

Winchester Unitarian Society

Highlights March 5, 2020

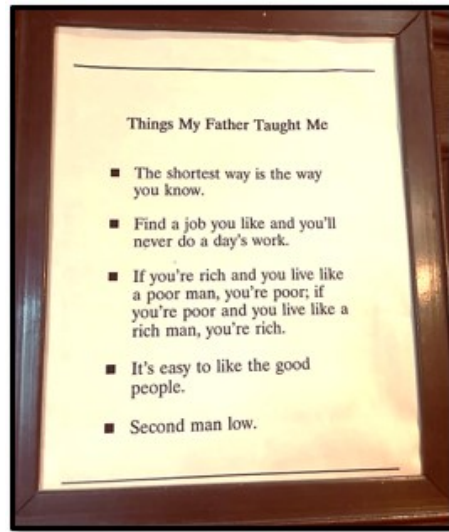


Photo illustrating this month's theme of "Wisdom"

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

10:00 am Family Worship, Downstairs Meyer Chapel

For young children, their adult friends and those with an inner child...

About Family Worship

This Sunday, "Time Magic" This is one of the two times of the year when we make time magic with our clocks. It seems like a small thing, but one single change can impact everyone.

Sunday, March 8

10:30 am All Ages Worship, Sanctuary



Night Wisdom: The Spirituality of Sleep

The Rev. Heather Janules

Worship Associates: Stephen Perepeluk & Harris Gibson

Sleep. It is an unconscious experience that - if we are fortunate - will constitute a full third of our lives. It is essential for life and health yet it renders us vulnerable. Only recently have we begun to understand how sleep functions and why it is so necessary. This service invites us to reflect on this mysterious and universal phenomenon.

This Sunday, we share our gifts with **Health Care for All**, which "advocates for health justice in Massachusetts by working to promote health equity and ensure coverage and access for all."

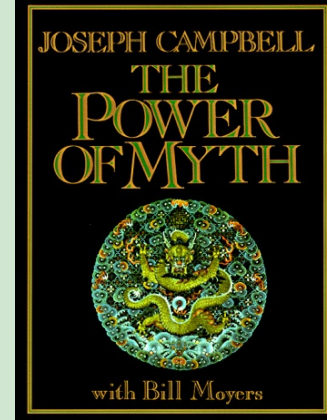
Events This Weekend



The Power of Myth Discussion
March 8th 12:00-1:00 PM
Michelsen Room

The "**Power of Myth**" explores spirituality and myth in a profound way, seeing the similarities of many myths across many vastly different peoples, cultures, religions, continents, and centuries. According to author Joseph Campbell, mythology is not a lie, mythology is poetry; not a literal truth but a metaphorical truth. Myths from different

cultures, peoples, and faith traditions are remarkably similar, speaking to the innate condition of the unchanging human psyche. If our dreams are individual myths; then myths are our collective dreams. **All are welcome**, whether you have joined the discussion previously, or not. Questions? , please contact Matthew Bronski mbronski@gmail.com



Input on Marianne's Ministry is Requested

The Intern Committee is hosting a cottage-style meeting to receive congregational input on the ministerial internship of Marianne DiBlasi. Your feedback will be incorporated into Marianne's final intern evaluation as she completes her 2nd year at WUS. **We are meeting Sunday March 8th at Noon in the Parlor. Please join us!**

If you are not able to attend on March 8 and would like to provide feedback, please contact: **Patty Cameron, Intern Committee Chair** at Patty.Cameron@comcast.net

Religious Education

This Sunday:

Morning Programs:

This month in Religious Education we will be introducing Buddhist practices and concepts of kindness and mindfulness and their link to our Unitarian Universalist lives.

World of Wonder: Kindness for Nature. This week we learn that some simple actions can be kind to nature. It is kind to reduce trash and recycle mindfully. We welcome our guests Maggie Russell and Lindy Brown as we join with other groups this morning. Isabelle and Caroline are also with us.

Moral Tales: Kindness for Nature. This week we learn that some simple actions can be kind to nature. It is kind to reduce trash and recycle mindfully. We welcome our guests Maggie Russell and Lindy Brown, as we join with other groups this morning. Elizabeth is also with us.

Faith Finders: Kindness for Nature. This week we learn that some simple actions can be kind to nature. It is kind to reduce trash and recycle mindfully. We welcome our guests Maggie Russell and Lindy Brown, as we co-lead the exploration of our recycling and trash collecting here at WUS.

Afternoon Programs:

Our Whole Lives **meets 4:30 - 6:00 in the Wallace Room. This week** , contraception and "safer sex". Karen and Ryan lead the group.

