



Weekly Announcements

Thursday, August 4, 2022

[OPEN THE ATTACHMENT FOR ACTIVE LINKS]

Standout Quincy for Black Lives

Thursdays [except August 4, 11 and 18], 3:30–5:30 pm, in-person

The standout is on hiatus August 4, 11 and 18. UFPC partners with Quincy for Transformative Change for an initiative in support of Black Lives Matter. We stand either on the church front steps or on the intersection of Temple and Hancock streets 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 contact me at 617-272-0274 or artclaire@comcast.net. Thank you, Claire Fitzmaurice.

Sunday Morning Meditation

Sundays, 9:00 am, in-person

We will have meditation on Sunday mornings at 9:00 am outside in the garden, weather permitting, and in the church parlor (with masks) when it rains. Our practice includes guided, walking, and silent meditation. Feel free to contact Marie-Louise at mariejm1961@yahoo.com or 857-526-2579.

Chalice Circle

“Meh! Overcoming Meh Through Mindfulness and Physical Activities”

Brenda Reed and Jordan Waterworth, presenters

Sunday, August 7, 10:30 am–12:00 pm, in-person and on Zoom

Jessica Davis writes ‘Meh,’ [is] defined as “expressing a lack of interest or enthusiasm,” describ[ing] perfectly the state of limbo between not being sad but not being happy either. It represents a state of lethargy or emptiness that’s difficult to shake, but isn’t so bad that it renders you unable to get out of bed in the same way depression can. Adam Grant calls that blah feeling languishing, the middle child of mental health that can dull your motivation and focus. “It wasn’t burnout - we still had energy, it wasn’t depression - we didn’t feel hopeless. We just felt somewhat joyless and aimless.” In this Chalice Circle gathering we will discuss what makes us feel meh, or what causes us to languish- and what we can do to overcome that dulling of delight and dwindling of drive.

Each summer we gather on Sunday mornings for Chalice Circles rather than worship. Chalice Circles are a form of small group ministry which invites deep listening, reflection, and sharing on a thoughtful topic. Each Sunday a congregant leads that week’s Chalice Circle, presenting the topic for reflection and discussion. The presenter is paired with a “host” from our Chalice Circle leadership team.

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

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

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