

THE WINCHENDON UNITARIAN

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**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 Worship Services will not be held in September. Watch our Facebook Page and website for further information!

Monday, September 2

7:45 pm - AA Meeting

Monday, September 9

7:45 pm - AA Meeting

Thursday, September 12

5:30 pm - Our Neighbor's Kitchen serves
Stir-Fry over Noodles

Monday, September 16

7:45 pm - AA Meeting

Sunday, September 22

7:30 pm - UUCW Governing Board
Meeting, UUCW Parish Hall

Monday, September 23

7:45 pm - AA Meeting

Thursday, September 26

5:30 pm - Our Neighbor's Kitchen serves
Ham and Swiss Quiche

Monday, September 30

7:45 pm - AA Meeting

Monday, October 7

7:45 pm - AA Meeting

Thursday, October 10

5:30 pm - Our Neighbor's Kitchen serves
Roast Pork with Apples and Onions

Saturday, October 12

10:00 am - Winchendon Winds Band
Concert

10:00 am - 3:00 pm Winchendon Fall
Festival

From Your Minister

It's hard to believe that it's already September! I had a cord of wood delivered this weekend, and within 24 hours it was all stacked and covered, which I think is a new record for me. One of my baby apple trees has three apples, which it can barely hold up, and I'm eating tomatoes from my garden beds. I'm just starting to see spots of color among the lush green foliage; I'm glad that things are not withering brown with fungus infections or starting to turn way too early because of drought like in a few not-so-long-ago years. I'll be ready for fall and winter this year!

UUCW has had a quieter August this year, as we do a lot of thinking and planning for the future. We're very excited to have a brand new commercial range in our kitchen, replacing the time-worn antiquity that turned out so many community dinners, pots of chili for Solstice Fair, Welcome Table breakfasts, Putnam Alliance teas and the occasional festive party or wedding reception meal. It did yeoman's service, but was so old, we couldn't even get parts for it. The shiny new range has already proven its muster for Our Neighbor's Kitchen, and we look forward to its help in feeding our community for many happy years to come. Many thanks to the UUA for its generous grant allowing us to "upgrade" our kitchen!

Our Neighbor's Kitchen served two popular favorites this month. On Thursday, August 8, I and my dauntless assistants cooked up Mac 'n' Cheese Deluxe, with meat from an entire roast turkey mixed in, along with corn on the cob donated by Sunset View Farm, salad, cookies and donated ice cream for dessert. On Thursday, August 22, Dave Faucher and assistants put the new range through its paces with Fish 'n' Chips: crispy baked fish, Dave's delectable homemade potato chips, cole slaw, and watermelon for dessert. We all sang "Happy Birthday" to young Odin who turned 11 that day. As always, we can't thank our hardworking volunteers enough—we couldn't do it without you!

This Month in UU History

September 24, 1825: African American Unitarian Frances Ellen Watkins Harper was born in Baltimore, MD to free black parents whose names are unknown. They died when Frances was 3 and Frances was raised by her uncle, abolitionist William Watkins, who educated Frances at his Academy for Negro Youth and instilled a passion for civil rights in her. Frances starting working as a seamstress at 13 and worked for a Quaker family at 14, reading books from their library in her spare time. She wrote poems which were published in newspapers, and a collection of her poetry was published in 1845 under the title of *Forest Leaves* (long lost, a single copy was recently rediscovered).

In 1850, Frances moved to Ohio, where she became the first woman to teach sewing at Union Seminary. In 1851, she moved to Philadelphia where she worked as part of the Underground Railroad, helping fugitive slaves escape to Canada. She became a strong and vocal advocate for abolition, women's rights and civil rights even before the Civil War. In 1854 she delivered her first abolitionist speech, "Education and the Elevation of the Colored Race." At this time she became connected with the Unitarian Church, which she formally joined in 1870. In 1858, 100 years before Rosa Parks, Frances refused to change seats or ride in the "colored" section of a segregated Philadelphia trolley.

Although Frances expressed a great affection for New England and how friendly she found it to be, after the war she returned to the South to help freed African Americans during Reconstruction. She advocated tirelessly for the civil rights of African Americans, and also for women's rights and empowerment. In 1894 she helped found the National Association of Colored Women and served as its vice president for 16 years. But Frances advocated for the full freedom, education and opportunity to develop to their highest potential of all human beings. Her poetry and novels deplore all forms of oppression and imagine that African Americans, in particular, could rise to the heights of Christ or Moses and be the salvation of humanity.

