

Sunday Morning Meditation

Sundays, 9:00–9:45 am, in-person

Meditation is offered on Sunday mornings from 9:00am to 9:45 am. We meet in the parlor, and when weather permits, we meet outside in the garden. We begin with a poem by Thich Nhat Hahn to center our intentions, followed by a walking meditation, then silent meditation, and ending with sharing our thoughts and insights. Feel free to contact Marie-Louise at 857-526-2579 or <u>marieljm1961@yahoo.com</u>.

Worship Service **"An Olive on the Seder Plate"** Shiloh Hoffman Sunday, April 28, 10:30 am, in-person and livestream

On Passover, our Jewish siblings in faith uplift the liberation of Hebrew slaves from Egypt, as told in Exodus. It is a time to remember the weight of oppression, memory, identity, and self-determination of Jewish people. Today, as conflict continues among Israelis and Palestinians, we as Unitarian Universalists bear witness to the losses and pain of a war long fought, and the ensuing impact for our Jewish and Palestinian siblings in faith. Join us for a service of mourning for those lost in this conflict, as we call in our resilience, empathy, and love in the holy season of Passover.

Join by computer: <u>https://us02web.zoom.us/j/82251479714</u> Join by telephone: 1-646-558-8656, Meeting ID: 822 5147 9714

Spirit Circle

Sunday, April 28, 10:30 am, in-person

Families enter the sanctuary together and following the message for all ages, the youngest children ages up to 3 years old will go with our Carers, Sol Selinger-Bastista and Alex Schaareman. The children 4 and up will go with Jon and Andrew outdoors.

Our Spirit Circle instructor will be Jon Belber from Holly Hill Farm Organic Farm. Jon will be taking the children outside to prepare the garden for spring growth. The outside planters were built by the children and we named the two gardens John and Abigail after the Adams, our historical and spiritual ancestors. Naming signs are in the making! The RE HELPER this Sunday will be Andrew Carleen.

Puerto Rican Meal

Sunday, April 28, after the service, in-person

Savor mouth-watering, authentic Puerto Rican specialties such as roasted pork, sweet plantains, pink beans, yellow rice and yucca. While you are enjoying this delicious food after the service on Sunday, April 28th, you will also be contributing to the larger community by supporting a minority business called La Lechonera Restaurant. The suggested donation is \$5.00-\$20.00. Everyone has a place at the table and children eat for free. It may be cash or check and placed in a designated box at social hour the week before or on the day of the meal. You can contribute online by going to the UFPC website and clicking on the donate button. If you prefer, you may place

your donation in an envelope, mark it Puerto Rican Meal and place it in the collection basket at any service. So, on Sunday, April 28th, chat with folks, contribute to a minority business and enjoy a great meal. Contact Marie-Louise Jackson-Miller at <u>marieljm1961@yahoo.com</u> for more information.

Holly Hill Organic Farm Community Service Day

Sunday, April 28, 1:00-3:00 pm, in-person 236 Jerusalem Road, Cohasset, Massachusetts 02025

ALL ages are invited to a service day at Holly Hill farm where we will provide help to a local organic farm that serves the community. The more the merrier! The travel time is thirty minutes. The work will be springtime preparation as the group will help initiate their growing season. Our service will support growing fresh food for local food pantries and extend our Earth Care learning out into the community. Jon Belber is really skilled at organizing our group, and the work is not strenuous. This is a great multi-generational opportunity to serve as one community. We hope you will join us. Jon has work gloves, but you can also bring your own if you like. TEENS: this outing is credit for community service hours.

Book Group

Thursday, May 2, 7:00 pm, online

The UFPC Book Group meets on the first Thursday of every month from 7:00 to 8:30 pm, with a gap in summer and in December. All members and friends of UFPC are welcome to join us. We meet on Zoom. We try to select a balance of styles. You can come even if you have not finished the book.

