

# Winchester Unitarian Society

Highlights April 16, 2020



April's theme is *Liberation*

## Upcoming Worship

**Sunday, April 19**  
**10:30 Worship, ONLINE**



Photo by [Robert Metz](#) on [Unsplash](#)

**The Paradox of Liberation**

Rebecca Kelley-Morgan  
Worship Associate: Peter McEntee

There is a great irony in the fact that our worship theme for this month is Liberation. But consider how the challenges of this time bring us deeper into relationship with the many forms that liberation may take when our lives have contracted physically. It is our practice and our prayer that we find liberation within, when we cannot find it without.

This morning, we share our gifts with **Winchester Hospital Healthcare Heroes Fund**. The fund is a recently established vehicle for donations that can be used in whichever way is most appropriate and effective to provide immediate resources to our nurses, physicians and hospital leaders as they fight the pandemic. All donations to Winchester Hospital remain within the community. 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 19th Offering" in the memo line or comment field.

In light of the Stay at Home order issued by the Governor, worship will be broadcast from home until further notice, affirmation of the long-cherished belief that the Holy dwells everywhere! Zoom in as usual at 10:15 am on Sunday for a 10:30 beginning: <https://tinyurl.com/WUSworship> Tomorrow, you will receive the **order-of-service and "pew/couch packet"** which will also be saved to the front page of our website.

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**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](mailto: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](mailto: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.

## Community Connections

**A Pastoral Letter from The Rev. Heather Janules** [\[link\]](#)

### Resources Available

Through the generosity of WUS members and friends,  
we are prepared to distribute:

**Cloth, handmade masks.** The CDC now recommends that all wear a mask when out in public. Supply of available masks is limited so priority is for

those over the age of 70, immunocompromised or in a caregiving role.

**Financial support.** If your income has been significantly decreased as a result of the pandemic shut down, you are eligible for financial support from the Minister's Discretionary Fund.

Contact Rev. Heather if these resources would be helpful to you:  
heather.janules@winchesteruu.org; 781.729.0949  
(phone messages are forwarded by email.)



### 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!

### Connecting with the Office During this Time

When contacting Thomas or Jenny please send your email to both members of the office staff. Thomas will be in the office three days per week. Jenny is only working two days in the office per week and Thomas is working from home on those two days. By sending your emails to both Jenny and Thomas it will ensure we can respond to your requests in a timely manner. You can reach someone in the office between 9am to 3pm. Please let us know if there is any way we can help. Thank you.

**Office phone (781) 729-0949**

**Thomas' email: [office@winchesteruu.org](mailto:office@winchesteruu.org)**

**Jenny's email: [adminassistant@winchesteruu.org](mailto:adminassistant@winchesteruu.org)**

## Congregational News



### Update about "Maria" First Parish Bedford in Sanctuary

On March 20, 2020, we learned that the First Parish of Bedford's Strategic Team decided to temporarily stop all volunteer shifts given the current health crisis. Effective March 20th, the Town of Bedford's Board of Health also declared a state of emergency prohibiting service and activities at various establishments in town, including houses of worship. Given the town declaration and Bedford's goal of keeping Maria as well as all coalition members safe, this became their only course of action. Maria, too, worried and didn't want anyone to get sick on her behalf and was on board with their decision.

**First Parish though will continue to be a sanctuary church.** After consulting with Maria, she decided to remain in the church with her mother, who is recovering from surgery, as well as with two of her U.S. citizen sons, Anthony and Saul. Bedford will continue to support Maria and her family physically and emotionally in basically a lockdown situation at the church. Anthony was laid off from his job and can no longer

help with the rent for the family apartment. Saul, the youngest of Maria's children, is taking classes online. Their brother Erwin, also a U.S. citizen, is currently living at the family apartment and continues to work at a local hospital but, with only one paycheck coming in, will need help with the rent. And, Isedro, the eldest son who was deported to Guatemala, is doing well at the university. Bedford raised \$5,600 for his education fund which will get him through this calendar year. Maria, thankfully, will be able to continue with her English language tutoring, now virtual. And, like many of us, groceries will be dropped off.

