

Winchester Unitarian Society

Order of Service

April 5, 2020

Centering Thought

"Often when you think you're at the end of something, you're at the beginning of something else... My hope for all of us is that 'the miles we go before we sleep' will be filled with all the feelings that come from deep caring - delight, sadness, joy, wisdom - and that in all the endings of our life, we will be able to see the new beginnings." – Fred Rogers

<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: Tyson Kamikawa - 781.460.8467

Gathering Music

John Kramer

Community News (In 140 Characters or Less)

Stephen Perepeluk

OPPORTUNITIES TO CONNECT

- **The Wednesday Night Meditation Group** is now on-line! See the last issue of Highlights or the WUS website for more details!
- **Mark Your Calendar!** Join us for a short and informal Vespers service on Thursday, April 9th at 6 pm - center, reflect and breathe together...
- **Please join us for Family Worship Friday 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>
- In addition Rebecca Kelley Morgan is hosting two **parent's check in and support groups every week** - one evening and one morning session. **Monday at 8:00 PM and Wednesday 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 drop in groups found at: <https://zoom.us/ParentsSupportGroup>
- **WUSYG:** We're physically-distancing but socially-connecting, now in 3 different ways a week! *ZOOMSYG!* every Sunday, 4:30-6:30 pm, which are similar to our regular meetings, "Weekday Bonus WUSYGs" (WBWs!) that will be a bit shorter and strictly fun, and "Happy Hour" on Fridays at 4 pm. Youth should use this link to join all of our meetings: <https://hbs.zoom.us/my/haleywegner>

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
- **And "Decorate the Chancel":** As flower deliveries and dedications are postponed until we return to the sanctuary, we invite you to send photos of flowers from your garden

or from your daily walks to be included in our services. Email these photos to heather.janules@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.
- **Connecting with the Office at this Time.** When contacting Thomas or Jenny please send your email to both members of the office staff. By sending your emails to both Jenny and Thomas it will ensure we can respond to your requests in a timely manner. Please let us know if there is any way we can help. Thank you.
- **The WUS Office will be closed on Monday, April 13th.**

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 Starhawk (Adapted) Marianne DiBlasi

Chalice Lighting by Marta Valentín (Abridged) The Intern Committee:
Patty Cameron, Peter McEntee, Sheila Rudolph-Correia, Stephen Perepeluk, Erin Graham,
and Martin Newhouse (listed in the order they are speaking)

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.

Life has been doing itself since it was created.
In the beginning, as it is now,
It has been about becoming...

What does the world wish to become?
Its magical secrets hidden among the leaves in the
Forest – sitting, waiting, being, yearning
To be discovered by a fellow traveler...

Desiring to be, the world has been surrounded,
Cornered, encroached upon by an army of doers,
Relentlessly testing reality...

Spirit teaches every day that the act of doing
Is based on being: they are inextricable.
In the being, the leaf falls gracefully
To float along on the wings of the wind...

Trusting the process, remembering that Spirit is the host
And the leaf is a guest in this life,
Knowing in its being that its story
Is its own history of salvation,
Even amidst a million leaves in the forest.

God calls....
Spirit calls....
Life calls....
And the act of being is the one true response.

Hymn *Come, Come, Whoever You Are*

Come, come, whoever you are,
Wanderer, worshipper, lover of leaving.
Ours is no caravan of despair.
Come, yet again come.

First Reflection *I Can't Wait to See What Happens Next!* 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.

Prayer *Amazing Peace* (Abridged and Adapted) by Maya Angelou Stephen Perepeluk

Kindling of the Light *The Sunken Cathedral* Claude Debussy
You are invited to now light a candle of joy, sorrow or concern.

Silence

Hymn *Find a Stillness*

1. Find a stillness, hold a stillness, let the stillness carry me.
Find the silence, hold the silence, let the silence carry me.
In the spirit, by the spirit, with the spirit giving power,
I will find true harmony.
2. Seek the essence, hold the essence, let the essence carry me.
Let me flower, help me flower, watch me flower, carry me.
In the spirit, by the spirit, with the spirit giving power,
I will find true harmony.

