

# Winchester Unitarian Society

Highlights April 9, 2020

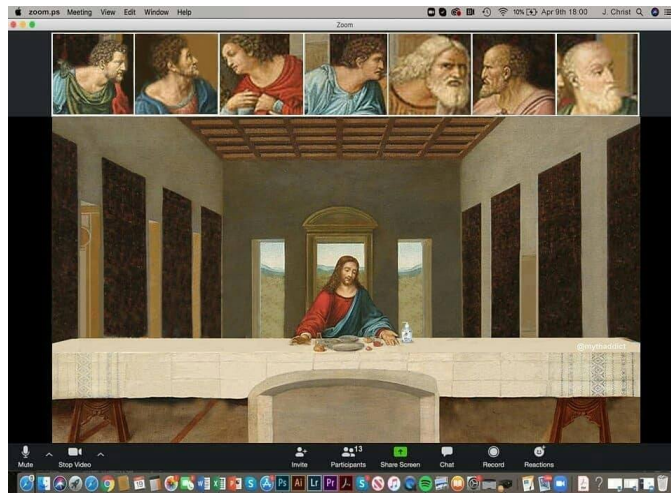


April's theme is *Liberation*

## Upcoming Worship

Sunday, April 12

10:30 am Intergenerational Worship, ONLINE



### Waiting for Angels: Easter Sunday

Rebecca Kelley-Morgan and The Rev. Heather Janules

We turn again to the ancient story of Easter, a story of love and betrayal, hope and despair, life, death and rebirth. In this service for all ages, we reflect on the challenge of celebrating new life in this strange time and the miracle and mystery of resurrected hope dwelling among us still.

This Sunday, we **Share the Plate** with the **First Parish Bedford's Sanctuary ministry**. While we can no longer offer in-person companionship and support to their

undocumented guest in sanctuary, we can continue to support this effort with our resources as a small group of FPB leaders address the guest's needs themselves. 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.

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

## 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](mailto: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)**

## Religious Education

### Staying Connected While Staying Apart:

Please join us for **Family Worship Friday at 6:00 PM**. This week 'Dinner with Friends' A service to explore where Passover and Easter overlap. 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 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.

**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.**



### 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.

## 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

### BUDGET PREVIEW AND FEEDBACK SESSIONS

The Standing Committee invites you to attend a zoom meeting at 6:30 pm on either Friday 4/10 or Tuesday 4/14 for a feedback session on five options for the church budget for FY21 (Sept 2000 – Aug 2021). Please do your homework before attending. Details can be found here [\[link\]](#)

### 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>

**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!

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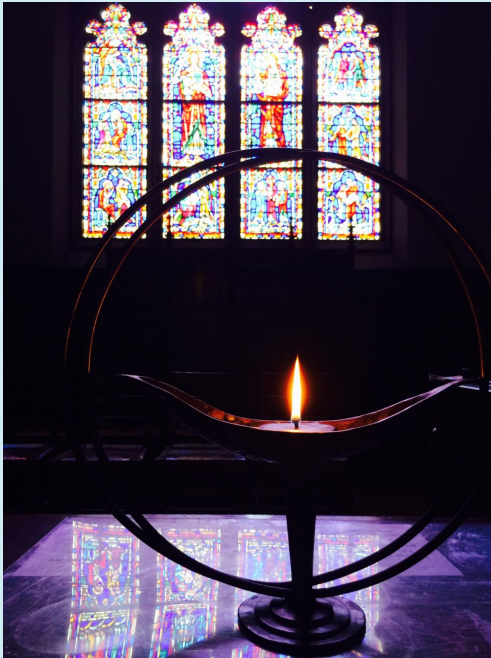
**Emotional Support: Maybe You Need It and You Just Don't Know**

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 about 35 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.

## 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, saudering – 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!!



### 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 Note from Rebecca

There is greater need every day for fabric masks as manufactured supplies for health care providers are preserved and rationed for those settings.. I (as you may know) am in contact with regional hospitals and residential behavioral health settings to coordinate distribution. For those of you who have been making masks, I received this note from a hospital executive in southern Maine. *"And so you know, the need you are meeting is real. Our organization moved to cloth today for all non front line. So appreciative of community seamstresses."* 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



**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?**

- **On Easter Sunday, April 12th, the Winchester Unitarian Society will feature the First Parish of Bedford's Sanctuary Fund as its "Share the Plate" offering.** These are tough times for everyone but any financial help you can provide at this time will help with groceries for four and allow the boys (and Maria some day) to return to their apartment.
- **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

COVID-19 has turned all our lives upside down in one way or another, but one thing continues to be true: "the 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!



## 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)

## Social Action & Outreach

**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:

**Here's what is happening at the UUUM** and, if you are up for it, how you can help: We continue to provide remote support to our program participants, including round-the-clock counseling and advocacy for our shelter residents. Our emergency domestic violence hotline is also staffed 24/7. [Your support](#) keeps these lines open. Thank you. In addition to emotional support, we are helping the youth and survivors enrolled in our programs in material ways. [Your gift](#) with "client needs" in the note buys food, diapers, cleaning supplies, and more for the families we serve.

**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.

**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.

## ***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.

Contact: John Healey; [OceanWaterLover@gmail.com](mailto:OceanWaterLover@gmail.com)



## **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](#).

## 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).

## 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)