Please **note the new date for our next Potluck Theology** will be offered on **March 29th**, rather than April 5th. We will be decorating pysanky eggs, dip dying and hearing

about the myths of the spring season. All ages are welcome.

WUSYG

Winchester Unitarian Society Youth Group

To see all of our upcoming events, [click here to see a PDF of our calendar](#) for the year, or view and subscribe to our google calendar by going to our website: www.winchesteruu.org/youth where you can also find more information about our programs and ways to stay in touch. Email wusyouth@gmail.com with any questions, concerns or compliments!

Music

Choirs

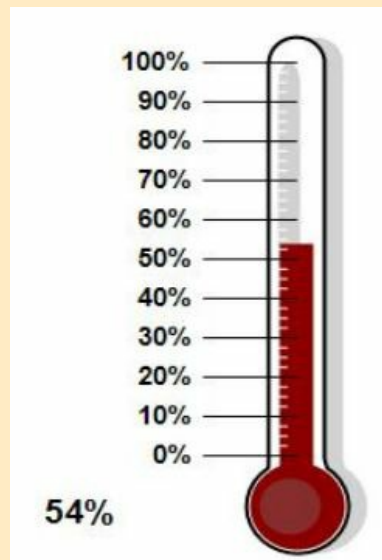
Adult Choir rehearsal begins at 8:45 on Sunday.

Children's Chorale and Youth Choir rehearsals are Tuesday evening from 6:15-7pm. Do you know a young person who loves to sing? Both these groups are wonderful opportunities to learn about music and enjoy community, and have a great time.

Please contact Music Director John Kramer for more information at john.kramer@winchesteruu.org

Congregational News

Pledge Campaign Reminder



As of March 3rd, we received 76 pledges representing nearly 54% of pledging households and 63% of our financial goal. If you haven't already made your pledge, please remember to submit yours as soon as you can. Also, please let us know if you don't plan to submit a pledge - that way we won't bother you with a telephone call later this month.

It's very important that we reach our \$400,000 goal so we won't need to operate at a deficit. A tremendous thank you to those who have already submitted their pledge. This year we are delighted to be sending environmentally friendly individual thank you's via email (with several exceptions for members and friends without an email account).

New Keypad at Metcalf Kitchen Door

A new door lock has been installed on the rear door by the kitchen. Your current key will work, when the locks change your new key will work.

Instructional signage on how to use the keypad and how to request an access pin will be posted shortly. Touch up paint will be completed shortly.



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!

STORYTELLING AND MUSIC LOVE HAS NO BORDERS

Saturday March 14, 7-9 pm

*Doors open at 6:30 pm for
Coffee and Desserts*

The Jenks Center

*109 Skillings Rd, Winchester
Accessible location*

They say home is a place where you feel like you belong; but what if home is a place you were forced to flee to escape war or being persecuted because of race, political views or religious beliefs? As a stranger in a strange land, how do you find the warmth of community and a place to belong?

Winchester Unitarian Society is hosting a community-wide event to create awareness of immigrant experiences and inspire hope-filled action through the power of stories and music. Storytellers will share various perspectives of refugee and immigrant related experiences. Interwoven between the stories, Spanish folk music and immigrant justice songs will be performed.

Featured speaker, **Abdi Nor Iftin**, a refugee from Somalia who lived in Kenya before immigrating to the U.S., will share his story, as chronicled in his memoir, *Call Me American* and on NPR's, *This American Life*: "Abdi and the Golden Ticket."

Marianne Boswell: founder of Lexington Refugee Assistance Program (LexRAP) will share her family's refugee story and how LexRAP began.

Dr. Jawad Abo-Tabik: An Iraqi refugee, after years of displacement, finally finds a place to belong with the support of LexRAP.

Patty Cameron: will tell her story of being a Sanctuary volunteer.

Karen Hirschfeld: will share her vision of Winchester as a Safe Community.

Suggested donation of \$10-20

Proceeds benefit Lexington Refugee Assistance Program, providing refugee families with a network of community support and a place to belong. (www.LexRAP.org)

Hand in Hand Café

There are many ways to strengthen our relationship with LexRAP (Lexington Refugee Assistance Program). One is to enjoy one of their "Hand in Hand Cafe" dinners held at First Parish, Lexington (7 Harrington Rd.) The meal is prepared by local refugee women who join guests for dinner and conversation. Upcoming dinners are on March 7, April 4, and June 13 at 6:00 p.m. The cost is \$30 plus a small processing fee. Go to www.lexrap.org and follow the links to sign up.



