

Winchester Unitarian Society
Order of Service
May 3, 2020

Centering Thought

“The calm within the storm is where peace lives and breathes. It is not within perfect circumstances or a charmed life... it is not conditional. Peace is a sacred space within, it is the temple of our internal landscape. We are free to visit it, whenever we seek sanctuary. Underneath the chaos of everyday living, peace is patiently awaiting our discovery” - Jaeda DeWalt

<https://tinyurl.com/WUSworship>

Be sure to set your screen to “speaker view” in Zoom (upper right-hand corner of the screen) for best reception of those leading the service.

Real-Time Tech Support with Zoom/Community Usher: Tyson Kamikawa - 781.460.8467

Note: Elements of this service were pre-recorded to ensure broadcast quality.

Some have expressed concern about “Zoom trolling,” when meetings, including worship services, are interrupted by people intending to inflict emotional harm through sharing offensive images and comments. We have taken steps to prevent this from happening and have recruited a volunteer to monitor the worship “meeting” to eject anyone acting inappropriately. Should we experience such an upsetting incident, we will continue with the service, acknowledge it and continue. The strength of our community is far greater than anyone with negative intent.

Please reserve using the “chat” function to the community greeting time and “coffee hour” as some find chat notifications distracting.

Gathering Music

John Kramer

Community News (In 140 Characters or Less)

Lee Barton

Whole Community Greeting Use the “chat” function to greet others in worship. Our Chat Covenant: we only write things we would say in person in the sanctuary.

Announcements:

- **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 UU Mass Action Covid-19 Emergency Fund and the UU Urban Ministry Covid-19 Emergency Fund. Look for our Facebook Live link in a special all-church e-mail. **Please note that our Windborne, May 8th concert has been cancelled.**
- **Connecting with the Office at this Time.** When contacting Thomas or Jenny please send your email to both members of the office staff. By sending your emails to both Jenny and Thomas it will ensure we can respond to your requests in a timely manner. Please let us know if there is any way we can help. Thank you.
- **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

- **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.
- **The Wednesday Night Meditation Group is now on-line!** See the last issue of Highlights or the WUS website for more details.
- **WUS Monday Yoga is now on-line!** See the last issue of Highlights or contact Fritzie Fritzie.nace@gmail.com for more details.
- **NOTE TIME CHANGE!** Please join us for Family Worship Friday at 4:30 PM. Have a family chalice ready, a candle, and these happy and sad faces, stones or beads or beans or colored paper bits for Joys and Concerns. 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>
- **WUSYG:** We're physically-distancing but socially-connecting, now in 3 different ways a week! *ZOOMSYG!* is every Sunday, 4:30-6 pm, which are similar to our regular meetings; "Weekday Bonus WUSYGs" (WBWs!) are every Wednesday, 7-8:30 pm, which are strictly fun, and "Happy Hour" (unstructured social time) on Fridays at 4 pm. Youth should use this link to join all of our meetings: <https://hbs.zoom.us/my/haleywegner>
- **Town Day and WUS Fundraiser Postponed until September 26th** 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! 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. 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. 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. THANK YOU!!

Ring of the Bell Ringing of the Bell *Today we are called back to worship by the ringing of the bells at our Partner Church in Marosvásárhely, Transylvania on Easter morning.*

Opening Words

The Rev. Heather Janules

Chalice Lighting by Sherri Mitchell Weh'na Ha'mu Kwasset (Abridged and Adapted)

Lee Barton

If you wish to do so, please read together the words for our chalice lighting and light a chalice at home as we light the chalice.

We are all tied to a lineage of love that has existed since time immemorial...

The entire span of human life exists within each one of us,
going all the way back to the hands of the Creator.

In our bodies we carry the blood of our ancestors and the seeds of the future generations.

We are a living conduit to all life...

We are strengthened by who we come from and inspired by the those who will follow.

We light our chalice in affirmation

Of our interdependence across time and within physical space.

Hymn # 389

Gathered Here

Gathered here in the mystery of the hour
Gathered here in one strong body
Gathered here in the struggle and the power
Spirit draw near.

First Reflection

A Circle is Cast

Rebecca Kelley-Morgan

*Attached to this order-of-service is a packet for young children
so they may engage in an activity concurrent with the rest of the service.*

You may also find these materials here: [\[link\]](#)

Materials with Ideas for Families can be found here: [\[link\]](#)

Blessing

May the light within you shine before you, everyday, everyday.
May the light within you shine before you guide your way, guide your way.
May the love we share surround you and chase your fears away.
May the light within you shine before you, this we pray, this we pray.

Dedication

Heather Janules and Lee Barton

Created of wood and stone,
Glass and metal,
We give thanks for the labor that built this home,
A shelter made of gifts from the abundant earth

May this home be a place of peace,
The center of life's meaning
A refuge from the sorrows of the world,
A place of communion with our deepest commitments

May this place serve as a sanctuary
Not only for our bodies but also for our lives
A shelter for our individual journey
And the story of our travels with others

Witness to human pain and frustration,
May this be a place of healing and forgiveness.
Witness to joy and simple love,
Manifest through daily living,
May we ever-remember that here
We dwell on sacred ground.

