



## **Weekly Announcements**

Sunday, February 2, 2025

### **New Year Sunday Meditation**

Sundays, 9:00–9:45 am, in-person

Let's begin the New Year with a bit of moving meditation - Qigong - each Sunday at 9:00 am in the Parlor. Our weekly meditation will begin with movement, followed by a guided meditation from Thich Nhat Hanh, then our walking meditation followed by a time of silent meditation and concluding with a brief sharing of our thoughts and insights. Contact: Marie-Louise Jackson-Miller at [marieljm1961@yahoo.com](mailto:marieljm1961@yahoo.com).

Worship Service

### **“The Practice of Inclusion”**

Rev. Rebecca Froom

Sunday, February 2, 10:30 am, in-person and livestream

Our Unitarian Universalist values affirm the worthiness of every human being, honor difference, celebrate pluralism, and call us to create “ever-widening circles of solidarity and respect.” In this moment in living history it is deeply important for us to live love through the practice of inclusion in our hearts, congregation, and our country.

Join by computer: <https://uso2web.zoom.us/j/82251479714>

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

### **Spirit Circle**

Sunday, February 2, 10:30 am, in -person

This week in Spirit Circle, we'll be working on a mural with Max, assisted by Marie-Louise! Nursery care will be available.

### **Writing Group**

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

Our UFPC Writing Group meets in-person on the first Sunday of the month 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 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.

### **Book Group**

Thursday, February 6, 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 December and in summer. 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. You are welcome to come even if you have not finished the book. For the complete list of books for this year, visit our website: <https://ufpc.org/book-group>.

The book this month is “Wandering Stars” by Tommy Orange. It is an ambitious family saga that is both a prequel and sequel to his brilliant debut novel, “There There”. It follows a family for over 150 years, from Jude Star escaping the Sand Creek Massacre in 1864 to the Bear Shield Red Feather family in present day Oakland. In the family’s struggles against institutionalized violence, genocide was only the beginning. Each generation inherits the trauma of their ancestors while facing fresh injustices.

Join by computer: <https://us02web.zoom.us/j/83582134326>

Join by telephone: 1-646-558-8656, Meeting ID: 835 8213 4326

Worship Service  
**“Honoring Our Wholeness”**

Rev. Rebecca Froom

John Muratore, classical guitarist, guest musician

Sunday, February 9, 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

**Congregational Information Meeting**

Sunday, February 9, 12:00 pm, in-person

The Board of Governors and Rev. Rebecca Froom invite you to our winter Congregational Information meeting in the parish hall. This is an opportunity to hear updates from your Board of Governors, hear a summary of our February 1<sup>st</sup> Social Justice Action Visioning workshop, and learn about upcoming programs and volunteer opportunities.

**Poetry Group**

Tuesday, February 11, 7:00 pm, in-person

Poetry can speak to our deepest feelings and thoughts. It can give us an Ah Ha moment. At times, beautiful images transport us to a different place. The Poetry Group meets each month in person on the second Tuesday from 7:00 pm - 8:30 pm in the Parish Hall. Bring a poem or two you would like to share with the group. Each participant will read a poem out loud. Then the members will discuss their personal responses. Coffee and tea will be provided. For more information, email Florence Noonan at [flnoonan@gmail.com](mailto:flnoonan@gmail.com).

**Presidents’ Day Quincy Winterfest**

Monday, February 17, 12:00–7:00 pm, in-person

Celebrate Presidents’ Day in the City of the Presidents. This free festival, hosted by the City of Quincy, includes interactive games, music and experiences, costumed characters, theatrical street performers, live music, food trucks and more in the Hancock Adams Common, City Hall and the Church of the Presidents. Everyone is welcome.

**Kindred Spirits Discussion Group for Seniors**

Tuesday, February 18, 10:30 am–12:00 pm, 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 at [rev.rebecca.froom@gmail.com](mailto:rev.rebecca.froom@gmail.com) or 617-803-1159.

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