



Winchester Unitarian Society

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## Highlights

2/9/2023

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

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The Theme for February is

# Love



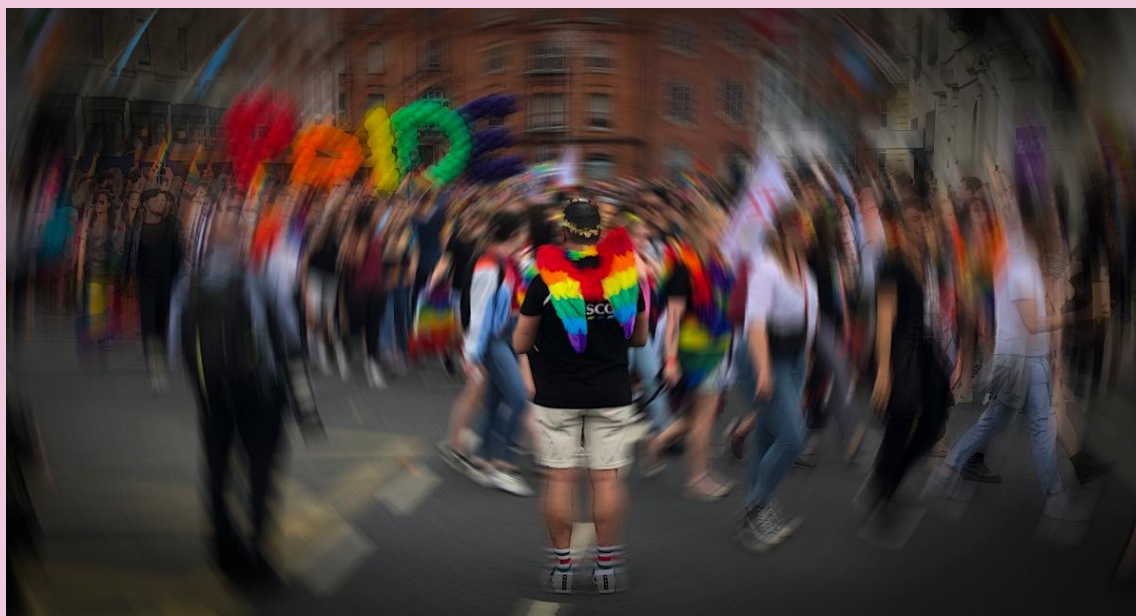
# Upcoming Worship

**Sunday, February 12th**

**10:30 Worship @ WUS Sanctuary AND Online**

Virtual Worship Logistics Below

## **Whole and Holy: Reflections on Loving a Queer Disabled Body**



This service, led by our youth group, **WUSYG**, and our new youth group, **JUSYG**, will be focused on self-love. What does it look like to fully love yourself, and love your body, just as you are? This can look like lots of things, and each of them is valid. Each of us is whole, holy and good and our bodies are blessings.

**A Valentine's Party will follow in Metcalf Hall. We will decorate valentines for the guests of the Malden Warming Center.**

**Sign up to contribute to the Potluck here:**

[www.tinyurl.com/ValDayPotluck](http://www.tinyurl.com/ValDayPotluck)

**IN PERSON ATTENDEES**

**Come to the WUS Sanctuary (478 Main Street, Winchester).**

## Masks are required until the children leave for Religious Education activities

--VIRTUAL ATTENDEES--

On Sunday at 10:30 am, click here to connect with the livestream from the Sanctuary: <https://tinyurl.com/WUSlivestream>.

The **Order of Service** for Virtual Attendees can be found on our website under the listing for this service.

**Livestreamers** are encouraged to send an email to [checkingin@winchesteruu.org](mailto:checkingin@winchesteruu.org).

We know where you are streaming from but don't know who you are!  
We want to hear from you!

More information about the worship services can be found on the [website](#).

## Joys, Sorrows and Transitions

Due to COVID concerns on his floor, those wishing to connect with **Warren Orr** are advised to call him at Care One in Lexington in lieu of visiting.

