

Winchester Unitarian Society

Order of Service

August 2, 2020

"My glorification of independence and individualism made me an easy target for the myth of meritocracy, and overshadowed what in my heart I knew to be true: the deep interconnectedness I longed for with family, friends, colleagues, and even strangers is core to human survival. Interdependence is our lifeblood."

- Debby Irving, "Waking Up White"

"We live within and beyond our own skin at the same time."

- Bonnie Badenoch,

"The Heart of Trauma: Healing the Embodied Brain in the Context of Relationships"

<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:

Don Daniel - 310-963-6326 and dgdaniel@gmail.com

Our motto: "Connection, not perfection"

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

Gathering Music

His Song

Nathaniel Dett

Community News (In 140 Characters or Less)

Marcy Tompson

Announcements:

- Summer Writing Group Please feel free to come to the Summer Writing Group on every Wednesday from now until August 12th. Meetings will take place over Zoom starting at 9 AM. The exact format and focus of the group will be discussed and determined each week based on how the attendee writers wish to spend the time. No writing experience is necessary – just a desire to write. We look forward to "seeing" you! For more information and the link for the meeting contact Judy [[HERE](#)].
- Summer Service Assistance Needed Things are falling into place for our summer worship services. However, the on-line format warrants different kinds of volunteers than usual. We are looking for:
 - Video Editors: Each recording benefits from a little lighting adjustment, re-centering or trimming on the ends to cut out the eternal question "Is this on?" As summer services will continue to include a mix of live and recorded elements, we are looking for people to "clean up" videos in advance. There is a free, easy-to-use video editing program that makes this possible.
 - Video Coordinators: Prep videos for use in a given service then screen share, press "play" and "stop" at the right time. That's it! Coordinators will need to participate in a rehearsal before worship.
 - Tech Support: We have four members who have been assisting people with the Zoom program but can always use more. Many of us are growing in Zoom fluency! If you are fluent enough to help another along the way, nimble enough to eject any "zoombombers" who decide to parachute into the service and attentive enough to track logon "attendance" we would love to add you to the list. If interested, contact Rev. Heather at office@winchesteruu.org

Whole Community Greeting and Good News Roundup Use the “chat” function to greet others in worship and, if you have especially good news, to share it! Our Chat Covenant: we only write things we would say in person in the sanctuary.

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 *Gathered here (sung)* Kye Flannery
Please join in singing our opening words today:
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. (x2)

Chalice Lighting Marcy Tompson
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.

Hymn *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

First Reflection *“Made of Stars”* Kye Flannery

*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: [\[link\]](#)*

Blessing

May the light within you shine before you, every day, every day.
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.

Community Joys and Sorrows

Kye Flannery

At this time, you may briefly share a personal joy, sorrow or concern and all are invited to bear compassionate witness. If you would like to speak, just write your name in the Chat function and you will be called on and unmuted. When you are done speaking, you are invited to light a candle at home as a sign of what you have shared. There will then be a time to briefly write your joy or sorrow in the chat to be read aloud if you choose to not speak. We will then light one last candle for all that has been shared and all that remains unspoken within our gathered community.

Meditation

Who is my neighbor? A metta meditation

Kye Flannery

Silence

Hymn

"We Are Not Our Own"

1 We are not our own. Earth forms us,
Human leaves on nature's growing vine,
Fruit of many generations, seeds of life divine.

2 We are not alone. Earth names us:
Past and present, peoples near and far,
Family and friends and strangers show us who we are.

3 Therefore let us make thanksgiving,
And with justice, willing and aware,
Give to earth, and all things living, liturgies of care.

4 Let us be a house of welcome,
Living stone upholding living stone,
Gladly showing all our neighbors we are not our own!

Reading

Marcy Tompson

"I define shame as the intensely painful feeling or experience of believing that we are flawed and therefore unworthy of love and belonging – something we've experienced, done, or failed to do makes us unworthy of connection. I don't believe shame is helpful or productive." Brene Brown

Reflection

"I am because we are: Shame, blame and responsibility in an interconnected world" Kye Flannery

Offering

Marcy Tompson

The offering is a spiritual practice, a public commitment to this community's values of welcome, inclusion, religious freedom and service. Thank you for generosity of substance and spirit!

