

Winchester Unitarian Society

Highlights March 19, 2020

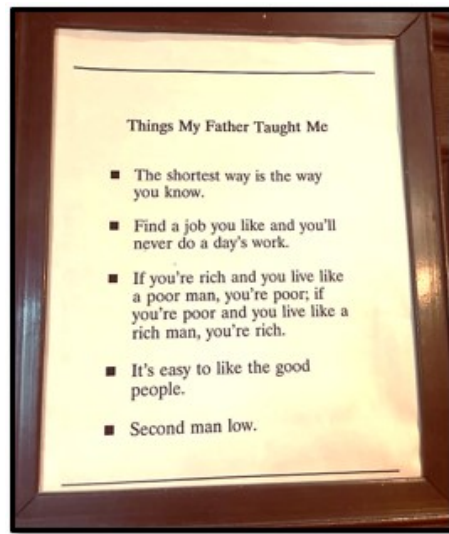


Photo illustrating this month's theme of "Wisdom"

Photo: In our recent Creating a Spiritual Legacy program, Judy Murray shared a list of things her father would say that her family had framed. It currently hangs in her home. Her father's wise sayings are "The shortest way is the way you know; Find a job you like and you'll never do a day's work; If you're rich and you live like a poor man, you're poor. If you're poor and you live like a rich man, you're rich. It's easy to like good people. Second man low."

Upcoming Worship

Sunday, March 22
(No Family Worship)
10:30 am All Ages Worship, ONLINE

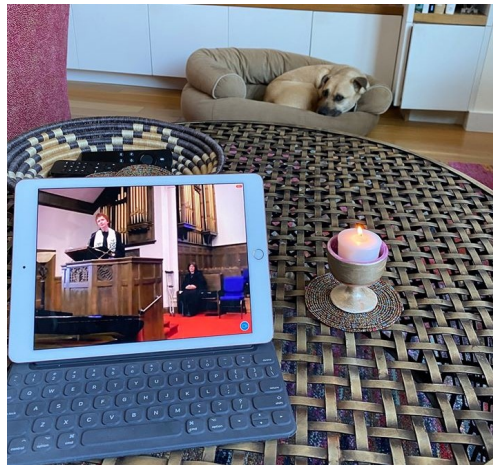


Photo: Carol Cashion's laptop as she attends worship with WUS last week from New York City. Also featured - her dog Zelda, who has been practicing meditation.

Our Finest Hour:

Love Wisdom from the World Religions

The Rev. Heather Janules
Worship Associate: Lee Barton

This is a time when all of us are learning in a tangible way that we belong to one another, that there is health and strength in balancing individualism with community care. In this month centered on "wisdom," we turn to the wisdom of the world's religions to guide us in what it means to "love our neighbor as ourselves."

This Sunday, we share our gifts with the **Council for Social Concern**, our local food pantry, responding to the increased demand for food related to school closures and lost wages during the pandemic. 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.

An email will be sent tomorrow with the March 22nd order-of-service and Religious Education packet. This information will also be posted to our website.

New & Creative Ways to Connect



Dear Friends,

During this time of physical separation, there are other ways we can connect with each other as a community to share our joys and concerns, the comforting and the disturbing, the silly and the inspirational, or just say hi to each other. We can continue doing what the Winchester Unitarian Society does so well; we can be there for, and with, each other during good times and bad. May this caring community be a place where we can boldly ask for what we need and generously offer what we can.

Please do whatever you need to take care of yourself. Make phone calls or video chat with friends, listen to podcasts, read books for pleasure, watch funny movies, ride your bike, go for a walk in the Fells, Horn Pond or the Tri-Community Greenway which runs through Winchester (<http://www.tricommunitygreenway.org/maps>). And, please unplug from the news and your computer when you need to.

Here are links to a few resources from "On Being" (www.onbeing.org) that you may find nourishing for your soul:

"On Hope" by Krista Tippett | Orion Magazine

Krista offers more context for a question she asks to her guests often: "What makes you despair, and where are you finding hope?"

"What to Do When Anxiety Overwhelms You" by Sharon Salzberg

A loving-kindness meditation you can practice from anywhere.

"Illuminating the Beauty in Our Broken Places" by Omid Safi

Omid offers a reminder to appreciate the beautiful messiness of life.

May you and yours be healthy, in mind, body and spirit...

