

# Winchester Unitarian Society

Highlights April 2, 2020



April's theme is *Liberation*...How do you act when you feel happy and free?

## Upcoming Worship

**Sunday, April 5**  
**10:30 am All Ages Worship, ONLINE**



**Endings and Beginnings**  
Marianne DiBlasi, Intern Minister

For every beginning there is an ending; just as for every ending there is a beginning. Crossing these thresholds is a sacred time of letting go of the familiar and taking a leap of trust into the unknown future. How do we honor these thresholds and cross them with intention? This service is Marianne DiBlasi's last day serving as intern minister at the Winchester Unitarian Society and it will conclude with an intern minister decommissioning ceremony. As this is the first Sunday of the month, there

will be an **online "conversation in the parlor"** after the service. All are welcome!

This Sunday, we share our gifts with **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.

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.

**Mark Your Calendar!** Join us for a short and informal Vespers service on **Thursday, April 9th at 6 pm** - center, reflect and breathe together...

## New & Creative Ways to Connect



### 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!

Dear Friends,

If you got an email "from me" from [revheatherkjanules@gmail.com](mailto:revheatherkjanules@gmail.com) with this message: "Hi, how are you doing? I need a favor from you, email me as soon as you get this message. There is something I need you to do. I am going into a meeting now with limited phone calls, so just reply my email. God Bless" IT IS NOT FROM ME. It is from scammers trying to extract money from you. Please delete and ignore... – Rev. Heather



## 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)**

## **The Wednesday Night Meditation Group 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>

## **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.

## Religious Education

### Staying Connected While Staying Apart:

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. And this week, an object or an idea of what you would take with you if you had to leave home forever. 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. It's not the best replacement for the no shoes club and hide and seek at church, but it might fulfill some needs.*

<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>

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.

## WUSYG

### Winchester Unitarian Society Youth Group

#### WUSYG MEETINGS

WUSYG: we're physically-distancing but socially-connecting, now in 3 different ways a week!

1. We meet for \*ZOOMSYG!\* every Sunday, 4:30-6:30 pm, which are similar to our regular meetings.
2. We meet one additional time during the week for "Weekday Bonus WUSYGs (WBWs!) that will be a bit shorter and strictly fun: dance parties, watching movies together, open mic nights, and much more!
3. \*NEW\* We're also hosting "Happy Hour" on Fridays at 4, which will just be an open Zoom room for WUSYGers to chat or do whatever they want together. Haley and Sam will say hi at the start then let youth use the space as they please to stay connected and socialize.

Youth should use this link to join all of our meetings:

<https://hbs.zoom.us/my/haleywegner>

## PARENTS

Thanks everyone who filled out our poll; if you haven't done so yet you still can, too:

<https://forms.gle/b8ZYqqv4aRMTWGD38>

We are going to host a ZOOMSYG Meeting for Parents this Thursday at 7 pm to check in with each other, vent, share tips/ideas, hear updates, and otherwise continue to build this community virtually! Our 1st meeting will be structured and led by Sam & Haley, so please arrive on-time using the same Zoom link as above.

## 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.

## Congregational News

### 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.

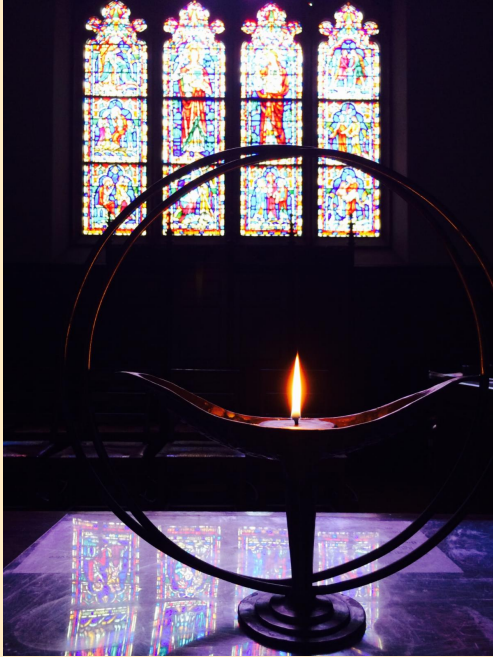
Future weeks of the Highlights will address suggestions we receive.

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!

### 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>

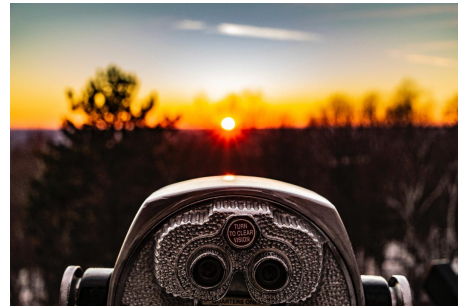
**In-person meetings are suspended.** We have purchased a Zoom account for use by committees, covenant groups and other groups who wish to connect. Contact Administrator Thomas Slack ([office@winchesteruu.org](mailto:office@winchesteruu.org)) to schedule use of the WUS Zoom Room. Some staff also have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



### **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](mailto:glegvold@comcast.net)) or Sandy Thompson (781-729-80063; [sandra.thompson3@comcast.net](mailto:sandra.thompson3@comcast.net))

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## Please Consider Making a LexRAP Donation

The local refugee family that our community supports is finding this temporary isolation especially difficult. Donations of pull ups and protein drinks have dwindled down to nothing. If you have the capacity to help, please do. **Contact Rev. Heather to discuss ways to put these essential supplies into the family's hands:**



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

Thank you for supporting Winchester Unitarian Society's relationship with **Lexington Refugee Assistance Program ([www.LexRAP.org](http://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.



