



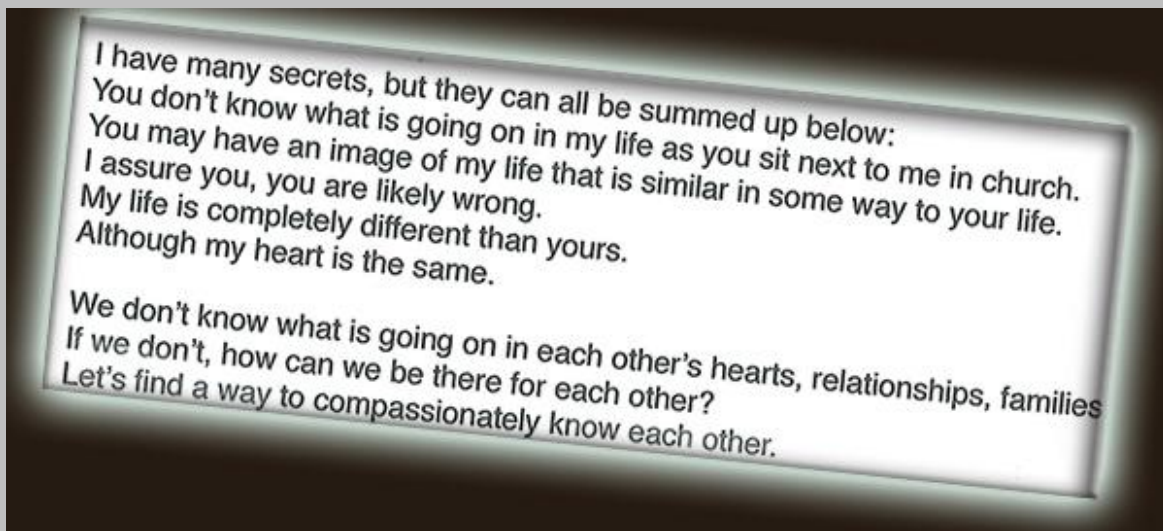
Highlights

3/2/2023

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

The Theme for March is

Vulnerability



In 2009, Rev. Heather invited members and friends of Cedar Lane Unitarian Universalist Church to take part in a 'Post Secret' project. They submitted secrets on postcards, to be included in a service reflecting on these submissions and those submitted to <https://postsecret.com/> This message of this particular secret was meaningful at CLUUC in 2009 and is meaningful to us at WUS now in 2023. #vulnerability

Upcoming Worship

Sunday, March 5th

10:30 Worship @ WUS Sanctuary AND Online

Virtual Worship Logistics Below

The Blessing of Friendship

It is often said that it is love that makes the world go round. However, without doubt, it is friendship which keeps our spinning existence on an even keel. WUS member **Stephen Perepeluk** reflects on the special bonds that bring joy to our lives. The theme of friendship will also be celebrated by welcoming the UU Church of Reading choir to our sanctuary to sing with our WUS choir.

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.

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](#).

Correction: In this past Sunday's Second Reflection, the February 12th Second Reflection was attributed to Sam Wilson. It was written and preached by Assistant Director of Youth Ministries Alison Luck.

Joys, Sorrows and Transitions

Update on Alberto Araoz: Due to his medical needs, Alberto's discharge from Encompass Rehabilitation Hospital was to Advinia Care in Wilmington in lieu of home or a facility in Winchester, a disappointment to him and his spouse **Zareen**. Visitors are welcome but there are a few requests: Text Zareen in advance at 617-852-1055 and no food, flowers or gifts please. Just your presence! Best times to visit are between 5 and 7 pm. Those who are willing and able are asked to visit around 6:30 and to give Zareen a ride back to Burlington after the visit. Zareen is deeply grateful for the care and support she and Alberto are receiving from many members of the WUS community.