Update on **Alberto Araoz**: He has been discharged to Encompass Health Rehabilitation in Woburn. Friends willing to wear a high-quality mask are welcome to visit.

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](mailto:office@winchesteruu.org).

## Congregational News

### A Message from the Pledge Team

It's that time of year when individuals can express their gratitude for our community and our mission with a financial pledge to the Winchester Unitarian Society. Pledge packets will arrive at your homes in the next week. There are several ways to pledge your contribution: you may mail your pledge card back to the office, you may pledge online under the Giving tab of our website, or you may visit the pledge drive table after Sunday services. This Sunday, our pledge table will have a Valentine's Day theme in keeping with our Valentine's Day Party!

Our generous gifts comprise the majority of the operating income for WUS, and our pledges provide our Standing Committee with the information they need to establish priorities for next year's spending. Due to significant increases in expenses, our pledge goal this year is \$400,000, 7% more than we raised last year. Thank you in advance for submitting your pledge before our campaign ends on **March 15th**.

**Don't judge each day by the harvest you reap, but by the seeds you plant. -**  
Robert Louis Stevenson

John Healey, Liz Scott, and Claire McNeill (liaison to the Standing Committee)

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**Circle Dinner Sign-up Time!**  
**Deadline: Sunday, February 12th**



It's time to widen your circle of friendships or deepen long-standing connections with fellowship and good eating!

Circle Dinners consist of small groups of singles, couples, and families from the WUS congregation dining together in each other's homes (or other locations) throughout the winter and spring. Everyone contributes to the meal, and it is hosted by a member or members of the group, in their home, at WUS, or in a creative location like a public park, on a rotating basis.

Newcomers are especially welcome. This is a great way to get to know the people you see on Sunday in a relaxed, convivial setting.

**Sign up online at:**

<https://www.surveymonkey.com/r/KJC6XCC> or at Coffee Hour through February 12th. You will be notified in late February of your group members. This is one of the most popular social events at WUS and many people participate. Don't miss out!

For more info, go to: <https://tinyurl.com/bdhftncw>

**Or, Scan the QR Code:**



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## FEBRUARY'S **LOVE** IN ACTION



COOL2KIDS.COM

We are continuing our partnership with the **Malden Warming Center** by preparing valentines for their guests on February 14th. **We have committed to decorating 25 but aim for 30.**

The valentines all have a decoration on the front - waiting for your added coloring or augmentation - and an inspiring quote about love on the inside, plus two blank sections for original artwork. We need people to bring them to life with color and added decoration!

Come to the Valentine's Day Party after worship this Sunday, February 12th, and make your card in the company of other artists...

**Let us again Share the Love!**

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## Isn't **Coffee Hour** a Wonderful Tradition?

Volunteers are needed to bring refreshments for Coffee Hour. If you haven't volunteered yet this year, would you please consider it? Call or text Donna Reed at 781-626-1785. Leave your name and number and she will call you back to arrange it. Thanks so much! Many Hands Make Light Work!

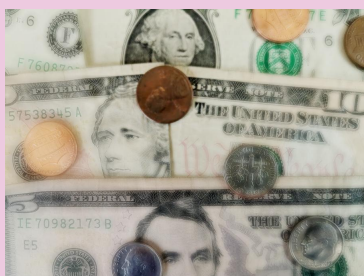


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## LARGE PRINT ORDERS-OF-SERVICE ARE BACK! ASK AN USHER IF YOU WOULD LIKE ONE

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### It's Grant Application Season Again!



The **Social Action and Outreach Committee** invites members and staff to sponsor organizations whose work reinforces our mission. As we become increasingly aware that many of the inequalities in the U.S. have systemic causes, **we must also work for changes in policies and procedures that contribute to systemic oppression.** We encourage you to find groups that are working toward new solutions at the local, state, national and international level, in addition to the groups that we have been honored to support for many years.