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 "August 2, 2020 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 *Take Care of This House* Leonard Bernstein

Affirmation of Shared Ministry Marcy Tompson
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 *There is a Love*

There is a love holding me
There is a love holding all that I love.
There is a love holding all.
I rest in this love.

There is a love holding us.
There is a love holding all that we love.
There is a love holding all.
We rest in this love.

Benediction "I will be your standing stone" by Melanie DeMore Kye Flannery

"I will be your standing stone, I will stand by you"

Postlude *At a Certain Church* John Work III

Extinguishing the Chalice Marcy Tompson
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.

Stay on to join us for Coffee Hour and a Chat!

Questions for Reflection

What does it really mean to be deeply interconnected, made of each other?

Is there a conflict between the idea of personal responsibility and the idea of being mutually constituted?

Music Notes:

Many of you who follow these notes know that I have been exploring works by early 20th century African-Americans for some time now. Much of this music was overlooked by the white, Euro-centric musical establishment when it was first produced. For obvious reasons, my interest, and hopefully our interest, in this music has been intensified. ♦ Nathaniel Dett (1882-1943) was born in Canada but studied music at Oberlin College and taught and worked in the U.S. for his entire career. *His Song* is from his suite for piano *In the Bottoms*, published in 1913. ♦ John Wesley Work III (1901-1963) spent much of his career teaching at Fisk University in Nashville, Tennessee. *At a Certain Church* is from his piano suite *Scuppernon*, published in 1951. Presumably this title refers to the grape that is the state fruit of North Carolina. ♦ *Take Care of This House* comes from the 1976 musical *2600 Pennsylvania Avenue*; the house being taken care of is indeed our nation's White House. Unfortunately this collaboration between Bernstein and lyricist Alan Jay Lerner was a colossal flop and closed after only seven performances.

Serving Today

Real-Time Tech Support with Zoom/Community Usher:
Don Daniel - 310-963-6326 and dgdaniel@gmail.com

Pastoral Care Associate On-Call This Week: Donna Reed (781) 626-1785 please call & text
Special thanks to Stephen Perepeluk 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 some suggestions for other things to do/try as a family over the week as well as today, then pages for meditative coloring and a couple of activities.

Today's Worship Service asks the question of all of us, What is a church? What is a Congregation? The Covid-19 pandemic has turned everything upside down. We are now making connections through virtual church "vurch" and ask ourselves – how do we express and live out our Unitarian Universalist faith when we are apart? In this week's packet, I offer a refresher on our Unitarian Universalist 7 Principles with a coloring page for each. Please encourage your children (with some help as necessary) to send photos of them to me, to collage for publication in our next Mystic Messenger.

As we contemplate ways to engage the religious, spiritual, social and activist expressions of our faith, without meeting in person, it's a great time to contemplate your own sacred space at home and how you bring that alive with your family.

This is the last week of suggestions for sacred space ideas in your household. You have been invited to find a home for your chalice, cover it with something decorative and place your chalice/candle on it, find a chime or bell to use, a giving bowl for sharing your abundance, symbols, spiritual and religious, representations of your family and something(s) from nature.

This month's last suggested addition to your sacred space – a picture of our Congregation's building. It can be a photo of the front door we all go in, or the flags we fly along the parkway. It can be a photograph that you go to Winchester Unitarian Society to take, or one that children and other family members draw from memory. As we remain physically apart, it's important to remember the place where we first came together and the place where we will one day return to – safely – to gather once again. It's also an important part of family lore – the faith tradition of which we are a part. During the worship service this morning, feel free to invite your children to create their drawn memories of Winchester Unitarian Society.

Before This Morning's Worship: You will need your chalice, other candles for kindling the light, these pages, blank paper things to color/draw with, scissors for cutting out the principle numbers (If you wish)

Encourage your children to come closer to the screen for First Reflections and have some manipulatives 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. Kids come in and out of worship, but even if they seem inattentive or bounce in and out of the room, they are picking up messages. *Let Rebecca@winchesteruu.org know if you need ideas on how to DIY sensory play

You may wish to use the settling in and chalice lighting rituals we use in Family Worship and Religious Education sessions. They may be 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. You can also begin to add your own rituals. Just lighting a candle and taking a moment of quiet. It can be a time to give space for things going on in the world, or in your home. In my home we pause before a lit candle to remember the many who have died from the Covid 19 illness. Your older kids can probably lead the familiar rituals from our time at WUS, since many of them have. These are linked below for reference.

