

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 marieljm1961@yahoo.com.

Worship Service **"The Gift of Pluralism"** Rev. Rebecca Froom Sunday, May 5, 10:30 am, in-person

We live in a society that is both diverse and divisive. Many years ago, our Unitarian forebear Francis David is believed to have said, "we need not think alike to love alike." In this service we reflect on the role of curiosity in cultivating openhearted, open-hearted, pluralistic communities that embrace diversity.

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 May 5, 10:30 am, in-person

Children enter the sanctuary with their families and following the Message for All Ages children of all ages will go to their classrooms. This week our instructor Paula Webster will be providing a mindfulness lesson along with some Tai Chi movement in the Spirit Circle classroom. The RE helper this week is Albert Vaughn. We ask that children under age 3 and younger go into the nursery for childcare when the Spirit Circle class begins.

Writing Group

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

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

Worship Service **"Faces of the Divine"** Rev. Rebecca Froom and Shiloh Hoffman Sunday, May 12, 10:30 am, in-person and livestream

Turning to stories, images, and traditions from Hindu, Christian, and Jewish traditions, your ministers reflect on many ways and genders through which divinity takes form. What wisdom do we find in diverse representations of the divine that can ground and inspire us today?

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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 <u>rev.rebecca.froom@gmail.com</u> 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.