



Weekly Announcements

Sunday, September 29, 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

“The Invitation of Interdependence”

Rev. Rebecca Froom

Sunday, September 29, 10:30 am, in-person and livestream

In these weeks before the election we are surrounded by messages of anxiety and division. Yet our Unitarian Universalist value of Interdependence reminds us that we need to, and can, share power in loving and life-giving ways. In this service we turn our attention to the wonders of mutual care.

Join by computer: <https://us02web.zoom.us/j/82251479714>

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

Spirit Circle

Sunday, September 29, 10:30 am, in-person

This Sunday, we welcome back Paula Webster, our mindfulness instructor, to lead her first Spirit Circle of the year.

Rescheduled Events

The Worship Committee is rescheduling the **Greeter and Usher Orientation** that had been scheduled for 9/22 to a future Sunday. Possible dates are 9/29, 10/13, or 10/27. Please contact Albert Vaughn for more information. Note, you can sign-up to be a Greeter or Usher on the bulletin board in the parish hall.

Our **Meet UFPC Newcomer Orientation** that had been scheduled for 9/29 will be rescheduled to a future date this fall. Contact Rev. Rebecca Froom for more information.

Book Group

Thursday, October 3, 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 [The Ends of the World](#) by Peter Brannen. As new groundbreaking research suggests that climate change played a major role in the most extreme catastrophes in the planet's history, an award-winning science journalist takes us on a wild ride through the planet's five mass extinctions and, in the process, offers us a glimpse of our increasingly dangerous future. Our world has ended five times: it has been broiled, frozen, poison-gassed, smothered, and pelted by asteroids. In his book, the author dives into deep time, exploring Earth's past dead ends, and in the process, offers us a glimpse of our possible future.

Join by computer: <https://us02web.zoom.us/j/83582134326>

Join by telephone: 1-646-558-8656, Meeting ID: 835 8213 4326

Worship Service

"Remember"

Rev. Rebecca Froom

Sunday, October 6, 10:30 am, in-person and livestream

On this Sunday before Yom Kippur, and on the cusp of the anniversary of the brutal Hamas attacks on Israel and the beginning of the devastating Gaza war, we will gather in compassion to open our hearts in grief and lament as we remember the dead. The choir will sing. Note, we will not have joys and sorrows in this service and will instead have extended times of meditation and prayer.

Join by computer: <https://us02web.zoom.us/j/82251479714>

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

Voter Registration and Post-Carding

Sunday, October 6, 12:00 pm, in-person

The Social Justice Action Committee is looking forward to hosting its first official Action of our new Church Year in the parish hall. This "Get out the Vote" will be absolutely Non-Partisan. Please join us if you have questions about Registration, Early Voting or are looking for a way to build up your Civic muscles. Also, we will have sets of postcards, instructions and address lists that you can take with you if you are short of time. The SJAC is grateful to work with Christine Swanson and Norma Fitzgerald of March Forward Quincy who brought this project to us. Direct any questions to Claire Fitzmaurice at 617-272-0274 or artclaire@comcast.net. Thank you.

Writing Group

Sunday, October 6, 12:00 pm, in-person

Our UFPC Writing Group meets 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 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.

Poetry Group

Tuesday, October 8, 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.

Hygiene Supply Drive to Support Newly Arrived Families

UFPC is organizing a drive to gather hygiene items for newly arrived families in Quincy. Green donation bins will be available in the sanctuary and social hall for you to drop off contributions. We are seeking soap, toothbrushes, mouthwash, toothpaste, shampoo for curly hair, and feminine products. If you would like to help organize and deliver the contributions, or have any questions, please contact Vice President Jackie Rodriguez jr1226jr@gmail.com or David Downs davidpdowns@verizon.net who are coordinating our congregation's response to the homeless family crisis in Massachusetts, including our work with Boston Immigrant Justice Accompaniment Network (BIJAN).

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