

### **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 <u>marieljm1961@yahoo.com</u> or 857-526-2579.

## Worship Service "Circles of Connection"

Rev. Rebecca Froom Sunday, September 18, 10:30 am, in-person and livestream

The past few years have revealed a deepening loneliness and longing for belonging in this country. In this service we reflect on how we can cultivate connection and community in a society that is prone to isolation and division. This Sunday we also begin our Sunday morning religious education programming for children, introducing a new model of "Spirit Circles" which will use experiential learning practices of mindfulness, the arts, and earth care, to explore our UU Principles.

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

# **Spirit Circle**

A new model of lifespan religious education and family ministry.

Sunday September 18<sup>th</sup> is our official start up for Spirit Circle. Please join us to welcome our Mindfulness instructor Paula Reardon-Webster, Music focaliser and leader Elisabeth Moore, and Jon Belber who will guide us as Earth Carers for the new earth. You will find all instructors bio's inserted in the Sunday order of worship. During the Message for All Ages, Nan Moore, the Director of Family Ministry, will introduce the instructors to our multi-age congregation. Following the Message, all three instructors will come with Nan and the children to have a little "taster" of what Spirit Circle is all about. It is with gratitude that we are able to host such skilled instructors as well as having Leila Shaareman as our nursery carer this year. Leila will also be joined, on occasion, with Jamie Romain and a floating adult when needed. For parents of very young children 0-3 years old, please bring your children to the nursery before church or you may bring your child when all the children leave the sanctuary with their instructors. Social hour will follow the Spirit Circle where you can meet and greet the new instructors. Please fill out the registration form that applies to you and/or your family. Spirit Circle Registration forms for Children and Youth: <u>https://forms.gle/eEXu29fn65qoPkiN6</u>. Spirit Circle Registration forms for Adults: <u>https://forms.gle/9n5M2AxWBmhtHsNb9</u>.

# **Standout Quincy for Black Lives**

Thursdays, 3:30–5:30 pm, in-person

UFPC partners with Quincy for Transformative Change for an initiative in support of Black Lives Matter. We stand on the intersection of Temple and Washington 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 <u>artclaire@comcast.net</u>. Thank you, Claire Fitzmaurice.

#### Writing Group

Sunday, October 2, 12:00 pm, in-person

Our UFPC Writing Group will be meeting again this year. We will meet the first Sunday of the month inperson 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 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. Contact facilitator Jim Petosa at jimjamespeto@aol.com or 301-442-3781.

#### **Book Group**

Thursday, October 6, 7:00 pm, in-person and on Zoom

The Book Group meets on the first Thursday of the Month from 7:00 to 8:30 pm, with a gap in summer and in December. All members and friends are welcome to join us. We will conduct our meetings in-person and via Zoom. Each year, we choose a variety of genres and forms. This Church Year all our selections are in response to book banning across the United States. You are welcome to come even if you have not finished the book.

The book selection this month is "Inherit the Wind" by Jerome Lawrence and Robert E. Lee. This is a classic work based on the Scopes Monkey Trial of 1925, which pitted Clarence Darrow against William Jennings Bryan in defense of a schoolteacher accused of teaching the theory of evolution. The accused was a slight, frightened man who had deliberately broken the law. His trial was a Roman circus. The chief gladiators were two great legal giants of the century. Like two bull elephants locked in mortal combat, they bellowed and roared imprecations and abuse. The spectators sat uneasily in the sweltering heat with murder in their hearts, barely able to restrain themselves. At stake was the freedom of every American. One of the most moving and meaningful books of our generation.

Join by computer: <u>https://us02web.zoom.us/j/89427298331</u> Join by telephone: 1-646-558-8656, Meeting ID: 894 2729 8331

### **UFPC on Facebook**

Our congregation has a Facebook Page where we post the weekly service topic, information about special events, and inspirational quotes and images. Find us at <u>https://www.facebook.com/UFPC.UU</u>. We also have a "United First Parish Church Virtual Community" Facebook Group where members and friends are welcome to make posts and share pictures. You can find our group at <u>https://www.facebook.com/groups/662873071058332</u>.

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