

Winchester Unitarian Society

Highlights April 30, 2020

([link to today's full issue of Highlights](#))



April's theme is *Liberation*

Upcoming Worship

Sunday, May 3
10:30 Worship, ONLINE



Photo by [pepe nero](#) on [Unsplash](#)

Sacred Spaces Everywhere

The Rev. Heather Janules

Worship Associate: Lee Barton

Wendell Berry observes that “There are no unsacred places; there are only sacred places and desecrated places.” As we worship from our homes, together and apart,

this service will explore what makes a place sacred, the nature of sanctuary (within and beyond dedicated sanctuaries) and how we might inhabit wherever we dwell in meaningful ways.

This Sunday, we share our gifts with **Common Cathedral**, "an outdoor congregation, housed and un-housed, sharing God's love through community, pastoral care, creative expression, and worship on Boston Common." Throughout the pandemic, they have been providing food and staffing to a compassionately-spaced gathering room at Emmanuel Church for those experiencing homelessness, now shut out of other public gathering spaces. 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 "May 3rd Offering" in the memo line or comment field.

There will be a special after worship conversation via "breakout rooms," led by youth from our youth group (WUSYG,) centered on our experiences of "home."

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.

NEW TIME! Please join us for **Family Worship Friday at 4:30 PM.** This week, *The Wheel of the Year - Beltaine.* <https://tinyurl.com/WUSworship> Details are in the Religious Education section of Highlights.

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.

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. **With a large supply of simple, no sew masks, anyone can receive a handmade mask who needs one.**

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

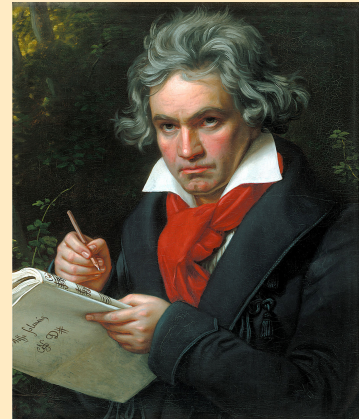
Thomas' email: office@winchesteruu.org

Jenny's email: adminassistant@winchesteruu.org

Congregational News

From the Music Committee:

Our May 8th online concert with Windborne will not take place as planned. That's the bad news. The good news is that on **Saturday, May 16th, at 7:00 PM**, Music in the Sanctuary will present three Beethoven sonatas, performed over live-streaming by Music Director John Kramer (in the sanctuary). Our all Beethoven program (celebrating his 250th birth year) is as follows: **Sonata No. 23 in f minor, Op. 57 "The Appassionata" / Sonata No. 13 in E-flat major, Op. 27 "Quasi una fantasia" / Sonata no. 28 in A major, Op. 101.**



A portion of our donations will go to local area Covid-19 relief funds. More information will be available in our Order of Service included with Sunday's online worship service e-mail.

Winchester Unitarian Society - Now on YouTube!

Although the WUS YouTube channel is still under construction, several of the online worship services have been posted. Due to copyright issues, there have been some songs that needed to be removed from the videos. All of the videos are unlisted and will not be able to be searched or seen

on YouTube without the links found below. These links can also be found on the WUS website on the "For Members & Friends" page.

<https://youtu.be/zooqBYB-ELw>
<https://youtu.be/GHAddhI4nD4>
<https://youtu.be/yJI9PhZB5rY>
<https://youtu.be/49k17Cv94wl>
<https://youtu.be/ROVIZBnvQ4Q>
<https://youtu.be/6er2pNP-gi4>

Parables of the Pandemic (3.15.2020)
Our Finest Hour: Love Wisdom... (3.22.2020)
Overcoming Adversity: Beethoven (3.29.2020)
Endings and Beginnings (4.5.2020)
Waiting for Angels: Easter Sunday (4.12.2020)
The Paradox of Liberation (4.19.2020)



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.