### So, how can you help?

- **Over the week of April 20th, all from WUS are invited to send cards and well wishes to Maria.** Each congregation has been designated a week so that Maria regularly receives mail and isn't so isolated. This schedule covers the weeks of March 30th through May 25th. Don't forget she has been in sanctuary over two years now and one outlet was the many rotating volunteers from ten houses of worship covering shifts and staying overnight. Now, that's all gone. Please send your cards, including some expressions in Spanish, to:

**First Parish Bedford  
75 Great Road  
Bedford, MA 01730  
Attn: Maria**

Coordinators from First Parish Bedford and nine supporting congregations will continue to stay in touch with Bedford's Strategic Team. We plan on touching base again late April via an online meeting and will continue to keep our volunteers as well as WUS posted.

On behalf of the Sanctuary Task Force,  
Patty Cameron, Heather Janules, Marilyn Mullane,  
Mayra Rodriguez-Howard, and Sam Wilson

### **Town Day and WUS Fundraiser Postponed until September 26<sup>th</sup>**

What does this mean for us? It means we won't have these added funds for FY'20 as anticipated. But it also means more time to prepare!

What can we do between now and then? CREATE!!!

In addition to the chili dog and pie stand on the front lawn with live music to serenade diners, we will have a "not really a rummage sale" WUS Bazaar in Metcalf Hall. There, we will sell creations of all sorts. With the growing season between now and then, we will have the added benefit of having the summer harvest to turn into baked and canned goods.

What might you offer? Here are some ideas, but please let us know if you have a unique offering and use the [Sign Up Genius link here](#) to let us know what you hope to contribute. Ideas:

- Knitted and crocheted items (some already in the works)



- Sewing craft: coasters, baby blankets, stuffed animals, aprons, you name it
- Jewelry: beaded necklaces, bracelets, earrings – newly made, refurbished or repurposed!
- Decorative key chain art
- Woodworking: cutting boards, coasters, cooking spoons, tool boxes ???
- Rock Art: paint smooth stones with images or inspiring messages
- Upcycled Art: get creative!!
- Origami Art
- Painting/Printing: Homemade wrapping paper, bookmarks
- Photography
- Plants: split and pot your prolific houseplants; by September we could have dried flowers for arrangements
- Homemade food items: fermented veggies, pickles ,hot fudge sauce, jams & jellies, baked goods, dried herb sachets
- Metal work – blacksmithing, sandering – lawn art???

We will envision a time when we can return to a community in person, perhaps a pie baking party, a jewelry-making soiree, a morning of preparing fermented veggies together. If you have a craft or creation that you would like to offer, please let me know with a quick email to [Fritzie.Nace@gmail.com](mailto:Fritzie.Nace@gmail.com). THANK YOU!!



**Flow into Spring with Yoga**  
**6:45 – 8:15 pm via Zoom**  
**Through Winchester Unitarian Society**  
**Spring Session: March 9 – May 18, 2020**

Find respite and renewal in the present moment with WUS Gentle Yoga Flow. Please join us, even if you have not been to the class before. 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.

Please follow this Zoom link to join the class. Please tune in several minutes early so we can clear up any technical challenges before beginning class.

Our class is open to the public. Please feel free to share this notice with friends.

For more information or questions, email [fritzie.nace@gmail.com](mailto:fritzie.nace@gmail.com).

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

**\*While we are gathering virtually, the classes will be free. I would greatly appreciate donations to the Winchester Unitarian Society as a gratitude for the class.**

**is now on-line as of Wednesday, April 1.**

We wanted to let you know that we are going online, at our usual time. Below are specific instructions and general information, as well as an additional online resource that may be helpful during these challenging times. Last but not least, if anyone wants to make use of this platform for other local meditation groups, please be in touch [via email here](#) and we'll figure out how.