Second Reflection *Endings and Beginnings* Marianne DiBlasi

Offering This morning, we share our gifts with the **Winchester Got Lunch**, who is broadening their outreach of providing food assistance and gift cards to all Winchester residents – young and old – to ensure no one goes hungry 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 “April 5 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

No One is Alone
Andy Papas, Soloist

Stephen Sondheim

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.

Intern Minister Decommissioning

The Rev. Heather Janules, Patty Cameron, Stephen Perepeluk,
the Congregation and Marianne DiBlasi

Congregation & Stephen Perepeluk: Marianne, we are grateful that you came to learn the practice of ministry among us, growing into the compassionate and visionary minister we know you to be. Even though you will no longer be with us, your influence will remain. We bless you in completing your studies and look forward with great excitement to your day of ordination.

Presentation of Gifts

Patty Cameron
(on behalf of the intern committee)

Hymn

I've Got Peace Like a River

I've got peace like a river
I've got peace like a river
I've got peace like a river in my soul (repeat)

I've got joy like a fountain...
I've got love like an ocean
I've got pain like an arrow....
I've got tears like the raindrops...
I've got strength like a mountain...

Benediction

Tibetan Buddhist Blessing

Postlude

I'll Remember April

Gene DePaul

Extinguishing the 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. - Elizabeth Selle Jones

Join the Conversation!**Music Notes**

The Sunken Cathedral (La Cathédral engloutie) is a musical portrayal of the ancient Breton myth about a submerged cathedral which rises up from the sea on clear mornings. You can hear the bells of the cathedral chiming at the beginning, as well as the rising of the cathedral and subsequent falling back into the water. I know we are all feeling "submerged" right now, in many different ways, and are only able to rise out of the water (or our homes) for short periods of time.

No One is Alone is from Sondheim's musical *Into the Woods*. You will hear references to some of the fairy tale elements of this musical, but in essence this song is about facing life's challenges together. Our on-line services are just one reminder that we are not alone.

Questions for Reflection

What are your sources of peace during stressful times?
What possibilities do you desire for the future that did not exist before?
How do you choose to *be* in this time?

Serving Today

Tyson Kamikawa, Real-Time Tech Support Associate; Contact Information: 781-460-8467

Kim Foley, Pastoral Care Associate; Contact Information: 339-227-0216

Special thanks to John Kramer for serving as video manager for the pre-recorded parts of today's service.

4.5.20 Pew/Couch Pack

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)

Please share with the children in your home: Welcome to today’s worship service. This week, Marianne, our student intern, is saying goodbye to us as she finishes her learning time at Winchester Unitarian and she will be talking about Endings and Beginnings. Until we see each other in church, have a great Sunday and a good week!

BEFORE WORSHIP: Find a candle for your chalice if you have one at home. If you don’, maybe you can find a cup or upside-down flowerpot or a craft project to put it in. If you don’t have any of those things, a chalice can be invisible too!

Get out some crayons and pencils, scissors, clay or playdough if you have it, and the papers that the adults in your family have printed to share with you. You may want a couple of blank pages to write or draw things as they come to mind or if questions are asked.

And use the settling in suggestions above. They help everyone get ready for worship.

DURING WORSHIP: We are all lighting the chalice together this morning. As we light the chalice at church, please light YOUR chalice with your families at home. We have words to say too. They are in your order of service. Adults might want to help you understand the words.

First Reflections: Rebecca will be asking us to think about curiosity.

Singing a Blessing: The song we sing is a blessing for you wherever you are. If you are at church on your way to Religious Education it is a blessing. If you are at home on your couch, it is a blessing.

Blessing to Sing together

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.

Candles and Hymns: Some of the things that your parents and other adults are doing in worship are things that you can do too. You can light another candle for the things and people you are thinking about. You can join in singing the hymns when they are sung. Or you can listen.