By this light, we honor the memory and history
of those who, too, once sojourned here
By this light, we bless this space in which we call home.

Kindling of the Light

Sanctuary

Wayne Shorter

You are invited to now light a candle of joy, sorrow or concern.

Silence

Hymn

Sanctuary

John W. Thompson and Randy Scruggs
adapted by David Ruffin

Make us aware we are a Sanctuary
Each made holy and loved right through.
With thanksgiving, we are a living
Sanctuary anew.

Reading

“Subversive Suburban Soul” (Abridged) by Victoria Safford

Lee Barton

Visual Meditation

Meditation No. 4

John Kramer

Second Reflection

Sacred Space Everywhere

Heather Janules

Offering

This morning, 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 3 Offering” in the memo line or comment field.

Our practice is to invite first-time worship attendees to be our guests. In lieu of a contribution, please complete the Virtual Visitor Card: <https://tinyurl.com/WUSVirVisCard> so we can stay connected beyond this Sunday.

Offertory

Lilac

Tigran Hamasyan

Affirmation of Shared Ministry *Those who wish to do so are invited to join in reading together the community affirmation:*

We gather not for ourselves alone, but to use our common power to build the Beloved Community within and beyond these walls.

We create and reaffirm this covenant this day - to make justice flourish, to practice compassion amidst difference and to embody transformative love.

Hymn # 1008

When Our Heart is in a Holy Place

CHORUS:

When our heart is in a holy place, (2x)
We are blessed with love and amazing grace,
When our heart is in a holy place.

Verse 1: When we trust the wisdom in each of us,
Every color every creed and kind.
And we see our faces in each other's eyes,
Then our heart is in a holy place.

CHORUS

Verse 2: When we tell our story from deep inside,
And we listen with a loving mind,
And we hear our voices in each other's words,
Then our heart is in a holy place.

CHORUS

Verse 3: When we share the silence of sacred space,
And the God of our Heart stirs within,
And we feel the power of each other's faith,
Then our heart is in a holy place.

CHORUS

Benediction From "Gates of Prayer: The New Union Prayer Book (Weekends, Sabbaths, and Festivals)"
by Chaim Stern, Cited by Barbara Brown Taylor

Postlude

Promenade from Pictures at an Exhibition

Modest Mussorgsky

Extinguishing the Chalice *Please join us in reading together the words for extinguishing our chalice:*

We extinguish this flame but not the light of truth, the warmth of community, or the fire of
commitment. These we carry in our hearts until we are together again.

Join the Chat!

Questions for Reflection

What is your understanding of what makes space "sacred?"

What does "sacred" mean to you?

How do you bring attention and intention to your physical environment?

If we were to tour your home to view "sacred sites," what would they be?

Music Notes:

It only makes sense to include Wayne Shorter's mercurial composition *Sanctuary* in this service. This piece is a wonderful invitation into the sacred space of music. · One of the places that is a sanctuary for me is the Arnold Arboretum in Jamaica Plain. The Lilacs are just coming into bloom this time of year and we can celebrate them with Tigran Hamasyan's beautiful ode. · There is a profound connection between art and religion, and many find museums a sacred space. So we close with the opening section of Mussorgsky's *Pictures at an Exhibition*. This work imagines the listener attending an art exhibit, the *Promenade* being the experience of walking from one work to the other.

Serving Today

Real-Time Tech Support with Zoom/Community Usher: Tyson Kamikawa - 781.460.8467

Pastoral Care Associate: Donna Reed - 781-626-1785

Special thanks to John Kramer for serving as Video Coordinator

This is a Welcoming Congregation, intentionally welcoming and affirming of gay, lesbian, bisexual and transgender people.

Each worship service includes wisdom or an artistic gift from people or communities-of-color.

Good morning families and friends,

A note to adults. The first page is for you, so that you may have context for the service and contents of this packet. Following that there are activities for children, some suggestions for other things to do/try as a family over the week as well as this day and pages for meditative coloring as the service unfolds.

Today's Worship Service explores the idea of Sacred spaces. Before there were temples and churches and buildings dedicated to worship, prayer and meditation there were circles under the stars, on the great savannahs or in clearings where people gathered for the rituals that transformed the mundane into the sacred. In homes, there are Catholic and Pagan altars, Hindu and Shinto shrines, meditation focal points. We create sacred places because we need to set ourselves apart from the ordinary and at home, with a computer and a chalice you can transform your living room into "church".

Our theme for the month is "Thresholds" and this week and through the month, I will be providing you with some thoughts about the threshold experience of creating and inhabiting sacred space at home on times other than Friday Family Worship and Sunday morning Service.