We hope to see you online Wednesday evening.  
with metta,  
Patty (and Ron)

**Specific Instructions:**

Dial-in number (US): (712) 770-5505

Access code: 891-437-120#

International dial-in numbers: <https://fccdl.in/i/891-437-120>

Online meeting ID: 891-437-120

Join the online meeting: <https://join.freeconferencecall.com/891-437-120>

For additional assistance connecting to the meeting text "Help" to the Dial-In number above. Message and data rates may apply.

Sitting from 6:30-7:00 pm

bell will ring

Walking from 7:00-7:20 pm

bell will ring

Optional informal discussion 7:20-7:30 pm

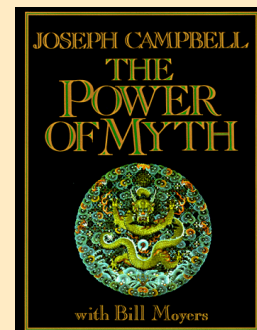
**Also, please join as early as 6:20 pm to greet each other before we ring the starting bell at 6:30. We should all have audio access but the video access will be limited.**

**We will all be muted during the meditation and you should be able to see a video of a lit candle on the screen during the 2 meditation periods.**

Free resource for connecting mindfully on-line, Center for Mindfulness and Compassion - daily, free and live online community practice:

<https://www.chacmc.org/connect>

**The Power of Myth** discussion group is convening virtually this **Sunday after our Worship Service 12:00-1:00**. For log on information please contact facilitator, Matthew Bronski at [mbbronski@gmail.com](mailto:mbbronski@gmail.com). You do not need to have participated before to join the discussion.



**Calling All Knitters and Fiber Artists**

If you are looking for a project or two during the stay at home days - and if you would like to participate in WUS's prayer shawl ministry, the PCA's are welcoming prayer shawls to distribute. (We have

some shawls so it is not an urgent need) Knit and Crochet patterns are available. Let Rebecca KM know if you would like one.

### **Mask Makers update notes:**

There is greater need every day for fabric masks as manufactured supplies for health care providers are preserved and rationed for those settings. Although masks are not recommended for children under two, once our frontline workers are taken care of, we will need children's masks. If you are interested in being part of a smaller mask making group - you can cut fabric if you do not sew - and participate in resource sharing (of patterns, requests and materials exchange), please let me know. - Rebecca KM



### **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.

### **Pastoral Care Associates are asking for your suggestions...**

Though today's emergency conditions limit the PCAs' ability to visit congregants in person, we are looking for alternate ways to be of assistance in this challenging time and welcome your thoughts.



Here are some ideas that were lifted up in our recent PCA meeting on Sunday, March 29: (1) A new online Covenant group for those not yet involved in one; (2) a periodic group conference call to those who do not have an internet connection; (3) a weekly phone call from a PCA to those desiring a regular check-in.

Future weeks of the Highlights will address suggestions we receive.

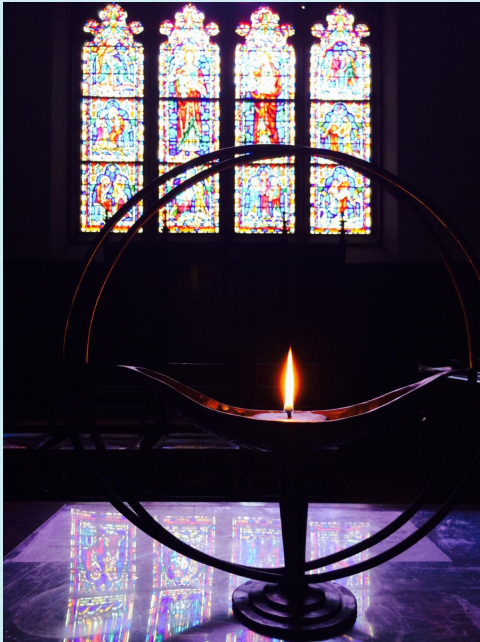
Please call Donna Reed (781-626-1785) or Vicky Coccoluto (781-729-9313) with your ideas for pastoral care in this coronavirus season. In the meantime, remember—stay 6' apart and wash your hands well!