In this pack we have two topics

Labyrinths: We often use our breath to quiet ourselves. There are other ways to quiet ourselves. We can use Labyrinths to slow down. We can trace the paths until we get to the end and then to come back to the beginning. Labyrinths have beginning and endings. We have some labyrinth ideas for you to try.

From the World's Religions: This is the time of year when Jewish people celebrate the holiday of Pesach. It is also called Passover

We have some pages for Passover. If you came to Family Worship on Friday, you heard about this holiday. Passover was an ending and beginning for the Jewish people.

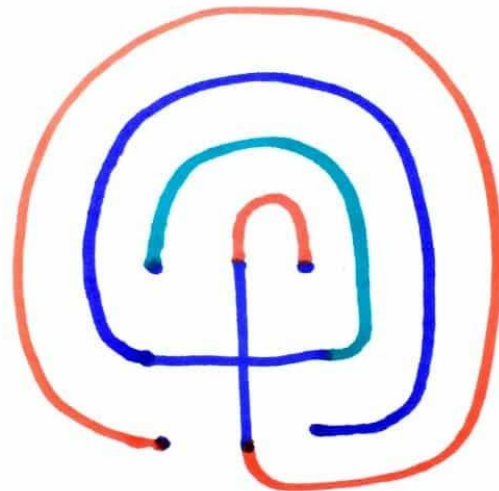
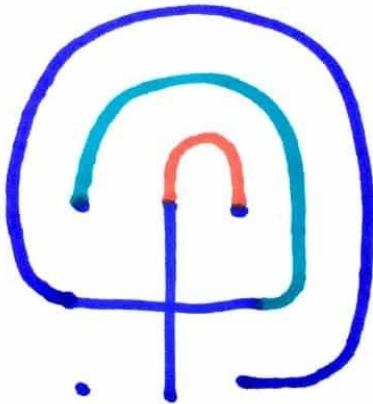
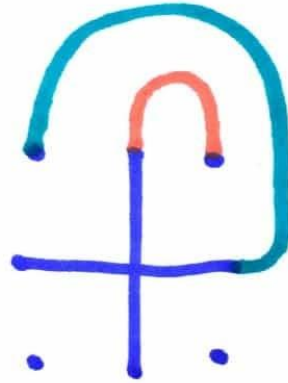
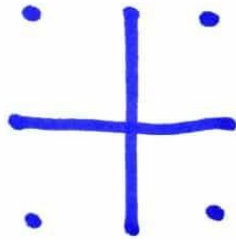
Things to do during Worship: Keep looking through these pages. Our Chalice Labyrinth is back (remember Labyrinth is a fancy word for maze) and there are examples of how you may draw your own. You may want to color the paths in the labyrinth. Use your finger to trace the path on the Chalice Labyrinth. See how fast you can do this. See how slowly. Do you feel the difference?

After practicing drawing a labyrinth you can use your clay to make a "finger labyrinth" to hold in your hands. What else can you make a labyrinth from.

SNACK TIME: After our morning together, we like to have a snack. You can have a snack at home, or perhaps an early lunch. Maybe you have certain snacks for special occasions. Is today a special occasion? Ask your families if you can help make the snack or serve it. And don't forget to wash your hands!

Things to do later:

Now that you know how to draw a labyrinth you can use more clay to make "finger labyrinths" to give to the adults in your house. You might draw one outside on pavement with chalk that is big enough to walk in. You might want to ask someone for an old sheet and draw a labyrinth on that. It will be big enough to walk in and you can use it inside if you have the room. You can go online (with parent's permission) and look at labyrinths around the world.



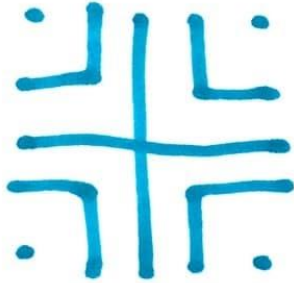
CRAFT
whack

Here's your simplest labyrinth, and here's how to draw it:

- Draw a small plus sign on your paper, about a third of the way down the page. (You'll need space above it.)
- Draw a dot in each 'corner' if you were to draw a square around the plus sign.