Frances published more poetry and so many articles for magazines and newspapers that she has been called the Mother of African American Journalism. Her novels and other writings were very popular, but in the 20th century her reputation waned. In recent years her legacy has been revived, and her novel *Iola Leroy* was most recently reprinted in 1988. Frances died in 1911 at the age of 86, nine years before women won the right to vote which she had fought to attain.



We have some new people on the Governing Board who will be taking over the newsletter beginning next month. I've been producing it since 2014, but I'm handing over the mantle now. I hope everyone has enjoyed reading my essays and columns! If you'd like to contribute something, by all means, contact the Governing Board with your proposal.

Rev. Inanna Arthen

UUCW Joins the Winchendon Fall Festival

Have you been to Winchendon's Fall Festival? This relatively new town festival was initiated to showcase local businesses. In just three years it has become the biggest annual event in town, even eclipsing Clark Memorial YMCA's long-standing Summer Solstice. The entire stretch of Central Street is closed from CVS to Cumberland Farms, and over 150 vendors ply their wares, along with food and entertainment groups. Last

Spiritual Calendar

September 3: Paryashana Parva (Jain). The most important annual holy event for Jains, Paryashana has no set observances or rules. Believers are left to observe in whatever way seems best to them. The intention is to increase spiritual focus and intensity through fasting, prayer, meditation, and emphasis on the Five Vows of Jainism: Ahimsā (Non-violence), Satya (Truth), Asteya (Non-stealing), Brahmacharya (Chastity), and Aparigraha (Non-possession). Jains ask for forgiveness from anyone they may have offended. Other virtues Jains seek to attain include forbearance, humility, straightforwardness, purity, and austerity. Jains are strict vegetarians, and in some regions all slaughterhouses are closed for the period of Paryashana, to show respect toward Jains and their beliefs.

September 23: Mabon (Pagan). Celebrated at the Autumn Equinox, Mabon is also known as Harvest Home, Feast of Ingathering, Alban Elfed or just Autumn Equinox. It is primarily a festival honoring the harvest and the bounty of Mother Earth. Some modern Pagans also observe a version of the ancient Greek Eleusinian Mysteries which were held at this time, and Mabon is a common time for initiations and other rites of passage. Celebrations include ceremonies, feasts of locally grown food, and reflections on the balance between light and dark.

September 30: Rosh Hashana (Jewish). This two-day festival is the beginning of the civil year (or New Year's), the first of the High Holy Days (or Days of Awe) and the traditional anniversary of the creation of Adam and Eve. On Rosh Hashana, God is believed to open the Books of Life in which the names of the righteous are inscribed. During the ten days from then until Yom Kippur, when the books are sealed, Jews pray, repent, and make amends for any offenses committed against others during the past year. Rosh Hashana is linked to ancient agricultural cycles, and is celebrated with the sounding of daily blasts from the shofar, a horn made from a ram's horn. Sweet foods such as apples dipped in honey are eaten for a "sweet" year to come. There may be a special meal, like the Passover Seder, with foods mentioned in the Torah, including pomegranates; black-eyed peas; pumpkin-filled pastries called rodanchas; leek fritters called keftedes de prasa; beets; lamb; spinach; stuffed vegetables; and a whole fish with the head intact. Religious poems and a special prayer book are used during services in synagogues.

year's crowd was estimated to be 6000-8000 attendees.

This year the Winchendon Fall Festival takes place on Saturday, October 12, from 10:00 a.m. - 3:00 a.m.... and UUCW is sitting right in the middle of the action. This year we're joining the fun in a big way. First, we're filling our lawn with vendors, just like we do for our Summer Fair that coincides with the Summer Solstice. We'll have demos from Pampered Chef, children's story time readings from Usborne Books, Halloween nail polish changes, plus other artists and vendors. Inquisitive shoppers can even receive a Tarot reading!

Second, we'll be hosting Winchendon Winds, a 40-piece professional concert band. Win Winds will be kicking off the Fall Festival with a special concert inside the church sanctuary from 10:00 - 11:30 a.m. They'll be playing highlights from their three-concert summer series held last July. Admission is free. Third, our own Our Neighbor's Kitchen chef Dave Faucher will be serving street tacos and sweets right out on Central Street. Street tacos are soft tortillas stuffed with various fillings and sauces and have become one of the most popular festival foods in recent years. Finally, we'll



have our Set in Stone Capital Campaign table set up to showcase our building repairs with brochures, a trivia quiz, and fun freebies. We'll be set up, rain or shine, so come on downtown, support our church and our local businesses, and enjoy the party!