#### Here are the steps for participating this year:

- All potential sponsors should notify Patty Shepard by **February 28th** via email at [shepard.patty@gmail.com](mailto:shepard.patty@gmail.com) about any group they plan to sponsor this year.
- Early in March, SAOC members will contact the sponsors of the organizations applying for grants, for which they will be the reviewer, and clarify the process, as needed.
- Sponsors notify the organization about the grant opportunity, obtain complete contact information, and learn about any possible special project to which the grant might contribute.
- Sponsors find the [Grant Application Form](#) and complete Section I and II, before sending it to the organization. Please convey our strong preference for simple financial statements and request the application be returned to the sponsor **electronically, well before the March 26th deadline.**

- On receipt of the application, sponsors should make sure it is complete, and then send it via email to the designated reviewer on the SAOC.

**Complete applications must be submitted by the sponsor to the reviewing SAOC member no later than Sunday, March 26th.**

**Please Note:**

Sponsors with questions about the process should contact Patty Shepard at [shepard.patty@gmail](mailto:shepard.patty@gmail) or the person who will be reviewing your grant, which will be determined after March 7.

## A Fall Arts Fundraiser...

To make space and resources for the Town Day Rummage Sale, **“Spring Into the Arts”** will now take place in Fall 2023 as a Fall Arts Fundraiser and community outreach event with a tentative date of November 5<sup>th</sup>.

There is lots to do to make this a successful event for our community. **We are looking for an early indication of interest specifically in teaching a single day art/craft class here in our WUS classrooms on November 5<sup>th</sup>, where participants would be charged a fee as part of our fundraising efforts.** A list of possible classes is listed below – but we are open to any relevant ideas you may offer. Please email [wusartspring@gmail.com](mailto:wusartspring@gmail.com) to let us know what you would be willing to teach. Thank you so much!!!

- Flower Arranging?
- Cake Decorating?
- Cooking?
- Pottery?
- Needle Felting/ Wet Felting?
- Sewing/Embroidery/Sashiko?
- Needlepoint?
- Punch Needle?
- Knitting/Crocheting?
- Loom Knitting?
- Drawing/Painting?
- Card Making/Collage?
- Decoupage?
- Calligraphy?
- Holiday Ornaments
- Origami?
- Bead Making (Sculpey or other medium)?
- Friendship Bracelets/Jewelry?
- ETC!!!!!!!

## The Return of.....





**June 3rd, 2023** (Winchester Town Day)

**SAVE THE DATE AND START COLLECTING NOW  
FOR OUR MAJOR 2023 FUNDRAISER!**

Start searching your attic, basement & closets for:

- **Adult Clothing/Accessories/Shoes**
- **Home Decor**
- **Kitchen Goods**
- **Children's Clothing/Books**
- **Jewelry**
- **Outdoor Furniture/Tools/Gardening**
- **Sporting Goods**
- **Books**
- **Electronics**
- **Small Indoor Furniture**
- **Artwork & Crafts**
- **Toys/Games**
- **Musical Instruments/LPs/Sheet Music**

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**New Hope Baptist Church and the African  
American Community in**

**Winchester - 1890 to 1970**

**with Nancy Schrock**

**Wednesday, February 15 at 7 PM**

## Online Program Free and Open to the Public

Winchester Historical Society & Network for Social Justice  
are pleased to present:

# NEW HOPE BAPTIST CHURCH

And the History of the  
African American  
Community in Winchester  
1870-1970

Presented by Nancy Schrock,  
Curator of the Historical Society



**February 15, 2023**



**REGISTER**

## *W.U.S. Yoga* *Nurture your Spirit ~ Nourish* *your Body*

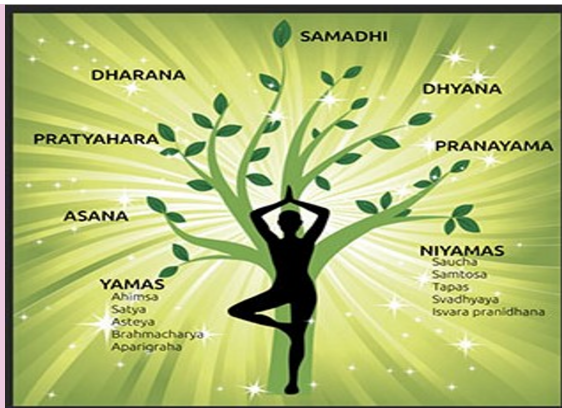
**Gentle Kripalu-style yoga led by Fritzie Nace**