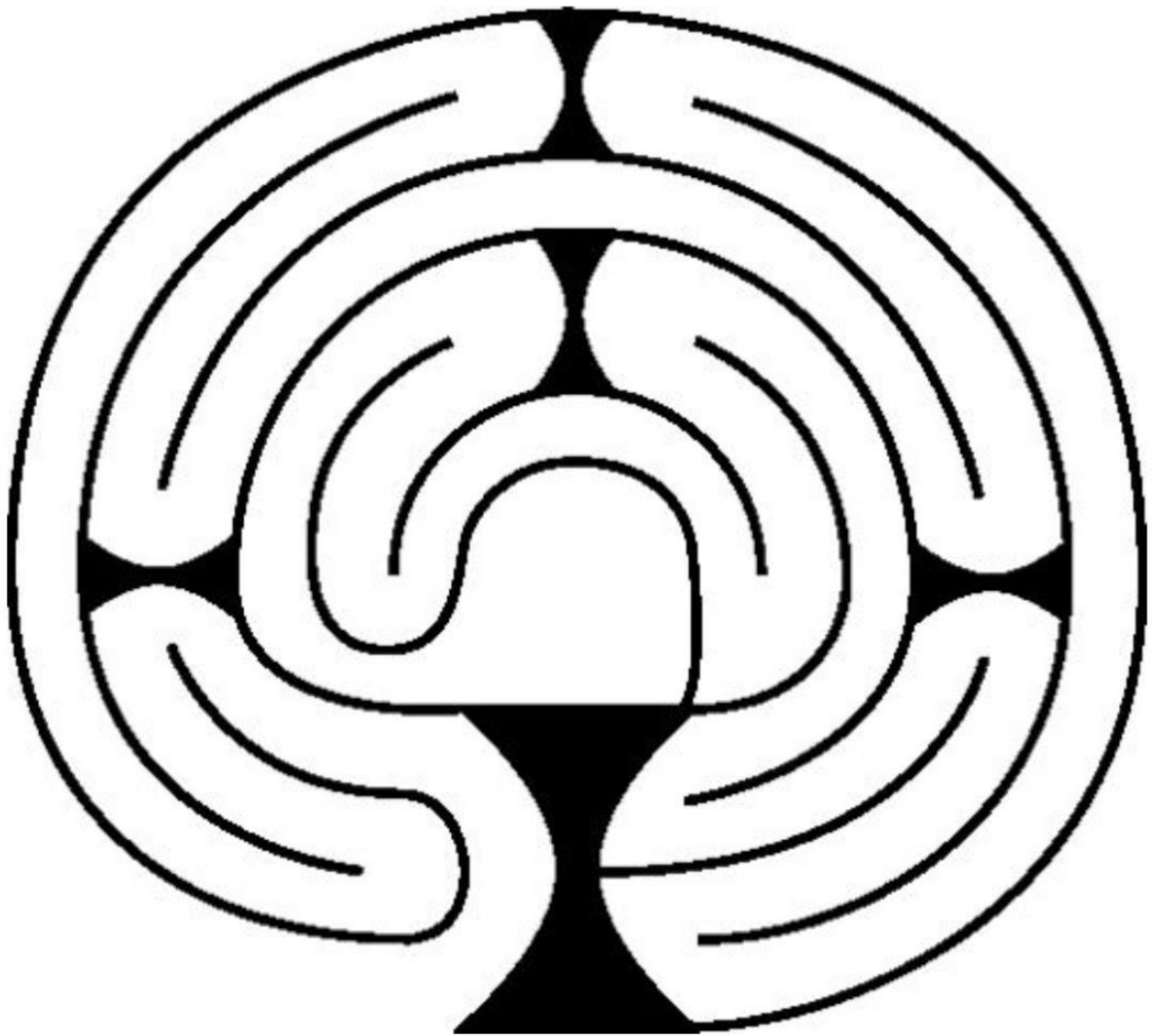
Draw a 7 Path Labyrinth

It is the same as drawing the one above, but you are adding more paths. Draw the plus sign, as before. Make sure you place it a little further down on the page, because you will be adding more above the plus than below it. You can practice right below these drawings.



