



## **Weekly Announcements**

Sunday, November 21, 2021

### **Sunday Morning Meditation**

Sundays, 9:00 am, in-person

On Sunday mornings, we will have our meditation practice at 9:00 am. If the weather is warm enough, we will meet in the church garden. For cooler temperatures we can meet in the parlor with a window open and wear our masks. Our meditation typically begins with the shared reading of our guiding principles, followed by a reading from Thich Nhat Hanh, then a period for silent reflection, and closing with a sharing of our insights. Let me know if you'd like to participate.

–Marie-Louise, [marieljm1961@yahoo.com](mailto:marieljm1961@yahoo.com), 857-526-2579

Worship Service

### **“Room at the Table”**

Rev. Rebecca Froom and Joan McDonald

Sunday, November 21, 10:30 am, in-person or live stream

In our annual multigenerational Thanksgiving service, we reflect on the power of gratitude as we create just, equitable, and joyous communities. Music will be provided by violinist Jagan Nath Khalsa and our own Norman Corey. Today we also conclude our food drive for Interfaith Social Services - please bring any non-perishable food items to our cornucopia in our sanctuary

### **Joys and Sorrows**

If you have a joy or sorrow to share this Sunday and will not be with us in the sanctuary during worship, please email your joy or sorrow to Rev. Rebecca at [rev.rebecca.froom@gmail.com](mailto:rev.rebecca.froom@gmail.com).

Join by computer: <https://uso2web.zoom.us/j/85369171483>

Join by telephone: 1-646-558-8656, Webinar ID: 853 6917 1483

### **This Week in Religious Education**

There is no RE class this week during the service since it is a multigenerational service. At noon the youth are preparing lunches for father bills in the dining room.

### **Food Drive for Interfaith Social Services**

Sunday, November 21, in-person

Every November UFPC joins other faith communities throughout the region to hold a food drive for the food pantry at Interfaith Social Services (ISS). The food pantry supports people living in Braintree, Cohasset, Hingham, Holbrook, Hull, Milton, Quincy, Randolph, Scituate, and Weymouth. Please bring non-perishable food items to the “cornucopia” in the sanctuary on Sundays November 7, 14, and 21. In addition to food, the pantry also distributes personal care items, diapers (size 4-6) and baby wipes. You can find out for about the ISS food pantry at <https://interfaithsocialservices.org/food>.

**Soul Matters Small Group Ministry - Final Registration**  
Beginning Sunday, November 21 and Tuesday, November 23, on Zoom

Soul Matters small groups reflect on a monthly theme through a format that encourages personal reflection and fosters meaningful connection with other members and friends of the congregation. This year we will offer two groups to meet monthly over zoom from November - June. Groups will be facilitated by Rev. Rebecca the first few months and by congregants the remaining months. The themes for this year's Soul Matters small groups are: November - Holding History; December - Opening to Joy; January - Living with Intention; February - Widening the Circle; March - Renewing Faith; April - Awakening; May - Nurturing Beauty; June - Celebrating Blessings. **To register, please contact Rev. Rebecca** at [rev.rebecca.froom@gmail.com](mailto:rev.rebecca.froom@gmail.com) or 617-803-1159 and let her know which group(s) you are available for. The first group will meet on the third Sunday of the month from 1:00 - 2:30 pm on Zoom (beginning November 21<sup>st</sup>), and the second group will meet on the 4<sup>th</sup> Tuesday of the month from 7:00 - 8:30pm on zoom (beginning November 23<sup>rd</sup>).

**The StandOut Quincy 4 Black Lives will not meet on November 25. They next meet on Sunday, November 28 during the Christmas Parade at 12:00 pm.**

Worship Service  
**Lóre Stevens, guest preacher**  
Sunday, November 28, 10:30 am, in-person or live stream

In our final Sunday exploring the monthly theme “holding history,” we reflect on the history of the Unitarian Universalist Service Committee and our UU history of social activism. In this service we also introduce the UUSC’s annual Guest at Your Table Program, which will conclude on January 9<sup>th</sup>.

Lóre Steven is a queer Latinx atheistic mystic and a candidate for the Unitarian Universalist ministry. Lóre is in her final year of study at Harvard Divinity School and works at the UU Service Committee.

**Kindred Spirits Discussion Group for Seniors**  
Wednesday, December 1, 10:00–11:30 am, in-person

Join Rev. Rebecca for a monthly discussion group in the parish hall, grounded in our UU values, where we reflect on current events and pressing social issues. This group is open to seniors age 60+ and will meet on the first Wednesday of the month. This will be our first meeting since February 2020; note that the group will now be meeting at the church (during this time no snacks or coffee will be provided). Please contact Rev. Rebecca with any questions at [rev.rebecca.froom@gmail.com](mailto:rev.rebecca.froom@gmail.com) or 617-803-1159. If you need to enter the building via the handicapped accessible entrance, please call Rev. Rebecca at 617-803-1159.

**The Book Group will not meet in December. They next meet on Thursday, January 6 at 7:00 pm.**

**Decorating the Sanctuary and Parish Hall**  
Saturday, December 4, 9:00 am–12:00 pm, in-person

Come Deck the Halls of UFPC in our Holiday finery! Please mark your calendars for Saturday, December 4<sup>th</sup> 9am - noon. Friends and members come together to launch the festive season by decorating the Sanctuary and Parish Hall for the winter holidays. As in years past, we will attempt a potluck breakfast; we will follow best practices to provide some nutritious elements. Hot coffee and beverages will be on hand. We have tasks for all ages! Truly all ages are Welcome. Stop by as your schedule allows. We will be delighted to see and meet you. (Hint! Hint! If we have enough folks, we can place Santa hats on the busts of John Adams and John Quincy Adams. Just sayin’). Thank you!

–Claire Fitzmaurice (617)272-0274 or [artclaire@comcast.net](mailto:artclaire@comcast.net).

## Writing Group

Sunday, December 5, 12:00 pm, in-person

Our UFPC Writing Group will be meeting again this year. We will meet the first Sunday of the month in-person in the parlor at 12:00 pm. 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 45 minutes to 1 hour. If you have any questions, do not hesitate to contact facilitator Jim Petosa at [jimjamespeto@aol.com](mailto:jimjamespeto@aol.com) or by phone at 301-442-3781.

## Meet UFPC Newcomer Orientation

Rescheduled to Sunday, December 5, 12:15–2:00, in-person

Are you new to UFPC? Do you have questions about the congregation, Unitarian Universalism, or how you can become more connected to the community at United First Parish Church? This newcomer orientation, facilitated by Rev. Rebecca in the dining room, 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](mailto:rev.rebecca.froom@gmail.com) or filling out the sign-up sheet in the parish hall.

## Fledgling Tales: UFPC Storytime

Thursday, December 9 and 30, 7:00 pm, on Zoom

A Zoom story half hour will be on the second and fourth Thursday of the month at 7:00 pm. Cozy up in your jammies, with your favorite stuffed animal, blanket and caring adult and join us for a time of ritual and sharing for preschool and elementary school age children. We will share a chalice lighting, we will read a story, everyone will check in and a family or guest will share a favorite story. Please make sure the name on your zoom account is recognizable, so we can let you in.

Join by computer: <https://uso2web.zoom.us/j/82507685947>

Join by telephone: 1-646-558-8656, Meeting ID: 825 0768 5947

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Office Hours: Monday, Tuesday, Thursday 8:00 am–12:00 pm or by appointment.  
Friday 8:00 am–4:00 pm.