The book this month is <u>How to Stand Up to a Dictator</u> by Maria Ressa. The author is one of the most renowned international journalists of our time. Democracy is fragile. This book is an urgent cry for Western readers to recognize and understand the dangers to our freedoms before it is too late. It also the story of how the creep towards authoritarianism around the world, has been aided and abetted by the social media companies. It is a book for anyone who might take democracy for granted, written by someone who never would.

Join by computer: <u>https://us02web.zoom.us/j/89427298331</u> Join by telephone: 1-646-558-8656, Meeting ID: 894 2729 8331

Chili Cook Off and Service Auction Saturday, May 4, 5:00 pm, in-person

Save the date for our annual Chili Cook Off and Service Auction on Saturday, May 4th at 5:00 pm. This is a multi-generational pot-luck affair and the last fundraising event of the church year. We will start the evening off with a pot-lick and chili cook off. You can compete for bragging rights with your favorite chili recipe in either the vegetarian or classic category. If chili is not your thing, bring a different entree, a salad, or a dessert. Our very own in-church band "The Radiators" will perform throughout the evening, interspersed with rounds of bidding for some of the big-ticket items in the service auction. Most items will go by silent auction). Throughout April, there will be a table and signup sheet in social hour so you can make donations for the silent auction. Contact kdebisschop@gmail.com for more details.

Popular items in the past have included:

- A stay at a vacation area second home
- A gardening work party
- Cooking lessons with a shared dinner party
- A beer tasting
- Dessert of the month
- Craft items
- Gift certificates for local businesses

Worship Service **"The Gift of Pluralism"**

Rev. Rebecca Froom Sunday, May 5, 10:30 am, in-person

Join by computer: <u>https://us02web.zoom.us/j/82251479714</u> Join by telephone: 1-646-558-8656, Meeting ID: 822 5147 9714

Writing Group

Sunday, May 5, 12:00 pm, in-person and online

Our UFPC Writing Group is meeting again this year. We meet the first Sunday of the month in-person in the parlor at 12:00 pm. There are no meetings in January or June. As in past years, we welcome everyone to join us in a free writing session and optional sharing of our words that pursue thinking on a theme. This is a non-critiqued, open minded, generous group that encourages self-expression in a supportive gathering. You can attend one or more sessions. No advance reservation is required. Groups tend to vary in size between 6 and 14 participants, and the session lasts for forty-five minutes to one hour. Contact facilitator Jim Petosa at jimjamespeto@aol.com or 301-442-3781.

Join by computer: <u>https://us02web.zoom.us/j/81611281859</u> Join by telephone: 1-646-558-8656, Meeting ID: 816 1128 1859

Kindred Spirits Discussion Group for Seniors

Friday, May 17, 10:00–11:30 am, in-person

Join us for a monthly discussion group, grounded in our UU values, where we reflect on current events and pressing social issues. This group is open to seniors aged 60+ and will meet on the third Friday of the month at our church in the parish hall. Coffee and tea are provided. Please contact Rev. Rebecca Froom with any questions at rev.rebecca.froom@gmail.com or 617-803-1159.

Annual Meeting of the Congregation

Sunday, May 19, 12:15 pm, in-person and online

The Board of Governors invites members and pledging friends to attend United First Parish Church's Annual Meeting on Sunday, May 19th at 12:15 pm. In this meeting we will hear updates on important projects, vote on our budget for the coming year, and elect new members to our Board of Governors, Committee on Ministry, and Nominating Committee. Childcare will be provided.

Annual Pledge Drive Ending

On April 7th we formally wrapped up our annual pledge drive on the theme "Everything Possible: Funding the Future of our Faith." We've had very encouraging responses so far, and there are still outstanding pledges. If you haven't yet turned in your FY2025 Pledge Intention Form (the amount of money you pledge to donate in July 2024 - June 2025), please do so soon. Pledge Intention forms can be turned in on Sundays or mailed to the church at the address below.

United First Parish Church, Unitarian Universalist, 1306 Hancock Street, Quincy, Massachusetts 02169, 617-773-1290 office@ufpc.org, www.ufpc.org, www.facebook.com/ufpc/uu

Office Hours: Monday, Tuesday, Thursday and Friday 8:00 am-1:00 pm or by appointment.