

THE WINCHENDON UNITARIAN

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REV. INANNA ARTHEN, M.DIV, MINISTER

Church Telephone 978-297-0554

JULY 2018

SUNDAY CIRCLE MEETING 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

Sunday, July 1

11:00 am - Sacred Circle Meeting
2:00 pm - Winchendon Winds Band
Concert - "America!"

Monday, July 2

7:45 pm - AA Meeting

Tuesday, July 3

6:30 pm - Recovery Support Group

Sunday, July 8

11:00 am - Sacred Circle Meeting
2:00 pm - Winchendon Winds Band
Concert - "Greatest Hits of 1918"

Monday, July 9

7:45 pm - AA Meeting

Tuesday, July 10

6:30 pm - Recovery Support Group

Thursday, July 12

5:30 pm - Our Neighbor's Kitchen serves
Summer Cookout (outside!)

Sunday, July 15

11:00 am - Sacred Circle Meeting
2:00 pm - Winchendon Winds Band
Concert - "Honoring Our Veterans"

Monday, July 16

7:45 pm - AA Meeting

Tuesday, July 17

6:30 pm - Recovery Support Group

Wednesday, July 18

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

Sunday, July 22

11:00 am - Sacred Circle Meeting

Monday, July 23

7:45 pm - AA Meeting

Tuesday, July 24

6:30 pm - Recovery Support Group

Thursday, July 26

5:30pm - Our Neighbor's Kitchen serves
Homemade Chili

Sunday, July 29

11:00 am - Sacred Circle Meeting

Monday, July 30

7:45 pm - AA Meeting

Tuesday, July 31

6:30 pm - Recovery Support Group

Sunday, August 5

11:00 am - Sacred Circle Meeting

From Your Minister

Real summer is about to bear down on us with a heat wave this weekend—and it's about time. Even with the 12-hour power outage that followed a line of thunderstorms a couple of weeks ago, I'm so ready for summer. It will be all too brief, I know. A week past the Solstice and the days are already getting a bit shorter. But I have snap peas ripening, and raspberries on the bushes I put in last fall.

We've had a busy June at UUCW! Sunday morning Sacred Circle Meetings at 11:00 a.m. are growing and doing very well. We're able to meet outside now that the weather is warm—we're assembling in back of the church, since Pleasant Street is much quieter and more peaceful than busy Central Street. Everyone who would enjoy what we're doing is welcome at any of our meetings—if you don't see us, look behind the church! Right now the sanctuary is set up for Winchendon Winds band concerts until July 15 (see below for details). If it's rainy, we'll be in the Pine Room, downstairs at the back of the Parish Hall.

On Sunday, June 3, we participated in a web-weaving ceremony, weaving together symbols of how we want our

This Month in UU History

July 14, 1814: Lifelong Unitarian Elizabeth Sherman Hoar was born in Concord, MA. She was a granddaughter of Roger Sherman, who was a signer of the Declaration of Independence and the Constitution. The Hoars were called “the Royal Family of Concord” due to their good works and influence; Elizabeth’s father Samuel Hoar promoted education and helped establish Concord Academy. Elizabeth was raised in the First Parish, Unitarian in Concord and the family held devotions at home each morning. Elizabeth was a schoolmate of Henry David Thoreau and helped sort out and publish his writings after his death. She was very close to the Emerson family, caring for Ralph Waldo Emerson’s wife Lidian through her illnesses and the births of her children. She cradled Emerson’s mother Ruth in her arms when she died, and helped manage his eccentric Aunt Mary. Elizabeth and R.W. saw each other as brother and sister. After Elizabeth’s fiancé died of consumption, she never married, and was “Aunt Lizzie” to the Emerson children for the rest of her life. As part of Emerson’s Transcendentalist circle, she was good friends with such luminaries as Margaret Fuller, the Alcotts, and the Peabody sisters. When Nathaniel Hawthorne and his bride moved into the Old Manse in Concord, Elizabeth and Henry David Thoreau put in their new vegetable garden. In 1844, Elizabeth accompanied her father Samuel to Charleston, South Carolina to meet with the governor about the treatment of African American sailors on New England ships. The sailors, all freemen, were being impounded by Southerners in port and sold into slavery unless they were ransomed. Samuel was not able to get a hearing from the governor, and he and Elizabeth were forced to flee Charleston to escape mobs angered by “Northern meddling.” This led to outrage in the North and added fuel to the growing abolitionist movement.

circle to grow. We plan to continue adding to the “web” in the future. On Sunday, June 10, there was no Sacred Circle Meeting because of UUCW’s Annual Meeting. On Sunday, June 17, we celebrated the Summer Solstice with a lively Maypole dance outside on the back lawns. On Sunday, June 24, we celebrated the Full Moon in Capricorn with a ceremony to encourage prosperity, generosity and gratitude.

