



## Weekly Announcements

Sunday, November 19, 2023

### Sunday Morning Meditation

Sundays, 9:00 am, in-person

Meditation is offered on Sunday mornings at UFPC from 9:00 - 9:45 am. We meet outside in the garden (weather permitting) and inside in the parlor when it is rainy, windy or snowing. We begin with a guided meditation from Thich Nhat Hahn's "Blooming of a Lotus", followed by a walking meditation, then silent meditation, and ending with sharing our thoughts and insights. Feel free to contact Marie-Louise Jackson-Miller at 857-526-2579 or [marieljm1961@yahoo.com](mailto:marieljm1961@yahoo.com).

Worship Service

### "Practicing Generosity"

Rev. Rebecca Froom

Jagan Nath Khalsa, guest musician

Sunday, November 19, 10:30 am, in-person and livestream

In this service we turn to teachings from the Christian and Buddhist traditions as we reflect on how we can practice generosity. The service will be followed by our "Sweetsgiving" fundraiser during social hour, where people can bid on items in our dessert auction.

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

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

### Musical Spirit Circle

Sunday, November 19, 10:30 am, in-person

Spirit Circle music instructor for this week will be Sharon Gamache. Sharon is a long time UFPC member and has been a member of the Religious Education Committee in the past. As we prepare for the holiday service the children will be learning the song "This Little Light of Mine" with percussion instruments and Sharon on guitar. It is our hope your children can join this class as we prepare for a very special holiday service on December 10.

When the older children leave the sanctuary for the Spirit Circle class following the message for all ages, the youngest children and toddlers will join Child Carers this Sunday Mariah Maines and helper Izzy Smith. If your child is new we ask the parents to go down with the child group to the nursery to settle their children in the nursery. We ask that parents with small children have their cell phones on vibrate mode during worship so they may be reached in case of an emergency.

**Youth Group meeting:** This Sunday, the youth group is asked to meet in the dining area in the lower level of the church at 10:30 am to prepare the hygiene packets for Interfaith Social Services. A special thank you to all those who donated products for this very valued service project.

**“Sweetsgiving” Dessert Auction**  
Sunday, November 19, 11:45 am, in-person

Please join us for “Sweetsgiving” after the service on Sunday, November 19<sup>th</sup>. We’ll share a light lunch and a dessert auction fundraiser to help support the church. If you want to save some dessert prep time for Thanksgiving, we’ve got you covered. Or, if you’re making dessert anyway, double up and donate a dessert to the auction. If you can donate a dessert, signups will be available in the parish hall after the service.

**Transgender Day of Remembrance Vigil**  
Monday, November 20, 7:00 pm, in-person, United First Parish Church

Transgender Day of Remembrance (TDOR) is annual observance honoring those trans and nonbinary beloveds who lost their lives to transphobic violence in the past year. We hope you will join us in a service of collective mourning on the steps of the church, honoring those lost, and holding those who remain. Afterwards, all are welcome to a reception in the parish hall for connection and resource-sharing. The vigil is co-sponsored by the Quincy Interfaith Network, QPride, Quincy's LGBTQ Commission, and the Quincy PFLAG Chapter.

**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 in front of the church [or in back, if it is hot] 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 Claire Fitzmaurice at 617-272-0274 or [artclaire@comcast.net](mailto:artclaire@comcast.net) or Mimi Balsamo at [mimibalsamo@gmail.com](mailto:mimibalsamo@gmail.com). Please check out our Facebook page: StandOutQuincy4BlackLives.

Worship Service  
**“Don’t Carry It All”**  
McKayla Hoffman, Ministerial Intern  
Sunday, November 26, 10:30 am, in-person and livestream

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

**70<sup>th</sup> Annual Quincy Christmas Parade**  
Sunday, November 26, 12:00–3:30 pm, in-person

The Quincy Parade has been a tradition for families for many years. Floats, marching bands, and costumed characters fill Quincy streets, spreading holiday joy to all. The parade route begins at the intersection of Hancock Street and Walter Hannon Parkway, continuing up Hancock Street to North Quincy High School. The parade travels around our church, so either side is a good vantage point to watch it. Back in 1989, our church entered a float in the parade and won the best float trophy. It is displayed in the parlor.

**Holiday Decorating Party**  
Saturday, December 2, 9:00 am–12:00 pm, in-person

Mark your calendars: Saturday, December 2<sup>nd</sup>, 9:00 am-noon, Holiday Decorating Party to trim the Sanctuary and the Parish Hall. There are tasks and activities for all ages. Thank you, Claire Fitzmaurice: (617) 272-0274 or [artclaire.fitzmaurice@gmail.com](mailto:artclaire.fitzmaurice@gmail.com).

## **Menorah Lighting**

Thursday, December 7, 4:45 pm, in-person, Hancock-Adams Common

The City of Quincy invites you to attend the lighting of the first candle on the menorah on the Hancock-Adams Common as we observe the beginning of Chanukah [also spelled Hanukkah]. We will do the same with the menorahs displayed in our church windows. The Hebrew word Chanukah means “dedication” and this Jewish holiday commemorates the rededication of the Holy Temple in Jerusalem in 165 BC after its desecration. It takes place over eight successive days on which a candle is lit each day.

## **Holiday Potluck**

Sunday, December 10, 11:45 am, in-person

The annual Holiday Potluck is on Sunday, December 10 after the service this year. Please contact Maire-Louise Jackson-Miller at [mariejm1961@yahoo.com](mailto:mariejm1961@yahoo.com) or 857-526-2579 if you would like to bring a food item or dessert for the gathering.

## **Kindred Spirits Discussion Group for Seniors**

Friday, December 15, 10:00–11:30 am, in-person

Join us 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](mailto: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.

## **Writing Group**

Sunday, December 17, 12:00 pm, in-person

Our UFPC Writing Group will be meeting again this year. We usually 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](mailto:jimjamespeto@aol.com) or 301-442-3781.

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