



## Weekly Announcements

Friday, August 30, 2024

[OPEN THE ATTACHMENT FOR ACTIVE LINKS]

### **Sunday Summer Meditation**

Sundays, 9:00–9:45 am, in-person

During the summer Sunday meditation will be offered in the garden from 9:00 - 9:45 am (weather permitting). We will start with a guided meditation, followed by a walking meditation, then silent meditation, and we will close by sharing thoughts and insights. (No meditation on the holiday weekend of Sunday, September 1<sup>st</sup>. Contact: Marie-Louise Jackson-Miller at [marieljm1961@yahoo.com](mailto:marieljm1961@yahoo.com).)

### **Chalice Circle: “Feelings Make Us Human”**

Saadia Ahmad, presenter, Di’Lynn Randolph, facilitator  
Sunday, September 1, 10:30 am–12:00 pm, in-person

Feelings are what make us human and what make us alive, and yet individually and as a society, we often try to hide, minimize, or deny our own feelings and the feelings of others out of fear that they will overtake us or hurt us. However, feelings can be our soul’s guide and a source of strength and courage if we can become comfortable accepting and embracing them without acting upon them in ways that are harmful for ourselves and others. In this Chalice Circle, we’ll talk about our feelings and how we can individually and collectively support ourselves and our communities in holding space for our feelings and, ultimately, using our feelings on the journey to become our best, most authentic, and integrated selves.

Each summer we gather in the parish hall 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 facilitator from our Chalice Circle leadership team. Chalice Circles run from June 23<sup>rd</sup>–September 1<sup>st</sup>. Childcare is provided.

### **Introducing Elizabeth Foster Our New Director of Religious Education and Family Ministry**

We welcome Elizabeth Foster to our church staff as our new Director of Religious Education and Family Ministry. Elizabeth recently graduated from the Boston University School of Theology with a Master’s of Divinity in Interfaith Leadership. She most recently served as the Ministerial Intern at First Parish Canton UU, and offers accessibility consulting through her business, Crooked Heart Consultancy. She is passionate about religious education and storytelling, having served as a DRE before attending seminary, and is thrilled to now be in this role at UFPC. Elizabeth is deeply committed to disability justice, and is the Vice President of EqUUal Access and Co-Chair of the Rider’s Transit Access Group for the Boston MBTA. Her ongoing academic research focuses on Unitarian and Universalist involvement in the historical eugenics movement. In her spare time, she enjoys singing, English Country Dancing, and writing poetry, as well as trying new recipes. She lives in Roslindale with her cousin, Evan, and her cat, Jade.

In her first weeks with us, Elizabeth will be collaborating with our staff and the Religious Education Committee. Her first Sunday will be September 8<sup>th</sup> when we return to the sanctuary for our annual Water Ceremony and the beginning of a new worship-year. Many thanks to the DREFM Search Committee for their hard work this spring and summer: Albert Vaughn, Andrew Carleen, Mahmooda Qureshi, Mariah Maines, Peter Kovach, and Rev. Rebecca Froom.

### **Book Group**

Thursday, September 5, 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.

For September 5, the book will be [Go Tell it on the Mountain](#) by James Baldwin. It was his debut novel, the semi-autobiographical story that culminates in 14-year-old John Grimes' born-again experience as he physically struggles on the floor of his stepfather's storefront church. It is generally considered his masterpiece. It comes in at No. 39 on the Modern Library list of "Best English-Language Books of the 20<sup>th</sup> Century," and made Time magazine's 2005 list of the "100 Best English Language Novels since 1923." It is considered one of the most significant novels by an African American.

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

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

### **Water for Our Water Ceremony**

You are invited to bring water to contribute to our September 8<sup>th</sup> Water Ceremony during the first Sunday worship of our 2024-2025 church year. The water can be from a place that is meaningful to you (near or far) and / or the water can symbolize your life journey this season – representing a joy, sorrow, change, hope, fear, or dream in your life now. (We will also have water available onsite during the service, so all may participate.)

Worship Service

### **"The Invitation of Water"**

Rev. Rebecca Froom and Elizabeth Foster

Sunday, September 8, 10:30 am, in person and livestream

On this Ingathering Sunday, we return to our sanctuary for the start of the worship-year. Our worship service, titled "The Invitation of Water" will be led by Rev. Rebecca Froom and Elizabeth Foster, our New Director of Religious Education and Family Ministry. We will hear music from our own Norman Corey and guest musician John Muratore on classical guitar. You are invited to gather on the Hancock-Adams Common in front of the church beginning at 10:15 am to connect with UFPC friends and listen to classical guitar music provided by John Muratore. We will enter the sanctuary together at 10:30 am. In this multigenerational worship service, we will celebrate our annual Water Ceremony. Please bring water from a place that is meaningful to you (water will also be available at the church, so all may participate). Social hour following the service will feature ice-cream Sundays.

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

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

### **Poetry Group**

Tuesday, September 10, 7:00 pm, in-person

Poetry can speak to our deepest thoughts and feelings, give us an ah-hah moment or make us chuckle. The Poetry Group will have its first meeting in the parish hall on the second Tuesday of September from 7:00 - 8:30 pm. The purpose is to have folks respond personally to poems, not academically analyze them. In the first meeting, the group will decide how they want the group to organize themselves. For example, we will consider if we want to have a different leader each month. Also, if we want to e-mail poems before each meeting or read them out loud at the meeting.

### **UFPC Choir Rehearsal**

Sunday, September 15, 9:30-10:10 am, in-person

Our UFPC Choir will hold their first rehearsal from 9:30-10:10 am in the organ loft. All singers are welcome! For more information contact our Music Director, Norman Corey, at [ncorey@socialaw.com](mailto:ncorey@socialaw.com).

Our Sunday morning **Spirit Circle Religious Education Program** for children begins this day. For more information contact our Director of Religious Education and Family Ministry, Elizabeth Foster [after August 22] at [dre@ufpc.org](mailto:dre@ufpc.org).

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

Tuesday, September 17, 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 Tuesday of the month at our church. We will meet 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.

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.