Heather, Rebecca, John, Sam, Thomas and Marianne

Sunday Morning Worship

Attend online worship. Come in your jammies, with a bowl of cereal, a cup of coffee. (You don't have to wear your "Sunday best" but you have to wear *something*.) Come, and worship in a virtual community together. Those with access to the internet and who have laptop cameras will be able to see the faces of those who come to worship. Through the "chat" function in Zoom, you will be able to type each other greetings in a spirit of welcome. Alternatively, you can use your phone to call in and hear the service.

The Zoom link is: <https://uuma.zoom.us/j/7158399909>

To connect by phone:
646-876-9923 (New York)
or
312-626-6799 (Chicago)
Enter Meeting ID: 715 839 9909

One tap mobile
+16468769923,,7158399909# US (New York)
+13126266799,,7158399909# US (Chicago)

To view Online Services Recordings, visit the "Members and Friends" page on www.winchesteruu.org



Facebook

If you haven't already, consider joining the Facebook group "Winchester Unitarian Society Members & Friends" to let people know how you are doing, share pictures of your pets, the kids, your "merit badge" achievements, post silly memes – we all need to laugh!

On-Line Drop-In Group

There will be an on-line group meeting on Thursday, March 19th at 6:00 pm, a time to check in. Rev. Heather will facilitate; all are welcome.

The Zoom link is: <https://uuma.zoom.us/j/7158399909>

To connect by phone:
646-876-9923 (New York)
or
312-626-6799 (Chicago)
Enter Meeting ID: 715 839 9909

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One on One Connection

In the coming weeks, a WUS member or staff person will be calling to see how you are. This is an important time to connect, so please expect their call and take time for the conversation.

As always, Heather, Marianne and the Pastoral Care Associates are available to talk

with you, so please feel free to reach out to us. Our contact information is in the directory or call the office at 781-729-0949.



Growth and Learning

As with all other groups, any programs scheduled for face-to-face meeting time at Winchester Unitarian Society will be on hold. Let's get together virtually. With so many cancellations, now is the time for that book discussion group, that program that you've always wanted to lead and reflection on matters of the spirit. We are learning right here, right now with virtual connections and habits of keeping each other well. Let us continue in that spirit of growing and learning together. Please be in touch with me if you have an idea or an offer. I will be reaching out to the knitters for a virtual group and look for virtual "cooking together" sessions to be announced.

Support Local Businesses

Reprinted from a post on the Winchester Chamber of Commerce Facebook page:

As we all take the necessary steps to help keep our community healthy, many businesses have totally changed their usual operations. To avoid the spread of the virus, some are offering take out dining, providing delivery services, expanding online purchasing, dashing out for roadside pickups, freezing memberships, extending deadlines and such. Winchester is sprinkled with small business owners that are working hard to help the community. Please support their efforts by adopting the new ways to shop, dine, hire and explore local when possible.



Religious Education

Families and Friends

Let's come together when staying apart! I (Rebecca) am interested in supporting you in whatever ways I can. Understanding that Religious Education lessons are led for children, we understand that you will not be worshipping and offering Religious Education at the same time, you will be receiving pew pack pages for printing, via the family and friends email group, attached to the Order of Service that is sent to you Friday morning and linked on the website. In addition there will be a lesson for you to share with your children during Home School Religious Education included as well. Whether one on one virtual visits, group story time or a weeknight "family worship" service, please let me know what would be most useful. Visit the members and friends Facebook page for some daily thoughts, the family and friends group with tips on staying grounded during current isolation and school closures for your children, and watch for ideas and materials for engaging your children in community building and social justice especially when confined at home.

WUSYG

Winchester Unitarian Society Youth Group

WUSYG 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: visiting the zoo together virtually, watching movies, open mic nights, and much more!

WUSYG TRIP

YAC met twice to discuss the service trip and we have ultimately decided to cancel the trip and to not provide an alternative during April vacation week. We will, however, plan to do a service "trip"/project locally and/or at WUS when or if possible before September. In the meantime, we are committed to continuing to bolster our community-building with creative ways to connect each week, every week, for the next several weeks or months. We'll be rolling out a plan and schedule through the end of the school year soon.