First: We have been using **chalices** since we went to virtual worship services and I am making the assumption that you have a candle, a chalice, a gravy boat with a votive in it, a cup with red, orange and yellow paper flames, or your own version. The **link** at the bottom of this page takes you to an overview of our rituals and chalice lighting (as well as some history and ideas). You may wish to make more chalices for your sacred space this morning, using items from around your home.

Second: You need a **home** for your chalice. Find a corner, a small table, mantle, shelf or ledge where your chalice can be placed and seen by everyone. If you have room and your sacred space can be uninterrupted during the week, great! If you have busy little hands or curious pets, or limited space, you can find a container or box to keep the sacred space artifacts in to bring out when needed.

Third: We often **cover** our altars with cloth or decorative paper. You can use the colored in pages from this packet, a scarf, a fabric remnant or something that has meaning for you. That could be a baby blanket, a gift from someone special or a special shawl or tablecloth.

Before Worship: You'll need your chalice, other candles for kindling the light, these pages, blank paper, things to color/draw with and any chalice making items and/or seed ball ingredients.

As with in sanctuary worship, your children will check in and out, and it bears repeating that attention on something else does not mean they are not taking in the service. Encourage them to come closer to the screen for First Reflections and have some manipulative and the materials attached for them to engage with during worship. If your children are very young, sensory play containers are a great preschool activity. **Let Rebecca@winchesteruu.org know if you need ideas on how to DIY sensory play.* I have included "recipes" for seed balls, and you might get your young person(s) kneading clay or shredding paper to prepare for a family project.

You may wish to use the settling in and chalice lighting rituals we use in Family Worship and Religious Education sessions. They may helpful as your family gets ready for our Zoom worship services or for any family worship you wish to create in your own sacred space. Eyes will probably roll, and there may be exaggerated sighs, but keep going. Eventually, as with many new things, kids catch on to the benefits. Your older kids can probably lead this, since many of them have. These are linked here for reference [[Ideas for Families link](#)]

What shall we do with our week ahead? It's MAY! Here are some things you might want to try with your family this week.

Today, May 3rd In honor of **World Laughter Day** (celebrated the first Sunday in May) practice Laughter Yoga. Someone starts out with a fake "ha, ha, ha" laugh and ever one joins in. Keep going until the fake laughter becomes real. Or you can turn it into a more involved game.

Haha game: Each member of the family lays on the ground or on your biggest bed--whatever surface is easy and comfortable for you all--perpendicular to the next person, with one's head on another's stomach. If there are three or more people in your family, join into a triangle or circle of sorts. If there are two people, you'll go back and forth. The person who begins says, "Ha!" The next person says, "Ha, ha!" Next, "Ha, ha, ha!" Keep adding a ha with the next person. The challenge is getting through as many "Ha rounds as possible.

Monday May 4th In honor of **Star Wars Day** (May the 4th. . .be with you) take a quiet night time walk under the stars (even if you can't see them, they are there) just before bed.

Tuesday May 5th : Find out what city, state and country your ancestors came from, and look for it on a map. It is **Cinco de Mayo Day**. Did any of your ancestors celebrate it?

Wednesday May 6th Today, watch a live-cam of the Decorah eagle's nest as Mom and Dad raise their 3
<https://www.raptorresource.org/birdcams/decorah-eagles/>

Thursday May 7th Have family members each draw a picture of another family member. Bonus activity draw a self-portrait. Compare the two.

Friday May 8th Adopt a Storm Drain—Live our 7th UU Principle by having your family adopt a storm drain. You can stop stormwater pollution from entering your waterways without having to travel far from home. Go to <https://www.respectourwaters.org/adoptastormdrain> to learn more.

Saturday May 9th Go through old photos. What's it like seeing pictures of you when you were younger. Of the adults in your family?

The next few pages have sacred spaces to color. Can you figure out which religion goes with each? Winchester Unitarian Society calls our building a church, even though we are people with many different beliefs.

Pagan (Circle)

Muslim (Mosque)

