

THE WINCHENDON UNITARIAN

Established 1954 Published by the

Unitarian Universalist Church of Winchendon



Volume 61 Issue 12

REV. INANNA ARTHEN, M.DIV, MINISTER

Church Telephone 978-297-0554

AUGUST 2017

SUNDAY WORSHIP SERVICE 11:00 A.M.

PO Box 218, Winchendon, MA 01475

**This is the Church of the Open Mind
This is the Church of the Helping Hands**

**This is the Church of the Loving Heart
This is the Church of the Caring Community**

Calendar of Church Events

Tuesday, August 1

6:30 pm - NA Meeting (NEW!)

Sunday, August 6

2:00 pm - Indivisible Winchendon Meeting

Monday, August 7

7:45 pm - AA Meeting

Tuesday, August 8

6:30 pm - NA Meeting (NEW!)

Thursday, August 10

5:30 pm - Our Neighbor's Kitchen serves
Beef Pot Pie dinner

Saturday, August 12

9:00 am - Saturday Yard Sales

Sunday, August 13

11:00 am - Summer Sunday Worship with
Rev. Inanna Arthen - "The Four
Freedoms: Freedom from Want"

2:00 pm - Indivisible Winchendon Meeting

Monday, August 14

7:45 pm - AA Meeting

Tuesday, August 15

6:30 pm - NA Meeting (NEW!)

Sunday, August 20

2:00 pm - Indivisible Winchendon Meeting

Monday, August 21

2:13pm SOLAR ECLIPSE (at least partially
visible in every state!)

7:45 pm - AA Meeting

Tuesday, August 22

6:30 pm - NA Meeting (NEW!)

Thursday, August 24

5:30 pm - Our Neighbor's Kitchen serves
Fish and Chips dinner

Saturday, August 26

9:00 am - Saturday Yard Sales

Sunday, August 27

11:00 am - Summer Sunday Worship
with Rev. Inanna Arthen - "The Four
Freedoms: Freedom from Fear"

2:00 pm - Indivisible Winchendon Meeting

Monday, August 28

7:45 pm - AA Meeting

Tuesday, August 29

6:30 pm - NA Meeting (NEW!)

From Your Minister

It's hard to believe that July is over and it's already August. It's been such a cool, wet summer compared to last year, sometimes it feels like we're still waiting for real summer to start. I've managed to keep the lawns from turning into meadows, but I never did get any gardens planted. July 28 was the one-year anniversary of my move to Winchendon, and the garage is still full of boxes, the bookshelves still in chaos. Life has kept me very busy.

We slowed down a little at UUCW, after the Solstice Fair was finished, but only a little. Summer Sunday Worship has been held every other week. On July 2, "Born in the USA" asked what makes a real American, and who decides? On July 16, I resumed the planned series on "The Four Freedoms" which I started this spring and didn't get back to, with a service on "Freedom of Worship." On July 30, I had a commitment out of town, so Dave Faucher stepped in and led a chalice circle service. In August, I'll finish the "Four Freedoms" series.

Saturday Yard Sales have been picking up, since we're getting the word out on Facebook. We're getting more donations of great stuff, too. July Yard Sales were held on the 1st, 15th and 29th. Our new NA meeting has been convening on Tuesdays.

Our Neighbor's Kitchen served two tummy-pleasing dinners in July. Dave Faucher and I swapped our usual weeks so that I could attend a conference the second week in July. That week, Dave cooked up chili and homemade cornbread. On July 27, I pulled out all the stops (and threw away the calorie counter) for a feast of Chicken Alfredo Lasagna, with roasted summer vegetables and ice cream treats for dessert.

We've all heard the term, "the dog days" for this time of summer—late July into early August, when the heat tends to be at its heaviest and most intense, even as the sun is a little lower in the sky and sunset a little earlier each day. Gardens are producing heavily, with squash, corn, tomatoes, snap beans and peppers weighing down the stems and vines. Peaches, plums and strawberries are ready to pick. But there's another term commonly applied to these hot days and steamy nights, when school vacation has started to stretch into boredom and people are spending more time outdoors than usual. To law enforcement, hotlines and dispatchers, this is sometimes called, "the silly season."

UFO reports, trivial neighbor complaints, fights breaking out, wildlife roaming the suburbs, escaped farm animals...first responders hear it all. Things can take a grimmer turn, as well, with accidents, drownings, violent crime and disturbance of the peace all going up along with the temperatures. But the craziness isn't always the kind that you'd call 911 for.

