



Weekly Announcements

Sunday, October 27, 2024

Sunday Meditation

Sundays, 9:00–9:45 am, in-person

Sunday meditation will be offered from 9:00-9:45 am in the parlor or in the garden (weather permitting). We start with a guided meditation, followed by a walking meditation, then silent meditation, and we will close by sharing thoughts and insights. Marie-Louise Jackson-Miller: marieljm1961@yahoo.com.

UFPC Choir Rehearsal

Sundays, 9:20–10:10 am, in-person

Our UFPC Choir has rehearsals on Sundays from 9:20-10:10 am in the organ loft. All singers are welcome. For more information contact our Music Director, Norman Corey, at ncorey@socialaw.com.

Worship Service

“Listening to Our Ancestors”

Rev. Rebecca Froom

Sunday, October 27, 10:30 am, in-person and livestream

As we approach the election, we take time to reflect on our ancestors who have created and changed the imperfect democracy we live in today. What can we learn from those who have gone before about the promise of democratic community? The choir will sing. **For this annual All Souls service, we invite you to bring a picture or memento of a deceased family member, friend, mentor or hero to place on our “Altar of Remembrance.”**

Join by computer: <https://uso2web.zoom.us/j/82251479714>

Join by telephone: 1-646-558-8656, Meeting ID: 822 5147 9714

Spirit Circle

Sunday, October 27, 10:30 am, in-person

This week, please join us for Spirit Circle with Elizabeth Foster and RE assistant Andrew, where we’ll explore UU values on the mysterious Undivided Isle and solve some escape-room-style puzzles together. Nursery care will be available.

Potluck Lunch and Holly Hill Farm Visit

Sunday, October 27, 1:00 pm, in-person

Everyone is invited to join us this Sunday for a potluck and all-ages trip to Holly Hill Farm, following our service. Spirit Circle instructor Jon Belber will be joining us on Sunday morning, and leading us in planting and harvesting on our farm visit. Even if you can’t make it out to the farm, join us for fun and fellowship at the after-service potluck. If you’re planning to join us at the farm, please arrive by approximately 1:00 pm. Holly Hill Farm is located at 236 Jerusalem Road, Cohasset, Massachusetts 02025. If you already know you’ll be attending, send

a message to dre@ufpc.org so we can get a sense of our headcount. But if you're able to join us unexpectedly, that's absolutely fine; the more the merrier.

Daylight Saving Time ends on Sunday, November 3. Remember to set your clocks back one hour on Saturday night.

Worship Service
“Teaching Life”

Rev. Elizabeth Nguyen, guest preacher
Alex Fam and Callie Jennings, guest musicians
Sunday, November 3, 10:30 am, in-person and livestream

Spoken word artist and human rights activist Rafeef Ziadah's poem “We teach life, sir” has become a call to affirm life amidst devastation. What does it look like to teach life when there is so much death? This vibrant, music filled service is brought to us by Sanctuary Boston, a spiritual community of dynamic worship, authentic connection, and transformation for seekers of all kinds, which meets for worship on Wednesday evenings. This service includes a special offering to support the Sanctuary Boston's Campus Ministry Program.

Rev. Elizabeth Nguyen is a UU community minister and a Migrant Justice Organizer with Community Justice Exchange and a former core team member of The Sanctuary Boston. Alex Fam and Callie Jennings are leaders in The Sanctuary Boston Band.

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

Writing Group

Sunday, November 3, 12:00 pm, in-person

Our UFPC Writing Group meets in-person on the first Sunday of the month 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 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.

Spiritual Grounding on Election Night

Tuesday, November 5, 4:00–8:00 pm, in-person

Election day will bring a mix of anxiety and hope. Rev. Rebecca and the Committee on Ministry invite you to take a break from the news and find a few minutes, or few hours, of respite and renewal in our church. In our parish hall you can gather in community for snacks and a drop-in art project. The sanctuary will be open as a contemplative space for personal reflection, and Rev. Rebecca will lead 15–20-minute spiritual practices at 5:00, 6:00, and 7:00 pm. For more information contact Rev. Rebecca at rev.rebecca.froom@gmail.com.

Book Group

Thursday, November 7, 7:00 pm, on Zoom

The Book Group meets on the first Thursday of the month from 7:00 to 8:30 pm, with a gap in December and in summer. All members and friends are welcome to join us. We will conduct our meetings via Zoom. Each year, we choose a variety of genres and forms. You are welcome to come even if you have not finished the book. For the complete list of books for this year, visit our website: <https://ufpc.org/book-group>.

The book this month is James by Percival Everett. An instant New York Times bestseller shortlisted for the National Book Award and the Booker Prize. A brilliant, action-packed reimagining of Adventures of Huckleberry Finn both harrowing and darkly humorous, told from the enslaved Jim's point of view.

Join by computer: <https://us02web.zoom.us/j/83582134326>
Join by telephone: 1-646-558-8656, Meeting ID: 835 8213 4326

“Post Election Listening Circle”
Sunday, November 10, 12:15 pm, in-person

On the Sunday after the election, Rev. Rebecca invites you to gather in the parlor for a listening circle, as we share what is on our hearts. Inspired by the practice of small group ministry, each participant will have the opportunity to share without interruption, and we will begin and end our circle with a time of meditation and a grounding reading.

Poetry Group
Tuesday, November 12, 7:00 pm, in-person

Poetry can speak to our deepest feelings and thoughts. It can give us an Ah Ha moment. At times, beautiful images transport us to a different place. The Poetry Group meets each month in person on the second Tuesday from 7:00 pm - 8:30 pm in the Parish Hall. Bring a poem or two you would like to share with the group. Each participant will read a poem out loud. Then the members will discuss their personal responses. Coffee and tea will be provided. For more information, email Florence Noonan at flnoonan@gmail.com.

Meet UFPC Newcomer Orientation
Sunday November 17, 12:15–2:00 pm, in-person

Are you new to United First Parish Church? Do you have questions about the congregation, Unitarian Universalism, or how you can become more connected to the community at UFPC? This newcomer orientation, facilitated by Rev. Rebecca and a member of the Board of Governors in the parlor, is an opportunity for participants to share their spiritual journeys, learn about Unitarian Universalist history and heritage, and hear more about the path to membership at UFPC. Snacks will be provided, and childcare may be available with one week's advance notice. Please RSVP by emailing Rev. Rebecca at rev.rebecca.froom@gmail.com or filling out the sign-up sheet in the parish hall during social hour.

Kindred Spirits Discussion Group for Seniors
Tuesday, November 19, 10:30 am–12:00 pm, 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 Tuesday of the month at our church. We will meet 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.

UFPC Online Event Calendar

You can now find an event calendar on our website at <https://ufpc.org/event-calendar> which can help you “save-the date” for events and programs open to the whole congregation. Full event descriptions will still be found in weekly announcements.

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