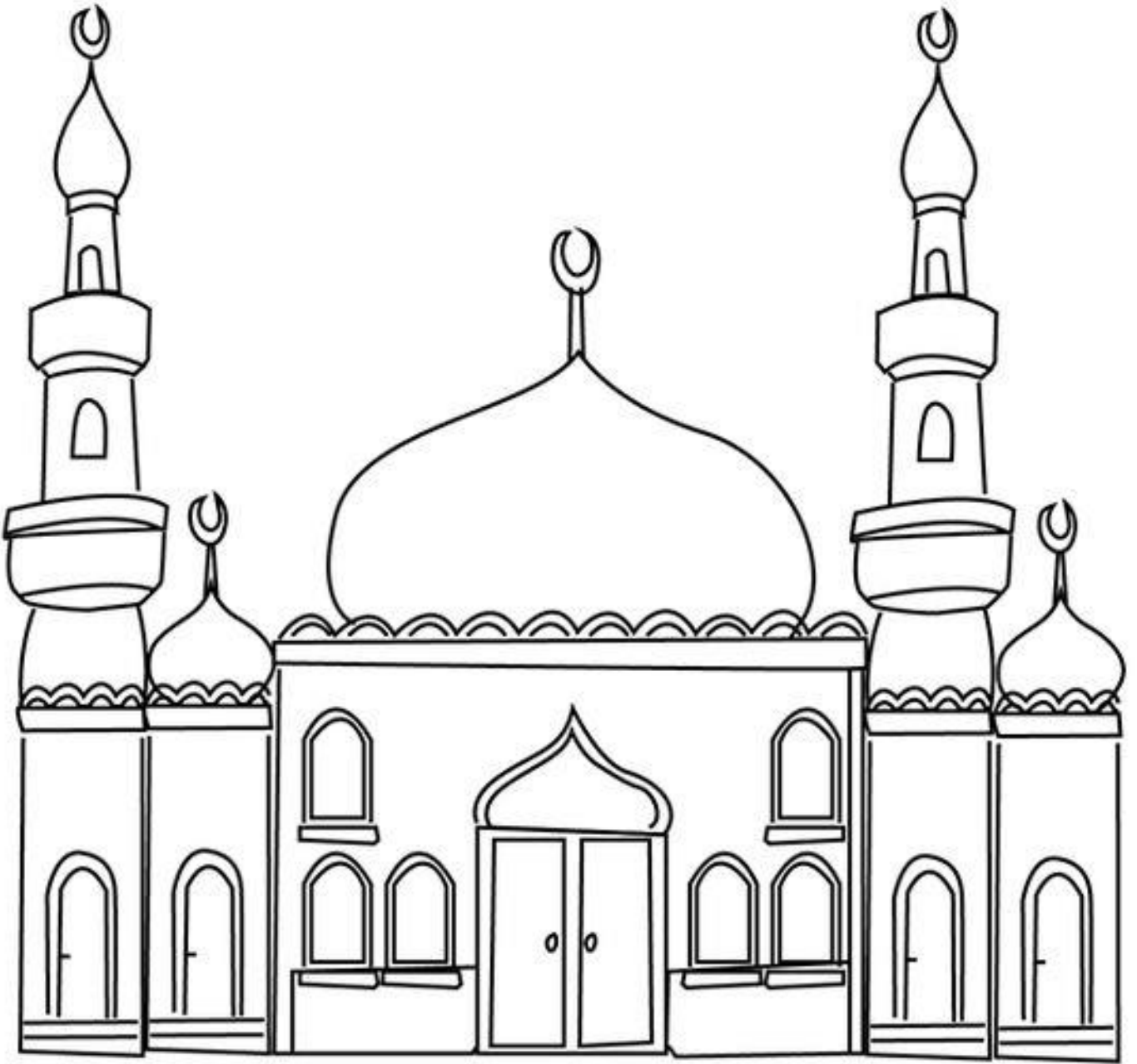
Jewish (Synagogue)

Christian (Church)

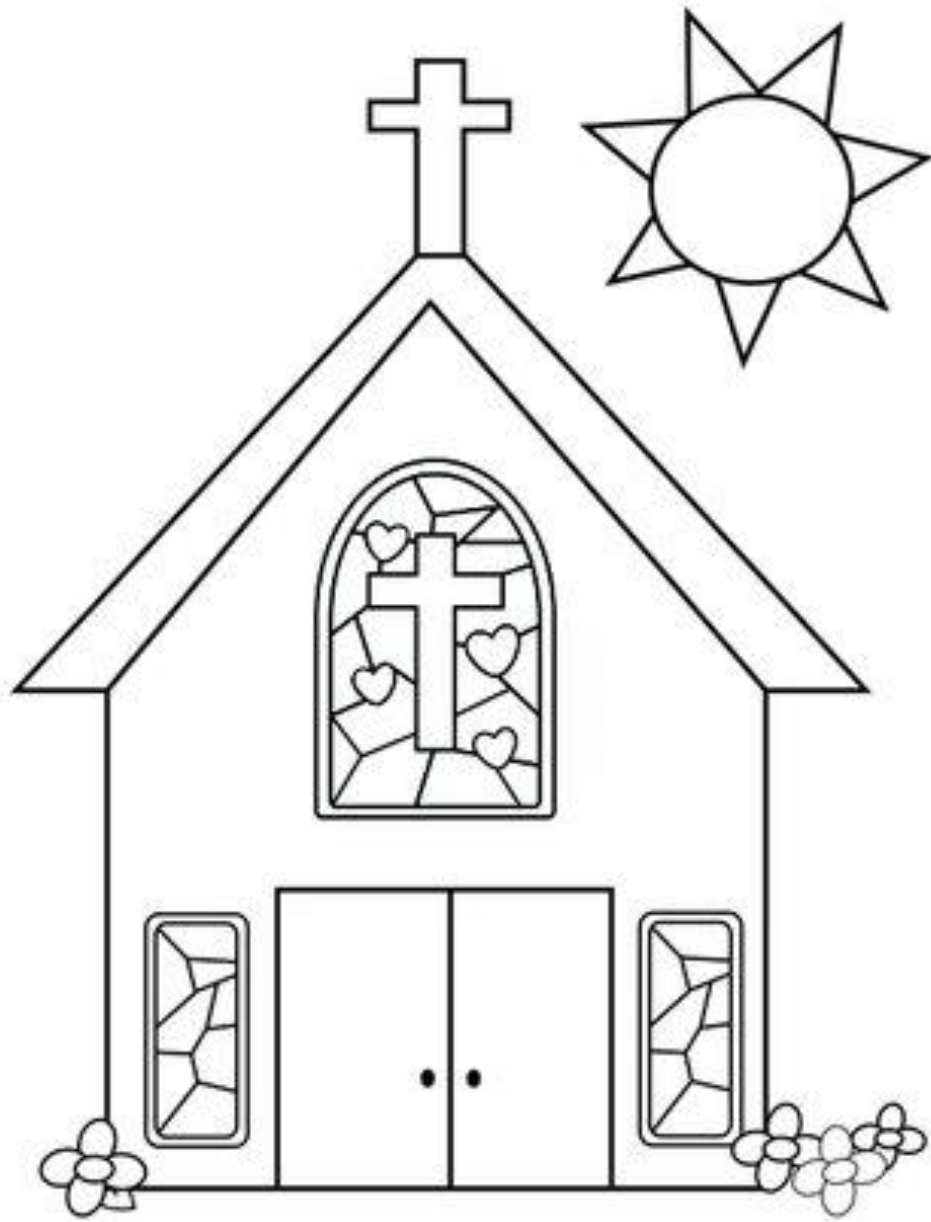
Shinto (Temple)