Our Neighbor’s Kitchen served two tummy-pleasing meals in June—one of them an annual favorite and one of them an unexpected change in plans. On Thursday, June 12, I and my dauntless assistants had intended to make our first try at homemade pizza with pizza dough made from scratch. But due to technical glitches, I had to make a last-minute switch to vegetable lasagna and Italian sausage in sauce on the side, with salad and pastries donated by the Winchendon CAC for dessert. On Thursday, June 28, Dave Faucher and assistants cooked one of our favorite ONK dinners, barbequed ribs with homemade barbeque sauce, cous cous salad and corn on the cob. For dessert we enjoyed birthday cupcakes as we all joined in singing “Happy Birthday to You” to Dave. As always, many thanks to our hard-working volunteers who pitch in to help with cooking, setting up tables, serving and clean-up, especially as our attendance continues to increase—we couldn’t do it without ALL of you!

Winchendon Recovery Group meeting continues

on Tuesdays at 6:30 p.m. Indivisible Winchendon has been convening at 12:30 p.m. on Sundays, but will be taking a break for a few weeks as I reorganize my schedule.

UUCW’s Annual Meeting was held on June 10 in the Parish Hall. I’m honored to be renewed for a sixth year as your minister.

On Saturday, June 16, our lawns were packed with booths as we held our annual summer flea market and fair in conjunction with Winchendon’s Summer Solstice Fair. Our concession stand offered coffee and pastries donated by Dunkin’ Donuts in the morning. As the parade lined up, we brought out the hot dogs, baked potatoes and chili (kudos to volunteer Catherine Dart, who turns out a fantastic pot of chili every Solstice). Many thanks to all our hard-working volunteers, and thanks to everyone who visited the vendor booths, enjoyed our food, and helped make our biggest annual event a rousing success!

Some brief thoughts to ponder this month...

What do you think the difference is between “faith” and “spirituality”?

What do you think the difference is between “worshiping” the divine and “working with” the divine?

What is it that makes a belief a “religion”?

For most Americans, the definitions of “faith,” “religion,” “God” and “worship” are very narrow. For

Spiritual Calendar

July 11: St. Benedict Day (Christian). The feast day of St. Benedict of Nursia (480-547). He is the patron saint of Europe and venerated in the Roman Catholic, Orthodox and Anglican denominations. He established at least a dozen communities of monks. St. Benedict wrote *The Rule of Saint Benedict* which was widely adopted by Christian religious orders because of its reasonable approach to a life of faith, and St. Benedict is considered “the father of Christian monasticism.” His Rule includes advice on managing a religious community as well as individual practice, and recommends that each day be divided into eight hours of prayer, eight hours of work and eight hours of sleep. The Order of Saint Benedict evolved as a confederation of congregations following St. Benedict’s Rule, which became the standard for religious orders in Europe.

July 13-15: Obon (Buddhist - Shinto). This holiday is celebrated on several different dates due to varying adoption of the Gregorian calendar in Japan. It is a time when families gather to honor the spirits of their ancestors, who are believed to visit family altars. Families clean and decorate their ancestors’ graves. Despite this solemn theme, Obon is a joyful holiday. A traditional dance called the Bon dance is performed, often around a high wooden structure for the musicians which is specially constructed for the occasion. In many regions, Obon includes a public carnival or festival with rides, games and festive foods. Employees usually have the holiday off from work.

July 27: Asalha Puja Day (Theravada Buddhist). A holiday commemorating the first sermon preached by the Buddha after his enlightenment, in which he laid out the foundation of his teachings. These are the four noble truths: that suffering exists (*dukkha*); suffering is caused by desire (*tanha*); there is a state (*nibbana*) beyond suffering and desire; and finally, the way to nirvana is via the eightfold path.

most Americans, these concepts were shaped by their childhood experience of being taken to church—most often a conventional Protestant church such as Baptist or Lutheran. Around Winchendon, and in similar mill towns where early industries like textiles and furniture making attracted large numbers of Irish and French Canadian families, many people were raised Roman Catholic. It can be difficult for people raised in mainstream American churches to imagine other ways of being spiritual or connecting with divinity that don’t puzzle or frighten them. If you don’t have a sacred book, how can you possibly have a religion? If you’re not a Christian, how can you have any morals or ethics?

And yet growing numbers of people have found other spiritual realities, and they consider themselves very ethical and principled indeed. How can people with such dramatically different points of view find common ground?

What do you think?

Rev. Inanna Arthen

A Summer of Song

As we enter into the height of summer, we enter into the height of outdoor summer activities. After months of our confining New England winters, we’re all too happy to venture out for gardening, grilling,

swimming, balmy evening walks, and a myriad other delightful pastimes.

One of those classic pastimes is the summer band concert. Many of us reminisce about seeing Fourth of July fireworks with a live band playing in the background, tapping our foot to a tune at the local festival, or picnicking on a lush lawn near a band shell. We make time to slow down a little in the summer and share the universal language of music.

