



## **Weekly Announcements**

Sunday, April 14, 2024

### **Sunday Morning Meditation**

Sundays, 9:00–9:45 am, in-person

Meditation is offered on Sunday mornings from 9:00am to 9:45 am. We meet in the parlor, and when weather permits, we meet outside in the garden. We begin with a poem by Thich Nhat Hahn to center our intentions, followed by a walking meditation, then silent meditation, and ending with sharing our thoughts and insights. Feel free to contact Marie-Louise at 857-526-2579 or [marieljm1961@yahoo.com](mailto:marieljm1961@yahoo.com).

Worship Service

### **“The Teachings of Plants”**

Rev. Rebecca Froom and Shiloh Hoffman

Sunday, April 14, 10:30 am, in-person and livestream

We live in a world where plants communicate with one another in wondrous ways. What can we learn about ourselves and our place in the interdependent web of life when we listen to the teachings of plants?

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

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

### **Spirit Circle:**

### **Mindfulness and Tai Chi with Paula Webster**

Sunday, April 14, 10:30 am, in-person

Children enter the sanctuary with their families and following the Message for All Ages they will go to their classrooms. This week our instructor, Paula Webster, will be providing a mindfulness lesson along with some Tai Chi movements in the Spirit Circle classroom. The RE helper this week is Andrew Carleen. We ask that children under age 3 and younger go into the nursery for childcare when the class begins.

### **Abolition Theologies: Praying for Liberation**

### **Minns Lectures by Rev. Jason Lydon**

April 18, 21, 25, and May 9, in-person and online [First Church Boston]

Each year First Church Boston hosts a series of lectures by UU ministers on religious topics. With both violent theological underpinnings and inherent racism upholding the prison system, in this year's lecture series Rev. Jason Lydon will show that prison abolitionism is a theological imperative for Unitarian Universalists. Respondents include Daniel McKanan, Nicole Pressley, and Vincent Lloyd. Lectures are available online and at First Church Boston [66 Marlborough Street, Boston, Massachusetts]. Find out more and RSVP at <https://www.minnslectures.org>.

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

Friday, April 19, 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 Froom with any questions at [rev.rebecca.froom@gmail.com](mailto:rev.rebecca.froom@gmail.com) or 617-803-1159.

## **The Whys of a Vegetarian or Vegan Diet**

### **Earth Day Lecture and Potluck**

Saturday, April 20, 6:00–8:00 pm, in-person

United First Parish Church is pleased to present a lecture by Sara Sezun, Chair of the Sierra Club Massachusetts Chapter Plant-based Planet Team. “Our mission is to raise awareness of the environmental effects of animal agriculture and encourage people to reduce or eliminate meat consumption.” For starters, a Vegetarian diet consists of no meat, chicken or fish. A Vegan diet does not include food derived from living creatures. Hence, no meat, fish, chicken, eggs, dairy products or honey. We hope to share our love of our precious, life-giving Planet Earth with each other. Our Potluck Dinner will be held in the parish hall. The public is welcome. Please pre-Register by contacting Claire Fitzmaurice, Chair of the UFPC Social Justice Action Committee at [artclaire@comcast.net](mailto:artclaire@comcast.net). Please bring a vegetarian or vegan dish (appetizer, entree or dessert) to share with your neighbors. If possible, bring a copy of your recipe to share. Thank you!

Worship Service

### **“Seeds of Love”**

Rev. Rebecca Froom, Shiloh Hoffman, and Nan Moore

Sunday, April 21, 10:30 am, in-person and livestream

On this multigenerational Earth Day Sunday, we reflect on our efforts as Earth Carers who cherish and sustain the web of life.

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

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

## **Stock the Stacks: A Prison Book Program Fundraiser**

Saturday, April 27, 5:00–7:00 pm, in-person

New Normal Comedy is excited to partner with the Prison Book Program to present Stock the Stacks, an Indie Bookstore Day Fundraiser! Join us on Indie Bookstore Day to support this nonprofit in its mission to “support people in prison by sending them free books and reading materials that meet their specific needs and interests. [They] do this through a highly engaging volunteer experience that connects people inside and outside of the American prison system.” In their honor, we have assembled a roster of some of Boston’s most bookish comedians for a night of laughs to support their work!

Join us for an evening of stand-up comedy in the parish hall of our church. You can get tickets online here: [buy tickets now](#). Use the code “JOHNQUINCY” to get the volunteer discount price, which is offered to church members and friends as well. Wine, beer, beverages and snacks will be sold at the event to benefit the Prison Book Program and our church.

## **Puerto Rican Meal**

Sunday, April 28, after the service, in-person

Savor mouth-watering, authentic Puerto Rican specialties such as roasted pork, sweet plantains, pink beans, yellow rice and yucca. While you are enjoying this delicious food after the service on Sunday, April 28<sup>th</sup>, you will

also be contributing to the larger community by supporting a minority business called La Lechonera Restaurant. The suggested donation is \$5.00-\$20.00. Everyone has a place at the table and children eat for free. It may be cash or check and placed in a designated box at social hour the week before or on the day of the meal. You can contribute online by going to the UFPC website and clicking on the donate button. If you prefer, you may place your donation in an envelope, mark it Puerto Rican Meal and place it in the collection basket at any service. So, on Sunday, April 28<sup>th</sup>, chat with folks, contribute to a minority business and enjoy a great meal. Contact Marie-Louise Jackson-Miller at [mariejm1961@yahoo.com](mailto:mariejm1961@yahoo.com) for more information.

### **Book Group**

Thursday, May 2, 7:00 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 meet on Zoom. We try to select a balance of styles. You can come even if you have not finished the book.

The book this month is How to Stand Up to a Dictator by Maria Ressa. The author is one of the most renowned international journalists of our time. Democracy is fragile. This book is an urgent cry for Western readers to recognize and understand the dangers to our freedoms before it is too late. It also the story of how the creep towards authoritarianism around the world, has been aided and abetted by the social media companies. It is a book for anyone who might take democracy for granted, written by someone who never would.

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

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

### **Wanted: Items for the Service Auction on May 4**

#### **Chili Cook Off and Service Auction**

Saturday, May 4, 5:00 pm, in-person

Save the date for our annual Chili Cook Off and Service Auction on Saturday, May 4<sup>th</sup> at 5:00 pm. This is a multi-generational pot-luck affair and the last fundraising event of the church year. We will start the evening off with a pot-lick and chili cook off. You can compete for bragging rights with your favorite chili recipe in either the vegetarian or classic category. If chili is not your thing, bring a different entree, a salad, or a dessert. Our very own in-church band "The Radiators" will perform throughout the evening, interspersed with rounds of bidding for some of the big-ticket items in the service auction. Most items will go by silent auction). Throughout April, there will be a table and signup sheet in social hour so you can make donations for the silent auction. Contact [kdebisschop@gmail.com](mailto:kdebisschop@gmail.com) for more details.

Popular items in the past have included:

- A stay at a vacation area second home
- A gardening work party
- Cooking lessons with a shared dinner party
- A beer tasting
- Dessert of the month
- Craft items
- Gift certificates for local businesses

### **Writing Group**

Sunday, May 5, 12:00 pm, in-person and on Zoom

Our UFPC Writing Group is meeting again this year. We 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.

Join by computer: <https://us02web.zoom.us/j/81611281859>

Join by telephone: 1-646-558-8656, Meeting ID: 816 1128 1859

United First Parish Church, Unitarian Universalist,  
1306 Hancock Street, 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, Tuesday, Thursday and Friday 8:00 am–1:00 pm or by appointment.