



Unitarian Universalist Congregational Society of Westborough

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WEEKLY UPDATE 12/29/2016

SUNDAY NEWS

SUNDAY JANUARY 1, NEW YEARS MORNING, 10:30 AM

New Year Service of Letting Go and Setting Intentions, Rev. Bev Officiating



How do you mark the New Year? Do you make resolutions? Do you like to review the previous year's high (or low) points? Maybe this is a time to forgive slights of the previous year and start the New Year with a clean slate? Whatever your traditions (or lack thereof) join Rev. Bev in the Chapel for this informal worship service for all ages. We will be releasing what we would like to be rid of or releasing our intentions for the new year into the universe during a burning bowl ritual. Light refreshments will be served.



SUNDAY JANUARY 8TH WORSHIP SERVICE: 10:30 AM

What Our First Principle Demands, Rev. Bev Waring Preaching



Unitarian Universalism is defined, in part, by our seven principles. As a covenantal religion we covenant or promise to affirm and promote these principles. Our first principle is "we affirm and promote the inherent worth and dignity of every person." Is this an easy promise to make? How do we express this principle in our actions? What does affirming the inherent worth and dignity of every person demand of us in our day-to-day lives? Come to UUCSW this Sunday to explore these questions.

RELIGIOUS EDUCATION UPDATE

There will be a Multigenerational Worship Service this Sunday, January 1st. Families will remain together in the Sanctuary throughout the worship service. Religious Education classes will resume on Sunday, January 8th.

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This is the final week of our Winter Clothing Drive! The RE students are collecting gently used winter coats, snow pants, boots, hats, gloves/mittens and scarves of all sizes in boxes in the 5th-6th grade classroom (downstairs) and the 7th-8th grade classroom (upstairs). Thank you for helping our students to provide warm winter clothing to local families in need!

OTHER UUCSW HAPPENINGS

CIRCLE SUPPERS!

Looking for a way to connect with your fellow UUs and enjoy an evening out? Join us for Circle Suppers on **January 28th** and/or **February 4th**. Circle Suppers are small group dinners held in people's homes where everyone brings something to share.

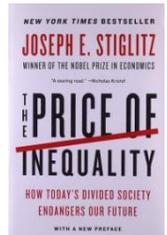


Sign up using the "sign up genius" link: [Circle Supper Sign Up ...](#) or on the poster in the Chapel. You can sign up for one evening or both evenings. *The youth group will be holding a childcare fundraiser on January 28th at the church if you are in need of childcare.*

If you are able to host a dinner, please note that on the sign up, as well as how many people you can host. The week before the dinners, we will contact the hosts with their assigned group of diners. It is the responsibility of the host to contact the diners and coordinate their dinner offerings. The host is not expected to prepare any of the meal, only to provide coordination and a location for the dinner. If you sign up to participate, please be responsive when your host contacts you. You can email Lisa Shumway (LSS0907@gmail.com) with any questions.

SOCIAL JUSTICE NEWS

Recommended: Post-holiday, Pre-Inauguration read to engender continuing hope!!! **On January 10th, from 7- 9 PM** we will be joining with members of the Northborough Unitarian Universalist church in a discussion of "**The Price of Inequality: How Today's Divided Society Endangers Our Future**" by Nobel Prize winner Joseph Stiglitz. This meeting will be in the Clara Barton Room downstairs in the Parish Hall of the Northborough church.



It's a great book, surprisingly readable, full of warnings and hopeful in the ways we can move forward. The discussion will be based on Chapter 10 of that book, "The Way Forward: Another World is Possible". All should also read Chapter 1 "America's 1 Percent Problem" and at least one or two other chapters so someone can present a summary at the meeting, so we all can learn a lot. We are also talking with the Northborough group about a creating a joint Program Sunday service based on this book which you could be part of, or not! Hope we'll see lots of people there! Contact Sylvia Sirignano, ssirignano@msn.com or Linda Cavallero, linda.cavallero.phd@gmail.com.

SOCIAL JUSTICE MEETING – Sunday, January 8th



There will be a Social Justice meeting Sunday January 8th, after coffee hour in the meeting room downstairs. One agenda item is planning for a Church Service in March. Lots of other activities as well. All are welcome!

OTHER UUCSW HAPPENINGS

(Continued)

MINDFULNESS CLASSES

Carol Esler, a fellow UU from First Parish Church in Sherborn, has offered to facilitate a 5-session Mindfulness Meditation Series at UUCSW. Carol recently completed the Mindfulness-Based Stress Reduction (MBSR) Certification Program through the Center for Mindfulness at UMASS Medical School.



Jon Kabat-Zinn, the founder of the MBSR Program at UMASS describes mindfulness as “the awareness that emerges through paying attention on purpose, in the present moment, without judgment, to the unfolding experience, moment by moment.” Mindfulness may enhance personal well-being in general and improve the quality of life of those suffering from chronic health conditions. Carol’s mindfulness classes are for both the beginner as well as experienced student who is looking to deepen his or her practice by spiraling back to the basics.

The Mindfulness sessions will be held in the Chapel on **Tuesday mornings beginning January 10th from 10:00 AM to 12:00 PM and will run for five consecutive weeks.** The cost is \$50 for the 5-session series. Please call Carol at 508-435-9294 to reserve your spot.

UPCOMING EVENTS & MEETINGS

Sunday, January 1st, 10:30 AM – Informal Sunday Service

Monday, January 2nd, 7:00 PM – Adult “OWL”

Wednesday, January 4th, 6:30 PM – Board Meeting

Thursday, January 5th, 7:15 PM – Membership Meeting

Sunday, January 8th, 12:00 PM – Social Justice Meeting

Sunday, January 8th, 12:00 PM – Youth Group Meeting

Monday, January 9th, 7:00 PM – Adult “OWL”

Tuesday, January 10th, 10:00 AM – Mindfulness Class

Tuesday, January 10th, 7:00 PM – Social Justice Book Discussion

Wednesday, January 11th, 11:30 AM – UUs at Lunch

Thursday, January 12th, 3:30 PM – Socrates Cafe

Thursday, January 12th, 6:30 PM – Theological Speak-Easy

GETTING INVOLVED!

- Looking for a way to connect with your fellow UUs in the New Year? Join us at Circle Supper!
- Join the Mindfulness classes starting January 10th
- Interested in Social Justice Issues => Attend the January 10th Book Discussion!