NEXT SUNDAY, March 15th, 11:30 AM, Metcalf Hall

This year's chili cook-off will take place as a Fundraiser for WUSYG's upcoming service trip AND a fundraiser for the congregation. It is a community-wide event for families and all-ages, featuring chili and mac n cheese competitions, with prizes for winners from various categories. There will also be plenty of other food & lots of fun ways to support WUSYG's service trip this year to War, West Virginia while simultaneously bolstering our Operating Budget, including a 50/50 raffle and Rev. Heather's Handmade Soap Emporium, with special selections of honey (which includes honey made by a member), "Green Irish" for St. Patty's Day, and much more!

We are still looking for LOTS more chili & mac n cheese competitors, as well as several people to bring cornbread and desserts.

If you'd like to enter the competition or contribute something else, **please sign up ASAP: <http://bit.ly/wuschili>**

For more info about what exactly to bring/when/where, plus the label to print and bring with your chili/mac n cheese, **please go here: <http://bit.ly/chililabel>**

If you're having trouble signing up or have any other questions, please contact Sam Wilson: sam.wilson@winchesteruu.org or James Pidacks: james.pidacks@verizon.net



Flow into Spring with Yoga
6:45 – 8:15 pm in the Meyer Chapel
Winchester Unitarian Society
Spring Session: March 9 – May 18, 2020
(No Class April 20)

Find respite and renewal in the present moment with WUS Gentle Yoga Flow. Newcomers are welcome as our Spring session begins. Our class is led by Fritzie Nace, MA in Body/Movement Therapy and Counseling Psychology.

With our focus on breath (pranayama), we move gently through a flow of yoga postures (asanas) leading to a final *shivasana*, a deeply restful integration of the practice. Postures 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.

Open to the public.

For more information or questions, email fritzie.nace@gmail.com.

Ten-class (\$135) and drop-in (\$15) options available



Calling all knitters, stitchers and other hand crafters: We are meeting next on **March 19th at 7:00 PM.** but generally expect to meet the **FIRST THURSDAY**, and the **THIRD SUNDAY** of the month - adjusting as necessary to not compete with other WUS events. Bring along creations to make for town day and our fundraising efforts. Knitters, crocheters, quilters and embroiderers are all welcome. Please contact Rebecca Kelley-Morgan at rebecca@winchesteruu.org

Immersion Trip to Honduras - August 1-8, 2020

Winchester Unitarian Society members are organizing an Immersion trip to Honduras to visit El Hogar, a school and home, if needed, for about 250 students. The program will give you the opportunity to engage with students, parents, staff, alumni and other nonprofits working for change. You will learn about the culture and the people of Honduras and explore the issues of extreme poverty, violence and climate change migration. There are still 4-5 spots available on the trip.



On Sunday, March 22 at 12 noon we will have **our first TEAM meeting (rescheduled from this Sunday, March 8th.)** This meeting is for individuals who are committed to going on the trip. If you have not done so already, please bring \$250 as a deposit.

If you are uncertain about going on the trip you can contact Carol Delaney (ccdolaney1@hotmail.com) or Cynthia Randall (cynthiarandall@comcast.net) for questions prior to the March 22 meeting. You can read more about the organization at www.ehogar.org

End of Life Matters, Session 1: Sunday, March 29th Michelsen room at Noon

We meet for a light lunch and take the next two hours to explore conversations that clarify our values and intentions. In addition we look at quality of life issues and end of life decision making, with some practical support around documentation to have in place before it is needed . RSVP's requested but not required. Contact Rebecca Kelley-Morgan at Rebecca@winchesteruu.org to let us know you're joining the group. **Part 2 is offered on Sunday, April 29th.** You are welcome to either or both sessions. This program is offered by the Pastoral Care Associates.



Sanctuary New Volunteer March Training at First Parish Bedford

As we are now over 2 years, your continued support for Maria is oh so important. Bedford really need to grow volunteers for upcoming months. Also, if you attended a training session a long time ago, but not yet volunteered, you are most welcome to sign up for a refresher.

Please note two important changes. Bedford needs a minimum of 3 trainees total per training session. If they have fewer for an upcoming session by the sign-up deadline,

the training will be postponed to the following month. If a training has to be postponed, you will be notified by the end of Saturday.

February Sanctuary Volunteers Trainings:

Monday, March 30, 7:00pm-9:00pm, Room 202

Tuesday, March 31, 1:00pm-3:00pm, Room 202

Please send marilynmullane@me.com the date you would like to attend as well as your email and cell phone # no later than noon on Friday, March 27.

