

# THE WINCHENDON UNITARIAN

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Church Telephone 978-297-0554

**OCTOBER 2018**

SUNDAY CIRCLE MEETING 1:00 P.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

### Monday, October 1

7:45 pm - AA Meeting

### Saturday, October 6

WINCHENDON FALL FESTIVAL

10:30 - noon - Winchendon Winds Band  
Concert

noon - 3:00 - games, crafts, contests for  
kids of all ages on church lawns

### Sunday, October 7

1:00 pm - Sacred Circle Meeting - Social  
Justice and New Moon Observance

### Monday, October 8

7:45 pm - AA Meeting

### Thursday, October 11

5:30 pm - Our Neighbor's Kitchen serves  
Oven-Fried Chicken

### Sunday, October 14

1:00 pm - Sacred Circle Meeting

### Monday, October 15

7:45 pm - AA Meeting

### Sunday, October 21

1:00 pm Sacred Circle Meeting - Full Moon  
Celebration

7:00 pm UUCW Governing Board  
Meeting, Parish Hall

### Monday, October 22

7:45 pm - AA Meeting

### Thursday, October 25

5:30pm - Our Neighbor's Kitchen serves  
Roast Pork with apples and onions

### Sunday, October 28

1:00 pm - Sacred Circle Meeting - Samhain  
Observance: Honoring Our Ancestors

7:00 pm - UUCW Governing Board  
Meeting, UUCW Parish Hall

### Monday, October 29

7:45 pm - AA Meeting

### Sunday, November 4

1:00 pm - Sacred Circle Meeting - New  
Moon Celebration

### Monday, November 5

7:45pm - AA Meeting

## From Your Minister

Our very hot August has been followed by a very wet, and rather mild, September—so wet and mild, the leaves are just starting to turn from lush fluffy green to autumnal yellow and red. I can't blame that for my procrastination in ordering a cord of wood for the stove, though; now I'm scrambling, and you all have permission to laugh at me. I'd love to go apple picking, but I'm not sure I'll manage it. I have a new litter of foster kittens for Ahimsa Haven; they're growing up so fast. We've been busy at UUCW, and this week we're working hard on preparations for the Winchendon Fall Festival this weekend.

On Sunday, September 2, Sacred Circle Meeting members agreed to take a break for Labor Day weekend, as our families adjusted to the start of school and new jobs. On Sunday, September 9, we officially opened the new church year, with a celebration of the New Moon in Virgo and our traditional Water Communion ceremony, at our new time of 1:00 p.m. On Sunday, September 16, we celebrated the Autumn Equinox with fresh local produce from our gardens and local farms on the altar, and a sheaf of homegrown corn stalks from Winchendon's Sunset View Farm. On Sunday, September 23, we celebrated the Full Harvest Moon in Aries, talking about its meaning in our lives. On Sunday, September 30, we focused on a shift in cosmic energies affecting all of us and our nation and did

