

Winchester Unitarian Society

Highlights October 15, 2020

(link to today's full issue of Highlights)



The Theme for October is *Deep Listening*

Photo: Statues on the Boston Common

Upcoming Worship

Family Worship, has returned to Sundays. This week, “True?” We will be meeting via Zoom at 10 a.m. this Sunday, October 18th. Please log on a little before 10 at www.tinyurl.com/wusworship and in the chat feature, write “the secret password”. You will be invited into a breakout room by the host. and everyone is muted as they arrive before we begin family worship. Assumptions are made for all sorts of reasons that have little to do with fact. The sessions will not be recorded, and we have gatekeepers to safeguard our youngest members’ privacy.

Check out this Animated Video by Rebecca Kelley-Morgan:

<https://www.winchesteruu.org/wp-content/uploads/2020/10/Family-Worship-Advert-WUS-end-caps.mp4>

Sunday, October 18
10:30 Worship, ONLINE
A Special Congregational Meeting
Follows at 11:45 (See Below)



Whose Laws and What Order? Police, BLM and Us

The Rev. Heather Janules

The use of police force against African Americans and other marginalized communities is one of the many catalysts to rising civil unrest, seemingly a conflict between efforts to “defund the police” and “back the blue.” Yet, like many social struggles, things are not quite this simple. This service will explore how we, a diverse nation, might seek to move beyond binary, hostile positions towards a society with authentic service and protection for all.. **Note that this service will reference state violence but will not include any graphic images or descriptions.**

This Sunday, we share our gifts with the **Equal Justice Initiative**, providing “legal representation to indigent defendants and prisoners who have been denied fair and just treatment in the legal system.”

Questions for Reflection

What have been your experiences with law enforcement officers? If you were of a different identity - gender, race, sexual orientation, ability - how might your experiences be different?

How do you respond to the idea of trauma internalized in the body?

What needs to happen for us to both support law enforcement officers while holding them accountable?

What would it look like if America abandoned "white body supremacy" as a cultural norm?

Transcription Service Now Available: Saturday Practice Session

When you log on to worship, you will now see an icon reading "LIVE Otter ai." This is a

transcription application that provides text for any Zoom meeting, a good tool for those with impaired hearing or anyone seeking clarity about what is being broadcast.

You can see a tutorial here: <https://tinyurl.com/OtterDemo>

There will be a practice session - as setting up the two programs side-by-side can be tricky - this **Saturday, October 17th at 9am**. Log on to www.tinyurl.com/wusworship and we will figure it out together!

Bring-A-Friend Sunday: October 18 @10:30am at the Winchester Unitarian Society

Please join us online (in the comfort of your home & PJ's!)
by Zoom at: <https://tinyurl.com/WUSworship>

Whose Laws and What Order? Police, BLM and Us with Rev. Heather Janules

The use of police force against African Americans and other marginalized communities is one of the many catalysts to rising civil unrest, seemingly a conflict between efforts to "defund the police" and "back the blue." Yet, like many social struggles, things are not quite this simple.

This service will explore how we, a diverse nation, might seek to move beyond binary, hostile positions towards a society with authentic service and protection for all.



Service begins at 10:30am and is followed by
virtual "coffee hour" where you can meet & chat
with others in the WUS congregation.

We hope to "see" you there!

BRING
a friend

And to Further the Introduction: A Welcome Video!

The congregation made a welcome video as part of the minister search in 2015. Since folks can't get to know us in the usual way, we have dusted off that video and updated it to reflect our current ministries. It may not win at the Sundance Film Festival but this 20 minute window into our congregational life helps newcomers get a sense of how we worship, serve, play and advocate. You can find it on the front page of our website: www.winchesteruu.org Check it out and pass it on!

Service of Remembrance

Our annual Service of Remembrance is happening on Sunday, November 3rd. As we did last year, we would like remember our loved ones through a sung litany. This is a time to remember all our loved ones, but this year we will be bring special attention to those lost during this time of pandemic. If you would like your loved ones to be remembered in this litany, please contact John Kramer at john.kramer@winchesteruu.org. In this beautiful meditational space, the names will be invoked as we respond: "you are not forgotten."

Worship Notes

Chalice Images and Short Videos Needed

We wish to refresh our images for "Kindling of the Light" in on-line worship. Please send



your images and short videos of you kindling your chalice at home to Director of Music John Kramer at:

john.kramer@winchesteruu.org

Zoom Support Volunteers Needed

Most of us have become more tech-savvy since March. If you have become Zoom fluent, consider serving as Zoom tech support should a newcomer have trouble accessing

the Sunday service. If interested, contact Heather at:

heather.janules@winchesteruu.org

Community Connections



Are you bidding??