**Thursdays 5:30 – 6:45 pm in the Meyer Chapel**

***Winter 2 Session: 2/09 – 3/30/2023***

***\$100 for 8-week session, \$15 drop-in***

***ALL ARE WELCOME!***



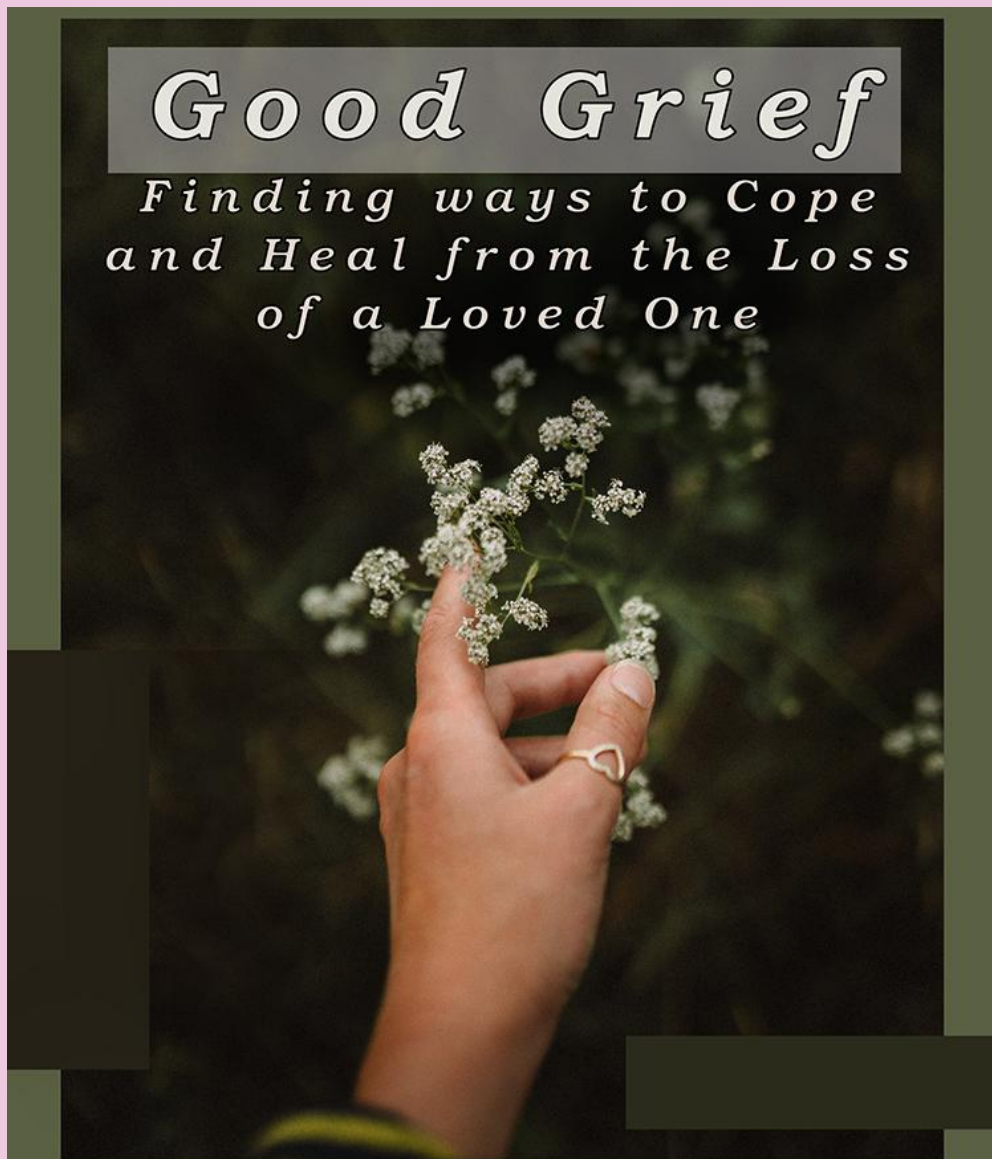
Deep breathing (pranayama) brings warmth and focus. Yoga postures (asanas) gently stretch and strengthen, enhance balance and counter patterns of daily tension. Connecting breath and movement deepens self-awareness and enlivens our sense of being. If you have never done yoga before, or only just a bit, 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. Mats, blankets, blocks and straps are provided.