## Joys, Sorrows, Transitions and Concerns

Our condolences are with **Steve and Amy Hunter Maguire** and their family with the recent death of Steve's mother, Leona. You may learn more about her life here: <https://tinyurl.com/LMaguireObit>

Update on **Bob Kenerson**: Good news! His surgery on Monday went very well. He is expected to be discharged home by Thursday for recovery.

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)

## Social Action & Outreach

### Ways to Lend Support Locally:

**West Medford Community Center:** has offered to be a "hub" where food and other supplies (paper etc.) can be dropped off and picked up. We do have a certain amount of food and paper products on hand, so if you know of anyone in need, please do send them our way. 781-483-3042 | 111 Arlington St. Medford MA 02155.

If you have something you would like to donate to WMCC just put it in front of the door. When donating food/paper products/books/games/puzzles, in order to reassure folks that there are no viruses being shared along with your donation, please bag up your offering, and let it sit un-touched for at least two days before dropping it off.

**Wright Locke Farm suggests:** Our friends at Arlington Eats food pantry are doubling their efforts to make sure that there is food for those in need at this time of crisis. They have established a **fund to help provide emergency** food kits and they also **need volunteers to help** with pickups and deliveries from the Boston Food Bank. **Visit their webpage** to find out more.

**The Medford Chamber of Commerce** is reaching out to people who use surgical masks and other personal protection equipment. Please give needed items to a caregivers organizations, such as Hallmark VNA, Visiting Nurses Community, Melrose Wakefield Hospital or ask local nursing homes about their needs.

**These Medford restaurants offering take out and deliveries:**  
<http://medfordchamberma.com/restaurants-with-take-out>

### ***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.





## 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 individual's 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](#).

## JOIN other UUs in MA for an inspiring Advocacy Day 2020

Tuesday April 14, 10:00 - 11:30 AM

Virtual Event, [via Zoom](#) [Facebook](#) [Flyer](#)

**Our keynote speaker is UUA President, Rev. Susan Frederick-Gray!** We will also be joined by musician and activist, Dean Stevens!

Look up your state legislators [HERE](#) and then please register:  
<http://bit.ly/2020UUAdvocacy> (now free)

### Get to know our Legislative Priorities

We will provide a brief tutorial on how to use zoom and then review the status and details of our priority bills. Immigrant Rights, Ending Solitary Confinement, Environmental Justice and Economic Justice all remain important issues. *The pandemic we now face intensifies the disparities that our legislative priorities address. We need democracy even more during this difficult time - and we need you!*

[Register](#) [Zoom Info](#)

We encourage you to support UU organizing in MA by making a \$25 donation. Anyone already registered who would like a refund may contact: Laura Wagner [LWagner@uumassaction.org](mailto:LWagner@uumassaction.org)

If you want to donate by check, send to: UU Mass Action, 40 Mechanic St., Suite 306, Marlborough, MA 01725. This is an important time for our priority legislation!

## 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

### Charities Recommended by Fidelity Advisory Fund

**TO DONATE TO CHARITIES ON THE FRONT LINE OF COVID-19-RELATED NEEDS:**  
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!

### Unirondack:

It's been a long stretch the past few months, and with luck we will yearning and ready to experience the beauty of the outdoors soon. If you are looking for a place to send your kids this summer where they can experience the outdoors, a loving community, nonsensical adventure, and reflect on their UU values, Unirondack might be just the right place. Unirondack is a Unitarian Universalist summer camp located in the Adirondack Mountains of New York on Beaver Lake. Operating since 1953, Unirondack is a place of unrelenting acceptance and inclusion for all campers ages 8-17. Unirondack's mission is to create a community where all campers are free to express themselves. The goal of our camp is to find this community while watching silliness and creativity abound. For more information you can email:

[Director@unirondack.org](mailto:Director@unirondack.org) or visit [www.unirondack.org](http://www.unirondack.org).

## Sunday Flower Dedications

### Flower Dedications

Flower dedications and live flower deliveries  
have been cancelled until our worship



services return to the Sanctuary.

If you wish to "contribute" flowers to the worship experience, send a photo from your garden to [heather.janules@winchesteruu.org](mailto:heather.janules@winchesteruu.org). Let us know if there is a particular Sunday in which you would like your flowers shared.

## 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  
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