<https://docs.google.com/document/d/16eq9h9bnOJAssE8U21wDcj4IjPZkyD-iW96UShQgdmw/edit?usp=sharing>

What shall we do with our summer ahead? Perhaps you would like to dedicate one day of each week to explore one of our Unitarian Universalist 7 Principles. 7 Days in a week? 7 Principles? Perfect!

SUNDAY Our 1st Principle Each person is important.

Whether it's taking time to help out a neighbor who can't leave their house, or provide greetings to those who might not otherwise receive them, or working hard to help our family members, in these days of social distancing, we purposefully seek out new ways to help our community. We do this because we believe that everyone is important. How can you help other people today and other days? Make a list and see if you can do something from it every Sunday.

MONDAY Our 2nd Principle Be just and kind in all you do.

It's important to speak up for yourself, and it can be important to speak up for other people. How can you be fair to others and to yourself? How can you be kind and honest at the same time? Before you say something, ask yourself "Is this true?" "Is it kind" "do I need to say it?"

TUESDAY Our 3rd Principle Learn Together.

How can we learn from and with each other? Can your family try a new recipe? Learn a new game? What would YOU like to learn about? Ask others what they can teach you. Offer to teach something to them. An origami fold, a magic trick, how to cartwheel. You choose.

WEDNESDAY Our 4th Principle Search for what is true.

There are many ways to search for truth. Do you ever get a feeling in the pit of your stomach? It's telling you something. Maybe what is true for you, is not true for someone else. It is true for me that macaroni and cheese is the BEST meal ever, but pizza is BORING. Is that your truth? It's okay if it isn't. What other things do you find when searching for truth?

THURSDAY Our 5th Principle All people need a voice.

It is an important part of being a Unitarian Universalist to let people make decisions for themselves, whether it's the congregation, the country, or our own families. Try voting on something in your family, or on Zoom, or with friends. If there is a difference of opinion, can you find a in between – a compromise? Learn about all the reasons the adults in your life vote.

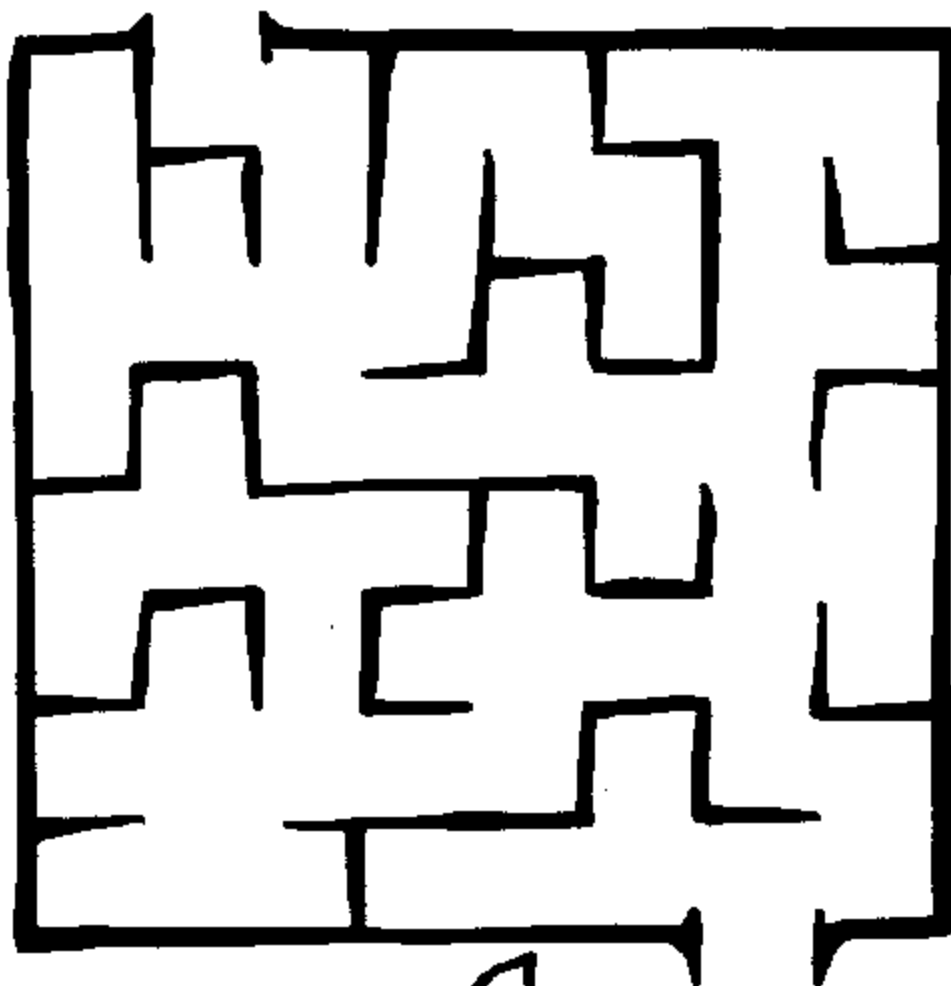
FRIDAY Our 6th Principle Build a fair and peaceful world.