Please let me know of your interest by emailing [Fritzie.Nace@gmail.com](mailto:Fritzie.Nace@gmail.com).

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# *Good Grief*

*Finding ways to Cope  
and Heal from the Loss  
of a Loved One*



*Space is limited, contact  
Carol DeLaney at [ccdolaney1@hotmail.com](mailto:ccdolaney1@hotmail.com)  
or 781-508-3366 to register*

**5 week Grief Group**  
**Led by Carol DeLaney and Rev. Heather Janules**

**Wednesdays 3:30 – 5 pm**  
**in the Michelsen Room**  
**3/1 through 3/29/2023**

In a safe and confidential setting you will be invited to share your story and listen to others who have experienced loss. You will learn ways we mourn and how to express your emotions through journaling or practices such as breathing exercises. You will be encouraged to discover how to nurture your own grief spaces.

Please pre-register by contacting Carol DeLaney by email at [ccdolaney1@hotmail.com](mailto:ccdolaney1@hotmail.com) or by telephone at 781.507.3366.

## Religious Education

In our First Reflection in church on Sunday, we talked about money – how it can feel to receive and how it can make others feel when we give it. I told a story from Islam about a generous man who gave a poor woman many more coins than she had asked for. The man’s friends were confused at why he would do that, and he told them that the woman would have been happy with fewer coins, but he knows that he can do more, and so he did!



In RE, everyone joined in for some fun workshops in our first Sunday of **FebFest**. Some made birdfeeders out of oranges and toilet paper tubes. Others made cat toys and other amazing fiber creations. Still others learned the arcane secrets of the Rubik’s cube in its many forms. Along with all of this, the Lego station got some serious action as well. It was a fun day. See below for the workshops on offer for this coming Sunday and beyond!

### This Sunday, February 12th: RE Classes for K-6

#### *Spirit Play and Neighboring Faiths*

This Sunday and all Sundays in February, all kids in RE will join different workshops of their choosing as a part of the WUS tradition of FEBFEST (formerly JanFest). **See the FebFest paragraph below** for more information. It’s a blast!

### Our Whole Lives (OWL)

OWL class this Sunday, February 12th, will be at the usual place and time: OWL room at WUS, 5 pm. The lesson will be Lovemaking. Hope to see you there!



Photo by Andy Chilton on Unsplash

# FebFest 2023

Without further ado, take a look at the wonderful workshops on offer for RE's FebFest 2023. Thanks to all those who stepped up to offer a workshop. It's a great time for all.

## WORKSHOP SCHEDULE

Day	Workshop	Instructor
February 5	Improv Games	Victoria and Milo Ippolito
	Feed the Birds: Helping Our Friends Through the Winter	Brenna Mayer
	Cat Toys and Other Fiber Fun	Caroline Bronski
	Rubik's Rave	Alex Bronski and Calvin Levering
	<i>Optional activity: Freeform Lego Build (supervised)</i>	
February 12	Calligraphy: Or How to Write Like an Old Person	Brenna Mayer
	Holi: Stories and Sweets	Swati and Suman Mukherjee
	Avocado Sushi Rolling and Chopstick Games	Victoria Ippolito
	<i>Optional activity: Freeform Lego Build (supervised)</i>	
February 19	Trash = Art	Brenna Mayer
	Sculpey beads	Sue Kiewra
	Nachos Your Way	Naomi Magnoni
	<i>Optional activity: Freeform Lego Build (supervised)</i>	
February 26	Sculpey beads	Sue Kiewra
	Shrinky Dink Keychains	Victoria Ippolito
	Culinary Creations	Sam Wilson
	<i>Optional activity: Freeform Lego Build (supervised)</i>	