CRAFT
whack

Try tracing the paths in this labyrinth with your finger. Color them anyway you like.



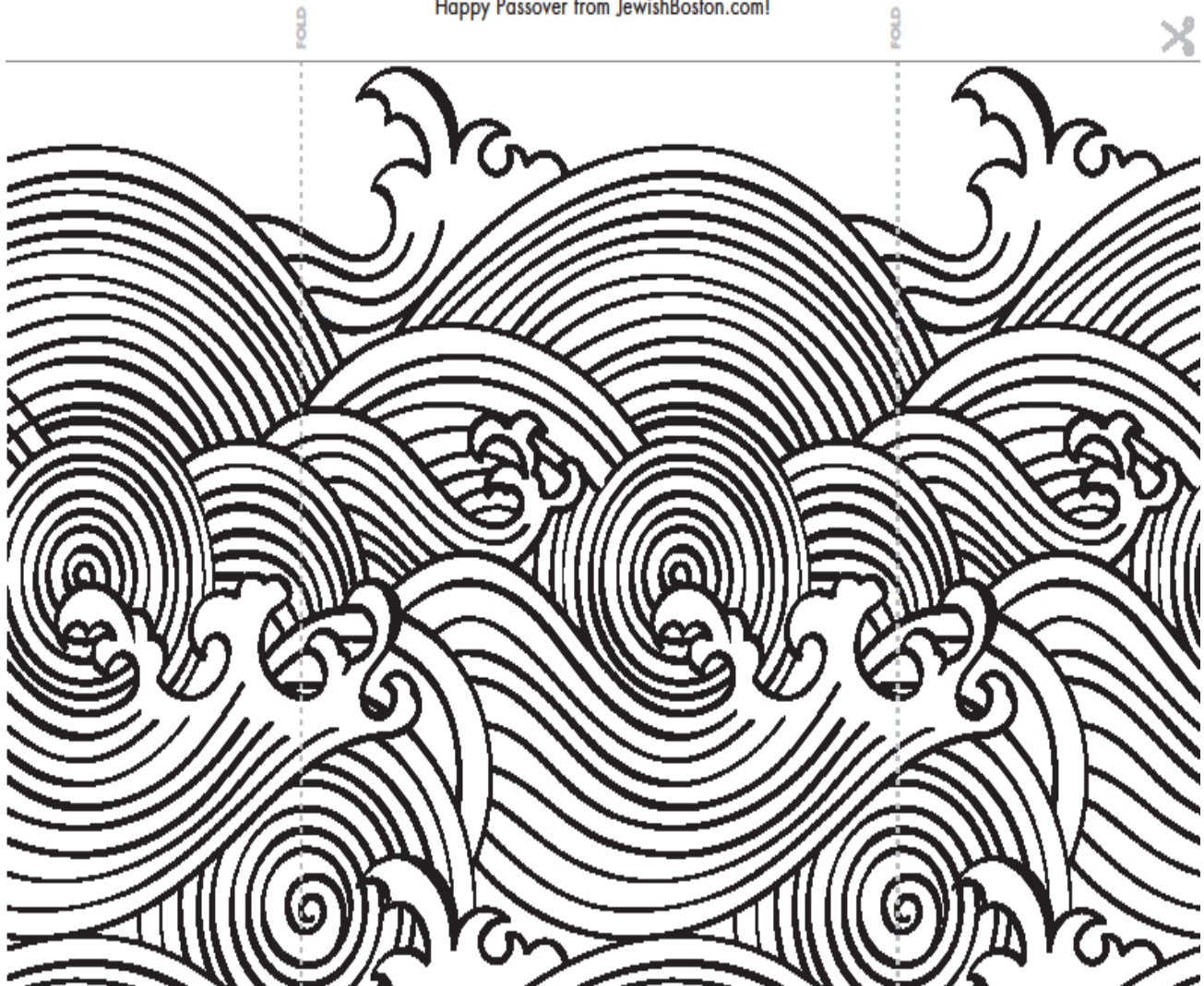
CROSSING THE SEA

Color the sea below. Cut these instructions off along the solid line. Fold the paper along the dotted lines.