The world is fair when everyone has enough – shelter, food, education, etc. It is also more peaceful when all people, everywhere, have enough. How much is enough? How many shoes can you wear at once? Think of ways that you can share what you have. Think of ways that you can bring peace to wherever you are.

SATURDAY Our 7th Principle Respect the Earth, our home.

Learn about the part of Earth we live on. Each day is a day to explore and tend our part of Earth. Look carefully at the plants, pick up trash (take bags and gloves), close your eyes and listen to the birds and other sounds, and smell the smells. What do you notice? What do you hear? What do you smell? What has changed since the last time you did this?

Start



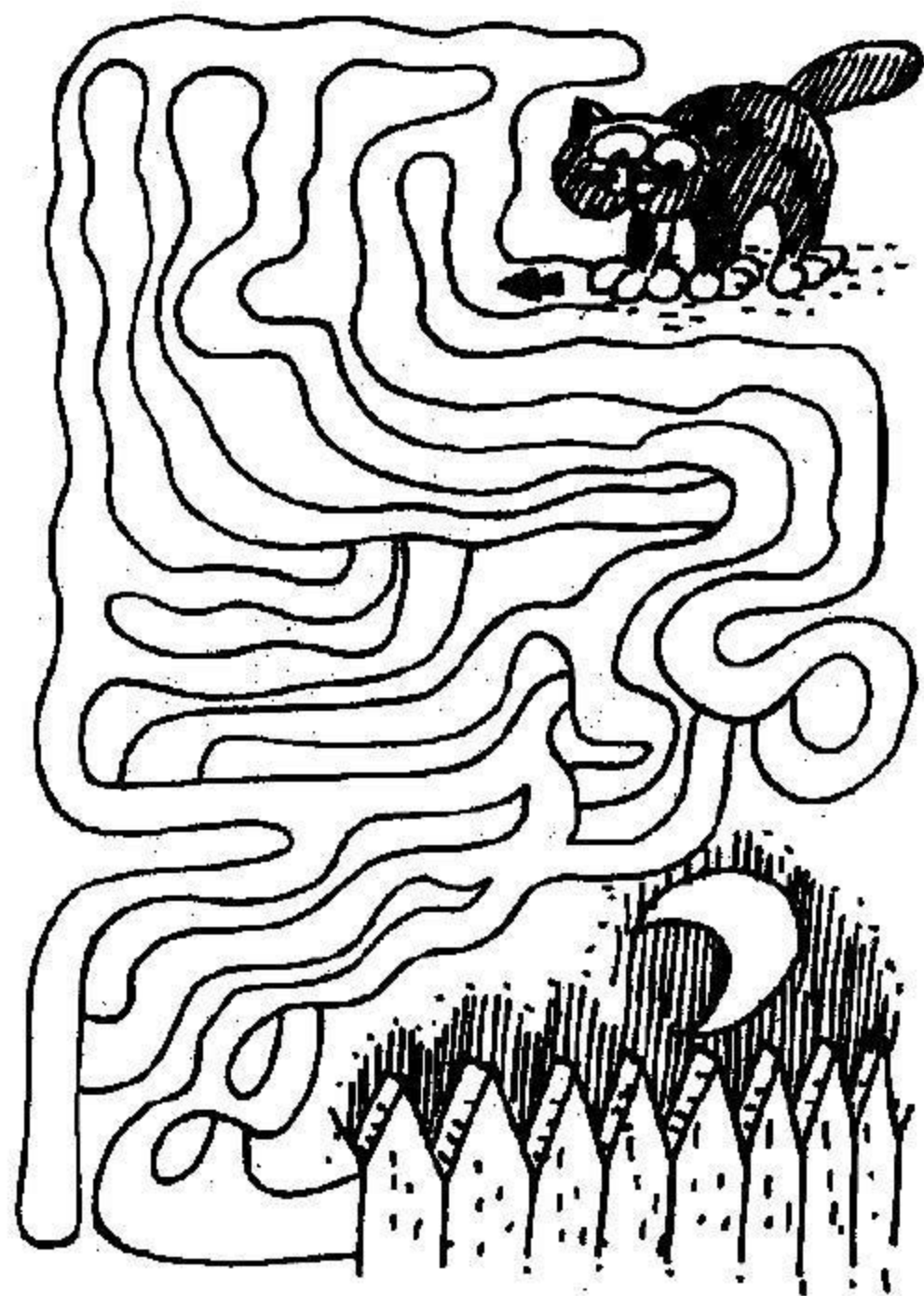


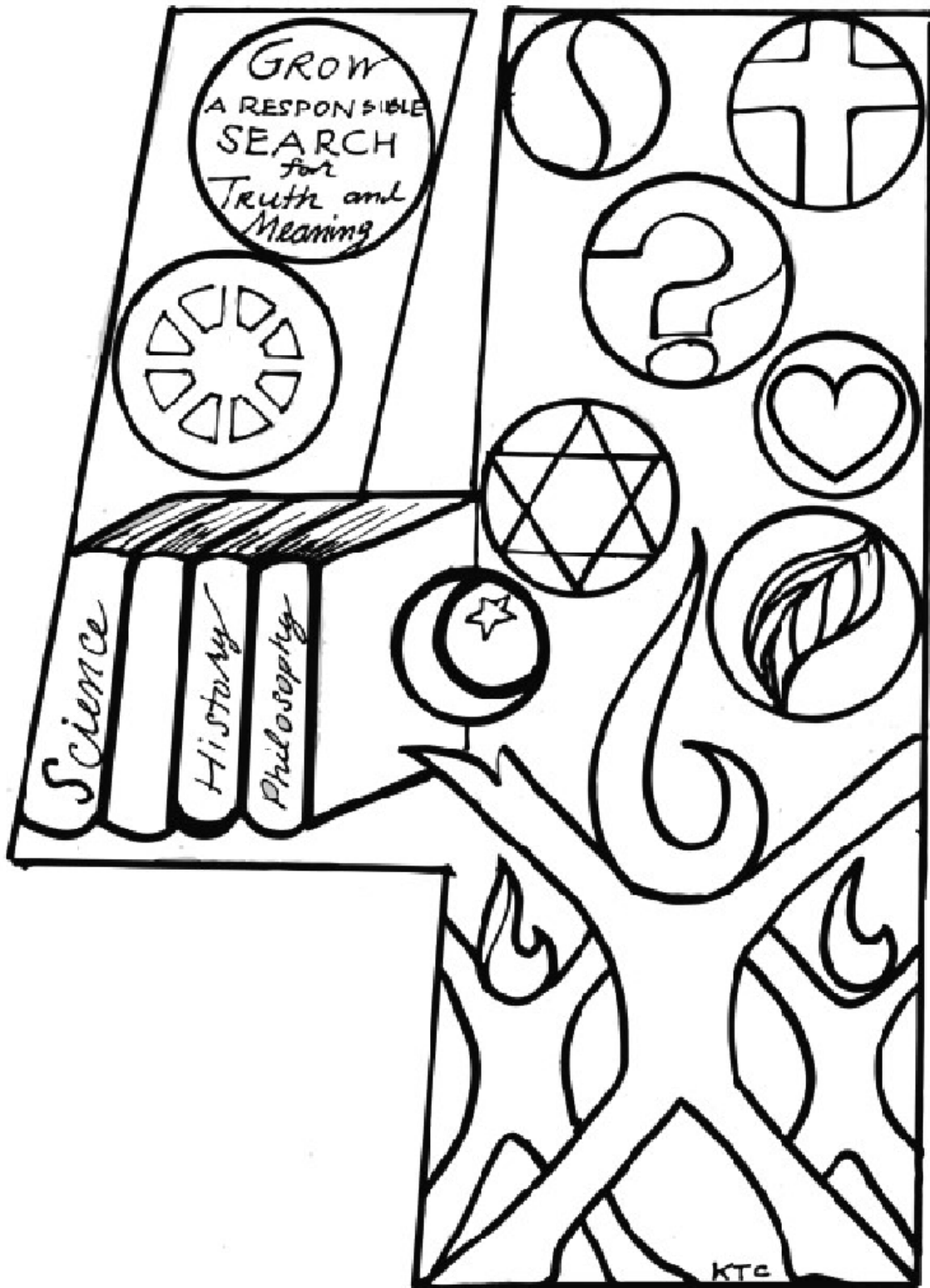


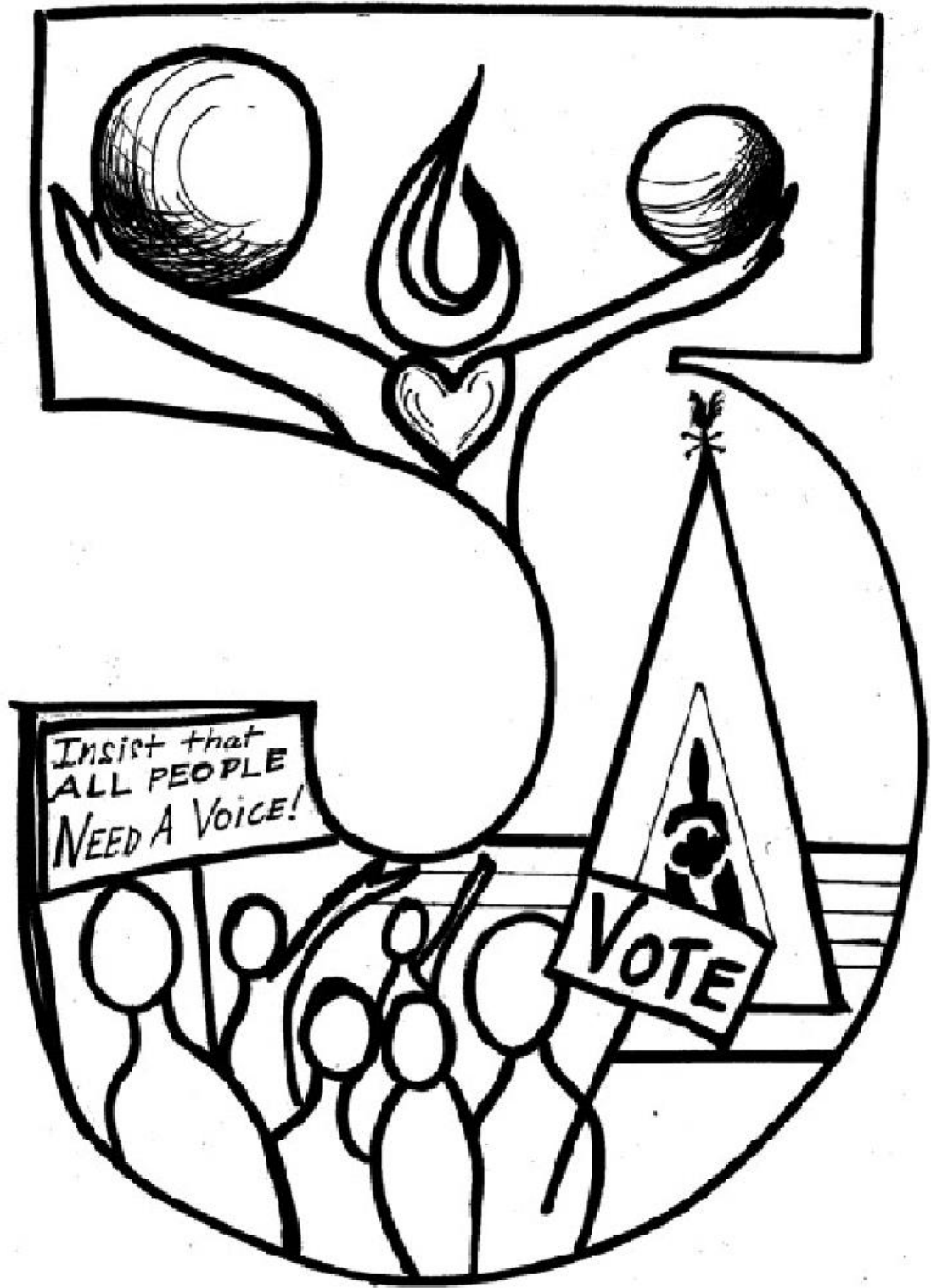
Yearn ^{TO} Learn



Help the cat find the fence.







