

# THE WINCHENDON UNITARIAN

Established 1954 Published by the

*Unitarian Universalist Church of Winchendon*



Volume 59 Issue 7

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Church Telephone 978-297-0554

**MARCH 2015**

SUNDAY WORSHIP SERVICE 5:00 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

### Sunday, March 8

2:00 am - Spring Forward! Turn your clocks ahead one hour for Daylight Savings

5:00 pm - Sunday Worship - Chalice Circle Service.

6:00 pm - Post-Service Light Potluck Supper

### Monday, March 9

7:00 pm - AA Meeting

### Sunday, March 15

5:00 pm - Sunday Worship: Chalice Circle Service, "Who Am I?"

6:00 pm - Post-Service Light Potluck Supper - St. Patrick's Day Dinner foods

### Monday, March 16

7:00 pm - AA Meeting

### Sunday, March 22

5:00 pm - Sunday Worship

6:00 pm - Post-Service Light Potluck Supper

### Monday, March 23

7:00 pm - AA Meeting

### Tuesday, March 24

*Deadline for April Newsletter*

### Thursday, March 26

5:30 pm - Our Neighbor's Kitchen Community Supper serves Corned Beef Dinner!

### Sunday, March 29

5:00 pm - Sunday Worship

6:00 pm - Post-Service Light Potluck Supper

### Monday, March 30

7:00 pm - AA Meeting

### Sunday, April 5

5:00 pm - Easter Sunday - Pastor Inanna Arthen

6:00 pm - Post-Service Light Potluck Supper

### Monday, April 6

7:00 pm - AA Meeting



## From Your Minister

February may be the shortest month in the year, but February, 2015 has seemed like the longest. If you're like me, you may have felt as though this month, let alone this winter, would never end. Snow storm after snow storm, two or three of them each week, until we just wanted to wave white flags, or go outside and yell at the clouds, "We give up! Just make it stop!" But it wouldn't—and it still hasn't! As if the snow wasn't bad enough, we've huddled against long stretches of bitter cold and raging winds. The weather experts tell us that we're seeing history being made. We'd just as soon have missed it.

With all the heaps and piles of white stuff getting in the way, UUCW had a quieter month than usual. On Sunday, February 1, we reprised a multi-generational service celebrating our "web of connections." Members of the congregation tossed a skein of yarn to other people in the pews, each time naming something they had in common with the person catching the yarn. At the end of this game, nearly everybody present was connected by a strand of yarn to each one of the other congregation members.

Worship services were cancelled on both February 8 and February 15 due to excessive amounts of little white things falling out of the sky. We met on February 22 for a Chalice Circle service led by David Faucher on the theme of "Community."

On Thursday, February 26, Our Neighbor's Kitchen served a rib-sticking meal of the ultimate comfort food:



Flowers in the church garden at UUCW in 2013...we are SO ready to see them again!

home-made lasagna, with cheesy garlic bread, salad, and assorted pastries for dessert.

Sadly, we said goodbye to several old friends and loved ones this month. Long-time church member and former pillar of the Putnam Alliance, Phyllis Priest, passed away at the beginning of the month. I led a private service for her family. On February 16, Margaret Urquhart, another long-time church member, passed away. Margaret gave the church its beautiful grand piano, which she transported along with her on her travels around the world. Her memorial service will be held at the church in April. On February 19, I led the memorial service for Roger LaChance, father of UUCW's assistant RE teacher Heather LaChance, who passed away very unexpectedly at his home. A reception was held in the Fellowship Hall after the service. Phyllis, Margaret and Roger will all be missed.

As March begins, we're looking ahead to spring with weary hope. "In like a lion and out like a lamb,"