## Workshop Descriptions

### Improv Games

Milo and Victoria will lead a group of intrepid young thespians (or just kids!) in a series of games that promise to be hilarious fun. If you like theater, think you might, or even don't know, this is the workshop for you!

### Feed the Birds: Helping Our Friends Through the Winter

Ever wonder how our berry and seed loving winged friends make it through the winter in New England? One way is through the kindness of backyard birdfeeders. Brenna will show you how to make a simple birdfeeder from seeds, natural elements, and other materials.

### Cat Toys and Other Fiber Fun

Let Caroline show you how to have fun with fiber, like yarn, string, and thread. Learn how to make pom-poms, finger knit, knit with needles, make friendship bracelets, and more!

### Rubik's Rave

Alex and Calvin will share their love of and expertise in solving Rubik's cubes. Come enjoy playing and solving with many different sizes and shapes of Rubik's cubes. Alex and Calvin will demonstrate and provide handouts with solutions to take home! *(Note: Limit of 5 participants in grade 2 or higher)*

## Calligraphy: Or How to Write Like an Old Person

Learn to write in the cursive of cursives! Calligraphy is an ancient artistic expression of letters. Brenna will show you how to use a calligraphy pen, ink, and parchment to create beautiful art with words. Then you get to create your own poster or card art to take home!

## Holi: Stories and Sweets

Enjoy learning the funny and wonderful stories of the Hindu holiday of Holi from Swati and Suman. Hear all about how Krishna broke the buttermilk pot – that rascal! – while making sweets. Also take part in creating eco-friendly colored powders to throw at each other when we celebrate Holi on March 5th!

## Avocado Sushi Rolling and Chopstick Games

Yum! Do you like sushi? Avocados? Learn from Victoria how to roll them together in an irresistible snack with Victoria. As for chopstick games, it's a secret that you'll just have to see to believe. Come see how it happens!

## Trash = Art

Don't throw that away, that's art! Take everyday items that normally go in the trash and let Brenna show you the various ways to turn them into art to hang on your wall or send to a friend. You'll never look at trash the same way again!

## Sculpey Beads

Are you interested in jewelry, beads, or just making something beautiful and useful? Join Sue in this workshop to learn how to make jewelry beads out of Sculpey clay. Each participant will make and take home lots of beads (and instructions for adults on how to dry them).

## Nachos Your Way

Do you like to cook? Come into the kitchen to prepare vegetarian nachos with guacamole your way. Naomi will have chips, cheese, salsa, avocados, lime, black olives, cinnamon, salt and pepper, garlic, onions, and field day organic refried beans. Do you think something is missing? Bring it along. Let's have a fiesta!

## Shrinky Dink Keychains

Make your own designs and shrink them down to something permanent, useful, and fun. Victoria will show you how to make a keychain from used plastic and your own creativity!

## Culinary Creations

Join Sam in the kitchen and unleash your imagination as you create edible art!

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## JUSYG: Junior Youth Group (7th & 8th Grades)

This Sunday, February 12th, WUSYG and JUSYG will be leading the morning worship service. There will be no regular youth group meetings that night. Please also save Friday, March 3rd, for our first sleepover ('til noon on Saturday).

Please [sign up here](#) to help support our upcoming meetings

## WUSYG: Winchester Unitarian Society Youth Group (9th-12th Grades)

Thanks everyone who came out last week for our WUSYG Meeting, and began doing some Vision Boarding.