Insist that
ALL PEOPLE
NEED A VOICE!

VOTE



Unscramble the Words

ROSFET

DAHES

SMAIANL

AVEESL

TREBCAELE

PTALN

AODHYLI

IRTENNNVOME

CROAN

HELERST

OPINNECE

RUUTEF

DRBIS

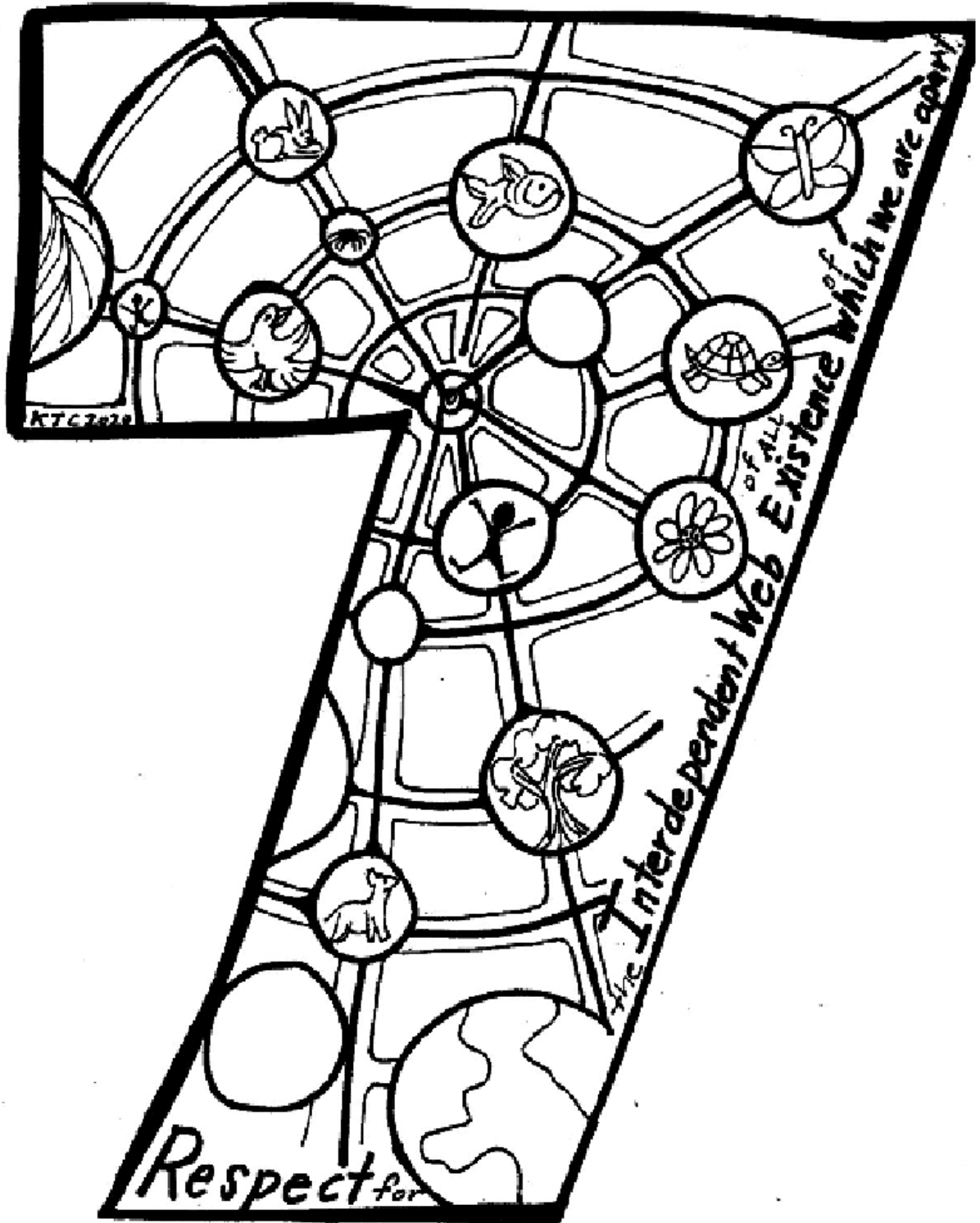
WROG

DLWFEILI

DRAYBORA

THATBIA





Respect for

The Interdependent Web of ALL Existence which we are a part of

KT6700

7 Principles Words

W	T	L	K	I	N	D	N	E	S	S	E	E	A
E	O	B	R	V	O	T	E	E	D	L	V	O	F
B	E	P	R	C	L	U	F	E	C	A	E	P	C
H	C	T	P	E	C	C	A	I	E	W	R	D	L
E	R	E	H	T	E	G	O	T	L	T	Y	C	E
E	A	L	L	L	C	E	E	I	E	S	O	T	L
R	C	I	R	E	C	H	A	T	E	I	N	D	T
I	T	S	L	I	F	E	T	S	N	S	E	S	C
A	O	H	A	O	V	A	T	R	L	N	C	H	E
F	H	L	P	E	E	C	D	S	A	I	E	O	P
O	I	E	E	C	F	L	G	E	R	E	E	O	S
F	N	A	O	A	R	N	P	T	C	T	P	E	E
O	L	R	V	O	D	T	S	A	N	P	F	O	R
E	T	N	W	C	I	S	A	A	N	N	S	E	E

INSIST
EARTH
ALL
PEACEFUL
VOTE
WORLD
ACCEPT
TOGETHER
RESPECT
LIFE
EVERYONE
LEARN
FAIR
WEB
KINDNESS

Play this puzzle online at : <https://thewordsearch.com/puzzle/1202932/>

Can You Find all the words? What Principle Numbers do you think they belong with?

Everyone is Important, Right?

H	Y	G	L	A	U	Q	E	K	C	R	A	M	T
R	R	R	Y	E	N	Y	T	T	M	S	O	A	C
O	E	T	I	T	R	I	A	O	I	W	Q	T	A
G	H	E	A	G	T	U	I	G	I	G	I	T	R