## ***Spiritual Calendar***

- March 1: **St. David's Day (Welsh Christian)**. Day honoring the patron saint of Wales. Welsh people celebrate their national heritage and wear leeks or daffodils.
- March 5: **Purim (Jewish)**. Celebrates the deliverance of the Jewish people from a plot to destroy them in ancient Persia, as described in the Book of Esther. Jews eat fruit-filled cookies called *hamantaschen* and children perform plays about Queen Esther.
- Magha Puja Day (Buddhist)**. Commemorates the Buddha passing on teachings to a group of holy men ten months after his enlightenment; a public holiday in Cambodia, Laos and Thailand. Observants go to temple and aim to purify their minds, commit no sins and do only good on this day.
- Celebration of Isis (North Africa/Asia Minor)**. The cult of Isis extended far beyond ancient Egypt into Asia and Europe. She was a central deity throughout the Roman empire, and as the Divine Mother of Horus, may be the origin of the Christian reverence of the Virgin Mary. She was honored as Mother of All, Queen of the Dead and Queen of Heaven.
- March 6: **Holi (Hindu)**. Festival of colors or "festival of love." Celebrates the beginning of spring. People spray each other with colored water and rub bright colored powder on each other's faces (it's quite a free-for-all). At night, bonfires are lit.
- March 17: **St. Patrick's Day (Irish Christian)**. Day honoring the patron saint of Ireland. Irish people celebrate their national heritage. Irish-Americans celebrate with parades, dinners and parties.
- March 19: **Quintaria, Feast of Athena (Greek)**. A five-day festival honoring the matron goddess of Athens, credited with inventing science, music, the wheel, humor and weaving, among other things. Each day featured a different competition: a foot race, gymnastics, music, drama with four plays called the *tetralogia*, and satire.
- March 20: **Ostara or Eostra (Pagan)**. The Spring Equinox, celebrates the ending of winter and the renewal of life. Many "secular" Easter customs originate with this holiday, including coloring eggs, giving baskets of flowers and eating sweets.
- March 21: New Year Celebration in Baha'i, Zoroastrian and Hindu traditions.
- March 22-23: **Festival of Minerva (Roman)**. Honored the goddess of wisdom, art and the sciences. A good time to begin learning something new!
- March 29: **Palm Sunday (Christian)**. The beginning of Holy Week, the week leading up to Christ's Resurrection on Easter. Commemorates the arrival of Jesus in Jerusalem, when his followers greeted him with waving palm fronds and song. Many churches distribute palm leaves to their congregations.

the old children's saw runs; rarely has the lion of winter been so cruel and sharp-toothed as this year. Although the snow is starting to melt quickly now, there are still many inches on the ground. It's hard to believe that the crocuses and daffodils might be stirring underneath such a thick and heavy covering.

But the sun is growing stronger, and the days longer. On March 8, Daylight Savings Time began. Sunset is an hour later, and it's no longer dark before Sunday worship services end.

We have ambivalent feelings about Daylight Savings Time. It defies the patterns of Nature and jolts the natural rhythms of our bodies. It is light, not temperature, that guides the living world from life to death to rebirth, from summer to winter to spring. Sap begins to run and buds to swell in response to the angle of the sun's rays and the length of the days, not the amount of snow on the ground. Of course, temperature has an effect, but it's a secondary one. Animals, too, time their activities according to the sun's light. Our bodies

have dozens of finely tuned reactions to light. Living out of synch with the patterns of dawn, sunset and the seasons is thought to be a key factor in many of the industrial world's biggest health problems, including obesity, sleep dysfunction, depression, and even cancer.

So many of us live and work by artificial light. Even during the daytime, we spend countless hours in closed buildings under the enervating glow of fluorescent bulbs. Why does it seem so important to change the clocks back and forth when we're out of doors for such small proportions of our days?

Daylight Savings Time is a very new invention, first implemented in Germany in 1916. Despite the arguments in favor of adding an extra hour in the evenings for outdoor recreation, Daylight Savings is very much a product of industrial capitalism. Its origin and expansions come from wars (it has also been called "War Time") and energy crises like the 1970s oil embargo when the United States extended DayLight Savings Time to year round. Some critics called it



## RE News

I've Been Missing UU...That could be the theme song for February worship and Religious Education! With the historic snowfall in our area this year, it was a challenging month for everyone. We're hoping that the snow will begin to recede, that snow will melt, and we'll (finally) see our yards! We're also needing to reconnect as a church community!

Why do we come to church school anyway?

Certainly most children come to RE while their parents gather in the service—but that's not the only reason to bring your children to Sunday services. We've been using a curriculum from the UUA's (Unitarian Universalist Association) website. The name of the curriculum is *Love Connects Us*. Through the various sessions, we begin to answer some of the bigger questions that kids start to wonder about, including 'why do my parents bring me to church.' We come together in community to share in this adventure we call life. And in that adventure there are questions, problems, sadness, triumphs—and a well-rounded RE program such as ours will help guide children through these life moments.

If you haven't come to the Unitarian Universalist Church of Winchendon in a while, I'm here to encourage you to come on down and see what's going on! The children attend the opening of service upstairs, and then we head downstairs to begin our morning explorations. Following service is a pot-luck supper for everyone to join—no one is turned away, even if you didn't bring something!

This is yet another way in which we come together in community—sharing a meal with one another at the end of our spiritual explorations.

If you are curious to learn more about our RE Program, please call me!