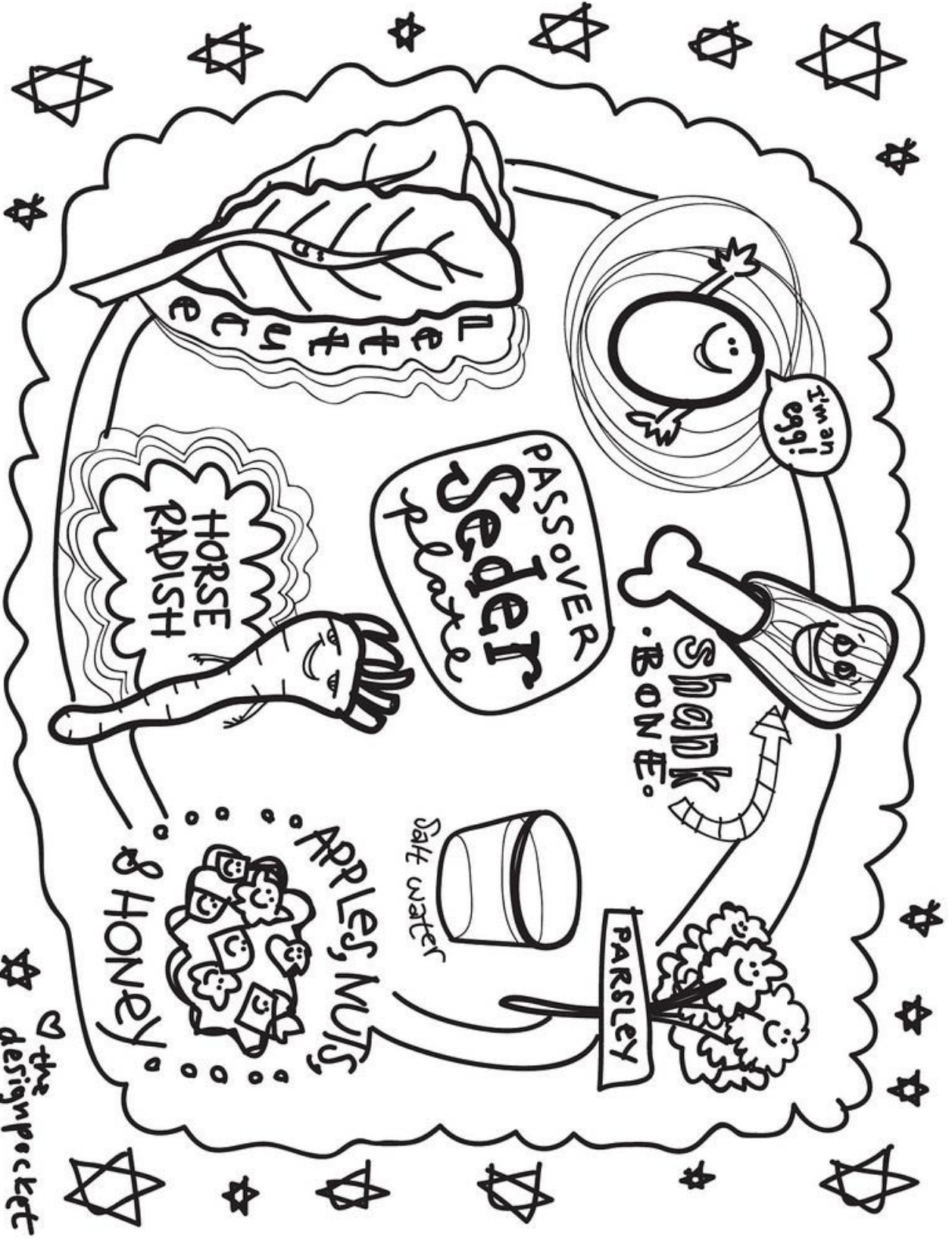
Draw a picture of the Jewish people on the other side of the paper.

