



# Unitarian Universalist Congregational Society of Westborough

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## WEEKLY UPDATE

09/28/2017

### UPCOMING UUCSW SERVICES

***SUNDAY OCTOBER 1<sup>ST</sup> – 10:30 AM***

***WORKING TO REDUCE HUNGER IN WORCESTER COUNTY***

**Program Sunday - Jean McMurray, Executive Director Worcester County Food Bank Speaking**



Join us this Sunday October 1<sup>st</sup> at 10:30AM as we welcome Jean McMurray, the Executive Director of the Worcester County Food Bank to our worship service. Ms. McMurray will be addressing the challenges of hunger in Worcester County and the number of people unable to obtain food, a fundamental need and right. She will speak about the work

the Food Bank is doing to reduce the impact of hunger by improving access to food throughout Worcester County.

During the service, **there will be a collection of non-perishable food items for the Westborough Food Pantry.** The following items are especially needed: peanut butter, canned pasta, tomato sauces, cereal, tuna fish, cake, and brownie mixes. *No glass please.*



### ***RELIGIOUS EDUCATION UPDATE***

**Religious education classes will meet this Sunday, October 1<sup>st</sup>.** Families will begin the service together in the Sanctuary, and children will leave for religious education classes following the Time for All Ages.



**We are in need of teaching volunteers for our 2<sup>nd</sup>-4<sup>th</sup> grade Religious Education class!** If you have any interest in joining the teaching team this year, then please email Jenna Kyes at [uucsw.dre@gmail.com](mailto:uucsw.dre@gmail.com). Thank you!

# UUCSW HAPPENINGS

***DONATE BLOOD*** – in honor of Corinne Sciarappa  
***THIS*** Saturday, September 30<sup>th</sup>, 8:30 AM – 2:30 PM  
Congregational Church of Westborough, 57 Main Street



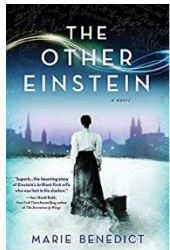
Our next blood drive is coming up on Saturday, September 30<sup>th</sup>. As Corinne starts her junior year at Westborough High School, she continues her battle with rhabdomyosarcoma. She is currently undergoing chemotherapy treatment and has received nearly 150 units of red cells and platelets. Patients like Corinne rely on the generosity of blood donors like you as there is no substitute for donated blood. Right now, there is an urgent need for all blood types, and an emergency need for type O donors making this an especially important time to give. **Please call 1-800-RED CROSS or visit [redcrossblood.org](http://redcrossblood.org) and enter: Corinne to schedule an appointment.**

***UUs AT LUNCH*** - October 11<sup>th</sup>

We will meet at **Uno's Bar and Grill** on Wednesday, October 11<sup>th</sup> at 11:30 AM, on Route 9 in Westboro. If you plan to meet with us, please let Mary Tribe [marytribe5@gmail.com](mailto:marytribe5@gmail.com) know by Sunday morning, October 8<sup>th</sup>, so Mary can make the reservations. All are welcome, and we hope to see you there!



***BOOK GROUP*** - October 13<sup>th</sup>



We are reading **The Other Einstein** by *Marie Benedict* for the October meeting. Please join us! The group is open to all. We usually meet in member's homes and enjoy small groups of seven to ten people. We enjoy some light refreshments, lively discussion and wonderful company. You are welcome to attend. If you are planning to attend for the first time, please contact Judith at [Juditheacake@gmail.com](mailto:Juditheacake@gmail.com).