## ***This Month in UU History***

- October 1, 1844: Meadville Theological School opened in Meadville, Pennsylvania. Its Divinity Hall was dedicated on October 24. Meadville Theological School was founded by Harm Jan Huidekoper, a Dutch immigrant who was reared in the Dutch Reform church but converted to Unitarianism through his Bible studies. He helped establish a Unitarian church in Meadville in 1825 (still an active UU congregation today). Unitarianism was spreading westward, and Huidekoper wanted a seminary to train Unitarian ministers besides Harvard University. In 1926, Meadville Theological School moved to Chicago, IL and affiliated with the University of Chicago. In 1930, Universalist seminary Lombard College merged with Meadville to become the present day Meadville Lombard Theological School. It is now located in the Spertus Institute Building in downtown Chicago.
- October 15, 1889: Manchester College opened in London as part of University of Oxford. It had evolved as a new dissenting academy out of Warrington Academy (see below) in 1786 and changed locations numerous times. It moved to York in 1803 because it wanted to appoint prominent Unitarian minister Charles Wellbeloved as headmaster, but Rev. Wellbeloved refused to relocate—so the academy moved to him. The school taught radical theology, science, languages, history and the classics. It always supported reformist and progressive causes, including the abolition of slavery in the 1700s. In the 1920s and 1930s it offered classes for the Workers' Educational Association. In the 1870s, Manchester College began admitting women to lectures and allowing them to take exams, chiefly in theology. It trained the first woman minister in England, Unitarian minister Gertrude von Petzold. Today, as Harrison Manchester College, the school is a full constituent college of Oxford University. It continues a tradition of supporting liberal causes, and only accepts students over 21 years of age, encouraging older people to enroll. The college chapel is Unitarian affiliated and according to the school's Royal charter its chaplain must be a Unitarian.
- October 20, 1757: Warrington Academy was opened in Warrington, England. One of the "Dissenting Academies," Warrington has been called "the cradle of Unitarianism" and "the centre of liberal politics." After the Act of Uniformity was passed in 1662, England required strict adherence to the authorized doctrine of the Anglican Church, including mandatory use of the Book of Common Prayer. Over 2,000 clergymen were expelled from the Church of England because they refused to sign the oath of orthodoxy—they became known as Dissenters. The University of Oxford would not admit students who refused to sign the oath, and the University of Cambridge would not give a degree to any student who didn't pass a statutory religious test. Dissenting academies were founded to educate those free thinkers who would not conform. Warrington Academy began by teaching divinity, natural philosophy [that is, science] and the classics. Joseph Priestley (who discovered oxygen) taught there, and students included Thomas Malthus. Due to financial and disciplinary issues, the school was closed in 1786, but its assets were transferred to its successor, Manchester College. A statue of Oliver Cromwell stood in front of the school; the original building was demolished in the 1980s but the statue may still be seen in Warrington.

a ritual working to help facilitate letting go of the old so we can build new structures in our lives. We welcomed several new people to our circles and had some long-missed old friends join us, too.

Our Neighbor's Kitchen dished up two delicious meals to a growing crowd of happy diners—we're just a few people away from having to set up another row of tables! On Thursday, September 13, my dauntless assistants and I cooked old-fashioned Pot Roast dinner with a Jell-O fruit salad for something different, fresh baked biscuits and mini-cupcakes for dessert. On Thursday, September 27, new chef Melissa Wilson, Dave Faucher and their assistants presented an elegant

meal of Tuscan Chicken in creamy parmesan sauce over pasta, with salad, bread, and fresh baked Pumpkin Dump Cake with whipped cream for dessert. We were very happy to see some of our regular volunteers return this month, and we want to thank everyone who helps out with food prep, serving and clean-up. We couldn't do it without you—especially as more and more happy diners are attending!

I'd like to remind everyone that our Equal Access lift is now on line and available for use by *anyone* who needs it. It will stop at the sanctuary (upper) level, the entrance level and the Parish Hall (lower) level. Directions for using the lift are displayed inside and

# Spiritual Calendar

**October 4: Feast of Saint Francis (Christian).** The feast day of Saint Francis, who was born in Assisi in the 12<sup>th</sup> century. He was raised with every comfort and privilege attached to wealth and nobility. As a young man, a series of life experiences led him to renounce his father's advantages and adopt a life of absolute poverty, following Matthew 10:9-10 in which Jesus tells his followers, "Do not acquire gold, or silver, or copper for your money belts, or a bag for your journey, or even two coats, or sandals, or a staff; for the worker is worthy of his support." According to one story, Francis left everything he was given by his father behind, including every stitch of his clothing. He lived by begging and preaching for some time, but eventually founded three religious orders, including an order for women, the Poor Clares, and an order for those who could not leave their homes and families but wanted to dedicate themselves to a life of piety. Francis believed he was called to bring the word of God to all living things. He is often shown with a bird sitting on his hand. He addressed non-human creatures as "Brother" and "Sister" and reportedly preached to them. Francis created the first Nativity creche at Christmas, with its stable full of animals. He saw Nature as the mirror of God, and once said, "If you have men who will exclude any of God's creatures from the shelter of compassion and pity, you have men who will deal likewise with their fellow men." He showed the same openness toward other faiths. He attempted to stop the Crusades by visiting Egypt and trying to convert the Sultan. As a long-term result of Francis' outreach to the Muslim world in a time of bitter war, after the fall of the Crusader Kingdom, the Franciscans were the only Catholics allowed to stay in the Holy Land. Saint Francis is now considered to be the patron saint of animals and of the environment. But if he had a muse or matron saint of his own, it was the one he called "Lady Poverty." He believed that absolute poverty was essential for a life of piety and faith. Whatever he had, he was prepared to give away.