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

March 5, 2023 in Metcalf Hall

The **Nominating and Leadership Development Committee** is bringing back the **Committee Fair** where you will have an opportunity to check out the many ways you can give back to WUS with a twist. We are also hosting **Sundae Sunday** in lieu of a traditional coffee hour.

What is **Sundae Sunday**? After the church service, congregants and friends of WUS will be invited to Metcalf Hall where you can engage with ten different Committees. To earn a **sundae** (ice cream and toppings), you need to visit and learn about some of our Committees and ideally sign up for one. The more Committees you engage with, the more ice cream and toppings you will receive.

You will receive a passport that a Committee member needs to sign off on. Visit five Committees, get two scoops of ice cream, Fritzie's home-made hot fudge sauce, whipped cream and a cherry! The combinations are endless. And, we will even have ten different toppings if some brave soul visits all ten Committees and signs up for one!

So, mark your calendar and be prepared for a fun, social and delicious **Committee Fair!**

Brought to you by your Nominating and Leadership Development Committee

Sundae



Sunday

As of February 27th, we have collected **36 pledges** totaling **\$144,194**. We have reached **36%** of our financial goal and **29%** of our participation goal.

Let's keep the momentum!

The past three years have been challenging for the church financially. Please consider giving generously to the church if you are in a position to do so, and demonstrate your commitment to our renewal and growth.

We aim to complete the pledge campaign by March 15th, so please mail in your pledge card soon. For information on the WUS budget and pledge drive visit www.tinyurl.com/WUSPledgeInfo.

To pledge online visit www.tinyurl.com/WUSPledgeFY24.

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

Thank you in advance for your generosity,

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

John Kramer in Concert

a benefit concert

for the



pianist
John Kramer

performing a program of brilliant and beautiful music by Black composers including Florence Price, William Grant Still, Nathaniel Dett, Margaret Bonds, & Louis Moreau Gottschalk



Pianist, composer, and arranger John Kramer has performed widely throughout the U.S. and in France and has received numerous commissions for piano, organ, orchestral, and choir music. He is Music Director at Winchester Unitarian Society and is on the faculty at Berklee College of Music.

Saturday, March 4, 7:30 pm

First Parish Unitarian Universalist Church
35 Church St., Watertown

Suggested donation: \$20

Check this webpage or scan this code with your phone for updates and more information:



<https://fpwatertown.org/helen-robinson-wright-concert-john-kramer/>

Music Director John Kramer will be performing a concert featuring music written by African-American composers at First Parish UU in Watertown on Saturday, March 4th, at 7:30 pm.

Listening Sessions

Winchester Standing Committee (SC) members are holding a series of **Listening Sessions** to encourage church members and supporters to provide feedback to the SC and staff on what factors contributed to you initially becoming involved with the church, and how your experiences have strengthened or weakened your feeling of

connection with the church. What ministries offered by the church - music, pastoral care, social justice, religious education and youth programs – are most important to you?

We will be holding a [Zoom Listening Session](#) this coming **Sunday, March 5th, from 4 to 5 pm.** Anyone is invited to join the Zoom call, but this session is being held to particularly provide an opportunity for people to participate who do not routinely attend church services, for whatever reasons, but who nonetheless maintain a sense of connection with the church and our community, which is greatly valued.

To attend the session, click on [SC Zoom Listening Session](#)



March's Love in Action Event is Interfaith!

Saturday, March 18th
9am - 11am

We will join leaders and volunteers from the First Congregational Church in Winchester, building beds for families in need and/or making simple fleece

quilts.

All ages are welcome.

Contact Rev. Heather if you plan to join:
heather.janules@winchesteruu.org

We also seek donations of new fleece fabric, at least 4 feet x 5 feet if you are looking to declutter your craft closet!

New WUS Kitchen/Refrigerator Policy

Note some of the expired items currently in the refrigerator.

Please note that all items placed into the downstairs WUS kitchen refrigerator or freezer need to be labeled and dated. All groups and individuals must use the supplied masking tape and Sharpie marker to mark their items with a **name** and **expiration date**.