***MINDFULNESS MEDITATION COURSE*** - 5 week course

Mindfulness Meditation Course with CFM Qualified Instructor Carol Esler, M.ed, LMHC **Mondays 7:00 PM - 8:30 PM** starting **October 16<sup>th</sup> thru Nov. 13<sup>th</sup>**. This course presents basic practices from Mindfulness Based Stress Reduction. Formal meditation



instructions are included as well as informal ways to increase your engagement with the now. Do you find yourself stressed and distracted in your life? Come learn strategies for being calm and present. Call Carol to reserve your spot (5 Sessions, \$50) —space is limited! 508-435-9294 / 508-577-6247. *Also, this course is set up as a Registration Event in Realm. Sign up using Realm!*

***SAVE THE DATE: HABITAT FOR HUMANITY BUILD: October 21***

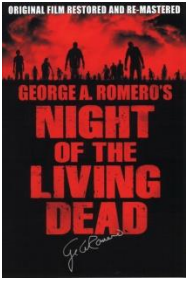
It is time to mark your calendar and let Ed Walsh ([walshnboro@gmail.com](mailto:walshnboro@gmail.com)) know if are able to attend. Habitat is refurbishing two houses in Northborough. It is still too soon to know exactly what we will be doing, but we will be guided by experienced hands. No prior construction experience is required. Two shifts are available - 8-12 and 1-4, with a break for a community lunch. You can do either or both shifts. Feel free to extend this invitation to others, both inside and outside the congregation. This is great fun and good work to do with friends and if you are not friends when you start you will be by the end of your shift.



## UUCSW HAPPENINGS

### **MOVIE NIGHT - Friday, October 27<sup>th</sup>**

Join Paul & Jim Kirk at their home at 6 PM for a *Cookout* followed by movie under the stars (weather permitting) R.S.V.P. to the Kirk's at [jameswkirk@mac.com](mailto:jameswkirk@mac.com).



George Romero's classic movie Night of the Living Dead is about far more than zombies. It is about the human condition – the monsters are not simply a mindless, faceless horde, they are former children, parents, friends, neighbors – and the living have difficult choices to make, and are sometimes worse to each other than the un-dead reaching through the boarded up windows. It is a timeless story about the time it was made, 1968, another tumultuous year in American history. It is a movie that poses the question, “who are the monsters?”

### **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%.** Whether you personally shop at Stop & Shop or like to contribute gift cards to the monthly offering to benefit the Minister's Discretionary fund (1st Sunday of the month), this is a simple and easy fundraiser for the congregation.



### **SOCIAL JUSTICE ACTION**



STANDING ON THE SIDE OF  
**LOVE**

Remember YOU are the heart and action behind Social Justice in this congregation.

Click the link to make a difference: [Social Justice Action 10-01-17](#)

## REGIONAL HAPPENINGS

### **ART & PHOTOGRAPHY SHOW – Saturday, September 30<sup>th</sup>**

A wine and cheese reception will be held **from 3PM - 5PM on Saturday, September 30<sup>th</sup>, at the 1717 Shoppe, Julio's Plaza, 18 Lyman Street**, to celebrate the opening of a new nature art and photography show presented by the Westborough Community Land Trust. The show will continue throughout the month of October. Come see the work of some of WCLT's most creative nature artists and photographers (including our own Robin Fleming and Andy Koenigsberg). Take home a piece to decorate your own home or to start your holiday shopping! A portion of sales benefits the Westborough 300th Anniversary celebration.

## UPCOMING EVENTS & MEETINGS

**Tuesday October 3<sup>rd</sup>**, – UU Knit Night

**Wednesday October 4<sup>th</sup>, 6:30 PM** – Board Meeting

**Wednesday October 11<sup>th</sup>, 11:30 AM** – UUs at Lunch

**Friday October 13<sup>th</sup>, 7:00 PM** – Book Group

**Sunday October 15<sup>th</sup>, 10:30 AM** – Child Dedication (during worship)

**Monday October 16<sup>th</sup>, 7:00 PM** – Mindfulness Meditation course

**Tuesday October 17<sup>th</sup>**, – UU Knit Night

**Saturday October 21<sup>st</sup>**, – Habitat for Humanity Build

**Monday October 23<sup>rd</sup>**, **7:00 PM** – Mindfulness Meditation course

**Tuesday October 24<sup>th</sup>**, – Program Committee Meeting

**Friday October 27<sup>th</sup>**, – Movie Night

**Monday October 30<sup>th</sup>**, **7:00 PM** – Mindfulness Meditation course

**Wednesday November 1<sup>st</sup>**, **6:30 PM** – Board Meeting