<https://www.32auctions.com/WUS2020Auction>

HAUNTED HOUSE!!

Haunted events on church grounds
this Halloween season!
Decoration donations appreciated!
Volunteers welcomed!

More Information:



https://docs.google.com/document/d/1_Spy5MDmqGXIPep5rCgf0yDo7CDQZCPwV-9xIO8JtC8/edit

Contact Evan -- email: evan.forcucci@gmail.com or text: 781-460-8325



Harvest the Power is an adult program that cultivates leadership growth through faith formation and the application of Unitarian Universalist theology to the goals of anti-racism and social justice. Learn about yourself, your fellow members and the skills and practices needed for leadership in these unfamiliar times throughout six, two-hour reflective and interactive sessions.

Co-facilitated by Liz Lintz and Phil Coonley of the Nominating and Leadership Development Committee, Director of Lifespan Religious Education Rebecca Kelley-Morgan and the Rev. Heather Janules, Parish Minister, this group will meet virtually throughout the 2020-21 program year, days and time TBD, beginning hopefully the week of Nov 9th but based on collective availability. We especially encourage those who are already in leadership positions or considering leadership positions to enroll, but it is open to all. Expectation is that participants will commit to the first three sessions and then assess from there. Please contact Liz Lintz at nominating@winchesteruu.org if you have questions or you are ready to join. Minimum 6 participants to begin, maximum is 12; deadline is Nov 8. We already have one enrollee so we just need at least 5 more! *How about you?*



We Believe in Dog Walks on Halloween!

Saturday, October 31st, 10am: We Believe in Dog is a gathering of WUS members and friends – and their dogs – who walk together in the Fells. You don't need a dog to participate! All participating dogs must be friendly and vaccinated.

We next gather on Saturday, October 31st. We will meet at the second of three entrances to the Middlesex Fells on Hillcrest Parkway at 10:00 am and start walking around 10:05. *Our walk will comply with WUS pandemic protocols for outdoor gatherings including a sign-in sheet with a brief symptom survey. Masks – worn*

properly – are required. Dogs, however, are free to walk without masks. **But dogs - and their humans - are welcome to come in costume! :)**

Let Rev. Heather know if you plan to come: heather.janules@winchesteruu.org Please also send your cell number if this is your first walk so we can reach out to you if you are not at the starting point when we are about to begin.

Photo by [Elias Castillo](#) on [Unsplash](#)

WUS Gatherings on Election Week

Voter Vigil: On Tuesday, November 3rd, we will open a Zoom room at 7:30 pm to center ourselves for watching the evening's poll results. After a time of checking in with one another, we will watch at home but revisit the Zoom room on the hour to share our reactions. The room will be informally "personed" throughout the evening in case there is a sudden development. Last check in will be at 11pm: www.tinyurl.com/wusworship



Post-Election Listening Circle: Thursday November 5th 7:00 PM Regardless of the general election's outcome, the divisiveness of the national campaign season has been challenging, and for many of us, painful. Join your fellow congregants for a facilitated gathering and a time to be in community as we tend to each other's spirits. This evening is sponsored by the Pastoral Care Associates and WUS staff: www.tinyurl.com/wusworship

Photo by [Tiffany Tertipes](#) on [Unsplash](#)

A sign with a black background and white text. The text reads: "OPEN OFFICE HOURS With Rev. Heather · WUS Meditation Garden Every Thursday (weather permitting) from Noon—2PM Beginning September 3rd Call the WUS office (781.729.0949) if the weather casts doubt MASKS REQUIRED! As always, Rev. Heather is available by appointment beyond office hours as of September 1st". The sign is set against a background of a building and trees.

OPEN
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Every Thursday (weather permitting) from Noon—2PM
Beginning September 3rd
Call the WUS office (781.729.0949)
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MASKS REQUIRED!
As always, Rev. Heather is available
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NEW MEMBER DIRECTORY

There is a new member directory posted to the Members & Friends page of the Winchester Unitarian Society Webpage.



Find it here: <https://www.winchesteruu.org/wp-content/uploads/2020/09/WUS-Directory-as-of-9.24.2020.pdf>

Photo by [Waldemar Brandt](#) on [Unsplash](#)



Writers Group: 9-10(ish)