### **Emotional Support: Maybe You Need It and You Just Don't Know**

These are scary times. We know we have to be strong. So we may not be letting ourselves realize that we could use a little support ourselves, a chance to vent, to let a few things out.

But this is our community. Here we're allowed to tell each other how we're doing. Please keep this in mind when you see notices about our drop-in groups - such as Vespers services or Parent Support Groups - or pastoral care opportunities. They're there for you, too.

And in committee meetings, please consider allowing sufficient check-in time so that everyone's needs can be met.



### 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 a number of 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 Zoom accounts for use by committees, covenant groups and other groups who wish to connect. Contact Administrator Thomas Slack ([office@winchesteruu.org](mailto: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 accounts are 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.



### Joys, Sorrows, Transitions and Concerns

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](mailto:office@winchesteruu.org)



## Staying Connected While Staying Apart:

**NOTE TIME CHANGE!** Please join us for **Family Worship Friday at 4:30 PM**. This week *Paying Attention to Ourselves and Each Other*. 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. And this week, think about an object or idea or activity that helps you settle into your body. We look forward to gathering virtually. \*A note to adults - we would like to give the children an opportunity to interact with each other after the service ends. Rebecca will be leaving the room open for another 15 minutes or so and inviting the children to visit with each other.

<https://tinyurl.com/WUSworship>

In addition Rebecca Kelley Morgan is hosting two **parent's check in and support groups** every week during April - 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> \*(Due to Zoom's increased security you will need to enter a password, so that I can admit you to the virtual room. It is 233249)

As we navigate these unusual times, I (Rebecca) am here to support you. Let me know what is working, as well as what is not. If your needs change, let me know. We want to offer useful and uplifting connections, not more things to add to the to-do list or increase your virtual fatigue.

## WUSYG

### Winchester Unitarian Society Youth Group



## 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](mailto:john.kramer@winchesteruu.org) if you have any questions.

## Social Action & Outreach

### Housing for the Family

COVID-19 has turned all our lives upside down in one way or another, but one thing continues to be true: "the [refugee] family" we have been helping will need to find an apartment sometime in the next few months. The owners of the home they are staying in won't return until the social distancing restrictions are lifted so they have some flexibility. We are asking for any information on an affordable apartment that might become available outside the normal real estate channels, a landlord who might be willing to rent at below market rate, or someone going away on sabbatical who would like house sitting.

Please contact Gloria Legvold ([glegvold@comcast.net](mailto:glegvold@comcast.net), 781-729-8247) or Sandy Thompson ([sandra.thompson3@comcast.net](mailto:sandra.thompson3@comcast.net), 781-724-7571) Many thanks!

**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.

### Ways to Lend Support Locally:

**UU Mass Action Covid 19 Emergency Fund.** We know that many families are struggling right now. If you are able to provide even a little support, **please consider making a contribution to UU Mass Action's COVID19 Emergency Fund.** Below are the partners to which we will distribute the funds. Send checks to: UU Mass Action, 40 Mechanic St., Suite 306, Marlborough, MA 01752 Add, "Emergency Fund" in the memo line.

**The Metrowest Immigrant Solidarity Network (MISN)** is providing food to 150+ families each week (average expense \$2,000).

**Support Immigrant Families in Crisis.** Our partners at the Chelsea Collaborative need your help to protect these vulnerable families, ensure their basic needs are met, and slow the spread of the virus in our community.

**Get Soap and Hygiene Products to People in Jail/Prison** Our Partners at Black & Pink MA and #DeeperThanWater are providing funds to people incarcerated at Norfolk Prison who are without basic hygiene products.

