



## Weekly Announcements

Sunday, May 2, 2021

Worship Service

**“Rest Here”**

Rev. Rebecca Froom

Sunday, May 2, 10:30 am, on Zoom

For over a year our minds, bodies, and spirits have been working hard to adapt to the changes, anxieties, and isolation that accompanied our societal shutdowns in response to the Covid-19 pandemic. So many of us are tired for so many reasons. And now we are beginning a different process of adaptation as vaccinations change how we are able to be with one another. In this service, we reflect on how our nervous systems have been activated by these extraordinary changes in how we move through the world and connect with one another. Drawing on a conversation between Krista Tippet and clinical psychologist Christine Runyan, we consider “the power of the pause” and how we can cultivate spaces of rest and renewal in the midst of this extended time of stress, transition, and change.

Join by computer: <https://us02web.zoom.us/j/86170075449>

Join by telephone: 1-646-558-8656, Meeting ID: 861 7007 5449

### Writing Group

Sunday, May 2, 12:00 pm, on Zoom

Our UFPC Writing Group meets the first Sunday of the month at noon. We will use Zoom links to gather online during the pandemic. As in the past, 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 an hour. If you have any questions, do not hesitate to contact facilitator Jim Petosa at [jimjamespeto@aol.com](mailto:jimjamespeto@aol.com) or at 301-442-3781.

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### StandOut Quincy 4 Black Lives

Thursdays, 3:30–5:30 pm, church front steps

UFPC is partnering with Quincy for Transformative Change for an initiative in support of Black Lives Matter. We meet on the church front steps weekly to bear peaceful witness and to advocate for justice and equity for our fellow citizens of color. You are invited to join our small but dedicated group. Kindly direct your questions to me at my cell 617-272-0274 or [artclaire@comcast.net](mailto:artclaire@comcast.net). Thank you, Claire Fitzmaurice.

### Fledgling Tales: UFPC Storytime

Thursday, May 6 and 20, 7:00–7:30 pm, on Zoom

Every first and third Thursday at 7:00 pm—cozy up in your jammies, with your favorite stuffed animal, blanket and caring adult and join DRE Joan McDonald for a time of ritual and sharing for preschool and elementary

school age children. We will share a chalice lighting, Joan will read a story, everyone will check in and a family or guest will share a favorite story. What is better than a couple of stories shared in community? **For everyone's safety a Zoom link will be emailed to our UFPC families weekly and new families may sign up to receive the link.** Contact Joan at [dre@ufpc.org](mailto:dre@ufpc.org).

### **Book Group**

Thursday, May 6, 7:00–8:30 pm, on Zoom

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 will meet on Zoom during the pandemic. We try to select a balance of styles, and this year we ended up with 4 non-fiction works and 5 works of fiction. You are welcome to come if you have not quite finished the book. Over the years we have had some practice at avoiding spoilers and it is always fun to have new voices.

The book this month is *The Quiet American* by Graham Greene. It's 1955 and British journalist Thomas Fowler has been in Vietnam for two years covering the insurgency against French colonial rule. But it's not just a political tangle that's kept him tethered to the country. There's also his lover, Phuong, a young Vietnamese woman who clings to Fowler for protection. Then comes Alden Pyle, an idealistic American working in service of the CIA. Devotedly, disastrously patriotic, he believes neither communism nor colonialism is what's best for Southeast Asia, but rather a "Third Force": American democracy by any means necessary. His ideas of conquest include Phuong, to whom he promises a sweet life in the states. But as Pyle's blind moral conviction wreaks havoc upon innocent lives, it's ultimately his romantic compulsions that will play a role in his own undoing. A "masterful . . . brilliantly constructed novel" of love and chaos in 1950s Vietnam (Zadie Smith, *The Guardian*).

Join by computer: <https://us02web.zoom.us/j/86564868177>

Join by telephone: 1-646-558-8656, Meeting ID: 865 6486 8177

Worship Service

### **"Art Raising Spirits"**

Sunday, May 9, 10:30 am, on Zoom

A creative team of UFPC members Juan Ramos, Kate Hurley, David Fallon and Sharon Gamache are planning this service with the theme of Art Raising Spirits. The service will express the beauty of the visual arts and the role they have in inspiring us and making us better people. As a part of the service, there will be a slide show of photos of art created or appreciated by our members.

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### **Children's Chapel**

Thursday, May 13 and 27, church website

DRE Joan McDonald posts a new children's chapel video for our preschool to early elementary age children on the second and fourth Thursday of the month. The video is posted on the Religious Education page on our website: <https://ufpc.org/religious-education>. The theme focus for this month is Becoming.

### **Annual Congregational Meeting**

Sunday, May 23, after service, on Zoom

Our Annual Congregational Meeting will take place on Sunday, May 23 on Zoom after our worship service. We hope that you can attend this most democratic component of our Unitarian Universalist faith. We gather together to vote on the budget, to elect members to lead our congregation for the coming year and to acknowledge milestones and accomplishments.

## Spring Staff Hours

For the last 13 months our staff has been largely working from home out of respect for personal and public health. As Covid-19 case numbers decline and vaccinations increase some of our staff will be working from the building more consistently, though most staff will continue to work from home at least some of the time.

Our church office will be open on Mondays - Fridays from 8:00 am to 12:00 pm. David Bousquin, our Office and Property Manager, is available at additional times by appointment. David will work the remainder of his hours from home. You can reach David at [office@ufpc.org](mailto:office@ufpc.org) or on his cell phone at 617-842-1706.

Rev. Rebecca Froom will be working from the church most Tuesdays, Thursdays, and Sundays with variable hours. She is available for in-person appointments on those days (masked and practicing social distancing). She is available by phone and Zoom Tuesdays, Wednesdays, Thursdays, and Sundays. You can schedule an appointment with Rev. Rebecca at <https://calendly.com/rev-rebecca-froom>, or reach out to her by email at [rev.rebecca.froom@gmail.com](mailto:rev.rebecca.froom@gmail.com) or on her cell phone at 617-803-1159.

Our Director of Religious Education, Joan McDonald, and our Music Director, Norman Corey, will continue to work the majority of their hours remotely.

### Join Our UFPC Zoom Worship Team

Every Sunday morning our online services are created by a team of staff and volunteers, serving in a variety of artistic and logistical roles. We'd love to expand our team! If you are interested in learning more about any of the following roles, please contact Jamie Grassmann, Chair of the Worship Committee, or Rev. Rebecca at [rev.rebecca.froom@gmail.com](mailto:rev.rebecca.froom@gmail.com). Some of the roles include:

- serving as a Digital Ushers who manages the Zoom waiting room and facilitates sharing during Joys and Sorrows
- running our slides and any multimedia through the screen share function on Zoom
- giving a chalice lighting reading
- providing music to be recorded ahead of time
- taking or sharing pictures of our UFPC building and grounds to be used in our worship slides
- editing audio or video files ahead of or following worship services

### Chalice Lighters Wanted

Rev. Rebecca and I would like to invite members and friends to volunteer to read a chalice lighting during our Sunday services. The theme for April is Becoming. Please let Joan McDonald know if you are interested at [dre@ufpc.org](mailto:dre@ufpc.org).

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Quincy, Massachusetts 02169, 617-773-1290  
[office@ufpc.org](mailto:office@ufpc.org), [www.ufpc.org](http://www.ufpc.org), [www.facebook.com/ufpc/uu](https://www.facebook.com/ufpc/uu)

Office Hours: Monday–Friday 8:00 am–12:00 pm or by appointment