We will have another regular meeting at 6:30 this Sunday, February 5th. We will be continuing our Vision Boards. Please bring in some current magazines to donate for that process.

This Sunday February 12th, WUSYG will lead the am service (no meeting in the night), and March 19th is our next Fundraiser (the chili cook-off returns!) We also decided to have our next sleepover on March 24th. Finally, be sure to save the dates for our Service Trip, Sunday, April 16th, to Friday, the 21st.

Finally, parents, we need some more snack sign ups for 2023; please fill in where  you  can:

<https://docs.google.com/spreadsheets/d/1MRsvEO68TSLfDh9RPbBQOg4uhqPZbfXKpfcvHBtDUSg/edit?usp=drivesdk>

**Building  
Beloved  
Community**

**Concept  
by  
Concept**



The recent news of a young Black man being murdered by Black policemen in Memphis, Tennessee, might lead someone to assume that racial bias was not involved. But many involved in the world of anti-racism and social justice might see it differently—as an example of internalized oppression.

Most of us are familiar with the concept of oppression—when groups of people are treated as “less than” or inferior. While the oppression comes from outside the group, people within often internalize those messages of inferiority. According to an online article in *Learning for Justice*, “Internalized oppression is the belief among historically oppressed people that negative stereotypes about themselves and positive stereotypes about a dominant group are, in fact, true.”

Internalized oppression can occur in any oppressed group—women, members of the LGBT community—any group that has been treated as “less than” over time. As a white woman, it is not my place to diagnose the Black policemen involved in the Memphis murder as acting out of their internalized oppression. I only want to introduce the concept as another way to grasp the harm that institutionalized racism causes.

To learn more, you only need google “internalized racism” or “internalized oppression.” You may want to start with articles by Donna Bivens of the Women’s Theological Center.

Sandy Thompson for the Racial Justice Planning Group

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**The Daily Table** became one of our grantee organizations for the first time in 2022. Here is some information from Mayra Rodriguez-Howard, a long-time congregant and member of SAOC, who plans to volunteer on Tuesdays and Thursdays:



I visited the Daily Table’s site in Dorchester on Thursday, December 15th, and was greeted by Scottie Miller, Director of Individual Giving. She gave me a tour of the facility, which is shared with the Codman Square Health Center. I visited a kitchen where classes are held for the community. Daily Table offers cooking classes for all ages, with basic cooking classes for young people, to classes for elders. Some recent classes include cooking on a budget, recipes for folks with health issues, and cuisines from around the world. The commissary kitchen at the Dorchester location makes

SNAP-eligible, prepared foods which meet Daily Table’s nutrition guidelines and which are sold in all the stores. All the food follows nutritional standards set by a group of nutritionists from Tufts University. Prices at Daily Table are 25-35% lower than regular grocery stores, and all items are SNAP (formerly known as “food stamps”) eligible. About 65% of the operating budget comes from regular shoppers, with the deficit raised by individual and institutional supporters. Daily Table store employees’ starting salaries are tied to Boston's and Cambridge’s Living Wage Scale, providing jobs in the communities. I was impressed by the variety of products, such as roots, fresh food made in their kitchen, frozen food, fruit, etc. In addition to welcoming SNAP, they offer 50% off fresh fruit and vegetables with an EBT card through Double Up Food Bucks, and partner with several organizations in receiving food at low cost and providing services to health centers, schools, etc.

Scottie said that they would welcome volunteers at any of their stores in Dorchester, Nubian Square, and Central Square, Cambridge. They are opening new stores in Mattapan in March and Salem in May, and could use volunteers in those stores as well. The store in Dorchester has parking and the kitchen is in that location. They could use volunteers in the kitchen and stocking shelves at the stores. She said that Tuesdays and Thursdays from 10-2 are good hours to volunteer. For more information about volunteering, please visit: <https://dailytable.org/volunteer>

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**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)**

Winchester Unitarian Society | 478 Main Street, Winchester, MA 01890

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