With parents' permission, we plan to donate their first trip deposit of \$100 to our partner organization in WV, Big Creek People in Action, recognizing that they will be significantly setback without volunteers for the next month or so. We plan to use other trip fundraising to bolster our current service trip scholarship fund for future trips, however, please reach out if you gave WUSYG a donation this year and would like to be issued a refund (or would prefer your donation to be given to Big Creek People in Action). We remain so grateful for the generosity of this community and for all of the hard work and care that so many put into making this trip possible.

WUSYG PASTORAL CARE & OUTREACH

Haley and Sam have begun scheduling individual Zoom meetings with youth; please reach out if you'd like to set one up. We'll also be available to check-in with folks directly one-on-one via any of our social media platforms. During this unusual time we'll be amplifying our outreach via social media, too, so youth should be sure to follow @dysamwilson and @wusyouth on Instagram, and @wusyouth on Snapchat (as well as updates via Facebook groups for youth and parents).

Music

Virtual Choir

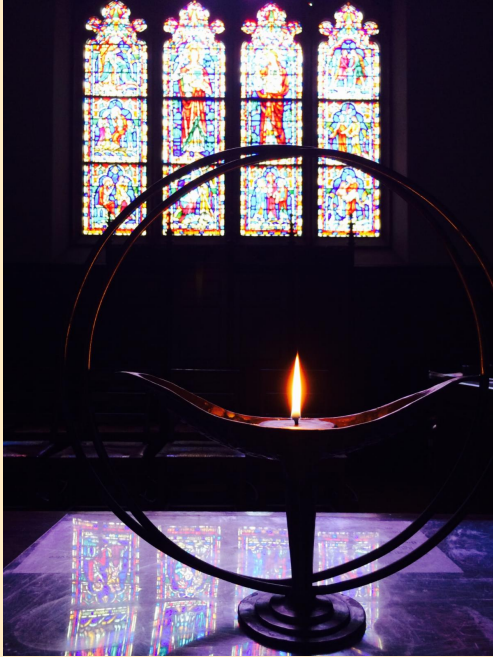
The music program will be experimenting with a "virtual choir". This is new to all of us so it will be interesting to see how it comes together. Choir members should already have been contacted about this. Please contact Music Director John Kramer at john.kramer@winchesteruu.org if you have any questions.

Congregational News

Important Updates

In light of the increasing concerns about Coronavirus transmission, on March 18th, the Standing Committee made the following decisions:

WUS will continue to pay all its staff throughout the State of Emergency as if we were still meeting in person. Thus, for those



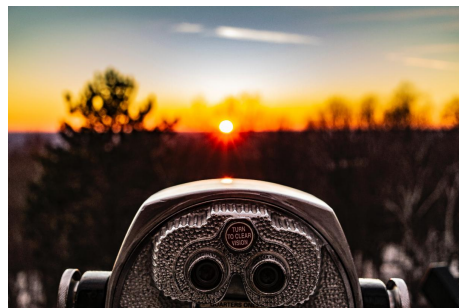
who are not suffering from financial distress, please continue paying your FY20 pledges. We are also waiting for about 50 members and friends to submit their pledge for FY21. You may do so on-line through this link: <https://tinyurl.com/WUSpledge>

In-person meetings are suspended. We have purchased a Zoom account for use by committees, covenant groups and other groups who wish to connect. Contact Administrator Thomas Slack (office@winchesteruu.org) to schedule use of the WUS Zoom Room. Some staff also have Zoom accounts that might be available if the main WUS account is already allocated to another group.

We strive to continue building community while ensuring public safety and ethical integrity. Thank you for your part and your patience as we navigate this new situation together.

Are We Where We Need To Be?

In spring of 2018, after a few years of approving a deficit budget, the congregation charged the CORE team with answering the question “Are we where we need to be?” with regards to resource allocation towards mission and vision. Members of the CORE team have reported back to the congregation with information about our programs and resources compared to other churches. The report ([linked here](#)) was distributed recently and a discussion about the findings was held on Sunday March 1 after the Service. Notes from that discussion have recently been posted ([linked here](#)). As a result of the CORE team report, a new Visioning Team has been created to use that data to help focus our program priorities and suggest actions that can help us move forward in keeping with our mission. Please keep reading upcoming Highlights for more information about when/how they will ask you for **your** vision and input.



New Keypad at Metcalf Kitchen Door

A new keypad door lock has been installed on the rear door by the Metcalf kitchen.

Instructional signage on how to use the keypad has been posted.