Many of us have been feeling for some time now that we must have dropped down the rabbit hole or fallen through the looking glass at some point when we weren't paying attention. Our federal government is in chaos, and it almost seems like a calculated chaos. Since our President took office, scores of government positions remain empty. People have been chosen to head critical departments who have no expertise whatsoever, and whose beliefs and goals are perfect opposites of the purpose of their departments. We have a woman who doesn't believe in public schools heading the Department of Education, a man heading the EPA who wants to revoke every environmental regulation ever passed, and close advisors to the President openly stating that they intend to completely "deconstruct" our entire system of government. Even those cabinet members and department heads hand-picked by the President are resigning or being fired so fast, the Capitol needs a revolving door. The new Communications Director didn't even make it through his first week. Republicans in Congress spent several months attempting to repeal

the Affordable Care Act and failed, and they can't seem to do anything else despite having control over both Houses and the Oval Office. Republican Senator and past Presidential candidate John McCain told his peers last week, "We're getting nothing done."

From 2001 to 2008, we got used to the fact that the rest of the world was watching the United States aghast. Now we're watching our own government with the same feeling of appalled incredulity. Every day we get up, look at the news, and simply shake our heads, asking ourselves, *what the heck are they thinking?*

How do we find a reasonable response in the midst of so much unreason?

There are those who argue that we shouldn't be trying to respond reasonably—that passion, loud voices, and mass action are called for. This is a war, they say. The stakes are life and death. Our democracy will be destroyed, climate change will be irreversible, millions of people will die for lack of health care, the Supreme Court will join the dark side for the next fifty years if conservative justices are appointed. We have to form an army of resistance. We must stop the opposition by (almost) any means necessary.

It's true that very serious potential consequences face us, and organized response is a good thing. Too many Americans, for too long, have shunned any political participation at all, even voting in major elections, because they disdain "the system" or claim "all candidates/parties/governments are the same." Too many others do nothing except vote, and choose sides for frivolous or narrow reasons, not wanting to think strategically or look at the bigger picture. The current administration has mobilized more people into political activity than we've seen in this country since the 1960s. But are the actions we're taking really getting us the results we want?

Crisis intervention counselors learn techniques called "de-escalation." When confronted by those who are irrational and about to do harm to themselves or others, the first rule is not to increase the crisis. To make people listen to you, lower your voice rather than raising it. Distract and disarm rather than confront and challenge. Use rational argument to oppose delusional thinking and fear. Listen more than talk; find ways to encourage the other person to draw the conclusion you want them to, on their own, rather than lecturing. Never shame, blame, or put them on the defensive. These tactics work on distraught people holding guns. They're much easier to apply in heated conversations and political debates.

Unitarian Universalists have always championed reason and rational thought, even in matters of faith. UU ministers marched in the civil rights movement and Vietnam war protests in the 1960s. We're just as needed now. Faith informed by reason...we can show the world how it's done.

Rev. Inanna Arthen



Our Neighbor's Kitchen

August may be a slow and lazy time of late summer vacations and back to school sales, but we're busy as ever cooking up delicious dinners for Our Neighbor's Kitchen!

On Thursday, August 10, we'll be serving savory Beef Pot Pie with flaky biscuit crust, along with salad and dessert, cooked by Rev. Inanna Arthen and assistants.

On Thursday, August 24, chef extraordinaire Dave Faucher and assistants will fry up an all-time favorite, by popular vote: Fish and Chips with homemade chips, sides and dessert.

We can always use more volunteers. If you can help with food prep, contact the chefs for details on their work flow for the night's meal and when help will be most needed, as this varies with the menu. If you'd like to help with set-up, come to the church between 3:30 and 4:30 p.m. If you want to help with serving, come at around 5:15 p.m. so we can go over any special protocols for the night's menu. Clean-up starts around 5:45 p.m. and usually takes about forty-five minutes. Volunteers have a chance to sit down together to socialize and enjoy the meal.

On August 3 and 17, Immaculate Heart of Mary church (52 Spruce Street) will be serving "first and third Thursday" Our Neighbor's Kitchen dinners in their hall. Contact IHM for menus and details on volunteering. UUCW and IHM will be alternating serving dinner on the fifth Thursday, in months that have five Thursdays (silly calendar...!). Immaculate Heart of Mary will be presenting dinner and a movie on August 31.

This meal is sustained by gifts from the people who attend, the religious communities of Winchendon, the Winchendon Community Action Committee, The Winchendon School, and many volunteers.