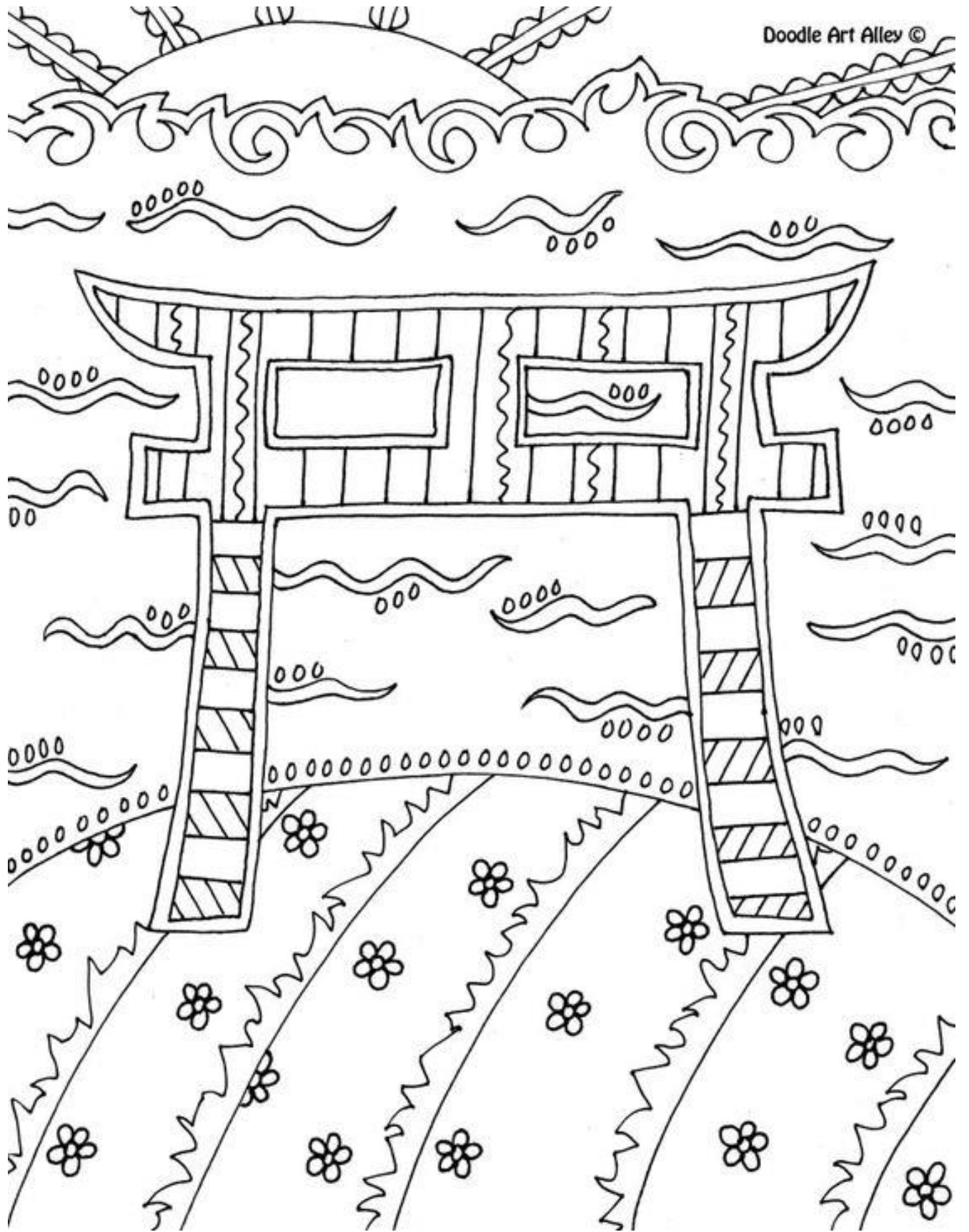
Hindu (Temple)