For questions please contact Thomas Slack at (781) 729-0949 or James Pidacks.

The locks have also been changed. Please return your old keys to the office.

Thank you!

Family Housing WUS

The Winchester Unitarian Society community has been incredibly generous in helping “the family” with donations of PediaSure, pull-up diapers, rides to appointments, conversation, and more. Now we, the family support team, are asking for help in finding housing for them.

The house where they have been living (winter-in-Florida owners) is not available after May 1. Do you know of any apartments available for a reasonable rent? Someone going away on sabbatical who would like house sitting? A landlord who would be willing to rent at below market rate?

Please contact Gloria Legvold (781-729-8247; glegvold@comcast.net) or Sandy Thompson (781-729-80063; sandra.thompson3@comcast.net)

Matching Funders with Shoppers for LexRAP Donations

Do you want to donate Huggies, PediaSure and Wipes for the young child of a local LexRAP refugee family, but don't have time to shop or can't find items in your local store? Do you have time to shop, but have already made your donations?



We would love to help by coordinating people who are willing to shop for items with those who are willing to pay for items. **Call or text Mary McIntosh 781-354-0404** with your offer / need and she'll find a match for you!

Please bring purchased items to WUS and place them in the blue LexRAP donations box in the Symmes room. See below for specifics, especially for the PediaSure since it's the only type the child likes.

Vanilla PediaSure Shake, 8 oz. – blue cap with, no artificial growth hormones
Huggies brand pull-ups, size 5T for boys
Huggies Nourish and Care wipes

If you are interested in providing direct support to a local LexRAP refugee family, please **contact Marianne DiBlasi at marianne@winchesteruu.org**. Thank you for supporting Winchester Unitarian Society's relationship with **Lexington Refugee Assistance Program (www.LexRAP.org)** whose mission is to provide refugee families with a network of community support.

Social Action and Outreach wants your suggestions for justice and service projects this year. Please talk to any member of the committee: Sue Doubler, Harris Gibson, Gordy McIntosh, Claire McNeill, Patty Shepard, and Martina Warner. We have one vacant spot. Visit a meeting, the first Tuesday every month.

Community Joys and Sorrows

Naming Our Joys and Sorrows Beyond the Pandemic

Sometimes a community crisis overshadows the regular ebb and flow of life. Yet, those of us who are living through hard times can easily get lost as attention is

elsewhere. Share what is on your heart with your community.

In this spirit, we extend our condolences to **Robbie Brown** as she mourns the recent death of her brother, Alan, from lung cancer.

If you are facing a time of joy, sorrow or transition in your life, our ministers 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

Social Action & Outreach

Reversing Voter-Suppression in Texas and Florida!

Actions to increase voter turnout in Swing States.

In our past three gatherings, we have written 600 postcards and letters to voters in these states with a cynical history of voter-suppression for political ends.

Florida Vote By Mail Postcarding

Write postcards to Florida Registered Voters to encourage them to Vote By Mail.

Phonebanking

There are multiple groups doing phonebanking in nearly all the Swing States. Contacts, links and instructions can be provided.

Texas Letter-Writing

This campaign targets traditionally under-represented registered voters in Texas who we believe are unlikely to move soon, and unlikely to vote.

**These actions are changing:
From: an On-Site gathering
To: a Pick-up and-Drop-off method.**

**Pick-up and Drop-off can be made at the Winchester Unitarian Society on Sundays
between 12:30 p.m. to 1:00 p.m.**

Volunteers will pick up the voter-contact materials one week
and return them the next.

Cost:*
- 20 postcards, \$11
- 20 letters, \$15

* Postcards, with stamps, voter list, instructions, seals. Letters, with stamps, envelopes, voter list, instructions.

This payment for the materials is not optional.

(None of the material was provided by Swing Left or Vote Forward.)

I'd like to boost the number of people doing this so it has to be self-sustaining.

Contact: John Healey; OceanWaterLover@gmail.com

Have you heard of "Faithify?"



Although we are distancing ourselves in person, there are many ways to keep connected and to share with other UUs. Faithify is a UU program that enables small UU projects to be funded. Small donations are combined to support UU congregations and their communities as they live their values in the world. Current projects:

- support a UU ministry to the military
- give money to a “bank” for baby supplies in Maine
- help a UU church in West Virginia deal with damage from a flood

See [Faithify.org](https://faithify.org) to learn more.