Going forward, periodic cleaning of the freezer and refrigerator will take place. Expired or unmarked items will be disposed of. Contact [Richard](#) in the office if there are any questions.

Break out the Parmesan cheese and
ready yourselves for the

Spaghetti Dinner



Fun is on the menu – at the Winchester Unitarian Society

Spaghetti Dinner!

Please join us for this special all-ages, family friendly event. ALL are welcome! With **Bingo, Banathlon* & Board Games** it's sure to be fUUn for all-ages!

We'll have regular and gluten-free pasta, meatless sauce and meatballs on the side, salad, garlic bread, and Hoodsies. Childcare for babies and toddlers will be available at this event.

RSVP by March 20 at <http://evite.me/sUq41d3fMs>

Sponsored by the WUS Fellowship & Membership Committees
?'s: sophia.sid@gmail.com

* a Banathlon is a triathlon with bananas, also known as FUN!

**Friday
24
March**

5:00 – 7:00pm

Downstairs at Metcalf Hall
Winchester Unitarian Society
478 Main Street, Winchester

SAVE THE DATE!

Put your **LOVE IN ACTION**

WUS Day of Service Event

SATURDAY, APRIL 1st, RAIN DATE SATURDAY, APRIL 8th

Help us prepare gardens for the new local community project:

Gardens For Good (G4G)

Growing food locally for our neighbors in need

Come help prepare garden spaces for planting for this new community project. This may include shoveling and spreading compost, turning soil and possibly adding fencing to keep out pests.

If you have not already heard, here's the back story about this exciting new local community project:

“The basic premise of this project is to take a small portion of the abundant available suburban lawns and convert them into food production for our local food pantries. This will address several needs. First, increasing the availability of fresh, local, healthy food to the diets of pantry patrons. We would like to emphasize regenerative growing practices to increase awareness for growing food in an ecologically sustainable way that recarbonizes the soil. We would also like to foster a more communal effort in food production that is for purposes other than for personal consumption.

We're recruiting landowners who are interested in sharing yard space and volunteer gardeners to work these garden plots.... We're coordinating with the Council of Social Concern, the En Ka Food Pantry and other local pantries to determine what fresh produce needs their patrons would be happy to receive. Adrienne Altstatt, the farmer at Wright Locke Farm, will design the gardens and coordinate the gardeners. ” from Fred Yen, 12/5/22

**IF YOU ARE INTERESTED IN JOINING IN THE FUN IN ANY WAY
OR HAVE QUESTIONS ABOUT OUR APRIL LOVE IN ACTION EVENT**

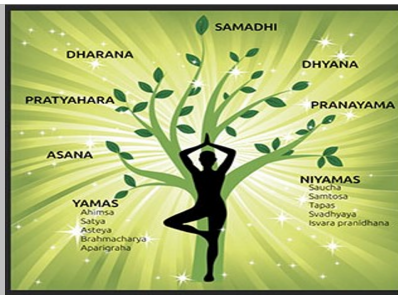
PLEASE CONTACT: [Patty Shepard](#) or [Mayra Rodriguez Howard](#)

**We will have more details in the coming weeks but would
love to know of your interest in this event now! Thanks.**

Interested but can't make it in April? Please be in touch as we are still looking for volunteer gardeners, ranging from experts to novices, to help out during the entire growing season.

*“The glory of gardening: hands in the dirt, head in the sun, heart with nature. To nurture a garden is to feed not just the body, but the soul.” –
Alfred Austin*

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

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 Fritzie know of your interest by emailing Fritzie.Nace@gmail.com.

The latest issue of **Mystic Messenger** will be
emailed out on Friday, 3/3/23

A Publication of the Winchester Unitarian Society

Mystic Messenger

www.winchesteruu.org 478 Main Street Winchester MA 01890



March 1st, 2023

Volume 8 Issue 3

[Click here to read Volume 8 issue 3](#)

Religious Education

This past Sunday we welcomed Laura Solomon to church as a guest preacher. Laura talked with the kids about how great our bodies are and how much they do for us. They all enjoyed a fun time talking about different parts of the body and what they do.



