



Unitarian Universalist Congregational Society of Westborough

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WEEKLY UPDATE 01/05/2017

UPCOMING UUCSW SERVICES

SUNDAY JANUARY 8TH WORSHIP SERVICE: 10:30 AM

What Our First Principle Demands, Rev. Bev 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.

Please note: we are considering this the first Sunday of the month and therefore will have the second offering for the Minster’s Discretionary Fund during worship.

RELIGIOUS EDUCATION UPDATE

Religious education classes will meet this weekend. Families will begin the service together in the Sanctuary, and students will leave for their classes following the Time for All Ages.

The Youth Group will meet *this* Sunday, January 8th, at noon. Pizza will be served.



Thank you very much to all who donated items to the RE students’ Winter Clothing Drive! The 5th and 6th grade students will be sorting the donations in class this Sunday so that they can be dropped off next week.

Our congregation will be participating in the **Meal Packaging Event** at Good Shepherd Church on **Saturday, February 4th**. This volunteer opportunity is open to our entire congregation, and anyone who would like to participate in the event is welcome to email Jenna at jennawrean@gmail.com for more information. We have committed to donating 1,000 meals (\$250) to the effort. If you would like to make a financial contribution to the event, please stop by our table during coffee hour. We’ll be collecting donations throughout the month of January. *Thank you!*



OTHER UUCSW HAPPENINGS

TREE IN THE SANCTUARY



Rev. Bev and Jenna have decided to keep the tree in the sanctuary up and decorated for a while longer but we need your help. For the month of January, this will be our Tree of Peace. In February it will be the Tree of Love. If you have an ornament or other item that symbolizes peace please bring it in and add it to the tree. Additionally, on January 15th, the children will be creating tree-hangings (peace symbols, paper doves, origami cranes, etc). Finally at coffee hour there will be opportunities for adults to create something to add to the tree.



STOP & SHOP GIFT CARDS



REMINDER: Pick up your Stop & Shop gift cards from Ken Young before or after services.

For every dollar purchased, the church receives 5%.

If you do not personally shop at Stop & Shop you can still join in this easy fund-raiser as it is very much appreciated when these cards are added to the monthly offering (1st Sunday of the month) that benefits the Minister's Discretionary Fund.

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.

BLOOD DRIVE IN HONOR OF CORINNE SCIARAPPA



Saturday, January 21st, 8:30 AM – 2:30 PM at the Congregational Church, 57 West Main Street, Westborough. To make an appoint, please call 1(800) RED-CROSS or visit www.redcrossblood.org, sponsor code: Corinne Walk-ins welcome! Appointments preferred!

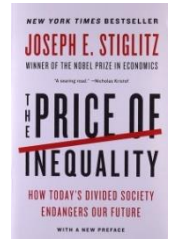
Please bring a positive photo ID. **Receive a \$5 Dunkin' Donuts card when you present to donate!**

OTHER UUCSW HAPPENINGS

(Continued)

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.

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.

GREETERS/ USHERS

If you cannot support your date and no one can switch with you, please contact John Metzger at jkmetzger2@gmail.com.

greeters

DATE	Front Door (Head Greeters)	Side Door (Ruggles Street)
1/8	Diane and Steve Beck	Wendy Oeser-Rhein
1/15	Kri and Keith Pelletier	TBD
1/22	Pam and Brian Bridges	Judith Nicholson
1/29	Erin and Ed Boudreaux	Lisa Martin

Names in red have not acknowledged the Sunday assigned to date.

UPCOMING EVENTS & MEETINGS

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
Friday, January 13th, 6:30 PM – Book Group

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!