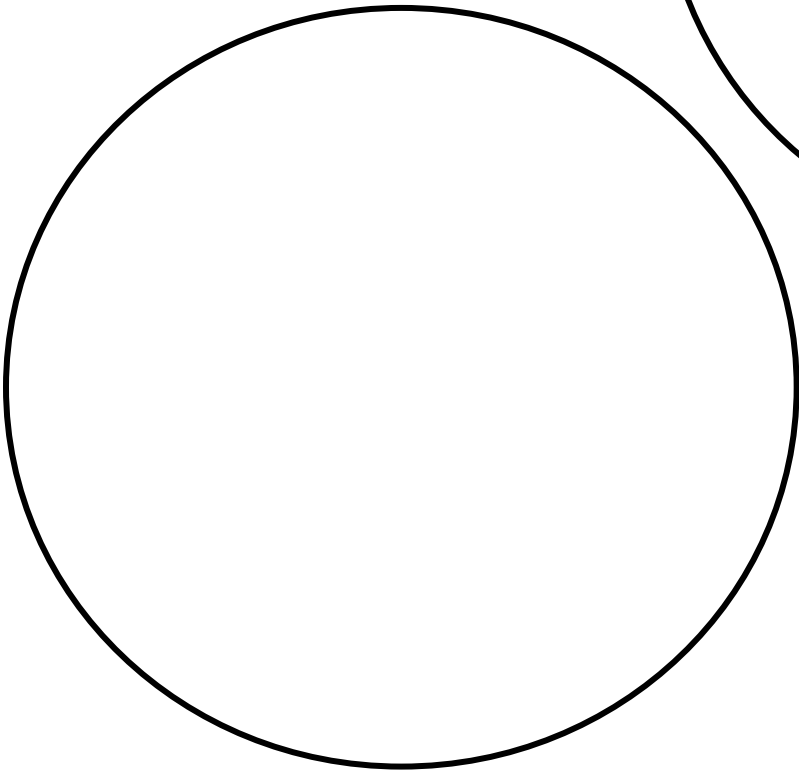
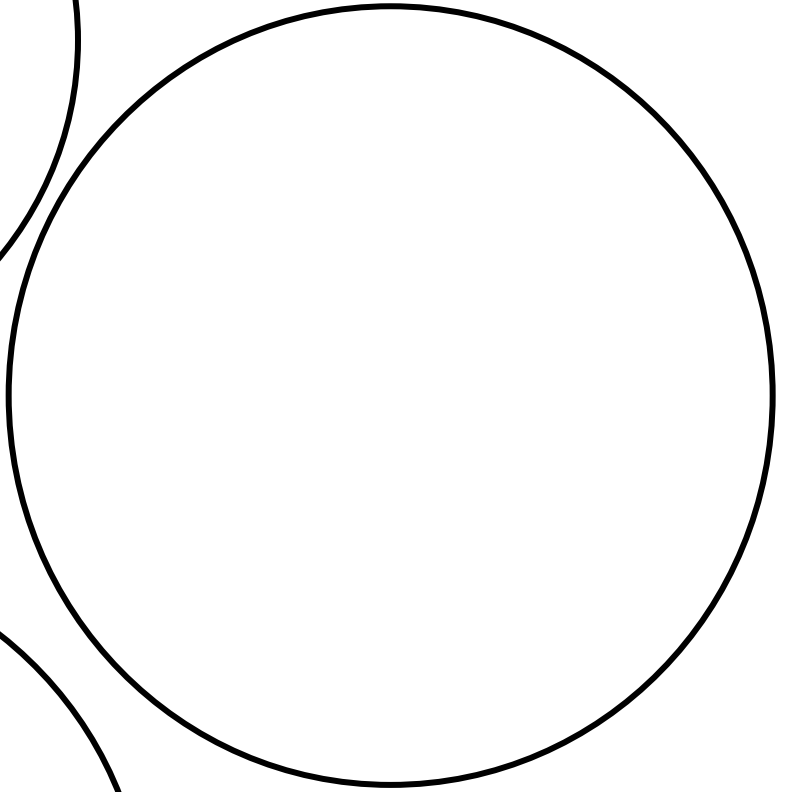
Color in each of the feelings below based on how often you feel this way.