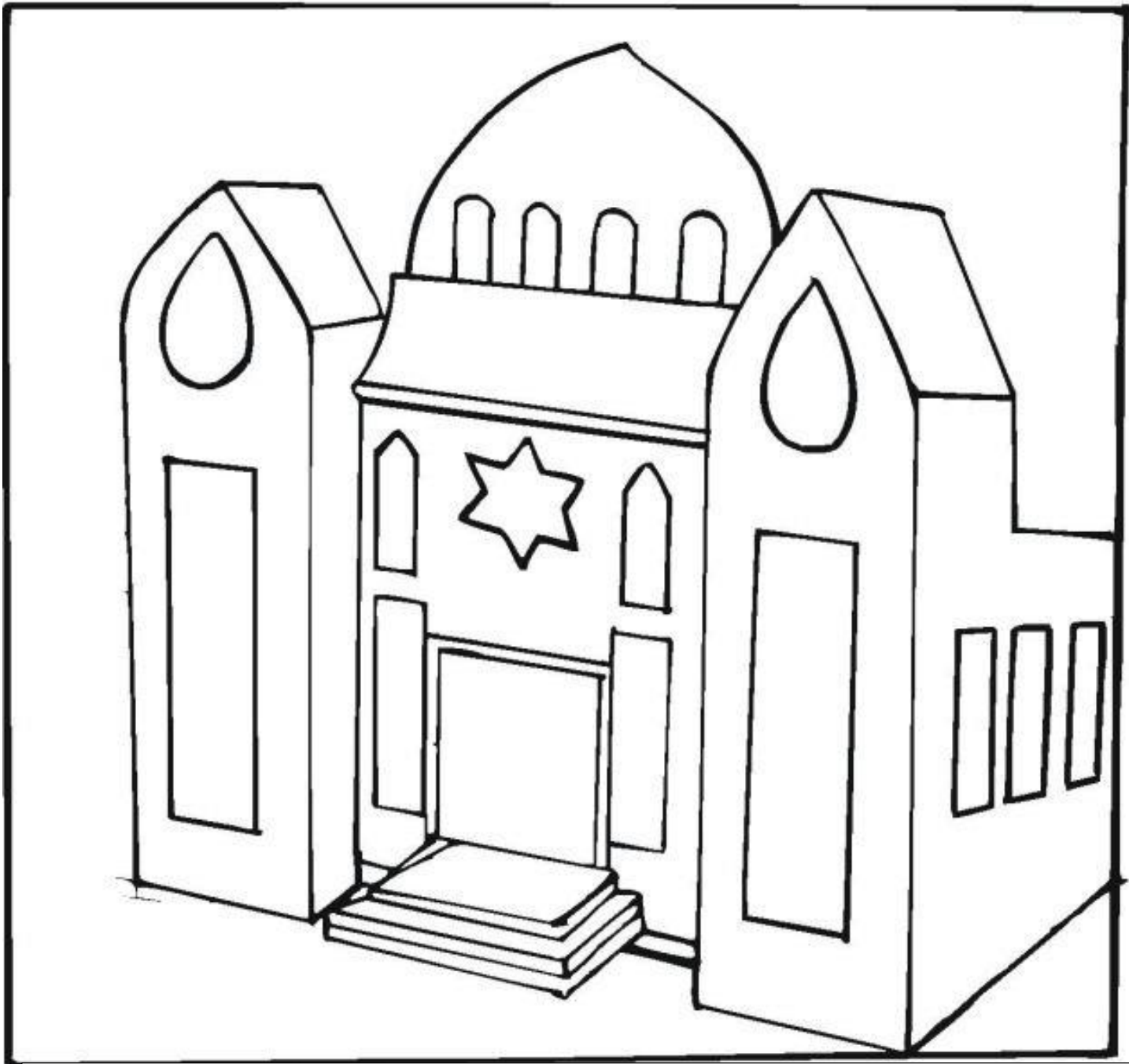
Eclectic (Labyrinth)