Many of us play the radio in the car, or download a list of favorite tunes to our phones or laptop to accompany our day, but there is something extra special about hearing music performed live. Live music brings the listeners together as a community, sharing a common experience. For a few brief minutes, we are all absorbing and responding as one. I recently made a trek to Tanglewood, where Roger Daltrey from “The Who” resurrected a live performance of his rock opera “Tommy.” By the end of the evening, several thousand sixty-something rockers were on their feet, fists pumping in the air, chanting:

*Listening to you, I get the music
Gazing at you, I get the heat
Following you, I climb the mountain
I get excitement at your feet!*

Can’t replicate that at home.

Live music also connects us to the performers: those creating that marvelous sound. Every rapt look of concentration, the rapid-fire finger work over keys and strings, the broad sweep of the conductor's baton signaling a crescendo, all serve to bring us closer to both the expression of the music and the effort made to create it. The performers are communicating with us, and we understand. No words are needed.

So venture out this summer and experience some live music. For the first three Sundays in July, UUCW is hosting the Winchendon Winds, quite possibly the finest concert band within an hour's drive of here. Gardner Community College puts on a fine series of live musicals; the next one appearing in August. The Town of Winchendon hosts small pop ensembles in GAR Park on Friday evenings featuring everything from folk to country to rock. You don't have to travel far to enrich your day and connect. I'll see you there.

Music is the heart of life. She speaks love. Without it, there is no possible good. And with it, everything is beautiful.

– Franz Liszt

Jill Nicholson Sackett
UUCW Governing Board

Winchendon Winds Concerts at UUCW

Winchendon Winds will be performing three concerts this month in our beautiful sanctuary with its wonderful acoustics.

Sunday, July 1, 2:00 p.m.: "America!"

A lively and patriotic banquet of popular favorites to help you celebrate the Fourth of July in style. UUCW will be selling strawberry shortcake before the concert and at intermission.

Sunday, July 8, 2:00 p.m.: "Greatest Hits of 1918"

Come enjoy a concert themed around significant events in music history exactly one hundred years ago. You'll be surprised! Lickity Splitz will be selling ice cream outside before the concert and at intermission.

Sunday, July 15, 2:00 p.m.: "Honoring Our Veterans"

This special concert event will include a color guard and a roll call of veterans who are present. Come hear some of the most stirring and fervent American music ever composed to honor those who fought for

our country. A reception will be held on the front lawn following the concert, hosted by the Ladies Auxliary of the American Legion.

This is the debut season for Winchendon Winds conductor James Chesebrough, who just retired from the faculty of Keene State College after a long and distinguished career as a conductor and music educator.

Winchendon Winds concerts are free of charge and open to all.

For detailed updates about Winchendon Winds, see:

www.facebook.com/WinchendonWinds or
winchendonwinds.org.

Our Neighbor's Kitchen

Our cooks have swapped weeks this month to accommodate schedules, and we'll be dishing up two delicious summery menus during July!

On Thursday, July 12, chef extraordinaire Dave Faucher and assistants will (weather permitting) hold an outdoor cookout with grilled hamburgers and hot dogs, your favorite picnic side dishes and dessert, served on tables al fresco in front of the church. (If the weather does not cooperate, we'll be in the Parish Hall.) This proved very popular last year and we had people stopping for dinner who had never tried out Our Neighbor's Kitchen before.

On Thursday, July 26, Rev. Inanna Arthen and assistants will cook up our annual beat-the-chili-cookoff Chili, with meat and vegetarian options, sides and dessert. Rev. Arthen's chili used to be a top request for potlucks, so come try it out! Chili will be gently seasoned, with hot sauce available for those who like to go for the burn.

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 July 5 and 19, 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

We are now holding Sacred Circle Meetings on Sunday mornings. 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. But 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 and the greater powers that give us life, love and all the myriad blessings we so often take for granted. When we have a discussion, it is part of our sacred space and structured so that everyone's words and thoughts are valued and heard. It is a time to spiritually renew ourselves for the coming week.

Many Unitarian Universalist congregations are experimenting with new kinds of spiritual experiences. Many people are no longer fulfilled by the "sermon and hymn sandwich" model of service—but they're hungry for spiritual depth and a community to share it with. UUism overlaps broadly with earth-centered and other faith traditions (such as Buddhism). Respecting and celebrating these sources is a big part of being a UU.

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.



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).

Winchendon Recovery Support Group at UUCW

A support group for all those in recovery meets 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. This is not a 12-step group, but a group for peers to help each other in the day-to-day work of achieving and maintaining sobriety. The facilitators are Winchendon residents.

July Birthdays

Patti Stanko	July 13
Madeline Faucher	July 18
Dana Malley	July 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 or send a written note to the church at P. O. Box 218, Winchendon, MA 01475.

UUCW Online

<http://uucw.ncmuuc.org>

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

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