



Weekly Announcements

Sunday, January 22, 2023

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 marieljm1961@yahoo.com or 857-526-2579.

Choir Rehearsal

Sundays, 9:30–10:00 am, in-person

The choir welcomes new members! This year, instead of anthems, we are working on hymns to support congregational singing, particularly hymns that are unfamiliar or less familiar. And rehearsals are half an hour, rather than 45 minutes—from 9:30 to 10:00 am every Sunday. Talk to Norman or a choir member, or just show up. Thank you.

Worship Service

“One with Yourself”

Rev. Rebecca Froom and McKayla Hoffman

Sunday, January 22, 10:30 am, in-person and livestream

How do we find our center? This Sunday we turn to the teachings of Buddhist teacher Thich Nhat Hanh to consider how we find a home in ourselves. Our music this Sunday is performed by Norman Corey, joined by classical guitarist David Hoffman.

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

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

Spirit Circle

Sunday, January 22, 10:30 am, in-person

This Sunday Paula Webster will be teaching a Mindfulness class for the children following the Message for All Ages. Parents are asked to unite with their children in the Spirit Circle classroom at the conclusion of worship. Smaller children will be in the nursery. There will also be an adult education class on Mindfulness after social hour from 12-1pm, also in the Spirit Circle classroom.

Please look for announcements regarding the COMMUNITY GAME NIGHT, which will be Friday January 27th in the Parish Hall. For parents: There will be teen helpers who will also hang out with the children and play board games while the adults will do the same with each other.

Standout Quincy for Black Lives

Thursdays, 3:00–4:30 pm, in-person

UFPC partners with Quincy for Transformative Change for an initiative in support of Black Lives Matter. We stand on the church front steps 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.

Pathway to Membership

Part 1: Sunday, January 22, 12:15–1:45 pm, in-person

Part 2: Sunday, January 29, 12:15–1:45 pm, in-person

Are you relatively new to United First Parish Church and are interested in getting to know more about the congregation? Or have you been attending UFPC for a while and are considering becoming a member? If you answered yes to either question, Rev. Rebecca invites you to attend a two-part “Pathway to Membership” class in the parlor. In the first session on Sunday, 1/22 we will share our spiritual journeys and reflect on Unitarian Universalist beliefs, practices, and histories. In the second session on Sunday, 1/29 we will learn more about our UU congregation and what it means to be a member of our church. Please RSVP to Rev. Rebecca at rev.rebecca.froom@gmail.com. While participants will benefit from attending both sessions, it is also okay to attend just one.

Save the Date: Community Potluck and Game Night on Friday, January 27 at 5:30 pm [dinner served at 6:00 pm]. More details to follow from Brenda Reed.

Worship Service

“In the Belly”

Rev. Rebecca Froom

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

We are approaching the midpoint between the Winter Solstice and the Spring Equinox, which Gaelic and Celtic people have observed as Imbolc or Brigid’s Day. At this turning point of the year the days are noticeably lengthening even while winter temperatures continue. Our Director of Family Ministry, Nan Moore brings us a Message for All Ages all the way from Scotland, to celebrate the cross-quarter holiday of Imbolc and help us consider what is slowly growing in our lives this season.

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

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

Book Group

Thursday, February 2, 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 summer and in December. 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. 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 Bluest Eye, published in 1970, is the first novel written by Toni Morrison. The novel takes place in Lorain, Ohio (Morrison’s hometown), and tells the story of a young African-American girl named Pecola who grew up following the Great Depression. Set in 1941, the story is about how she is consistently regarded as “ugly” due to her mannerisms and dark skin. As a result, she develops an inferiority complex, which fuels her desire for the blue eyes she equates with “whiteness”.

The novel is told from Claudia MacTeer’s point of view. She is the daughter of Pecola’s foster parents at different stages in her life. In addition, there is an omniscient third-person narrative that includes inset narratives in the first person. The book’s controversial topics of racism, incest, and child molestation have led to numerous attempts to ban the novel from schools and libraries in the United States.

Join by computer: <https://us02web.zoom.us/j/89427298331>

Join by telephone: 1-646-558-8656, Meeting ID: 894 2729 8331

Writing Group

Sunday, February 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. 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 forty-five minutes to one hour. Contact facilitator Jim Petosa at jimjamespeto@aol.com or 301-442-3781.

Light Our Fire Luncheon/Chili and Chocolate Celebration

Sunday, February 12, after social hour

Please join the congregation after social hour on Sunday, February 12 for a “Light Our Fire” luncheon. In addition to a pot-luck lunch, this gathering will feature a Chili Cook-off and a chance to bid on homemade chocolate treats made by people in the congregation. Most details will be found in the monthly newsletter.

Kindred Spirits Discussion Group for Seniors

Friday, February 17, 10:00–11:30 am, in-person

Join Rev. Rebecca for a monthly discussion group, grounded in our UU values, where we reflect on current events and pressing social issues. This group is open to seniors aged 60+ and will meet on the third Friday of the month at our church in the parish hall. Coffee and tea are provided! Please contact Rev. Rebecca with any questions at rev.rebecca.froom@gmail.com or 617-803-1159. If you need to enter the building via the handicapped accessible entrance, please contact David Bousquin at 617-842-1706.

United First Parish Church, Unitarian Universalist, 1306 Hancock Street,
Quincy, Massachusetts 02169, 617-773-1290
office@ufpc.org, www.ufpc.org, www.facebook.com/ufpc/uu

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