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.**

The Wednesday Night Meditation Group is now on-line!

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

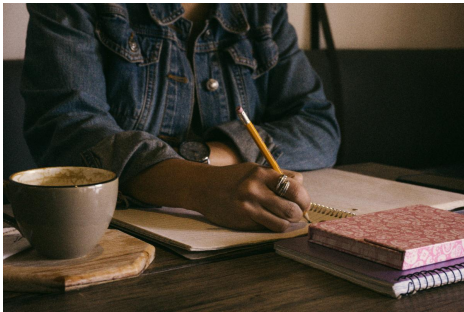
Optional informal discussion 7:20-7:30 pm

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>



Calling All Writers!

A 6 week on line facilitated writers group is now forming. Please RSVP to Rebecca at rebecca@winchesteruu.org. Writing time will be chosen by the first people to sign up, so think about whether you are a Sunday afternoon or a morning person.

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 and as our social distancing guidance changes, everyone will likely need a mask. 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.



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

Religious Education

Staying Connected While Staying Apart:

NOTE TIME CHANGE! Please join us for **Family Worship Friday at 4:30 PM**. This week *The Wheel of the Year - Beltaine*. 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 something that grows really fast in the spring. 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>

Story Time: We will begin offering a story time next week, Wednesday afternoon at 4:00. You are welcome to drop in. This will be a short break in the afternoon, with stories read or told with a "draw along". The access is here [WUSstorytelling](#)

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 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, 781-729-8247) or Sandy Thompson (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.

Mother's Day Virtual Walk for Peace 2020 This year, the **Louis D. Brown Peace Institute** has the ambitious goal of raising \$400,000 to provide services and advocacy for families in our community that have been impacted by homicide. In this time of physical distancing, those who have experienced murder, trauma, grief, and loss are particularly impacted by feelings of isolation. The **Mother's Day Walk for Peace** is going virtual on May 10 at 9:00 AM. UUs are one of the most visible and supportive faith traditions in this walk. Please **register** for the virtual walk, **start a team**, raise funds (and make your **own donation**). Together, we can build more peaceful communities.

Ways to Lend Support Locally:

UU Mass Action COVID Emergency Fund

COVID19 has hit Chelsea harder than any other community in the Commonwealth. Many of the people who live in Chelsea, most of whom are immigrant families, already struggle with food insecurity, economic inequity, inadequate housing options and limited access to health care. The pandemic has intensified these challenges, especially for the many undocumented immigrants. To donate to the fund, send a check to: UU Mass Action, 40 Mechanic St., Suite 306, Marlborough, Ma 01752

The **Winchester COVID-19 Community Care Fund** was established April 23, in partnership with United Way of Massachusetts Bay and Merrimack Valley. The fund will mobilize resources to support Winchester residents who are in need of emergency assistance, working through local nonprofit partners to expand food distribution efforts and support the most economically vulnerable residents. See town website to make a donation: www.winchester.us

MA towns and groups that have special projects to help people struggling with the impacts of the pandemic:

<https://www.massundocufund.org/resources> Helps undocumented workers with resources, such as Know Your Rights, and emergency cash.

<https://www.massjwj.net/news/2020/3/17/cover-19-mutual-aid-networks> in the Boston area has very informative links to nearby towns, ex. <https://mutualaidarlington.org/>

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 12:000 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

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.

Are you a College Alum? We received this project from Reclaim Our Democracy in Concord. The 2020 election is an all-hands-on-deck moment. College students can have a big impact on the election but MANY do not vote. Their votes can be very important in swing states. Are you an alum, faculty member or parent of a college student? Use your institutional influence to ask your college to pursue full student voter participation. To obtain an action kit: **[Ask Your College](#)**. *This project is being led*

by "Together for 2020," a group of activists working on the critical swing races this year. Our postcard project is part of their effort.

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](#).

Council of Social Concern

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

The Winchester Unitarian Society will be 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:
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. 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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