Church



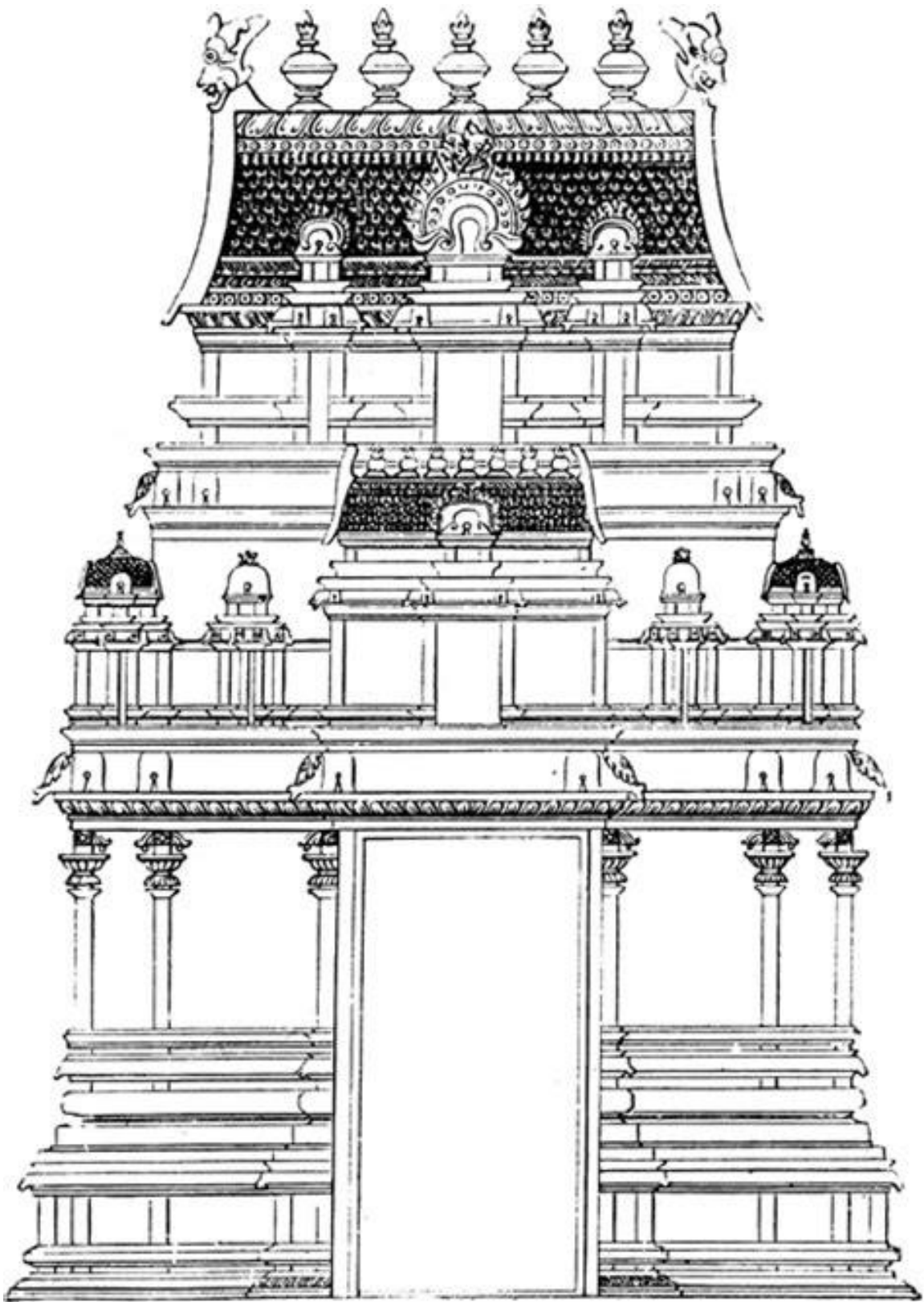


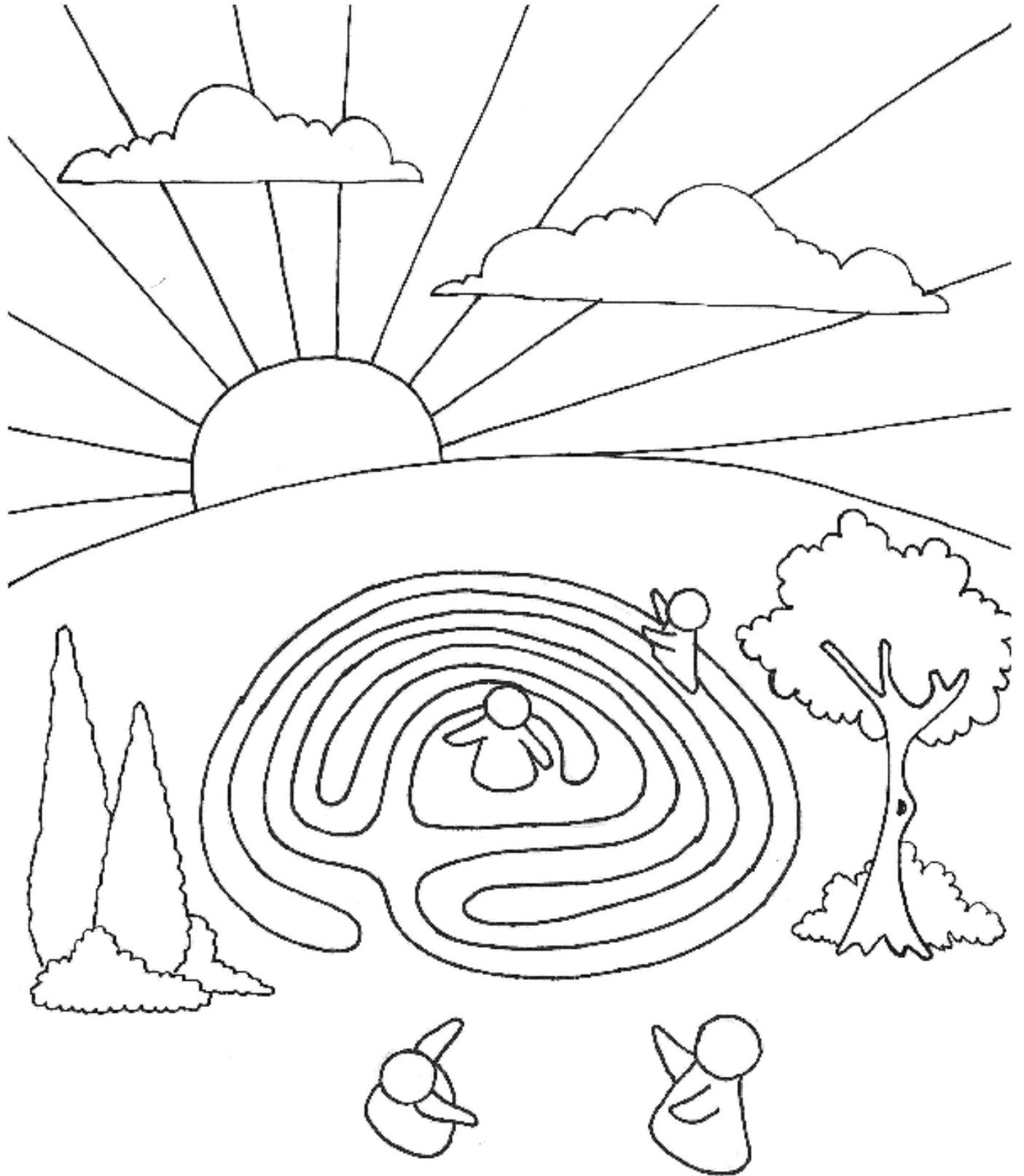


Ready for a break? Scavenger Hunt!

Scavenger Hunt Items:

- Something pink
- Something that starts with the letter "M"
- A yellow flower
- A seed
- A shell of any kind
- Something that is painted white
- An old shoe
- A feather





Bloom

WHERE YOU ARE



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How about Making Seed Balls?

Method 1. (without clay)

1. Mix 10 parts **soil** to 1 part **flour**.
2. Slowly add water and mix slowly until the mixture becomes sticky like dough.
3. Roll into a golf-ball size ball.
4. Fill a tray with wildflower **seeds**.
5. Roll your mud **balls** around until covered in **seeds**.
6. Leave to dry for a day or two and then they're ready to throw in your garden on lightly disturbed soil. Or you can place them in a soil filled flowerpot in your home.

If you would like to attract bees think about using seeds of

- Alyssum
- Aster
- Bachelor Buttons
- Basil
- Black-eyed Susan
- Columbine

Method 2 (with clay)

1. Mix 4 parts *clay*; 1 part compost; 1 part water thoroughly. There should be no lumps. ...
2. Add 1 part seeds of your choice
3. Take small bits of the clay mixture and roll into ball about one inch in diameter. ...
4. Dry seed balls for 24-48 hours in a shady place before sowing or storing. ...
5. The last step in how to make flower seed balls is sowing them.

Method 3 (With recycled paper)

1. Shred paper and let it soak in water for 15 minutes or more. This allows the fibers in the paper to absorb enough water to lengthen so it is easier to blend. Add the paper and water mixture to the blender and blend it into a pulp.
2. Add the seeds to the pulp mixture and stir. To make ours we use a blend of wildflower seeds, but you can use any type of seeds you like, like vegetable seeds or ivy. There's no exact measurement for the amount of seeds you need – plan on about 1/4 cup of seeds to 4 cups of the paper pulp mixture.

3. Strain the pulp through the tea towel. We put ours over a separate mixing bowl to reuse the water to create a second batch later in the day. Wring out the pulp mix in the tea towel to remove more water so the seeds don't germinate prematurely.
4. This is the fun part. You can shape the seed balls, use cookie cutters, or molds to create your seed balls.
5. Let dry in a warm and sunny place. You want to make sure that your seed bombs dry quickly so that the seeds don't start to germinate while your seed bombs are still drying.
6. Spread! Throw your seed bombs in your garden, on your windowsill, or in an ugly lot that you think needs some color.