**October 10-18: Navaratri (Hindu).** Like many Hindu holidays, Navaratri is widely celebrated but has different meanings and focuses on different deities depending on the location. The consistent theme is celebrating the triumph of the powers of Good over the powers of Evil, as represented by the victory of different gods or goddesses over demonic adversaries according to stories related in epic poems or legends popular in each region. The festival is observed for nine days and includes readings of the stories, pageants or enactments, feasts with family and friends, special prayers offered in temples, fireworks and bonfires, and community celebrations. In many areas this is a time to honor the divine feminine, motherhood and family. The holiday also is a preparation for the celebration of Diwali, the festival of lights, in November.

**October 31: All Hallows Eve (Christian).** The name "Halloween" is a contraction from this term, which refers to the night before All Saints' Day (November 1) and All Souls' Day (November 2). In a faith context, All Hallows Eve marks the beginning of a three-day period for honoring and offering prayers to the Blessed Dead in Heaven, both saints and redeemed souls. Secular customs, however, draw from many sources, especially in countries with strong Celtic influence. Guising (wearing costumes), going door-to-door asking for treats, playing pranks, fortune-telling, and confronting death and the macabre with humorous defiance all originated in old rural traditions, which mostly died out and then were consciously revived for children in the late 19<sup>th</sup> and early 20<sup>th</sup> centuries. (Historian Ronald Hutton's book *The Stations of the Sun* is an excellent source for more information.) While most people think of Halloween as an occult or Pagan holiday, the ancient Celtic, and modern Pagan, holiday of Samhain is correctly observed on the first of November or even later.

outside the lift. It's easy—all it involves is pushing and holding down the buttons. Don't be shy, the lift is there for *you!*

Indivisible Winchendon continued meeting during the month, but has decided to discontinue meetings because so many members can no longer attend.

The times when we most need tools and techniques to destress, relax, ground and center are often the times when we have the most difficulty using the ones we know. If you're like a lot of people, the most ill-advised thing anyone can say to you when you're angry is "calm down." But why would this be?

When we're stressed out, anxious, alarmed, or challenged, we don't feel that it's *safe* to calm down. We feel that we need to stay at Red Alert, Def Con One, poised for battle, ready to react to anything. It's an exhausting state to be in. Yet attempting to relax makes us even more stressed and angry—because letting down our guard makes us feel even more threatened.

I'm no less prone to anxiety and stress than anyone else. I may have had a lot of training and experience in counseling and intervention, as well as meditation and spiritual practices. But when life throws a sucker punch at me, as it does to all of us, early and often, I have a reaction to it. I've learned some tricks for handling stress, but not for preventing it.

One helpful trick I've learned is to ask myself, "what's the worst that could happen?" It's very easy for us to lose our sense of perspective. This isn't a helpful tactic for times when "the worst" would indeed be serious—such as when you're waiting for biopsy results. But for the everyday stresses of life which most of us struggle with, it can be very calming to remind ourselves that a tough day ahead probably won't be as tough as we fear, and even if it is, it's not going to ruin our lives.

It can be helpful to remember this with respect to political issues, as well. Hyperbole clouds our judgment and leads us to bad decisions, especially when it involves predicting future behavior by complicated human beings in complex situations. If we go through our days always ready for a life-or-death battle, we'll see those battles in every situation we don't like, every person who disagrees with us. Let's not stress ourselves into war in the streets. I'll never say, "calm down." But I will suggest that those of us who can spread calmness through example. Calmness is "catching." We can be stressed or angry or worried—but we don't have to act like it.