T	Y	T	D	E	H	T	O	E	R	E	E	E	I
V	D	H	U	L	Y	T	M	T	E	R	R	R	N
M	D	I	H	H	O	R	S	H	T	T	A	D	G
O	V	G	Y	N	W	V	A	E	T	N	W	O	T
T	Q	I	O	T	V	I	E	R	W	O	R	T	H
U	L	V	U	D	N	I	K	I	Y	T	D	W	D
O	T	U	D	I	R	R	H	G	Y	M	E	N	R
O	Y	H	S	T	N	A	T	R	O	P	M	I	E
T	I	G	Y	M	N	A	E	O	T	N	E	O	H
H	D	I	I	D	I	G	N	I	T	Y	L	G	O

KIND
LOVE
IMPORTANT
TOGETHER
CARING
YOU
RIGHTS
DIGNITY
WORTH
MATTER
EQUAL

Play this puzzle online at : <https://thewordsearch.com/puzzle/1262384/>

social justice concepts

E	P	L	S	I	A	N	S	I	E	E	L	L	L
U	C	A	F	S	R	E	P	L	E	H	E	E	R
G	L	U	A	R	E	B	I	L	I	K	C	A	I
N	N	Q	I	U	I	G	N	E	N	I	E	R	G
G	E	E	R	T	D	D	S	C	L	N	I	N	H
L	U	N	I	T	E	D	I	A	I	D	E	I	T
I	R	A	C	I	S	M	I	E	S	A	E	N	S
S	U	I	E	P	D	G	I	P	E	A	T	G	S
T	H	R	E	Q	G	N	I	Y	L	L	U	B	R
E	D	I	S	C	R	I	M	I	N	A	T	E	N
N	E	H	T	S	U	J	N	U	E	C	S	T	I
I	U	I	F	S	E	C	A	R	I	N	G	L	R
N	I	H	J	L	O	V	E	L	L	E	C	D	G
G	V	L	T	N	E	Q	U	A	L	I	T	Y	P

- LEARNING
- BULLYING
- RACISM
- PEACE
- FAIR
- CARING
- EQUAL
- RIGHTS
- LISTENING
- DISCRIMINATE
- UNJUST
- HELPERS
- LOVE
- KIND
- UNITED
- EQUALITY

Play this puzzle online at : <https://thewordsearch.com/puzzle/1224874/>

When we build a fair and peaceful world, what are the words we think about?