NA Meeting at UUCW

UUCW is hosting a new Narcotics Anonymous (NA) meeting on Tuesdays at 6:30 p.m. in our Parish Hall. This is an open meeting, with free discussion, information, support and sharing. If you're in recovery or would like to be, you're welcome to join us. If you know anyone who would benefit from an NA meeting or is looking for a local one, please pass this information on to them.

Winchendon NA Meeting (we will be giving it a more official name of its own) is led by Winchendon residents, in collaboration with the Central MA Area and New England Region of Narcotics Anonymous. For more information about NA and its principles, see www.nerna.org.

Saturday Yard Sales

Saturday Yard Sales are continuing, every other weekend, as long as the weather permits. Come on down and find a treasure or a bargain! Dates in August will be:

August 12

August 26

We're still delighted to accept donations of goods to sell, so as you work on your summer cleaning, reorganizing, decluttering, and downsizing, please think of us! Household goods, books, collectibles, *small* furniture (things we can easily carry around and store between sales if it doesn't sell right away), clean toys, games and puzzles in mint to good condition (no stuffed animals, please), small electronics in good working order, CDs and DVDs all are welcome. We prefer not to have too many clothes, as they tend not to sell.

We're happy to provide a receipt for donations on request. Please write up a list of each item you're donating for our records if you'd like a receipt.

To arrange a donation of goods, or if you have questions, contact Sue Faucher at 978-632-5588 or sfaucher@on24seven.com. If you'd like to set up your own table or display, let us know, or just come on down. We only ask for a modest monetary donation to the church.

Summer Sunday Worship

This summer we'll be holding Summer Sunday Worship services on alternate weekends—the same weekends that Saturday Yard Sales are scheduled. If the

This Month in UU History

August 1, 1818: Unitarian and scientist Maria Mitchell was born in Nantucket, MA. Her family belonged to a Quaker community, which believed in intellectual equality for men and women, and in giving girls the same rigorous education as boys. Nantucket also allowed women considerable autonomy and authority because so many wives of seafaring men were left alone for years at a time to manage their own affairs. Maria was educated in her father's school and a school run by Unitarian minister Cyrus Pierce; her father trained her in astronomy at home with his own telescope. In 1835, Maria opened her own school and accepted non-white children as students. On October 1, 1847, Maria discovered "Miss Mitchell's Comet," a comet too faint to be seen with the naked eye, and was formally recognized for its discovery. In 1847 she became the first woman elected Fellow of the American Academy of Arts and Sciences, and in 1850, the American Association for the Advancement of Science. She was also one of the first women elected to the American Philosophical Society. In 1865, Maria was appointed professor of astronomy at Vassar College. She had a reputation as a great teacher who used some radical methods. When she realized that she was paid less than male professors, she demanded and got a raise. She left the Quaker faith and became a Unitarian in 1842. A staunch abolitionist, Maria refused to wear clothing made of cotton as a protest against slavery.

August 25, 1774: Mary Moody Emerson was born in Concord, MA. While never professing to Unitarianism herself—she asserted that Unitarianism was "too timid" and sought a more "fiery" form of faith—Mary was arguably one of Unitarianism's most unusual best friends. Orphaned at age 2, Mary was sent to live with female relatives including a mentally ill aunt. Mary was described as "brilliant" and "a genius," including by her nephew Ralph Waldo Emerson. She grew up in severe poverty and a chaotic environment, but left a legacy of thousands of letters and journal entries spanning fifty years. Never marrying, she moved among relatives' homes serving as a caregiver. She found meaning in disciplines of self-education and hard work. As a child, she memorized Milton's *Paradise Lost* but only learned its title and author years later because her copy was missing the first pages. As an adult she read Plato, Plotinus, Marcus Aurelius, Shakespeare, Coleridge, Wordsworth, Cousin, Locke, Mme. De Stael, Channing, Byron, Spinoza, Rousseau, Eichhorn, Goethe and others—her nephew Charles called her "an insatiate roaming after metaphysics and illuminati." She deeply admired her brother, Unitarian minister William Emerson Jr., and was friends with many prominent Unitarians. She sternly told her nephews that there must always be a Reverend Mr. Emerson in Boston. A free-thinker and individualist, Mary's theological beliefs were creative and very liberal—as she put it, she "danced to the musick of [her] own imajanation." She gave part of her tiny income to the poor, and invested a small inheritance in a farm in Maine which she loved but seldom visited. Ralph Waldo Emerson described her as always wearing a shroud and sleeping in a coffin-shaped bed, but said he considered her presence in his life a "blessing which nothing else in education could supply."

yard sale is rained out, we'll still have church! Dress will be casual, and we'll meet in the sanctuary unless it gets too hot upstairs, in which case we'll move to the parish hall. Watch our website and Facebook page for service titles and topics. In August, we'll conclude our series of services exploring Franklin D. Roosevelt's "Four Freedoms." Dates in August:

August 13

August 27

Winchendon Winds

Winchendon Winds is firming up its early fall schedule of concerts. They'll open their season with

a concert at The Winchendon School on September 10. After that, they'll be playing at UUCW on Sunday September 24, Sunday, October 1, and on Saturday, October 7 as part of the Winchendon Fall Festival. There will be a lot more information soon! Watch their website, winchendonwinds.org, for the latest updates.