On behalf of WUS Sanctuary Task Force

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.



Sunday Secretaries are needed!

The office could really use your assistance on Sundays.

Please contact the office at 781-729-0949 or office@winchesteruu.org if you're willing to consider it!

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.

There is a **Facebook group for WUS Members and Friends**, a fun way to connect outside of Sunday morning. If you wish to join, simply find the group on Facebook, ask to join through the page and, recognizing your name, office staff will approve your request. **Join the conversation!**



Community Joys and Sorrows

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

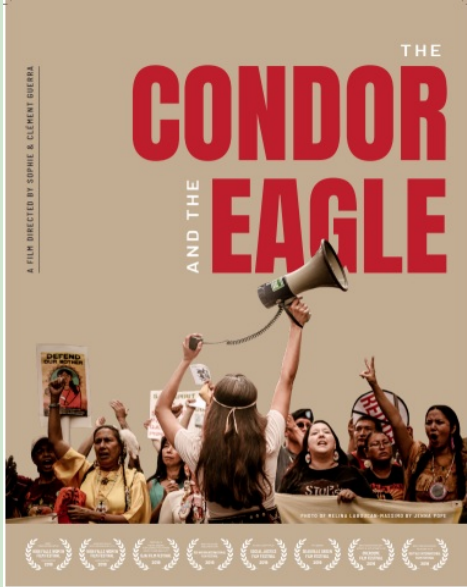
Social Action & Outreach

It's not too late to propose a grant through the Social Action and Outreach Committee. It selects organizations whose purpose aligns with our mission. Please email Gordy McIntosh by March 7 to tell us which group you plan to sponsor. You may obtain a Grant Application form from the SAOC page under the Justice tab on the WUS website. Grant applications are due on Sunday March 29.

"Democracy in Chains" Fri March 6, 7:30 PM at First Parish in Concord, 20 Lexington Rd. Reclaim Our Democracy invites you to an evening with Nancy MacLean, Duke University Professor of History and Public Policy, and author of the National Book Award Finalist "Democracy in Chains: The Deep History of the Radical Right's Stealth Plan for America."

Our partners at UU Ministry for Earth and UUSC are sponsoring screenings of their new, award winning film, The Condor and the Eagle. Participants are asked to make a **voluntary contribution to the UU Ministry for Earth**. Proceeds will be used to bring Indigenous partners to General Assembly and to fund our denomination's Indigenous frontline solidarity

efforts in 2020.



Four Indigenous environmental leaders embark on an extraordinary trans-continental adventure from the Canadian plains deep into the heart of the Amazonian jungle to unite the peoples of North and South America and deepen the meaning of "Climate Justice".

To see trailer, click on link: <https://vimeo.com/359405536>.
Local Screenings already scheduled:

First Parish in Brookline, Fri March 20, 7:00 PM
382 Walnut St., Brookline (Lyon Chapel)

Littleton HS Performing Arts, Littleton, Sun March 15, 3:00 - 5:00 PM
56 King St., Littleton **FLYER**

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](#)



Sign up for UU Mass Action's Advocacy Day: Tue April 14, 9:30 AM - 4:00

Program: Arlington St. Church, 351 Boylston St 10:00 - 1:00 PM (includes lunch). An award will be given to Dean Stevens! For the past two years, Dean has generously donated his time and talents to the Metrowest Immigrant Solidarity Network's fundraiser, "Singing in Solidarity." [Check out some of his music and videos here](#) [Register via our Donate Page](#) It's \$25 until April 3.

50 Years of Boston Pride - Come march with The UUs!!

UU Mass Action has officially registered for the 50th Boston Pride! Our registration fee allows for only 100 people to join us. When: Sat June 13, 11:00 start time [Facebook Event Page](#)

Groups: Talk to people in your congregation and find out who is coming to Boston Pride. To let us know you're coming: **Complete this form**

If you're coming alone and will join us in Boston, great! **We need you to complete this form**

Please **be sure to RSVP** so you don't miss out.

Council of Social Concern

Next time you go shopping, please consider buying extra **baked beans**, **apple juice** and **peanut butter** for the Council of Social Concern's Food Pantry. These are the items they need this month to stock



their shelves. Thank you for your generosity.

Beyond the Congregation

Celebrate the 100th Anniversary of women's right to vote at a musical that educates as it entertains---and is free!

We Did It For You! WOMEN'S JOURNEY THROUGH HISTORY



**Sunday, March 8
2:30-3:30**

**McCall School, 458 Main Street, Winchester
FREE and open to the public.**

We Did It For You! Women's Journey Through History is a powerful and humorous musical that tells the story of how women got their rights in America, told by the women who were there.