**Support youth organizers with our Environmental Justice partner, Chelsea Green Roots.** It works to achieve environmental justice and greater quality of life through collective action, unity, education and youth leadership.



## ***Help to Reverse Decades of Voter-Suppression in Florida!***

### **Write Postcards From Home to Register Voters for *Vote by Mail* and Increase Turnout**

A Florida *Vote by Mail* postcard to-go event is a safe and effective way for you to help reverse decades of cynical and systematic suppression of the votes of working people and communities of color.

You'll personalize and address postcards to voters, telling them how to request a *Vote By Mail* ballot. Our postcards increase their probability of applying to vote by mail. And when they apply to vote by mail, it makes it significantly more likely they will cast a ballot.

***You can write the postcards from your own home! Just pick up your packet of 20 postcards and addresses, customize the postcards at home, and return the postcards by the deadline date.***

***The cost of each packet is \$11.***

***Using check or exact change expedites your pick up.***

You can pick up postcards at:  
**41 Grove Street, Winchester, MA, 01570**  
**Every Sunday,**  
**from April 12, 2020 to May 17**  
**from 12:00 p.m. - 6:00 p.m.**

***and return them to the same location on the following Sunday.***

Let me know if you cannot pick up at this time or place, and I will make another arrangement to get the packet(s) to you.

***RSVP here please: [OceanWaterLover@gmail.com](mailto:OceanWaterLover@gmail.com)***

so I'll know how many packets to prepare.

***Each brown paper bag packet contains:***

- 20 postcards and addresses;***
- 20 postcard stamps;***
- 40 sticky seals (for the sides of the postcards);***
- Instructions, with a script and example.***

The packets cost \$11 each.

To minimize cash-handling, please pay the exact amount in cash, or with a personal check to 'John Healey', when you pick up your packet, to cover the cost of materials.

**How to #UUtheVote Without Leaving the House**

We looked at our [50+ Ways to UU the Vote](#) and suggest:

1. Visit **Vote Forward** to send letters to unlikely or unregistered voters.
2. Go to **Reclaim Our Vote** to make calls to voters who were purged from the rolls.
3. Set a date for your congregation to watch **Suppressed: The Fight to Vote** by Brave New Films or the movie **Rigged: The Voter Suppression Playbook** (available on some streaming services, including Amazon Prime) from each individuals home then hold a group conference call to debrief together.
4. Call your legislator to advocate for paid sick leave and relief for affected workers —not a bail out for the fossil fuel industry. Call (202) 224-3121 to be connected.
5. Spend the time to brainstorm who in your life to engage in values conversations with. Start making those calls and texts. See page 27 in our [launch guide](#).

### 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](http://www.socialconcern.org)

*The Winchester Unitarian Society will be staffed 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

### Serve Local Residents Impacted by the Pandemic

Are you able to assist those most impacted by the shutdown? Complete this form to be included in a list of local people willing to run errands and connect (with precautions, of course) with those in quarantine: <https://tinyurl.com/WinC19nandg>

### Charities Recommended by Fidelity Advisory Fund

**TO DONATE TO CHARITIES ON THE FRONT LINE OF COVID-19-RELATED NEEDS:** The Fidelity Charitable Gift Fund, a donor-advised philanthropy, has extensive resources on evaluating 501(c)3 organizations. For guidance in giving to *those most directly involved* in the coronavirus effort—including the CDC Foundation, which augments the emergency response efforts of the Center for Disease Control, please go to the following link: [How to help: Novel Coronavirus | Fidelity Charitable](#)

## 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) 729-9817 . Leave your telephone number for a call back to get the details on this dependable service. You'll be doing yourself a big favor!

### 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](mailto: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  
(781) 729-0949 | [office@winchesteruu.org](mailto:office@winchesteruu.org) | [www.winchesteruu.org](http://www.winchesteruu.org)**

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

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