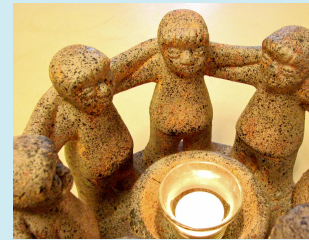
Every Wednesday

Next meeting is October 21st

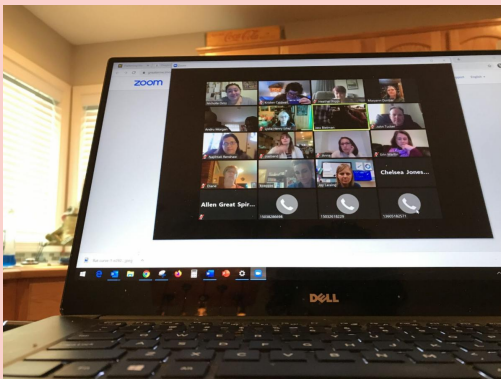
The writer's group is led and facilitated by Dan Hermes. Dan will be facilitating through early November, so please be in touch if you'd like the url to join the group. Dropping in is fine and invite your writing friends. Dan can be found here at: dan@lexiconsystemsinc.com

Joys, Sorrows and Transitions

If you are facing a time of joy, sorrow or transition in your life, your minister 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



Congregational News



Mark Your Calendars! Winchester Unitarian Society Special Congregational Meeting Sunday, October 18, 2020

The Winchester Unitarian Society Special meeting will be held via ZOOM at <https://tinyurl.com/WUSworship> on Sunday, October 18, 2020, at 11:45 a.m.

following the Sunday service, to consider the following:

Article I To hear and act on a revised budget recommended by the Standing Committee for the fiscal year ending August 31, 2021.

Article II To hear and act on the proposed change to the membership requirement of the Social Action and Outreach committee specified in Article 15 Section 2 of the Bylaws that would reduce the number of elected members from nine to seven.

Article III To hear and act on any other business that may legally come before this meeting.

By order of the Standing Committee, George Wood, Clerk

*Please read these budget documents prior to the meeting:

<https://www.winchesteruu.org/wp-content/uploads/2020/10/Summary-of-Changes-from-Approved-May-2020-Budget-to-Revised-Draft-Oct-2020.pdf>

<https://www.winchesteruu.org/wp-content/uploads/2020/10/WUS-BUDGET-FY21-revised-for-Special-Meeting-for-distribution-to-congregation.pdf>

Partner Church News

We hear from minister's wife, Gizi, that, in Marosvasarhely as in Winchester, covid19 has seriously curtailed church activities. They feel safe gathering on Sunday to hear Laci's sermons but allow no more than fifty people in the sanctuary and require proper distancing. This summer, they took a group of fifty congregants to a country resort location, where each family could have its own cabin. As Gizi commented, they were together but apart. They found it a refreshing relief from virus restrictions.



Our two university scholarship students, Anna Kiss and Anna Kamenitzky, are continuing their studies, albeit remotely. Neither one is happy about that. The latter's program is in geography and tourism; the former's in artisanry. We're hoping to learn how she is able to pursue her efforts in three-dimensional art of various kinds.

The Winchester School of Chinese Culture will not be running their after-school program at WUS this year. If you would be willing to lead an effort to find or suggest alternative sources of building related income, please reach out to Thomas in the WUS office (office@winchesteruu.org or 781-729-0949). Any building use must be consistent with the guidelines from the Pandemic Planning Task Force and the needs of our long-time tenant the Winchester Cooperative Nursery School. Every little bit helps!! Please share your time and ideas! THANK YOU!



**The Wednesday Night Meditation Group is ON-LINE
Wednesday Evenings from 6:30 - 7:30 PM**

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

Specific Instructions:

TO JOIN BY PHONE: - Dial-in number (US): (712) 770-5505, Access code: 891-437-120#

International dial-in numbers: <https://fccdl.in/i/891-437-120>

TO JOIN BY COMPUTER OR OTHER DEVICE:

Join the online meeting: <https://join.freeconferencecall.com/891-437-120>

Online meeting ID: 891-437-120

For additional assistance connecting to the meeting text "Help" to the Dial-In number above. Message and data rates may apply.

Also, please join as early as 6:20 pm to greet each other before we ring the starting bell at 6:30.

We will all be muted during the 2 meditation periods, when you should be able to see a video of a lit candle on the screen.

For further information, please contact Patty Shepard at shepard.patty@gmail.com

PLEASE NOTE: Free conferencecall.com has a new software download that you may be asked to allow when you click on the link above. All you need to do is to accept the download and follow the prompts, including allowing a non windows installation, if you have windows on your device.



Fall Yoga Session Begins

Join us Mondays 6:45 – 8:15pm via Zoom
Led by Fritzie Nace, MA DTR

Deep breathing (pranayama) brings warmth and focus. Yoga postures (asanas) 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. Ten-class (\$130), 5-class (\$65) and drop-in (\$15). For more information, see WUS website here. Questions? Email fritzie.nace@gmail.com.