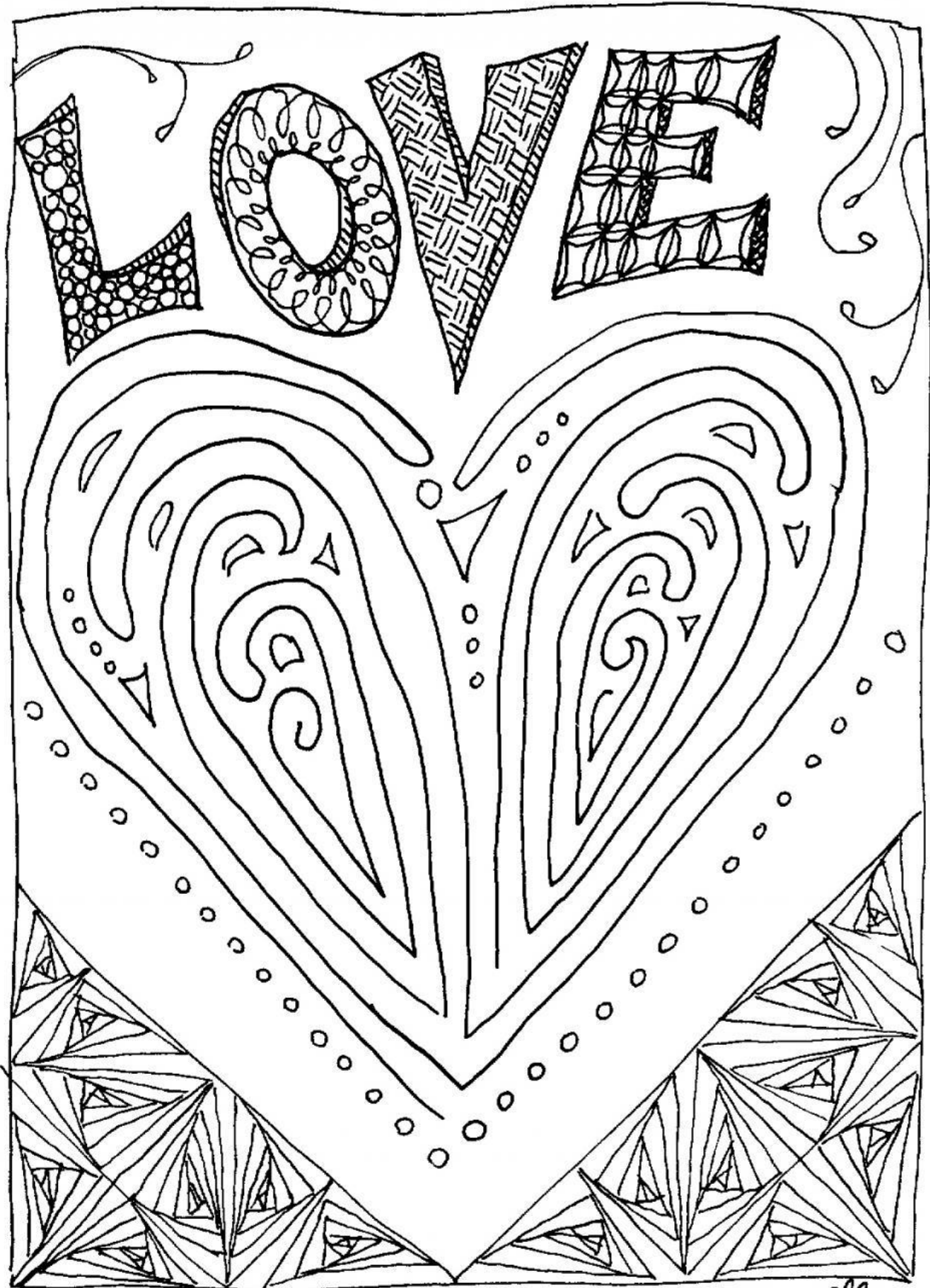
For a better understanding of the emotions listed, see the next page for an explanation of each emotion.





How does the music make
you feel?
Color or write or draw on the
circles





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