Change of Address?

We want to stay in touch! If you change your address, either U. S. Mail or email, please let us know. Email dfaucher@on24seven.com or send a written note to the church at P. O. Box 218, Winchendon, MA 01475.

Spiritual Calendar

- August 1: Lughnasadh (Pagan).** Festival of “first fruits” celebrating the first produce of the season, such as summer garden vegetables, berries and stone fruit (plums, peaches, and so on), the first haying and the earliest reaping of grain. The last forms the basis for the Christianized version of this festival, known as “loaf mass” or Lammass. Lughnasadh is also named for the god Lugh or Llew Llaw Gyffes, a solar figure who is the nephew of the magician Gwydion in Welsh myth. The Irish Lugh was a master craftsman and many Pagans celebrate Lughnasadh with games and competitions in all arts and crafts, including cooking. Pagans also celebrate Lughnasadh with feasts of fresh locally grown produce and rituals honoring Mother Earth and her bounty.
- August 1: Tisha B’Av (Jewish).** Considered the saddest date in the Jewish calendar, Tisha B’Av commemorates calamities that have befallen the Jewish people in history, particularly the first destruction of the Temple by the Babylonians in 587 BCE and the second and final destruction by the Romans in 70 CE. In recent times it has become a day to also remember historical pogroms or massacres of Jewish communities, including The Holocaust. It is observed as a day of tragedy and mourning. Five prohibitions and a 25-hour fast are observed, in similar fashion to the prohibitions and fast of Yom Kippur. Ceremonies include reading the Book of Lamentations in scripture and reciting liturgical dirges called *kinnot*. The UU hymnal *Singing the Living Tradition* includes the song “By the Waters of Babylon” (#279), which is about the first destruction of the Temple and can be sung to show sympathy with Jewish tradition at Tisha B’Av.
- August 7: Raksha Bandhan (Hindu).** Literally meaning “knot of protection,” this is a holiday to celebrate the close bond between brothers and sisters, who mutually protect and care for each other. Women tie a colorful woven thread called a rakhi around their brother’s wrist, while saying a prayer for his well-being and good fortune. Brothers give their sisters gifts and pledge to protect them, and wear the rakhi throughout the day.
- August 15: Assumption of the Blessed Virgin Mary (Christian).** A festival commemorating the assumption of Mary into Heaven, body and soul, after her death. This date is a national holiday in many countries and is sometimes celebrated with religious themed parades and fairs.
- August 21: Waqf al Arafa - Hajj Day (Islam).** All Muslims are required to make at least one pilgrimage to Mecca for the Hajj during their lifetime; this must be made at a specific time in the Islamic calendar. Muslims gather in Mecca to worship and to pray for forgiveness and mercy.

August Birthdays

Jessica Bacigalupo August 31



(If I’m missing any birthdays, please let me know!)

UUCW Online

<http://uucw.ncmuuc.org>

<https://www.facebook.com/uuwinchendon>

Caring Connections

UUCW is a caring congregation. We reach out to each other to offer caring and we remember each other’s joys and concerns. Please let Inanna know if you would like to visit other members and friends, deliver flowers or an occasional meal, act as a greeter for Sunday services, offer a ride to church, or make any other “caring connection.” Please let us know if you or someone close to you is in need of such a “caring connection” from us. You can call Inanna directly at 978-297-1730 (home) or 508-572-1624 (cell).

Contact Information

Minister: Rev. Inanna Arthen, M.Div

Phone: 978-297-1730

Cell: 508-572-1624

Email: iarthen@inannaarthen.com

Musician: Lucinda Ellert

Phone: 781-944-7254

Email: lucindajellert@gmail.com

Governing Board Chair: David Faucher

Email: dfaucher@on24seven.com

Governing Board Members:

Allan Gordon: 31Allangordon@gmail.com

Rev. Inanna Arthen (Clerk)

Sexton (Custodian): Sue Faucher

Phone: 978-632-5588

Email: sfaucher@on24seven.com