Children's Religious Education: As long as the weather allows, we will be meeting on the grounds of Winchester Unitarian Society, with masks and social distancing protocols for everyone's health and well being. The gatherings will take place **Sundays from 12:00 to 2:00**, picnic and brief program followed by social time. Park in the back lot and find us on the lawn near the garden.

Sunday, October 25th 4:30-? **NOTE new time:** celebrate the autumn with **Pumpkin carving/decorating and a dusky evening display of candle lit jack o' lanterns**. Come in costume and pose for photos with your pumpkins. No photos will be shared without permission. To follow safety protocols it's BYOP & BYOB. (Bring your own pumpkin and beverage and we'll provide the pizza) Put this one on your calendars!

If you haven't been contacted by a member of the religious education committee yet, please let us know when and how to best be in touch by letting Committee chairperson, Naomi Magnoni know at REC@winchesteruu.org. We look forward to connecting with you!

6th through 8th graders are invited to join in a world religions exploration group forming with First Unitarian in Chicago. As the weather turns more New England, we will be connecting with other UU's (who might have colder weather than we do) in Illinois through the power of virtual worlds. Please contact Rebecca if you have a child in that age group and are interested in having them check it out. Sessions begin November 1st, will last about an hour, have a combination of socializing and learning content, and will run from noon to 1:00 on Sundays.

WUSYG

Winchester Unitarian Society Youth Group

This Sunday is self- and community-care Sunday at WUSYG, and we'll be using our "spa" kits to relax together while talking about what community care means and looks like as a tool for liberation in the future.

Parents: Haley and Sam are hosting 20 min sessions to get to know you and learn more about your child. Sign up here if you're interested:

<https://calendly.com/wusyouth/20min>

All of the above will be on Zoom and can be joined by going to:

www.tinyurl.com/WUSYGZoom

We will also have monthly in-person outdoor meetings starting on Oct. 25th.

Any questions/concerns/feedback please message Sam & Haley:

wusyouth@gmail.com

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

It's Thanksgiving "Basket" Time:

For many years we have provided large boxes of holiday foods for area families through the Council of Social Concern. **Last year we contributed 33 dinners. This year, the need is greater than ever.** Since they are excluding fresh vegetables, we estimate the cost, including a \$20 gift card to be from \$75--85.

Please sign up NOW to donate one or more dinners by sending Sue Doubler an email at suedoubler@gmail.com. We will send you a shopping list and provide the heavy-duty box you will need.

This year we have arranged for Stop and Shop in Winchester to pack boxes for people who would rather not do the shopping themselves. We need to hear from you by Sunday, October 25 so we can arrange the payment.

Together, we can make Thanksgiving a happy holiday for many families in the Woburn/Winchester area who are facing difficult times. You may bring your completed box, with separate gift card to the church during the week of November 9. Drivers will be needed for delivery to the Council on November 16.

Honor Indigenous People's Day

by supporting the [Indigenous Legislative Agenda](#).

UU Mass Action encourages you to write a three emails today. A few sentences written personally by you, will have a huge impact (much more than auto-generated emails). [Here's a template to help you get started](#)

"I'm a Good Person, Isn't that Enough?"

Racial justice educator Debby Irving (author of *Waking Up White*) will lead a discussion about how to proactively raise strong, empathic children and recognize how different kinds of unrecognized privilege can influence our parenting. Her presentation on Thursday, October 22nd, will focus on the "basics" of anti-racist parenting with a Q&A. A discussion and working group led by Network for Social Justice Executive Director Liora Norwich for those who want to unpack Irving's talk will be on Thursday, October 29. Both sessions will take place from 7:00-8:30 p.m. Register for both parts [here](#)

Did you miss the March 14 event to support LexRAP?

Although we called it off due to Covid 19, we purchased 10 copies of "**Call Me American**," by Abdi Nor Iften, the key note speaker. He tells of the struggles of his life in Somalia and the great difficulties involved in becoming refugee in America. Eight copies are available to borrow on the Racial Justice shelf in the Michelsen Library.

Every Tuesday evening at 6:00 p.m. a community vigil in support of racial equality and justice for Breonna Taylor takes place at the four corners of Mystic Valley Parkway near the Winchester Unitarian Society.

All are welcome!

Council of Social Concern

There is an **urgent need** for food donations for the Council for Social Concern in Woburn. You may drop off food at church or at the pantry.



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

Our Refugee Support Continues

We have started a **Go Fund Me campaign** for the refugee family many of you have so generously bought diapers and Pediasure for.

The parents have gotten work permits and the father is now working, but the salary is modest, so the money raised through this campaign will go to living expenses. You can reach the campaign [here](#) to donate and/or share the link to the campaign by email, Facebook, Instagram, etc.

We continue to ask 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!

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)

**Winchester Unitarian Society | 478 Main St. Winchester MA 01890
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