In peace,  
Kirsty Johnson Erikson



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

- March 8, 1841: Oliver Wendell Holmes, Jr. was born in Boston, MA. He was a member of the First Parish of Cambridge, MA (Unitarian). Holmes served during the Civil War, during which he was wounded three times. He was a staunch abolitionist. He served as Chief Justice of the Supreme Judicial Court of Massachusetts, and was appointed to the U.S. Supreme Court in 1902 by President Theodore Roosevelt. Holmes wrote notable dissenting opinions, particularly the doctrine of clear and present danger: “Free speech would not protect a man in falsely shouting fire in a theatre and causing panic.” He was editor of *The American Law Review* and a founding member of *The Atlantic*.
- March 13, 1733: Joseph Priestley was born in Fieldhead, Yorkshire, England. He became a Dissenting (Unitarian) minister, a theologian, a successful preacher (despite a stammer) and a renowned scientist. His many books on religion helped convert Thomas Jefferson to Unitarianism. Priestley taught at Warrington Academy, a Unitarian school for educating ministers, and served congregations in Leeds and Birmingham, England, and Philadelphia. He was part of a group of liberal religious thinkers and scientists called the Lunar Society because they met at the full moon when it was light enough to travel at night. Priestley is credited with discovering oxygen and a treatment for scurvy at sea. He invented anesthesia, carbonated water, a process for measuring air quality and pencil erasers. He accepted no pay for his inventions but made them freely available to the public. An extreme liberal, Priestley fled England for America in 1794 when mobs burned down his house and laboratory because of his support for the French revolution.
- March 13, 1840: William Channing Gannett was born in Boston, MA. Gannett took time off from attending Harvard Divinity School to work with the New England Freedman’s Society, teaching thousands of freed slaves on islands off the coast of South Carolina. He traveled to Europe and observed the conditions of serfs in Russia. Gannett served pulpits in Milwaukee, East Lexington, MA and St. Paul, MN, then became minister-at-large for the Western Unitarian Conference. Formed in 1852, the Western Unitarian Conference viewed religion as an ethical system and separated itself from traditional Unitarianism’s connection with Christianity. Gannett believed in individual religious conscience and was a leader in the “Western Controversy” of the 1880s, a dispute between traditionalists and radicals who demanded more freedom from doctrine.
- March 21, 1965: More than 3,000 civil rights marchers left Selma, AL for Montgomery to support passage of the Voting Rights Act. By the time the marchers reached Montgomery four days later, they numbered more than 25,000. The Reverend Martin Luther King, Jr. called for clergy of all faiths to join the march, and over 125 Unitarian Universalist ministers participated. On August 6, 1965, President Johnson signed the Voting Rights Act.
- March 25, 1881: Composer Bela Bartok was born in Nagyszentmiklos, Hungary. He was a fervent Unitarian and his son served as president of the Hungarian Unitarians. Bartok was professor of piano at Budapest Academy, but his opposition to the Fascists forced him to flee Hungary for the United States during World War II.

“daylight slaving time” because it seemed to benefit mostly employers in getting more work time from their laborers.

But more than anything else, this very non-standardized practice could be called Daylight Confusion Time, since it is implemented inconsistently from country to country, from state to state, and even from locality to locality within the same state. Those who would argue that Daylight Savings Time should be universally abolished have nearly all the reason on their side of the debate.

We’re all eager for more sunlight and longer days by March. But our bodies and spirits are geared to the gradual movements of the sun and earth in their cycles. We’re nourished by the ebb and flow of the tides, not a raging flash flood; we long for the steady journey down winter’s mountain, not a bone-rattling drop off a ledge. Spiritually, Daylight Savings Time is one more device that turns us further into mechanized, clock-driven robots instead of living creatures co-existing with the organic world around us. There is no way to find any good in that.

But we all have to live with it, since Daylight Savings Time is unlikely to go away in the foreseeable future. If you're like me, you're probably still dragging a bit from the transition as you read this. As with "jet lag," there are ways to help us adjust to "springing ahead." The best way is to just get outside and let your eyes soak in bright sunshine as much as possible. "Light therapy" with natural sunlight is scientifically proven to help alleviate sleep problems, depression, and fading vision, and it encourages your body to reset itself in alignment with solar cycles. Sunlight on your skin metabolizes Vitamin D. So brave the puddles, get outside, close your eyes, look up at the sky and relax for a few minutes. You'll be amazed at the effects. Think about what you have to feel grateful for. Spring is coming! And thank goodness, the computers and cell phones all reset their clocks themselves.

Pastor Inanna Arthen, M.Div



## Thursday, March 26 Our Neighbor's Kitchen Serves Corned Beef Dinner

Join us on Thursday, March 26 at 5:30 p.m. for a delicious traditional corned beef dinner, with corned beef, potatoes, vegetables, salad and dessert, prepared by our chef David Faucher and his crew of dauntless assistants. Come and feast the return of spring and your Irish heritage (whether Ireland is in your DNA or just in your smiling eyes)! Volunteers are always welcome to help out with cooking and serving!

### 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 978-433-8866 (home) or 508-572-1624 (cell).

## March Birthdays

Sam Elkins	March 3
Roger Bryant	March 6
Mrs. Charlotte Drury	March 26
Ann M. McGrath	March 29



**(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. Thanks!

## UUCW Online

<http://uucw.ncmuuc.org>

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

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