Rev. Inanna Arthen

## **Winchendon Fall Festival**

UUCW will be right in the middle of the fun for the 2<sup>nd</sup> annual Winchendon Fall Festival (sponsored by the Winchendon Business Group) on Saturday, October 6 from 10:00 a.m. to 3:00 p.m. We're doing our best to help make it a great day!

Winchendon Winds will be performing a band concert in front of the church from 10:30 a.m. to around noon. We'll have a concession stand open offering hot dogs, beverages and autumn-themed desserts.

During the afternoon, we'll be running some fun activities and contests for kids. As of this writing, we're planning a "Selfie Scavenger Hunt," face painting, a coloring page contest, and a giant bubble making contest. We may have a surprise activity or two if volunteers step up! Tickets for the kids' activities will be available at the concession stand.

Grown-ups can buy chances to win fifty Massachusetts lottery scratch tickets in our scratch ticket raffle.

All proceeds will go to benefit UUCW and our historic building.

Be sure you stop by 126 Central Street while you're enjoying the Fall Festival! In the heart of Winchendon since 1866, UUCW is Toy Town Proud!

## **Our Neighbor's Kitchen**

Ah, October! Pumpkins and spice, fresh apples, rustling corn shocks, the first hard frost...and two palate-pleasing, tummy-warming meals from Our Neighbor's Kitchen!

On Thursday, October 11, Rev. Inanna Arthen and assistants will conjure up another comforting meal from mom's dinner table: oven-fried chicken with fancy rice, salad (or veggie) and dessert.

On Thursday, October 25, chef extraordinaire Dave Faucher and his dauntless assistants will dish up an annual Our Neighbor's Kitchen favorite: tender roast pork loin cooked with apples and onions, 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 October 4 and 18, 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.

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.

## Sacred Circle Meetings

Sacred Circle Meetings are held at 1:00 p.m. every Sunday. These are quite different from traditional church services. We meet in a circle, so that everyone is equal. We begin by creating a sacred space, and we light our UU Chalice to honor Unitarian Universalism and our UUCW congregation. From there, we do a variety of things depending on the needs of the group. We'll be doing meditations, we'll be doing healing work, we'll be honoring and celebrating the cycles of the seasons, the lunar cycles and the greater powers that give us life, love and all the myriad blessings we so often take for granted. Sacred Circle Meetings are highly participatory; everyone shares in the readings and ceremony. We may use drumming, chanting and movement as part of our circles. Circles are intergenerational: young people are welcomed as equal participants. It is a time to spiritually renew and energize ourselves for the coming week.

Many Unitarian Universalist congregations are experimenting with new kinds of spiritual experiences. UUism overlaps broadly with earth-centered and other faith traditions (such as Buddhism). "Circle worship" is being adopted by numerous UU congregations (see [www.uua.org/worship/circleworship](http://www.uua.org/worship/circleworship) on the UUA website).

If you're looking for something like this, you're invited to join us. If you have a friend, relative or co-worker who might enjoy this type of meeting, please pass this information on to them! We hope this change will mark a new stage in UUCW's long history as a vital part of Winchendon.

If you have questions or would like more information, please contact Rev. Inanna Arthen at [iarthen@inannaarthen.com](mailto:iarthen@inannaarthen.com).

## 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).

## Toy Town Outdoor Market Returns to UUCW

We are pleased to see the Toy Town Outdoor Market return to the UUCW front lawn, where they are centrally located and within walking distance for many Winchendon residents. The Market sets up on Thursdays from 4:00 p.m. to 7:00 p.m. and Saturdays from 10:00 a.m. to 1:00 p.m. (weather permitting), and offers fresh local produce and farm products, and crafts. Stop by and support our local farmers and artisans!

## October Birthdays

Tracy Gambill	October 5
Hannah Gordon	October 10
Katherine R. Faucher	October 11



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

## 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](mailto:dfaucher@on24seven.com) or send a written note to the church at P. O. Box 218, Winchendon, MA 01475.

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