When you open the sides of the card, it will look like they're walking through the splitting sea!

Happy Passover from JewishBoston.com!



When the Jewish people left Egypt, they crossed an ocean. Some say that their leader was able to create a path to the other side by splitting the waves in two with dry land between them. Their leader was named Moses and helped the Jewish people find their freedom. Today Jewish people celebrate with a special meal, called a Seder. At the Seder, special foods are placed on a plate to remind everyone of the escape from Egypt and slavery.

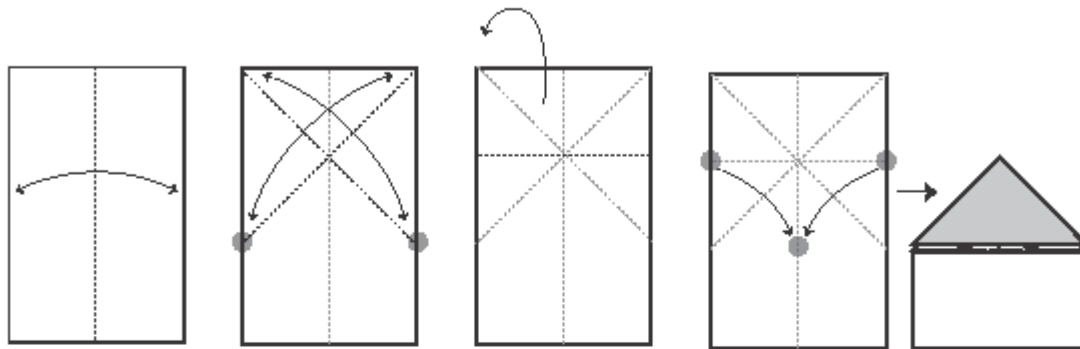


the designpocket

The King* of Egypt was cruel to the Jewish people. Their leaders asked the King to release them, but the answer was “no”. The leaders of the Jews warned the King that bad things would happen if the Jewish people weren’t freed. And bad things did happen. Some say there was an invasion of frogs and nine other (often weird) unpleasant events. Eventually the King gave up and promised the Jewish people their freedom. You can fold a friendlier frog using the directions below.
 *The Egyptians used the word Pharaoh instead of King.
 (The Egyptians used the word Pharaoh instead of King)

PASSOVER ORIGAMI FROGGIES

Follow these instructions to make bouncy origami froggies for Passover.
 (Definitely more fun than the ones the Egyptians had to deal with!)

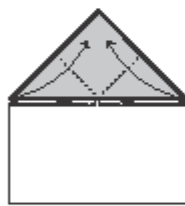


1. Start with a rectangular sheet of paper, white side up. Fold it in half, and open out again.

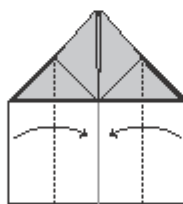
2. Fold both top corners to the opposite edge of the paper. Your creases should look like this.

3. Where the diagonal creases meet in the middle, fold the paper backwards, crease well, and open.

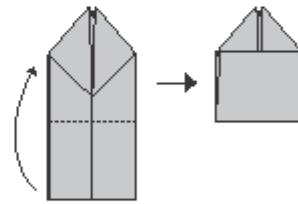
4. Holding the paper at the sides bring these points down to the center line, then flatten. The creases should do most of the work here!



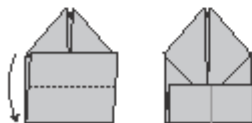
5. Fold the uppermost triangles up to the top point.



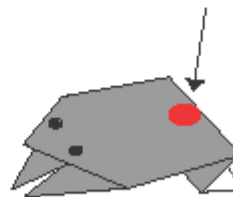
6. Fold sides in to meet the center crease.



7. Fold the bottom of the paper upwards so that the end sits in the center of the top diamond.



8. Now fold the same part downwards, in half.



9. Turn over, and your froggy is finished! Press down on his back, as shown, to make him jump. Boing boing!