Learn UU Mass Action’s UU Legislative Priorities: Webinar, Wed April 1, 7:00 PM.

UU Mass Action will provide a general overview of our legislative Priorities on UU Advocacy Day, but if you want an opportunity to understand the details and to ask questions, please [RSVP for this webinar](#)

Council of Social Concern

The Food Pantry at the Council for Social Concern is currently low on: **Canned meats (tuna, beef stew, spam, salmon), baked beans, hearty canned soups and pasta sauce.** Since donating food may not be convenient, contributions may be made directly on their website: www.socialconcern.org

The Winchester Unitarian Society will be open during its regular office hours of 9:00 am to 3 pm for anyone interested in dropping off food for the Food Pantry.



Food Pantry Hours (by appointment only) are on Tuesdays and Thursdays from 9:45 am – 12:00 pm or 1:30 – 3:00 pm, and Wednesday Evenings 6:00 – 7:00 pm (for those working full-time or in school full-time).

If you cannot make an appointment, an emergency box can be picked up anytime Monday – Friday from 9:00 am – 4:30 pm

Food Pantry is open to Woburn & Winchester residents

If you have any questions or would like to make an appointment, please call Paula Matthews, Food Pantry Director at (781) 935-6495 ext. 208

Beyond the Congregation

Skilled Person Needed for Online and In-Person Networking and Fundraising with a Community-Based Team for an Important Cause

Do you have interest and/or experience in creative online social media, fundraising and networking? Are you looking for an opportunity to use your talent and energy for a successful project to help others and, even put on your resume?

We would like you to join the “Our Family” Team!

In the last year, a small group in the Metro-North suburbs has been helping a young family working very hard to overcome challenges as newcomers to the US. They were living with a host family and now are staying in a home while snow-bird owners are

away, and will soon need to find their own apartment.

They are educated, well-motivated, English-speaking adults eager to make a fresh start. Starting over is exciting, but life in this area is *so expensive*. As they seek work with their new work permits and Social Security numbers, they will need help to pay rent, utilities, food, health care and life's other necessities.

We're looking for someone energetic and enthusiastic to join our all-volunteer team for approximately 3-5 hours a week to network and fundraise for this appreciative family. We're thinking of different ways – a Facebook page, a Go Fund Me campaign, and other creative ways to encourage generosity from kind-hearted folks who would like to help a family that's working to help themselves.

If you would like to become an important member of a team of seasoned community helpers who have organized to assist this family – we'd love to have you join us. Please contact Karen at karen@karenhirschfeld.com. We look forward to hearing from you!

ARE YOU FAMILIAR WITH MEALS ON WHEELS FOR WINCHESTER RESIDENTS?

Whether you are incapacitated, recuperating, or simply not wanting to cook, you would enjoy the ease of having your meals prepared at the Winchester Hospital and delivered to your door. Now is the time to look into how easy it would be to arrange for reasonably-priced, hot meals. Simply call 781-721 9817 . Leave your telephone number for a call back to get the details on this dependable service. You'll be doing yourself a big favor!

Sunday Flower Dedications



Flower Dedications

Dates are available for flower dedications. You may dedicate flowers in celebrations of, in memory of, or in honor of someone and it will appear in the Order of Service.

The cost is \$45.00 (or you can bring your own flowers, but let the office know). Please click to [sign up](#) or use the sign up sheets in the foyer.

Ongoing

*****ALL IN-PERSON MEETINGS AT WUS HAVE BEEN SUSPENDED*****

**Yoga, Meditation, Caregiver Support Group,
and 350 Massachusetts Metro North**

Deadlines

Sunday Morning Announcements Guidelines: [Click here](#)


For Highlights submissions: Wednesdays, 9:00 am

For submissions to the OOS: Wednesdays, 9:00 am
Email to office@winchesteruu.org. No more than 250 words, please.

Staying Connected

Visit the WUS website!

- Read the latest Highlights and Mystic Messenger in the news section.
- Want to know if a room is free, or when your meeting is? View the calendar page.
- Need the latest directory, or a list of committee chairs? Go to the members' section (contact the office for the password).
- Want to set up electronic giving? Go to the How to Give page.



It's probably on the
website!

(And if it's not,
let us know)

Winchester Unitarian Society | 478 Main St. Winchester MA 01890
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