**Call Me American:
A Conversation with Abdi Nor Ifrin + Cheryl Hamilton**
March 9th at 7 pm
Cary Library
1874 Massachusetts Ave, Lexington MA

A promotional graphic for the event 'Call Me American'. The title 'Call Me American' is written in a large, red, cursive font, with each word on a separate line and underlined with a blue line. To the right of the title is a photograph of two people: a man with short dark hair and a beard, and a woman with long brown hair. Above the photo, the text 'a conversation with Abdi Nor Ifrin + Cheryl Hamilton' is written in a smaller, red, cursive font. Below the photo, the date and time 'March 9 7pm' are written in a bold, blue, sans-serif font. At the bottom right, there is a block of text in a small, red, sans-serif font: 'Join us for a special evening of stories about immigration and belonging. Abdi Nor Ifrin, author of Call Me American, and Cheryl Hamilton, curator of Suitcase Stories and WGBH's Stories from the Stage, engage in a conversation about Somali immigrants arriving and living in Maine.'

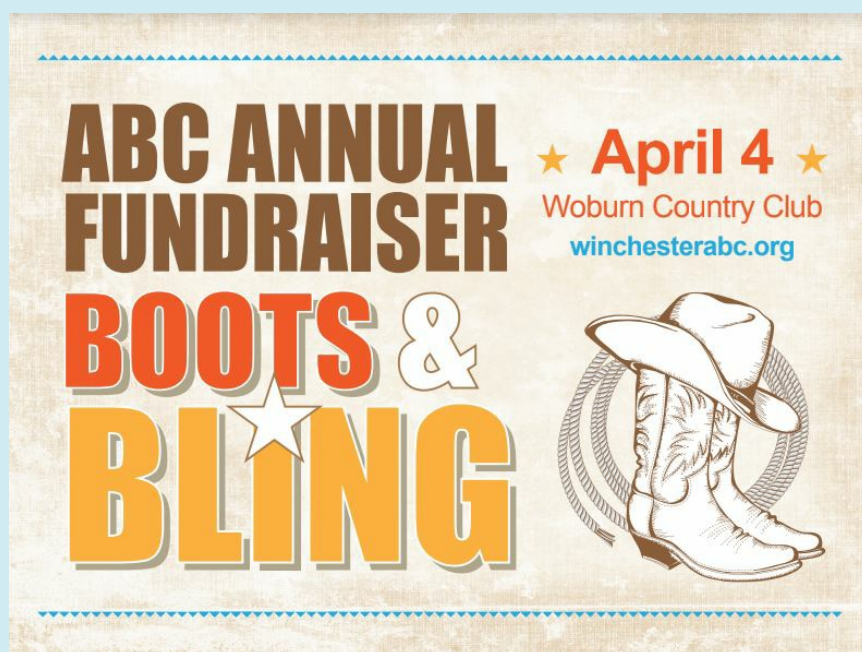
Ask A Muslim Anything with Robert Azzi
THURSDAY, MARCH 12, 7:00—8:00 PM
Large Meeting Room
Winchester Public Library
80 Washington St, Winchester, MA

Are you challenged to understand all the media noise



about Islam and what it means to be a Muslim? Join Robert Azzi, an Arab-American and native of New Hampshire, for a conversation about his experiences as a Muslim in America. Azzi is a photojournalist, columnist, public speaker, education consultant and world traveler who is eager to answer questions and engage in conversation about his life, how he came to convert to Islam, about the religion of Islam and its history - especially in America, and about the Middle East, terrorism, and associated political and social issues. As Robert says, "Nothing is off the table...I'm learning more about this great country and my wonderful neighbors

than I ever expected when I started this venture." Through open and honest discussion, he hopes to help reduce misunderstandings between people of different faiths. No registration required.



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 Volunteers & Flower Dedications

Coffee Hour Refreshments

Two people/families will be assigned to bring refreshments for one Sunday. We truly appreciate your willingness to be asked to help out in this simple way - thank you!

You can see when your assigned week is by looking [here](#).

Without a doubt, there will be an assigned week that won't work for a given family and we ask then that you barter with your fellow congregants to switch up the assignment to cover your assigned Sunday.

Help make Sunday mornings more welcoming and joyful by bringing refreshments for coffee hour!

If you have any questions, please feel free to contact Tyson (tyson@kamikawa.us) along the way.



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

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

See Ongoing Activities at:

<https://www.winchesteruu.org/news/ongoing-activities-groups/>

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)

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