In RE, everyone enjoyed the final Sunday of FebFest with some fruit art and shrinky dinks. FebFest was a great success, thanks to all of our wonderful workshop leaders and participants!

This Sunday, March 5th: RE Classes for K-6

Spirit Play and Neighboring Faiths. This Sunday, the Neighboring Faiths class and Spirit Play class will join together in activities for celebrating the Hindu holiday of Holi. Swati Mukherjee will be guiding us in making treats and colored powders as well as sharing some stories of Holi from her childhood.

Our Whole Lives (OWL)

OWL class this Sunday, March 5th, will be on Sexually Transmitted Infections. Classes will be at the usual place and time.

Photo by [Todd Steitle](#) on [Unsplash](#)

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

We had fun doing fruit art and other stuff with y'all on Sunday!

Tomorrow, Friday, we have a sleepover! Please bring a sleeping bag or other bedding, pillows, toiletries, etc. Youth bring their own meds to administer themselves, or contact Sam if you want him to. We ask everyone to arrive (already fed dinner) at 7 pm, and bring snacks or drinks to share (no nuts!). We will be having a big brunch together Saturday morning, before pickup at noon.

We will also have a regular meeting at 6:30 pm this Sunday, March 5th.

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

We had fun on Sunday with everyone, doing fruit art and then beginning to think about our identities and how they relate to social justice.

We will have another regular meeting at 4:30 this Sunday, March 5th.

I am thrilled to share that we are officially going to "the quiet corner of Connecticut," staying at the amazing historical Unitarian retreat center, Senexet House, and working with Community Kitchens to support their programs for folks experiencing food insecurity. Now that this is finally confirmed, we will have a *mandatory* (for at least one member of the family) service trip meeting on March 12th at 3:30.

Please also save the date for March 19th, which is our next Fundraiser after the worship service (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.

Building Beloved Community

Term
by
Term



Have you been surprised—or maybe a little shocked—to hear the term “white supremacy culture” or “white hegemony” used in conversations about Building Beloved Community? Would it be easier to hear “white dominant culture?” In fact, our society’s norms have been shaped by white people and most of us don’t realize these norms exist because we have lived with them all our lives. Calling out “white dominant/supremacy culture” is a way of calling attention to certain attitudes, norms, and behaviors—making them visible in service of thinking about how we can make our church culture inclusive. Of course “white culture” is a broad term and refers to general characteristics; not everyone fits a given description. Further, we are using the term, not as a negative but simply to name some of the ways the dominant culture operates.

In coming issues of Highlights different aspects of white supremacy culture will be discussed and we’ll delve into other terms as well.

Sandy Thompson for the Racial Justice Planning Group

Beyond the Congregation

UU Mass Action's Annual Advocacy Day!

Virtual

Advocacy Day 2023 will be **March 28, 2023!**

*****RSVP HERE!***** by **March 15!**

Join your fellow UUs in speaking to your state legislators
about our priorities.

Day of Agenda:

Virtual Community Gathering on **Zoom**: 11 am

12 pm Optional Lunch Meet Up for Groups

1:00 - 2:30 House Meetings Window

2:30 - 4:00 Senate Meeting Window Or Action Hour

Please click here for more details.

Please help us celebrate our **Pearl Anniversary!**

Saturday, March 11, 2023 6 – 10 pm

Boston/Marriott Burlington

One Burlington Mall Road, Burlington, MA

Seated Dinner, Live & Silent Auctions

The theme is pearls and suggested attire is 30s-inspired or cocktail.

If you have any questions, please contact Jody Collins Skinner

at **jody.collinsskinner@missionofdeeds.org**

Click Here to Buy Tickets.

Please go here for more details.

Winchester Unitarian Society | 478 Main St. Winchester MA 01890

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