Our Neighbor's Kitchen Launches "Pathway to Healthier Eating"

If you haven't stopped in to UUCW's Our Neighbor's Kitchen (ONK) community suppers, then c'mon over and check us out! Every 2nd and 4th Thursday of the month our all-volunteer crew prepares delicious cooked-from-scratch hot meals to 50-75 hungry diners. We have a solid core of "regulars" and a steady stream of new visitors passing through. Our entrees include beef burgundy, roast pork, lasagna, "loaded" mac 'n cheese, meatloaf and our annual Thanksgiving turkey dinner. We request a voluntary donation of \$2 per person or \$5 per family to offset expenses, and those unable to pay are welcome. It's the best deal and meal in town! Our upcoming ONK dates and menus are posted on our church website (uucw.ncmuuc.org/), our Facebook page (www.facebook.com/uuwinchendon/) and on flyers placed around town.

This fall, thanks to a generous grant from the Fund for Unitarian Universalist Social Responsibility, UUCW is enhancing ONK with the launch of the "Pathway to Healthier Eating" program. The program seeks to educate our diners about the importance of eating fresh foods. At each meal, a different healthy, fresh food item will be featured in the menu, and takeaway placemats will contain helpful information about that food, with tips for preparing it at home.

As part of this grant, our "World War II" era commercial stove was finally replaced with a beautiful, modern commercial stove. The old stove had been limping along with only one working oven and no available repair parts. The new stove has 10 burners, an interchangeable grill, and two large ovens. This will allow much greater flexibility with menu planning and efficient meal preparation.

A special thanks goes out to the Winchendon Community Action Committee and Sunset View Farm for their ongoing support of ONK. We have been the grateful recipients of a wide variety of locally sourced donated produce which we've incorporated into our menus. Finally, we are eternally thankful for the hard

work of our all-volunteer staff who do everything from meal planning, preparation, serving and cleanup.

This is what a community is all about.

Our Neighbor's Kitchen

We've got a brand new stove (it matches the dishwasher!) and we can't wait to play with it! Our Neighbor's Kitchen will be serving up two great meals in September. If the new school year is keeping you on the run, skip cooking dinner and bring the family down to UUCW!

On Thursday, September 12, Dave Faucher and his merry crew will cook Stir-Fry over noodles with sides and dessert.

On Thursday, September 26, Jill and Joe Sackett and assistants will try out a brand new ONK menu item (and a future favorite, we're sure!): Ham and Cheese Quiche, with 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 September 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.

Toy Town Outdoor Market

The Toy Town Outdoor Market will continue setting up on the UUCW front lawn each Thursday from 4:00 p.m. to 7:00 p.m. and Saturdays from 10:00 a.m. to 1:00 p.m., as long as weather permits. You'll find fresh eggs, fruits and vegetables, plants for your garden, crafts and yarn from Spinning Ginny, and more—every week something different as the growing season evolves. Stop by and support our hard-working local farmers and craftspersons!

Climate Strike on September 20!

Are you ready to demand a just and sustainable world? A right to a future for our youth and young adults? Have you been in the fight and want to welcome new people in? This is the call for you, this is the perfect time to STRIKE FOR CLIMATE!

On September 20, three days before the UN Climate Summit in NYC, young people and adults will strike all across the US and the world to demand transformative action be taken to address the climate crisis. We know governments won't deliver climate action and justice on their own, so we're going on #climatestrike to show them what people power is capable of creating.

We are crafting the solutions we need that align with the values and principles of our faith. We know we will need to transition away from industries and practices that compromise our dignity. We are inviting you to join us as we #SideWithLove & Climate Strike.

Be sure to sign up at https://actionnetwork.org/event_campaigns/us-climate-strikes/ for the Sept. 20th Global Climate Strike and Week of Action by locating an event near you and you will get the info you need

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 the Governing Board 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 the church at 978-297-0554.

and be able to be in touch with local organizers. This information will also be shared with us so that we can mobilize UUs as powerfully as possible. Join us and #StrikeWithUs!

Sunday Worship on Hold

There will be no Sacred Circle Meeting or other Sunday worship until further notice. We're talking to congregation members about what the church's mission will be going forward. Stay posted, watch our Facebook page, and watch for "email blasts" for announcements as plans develop.

Planning UUCW's Future

If you would like to participate in a focus group about UUCW's mission, vision and possibilities for the future, we'd love to hear from you. Please contact Jill Sackett, jill@sackett.com, and let her know!

September Birthdays

Willard White
Sue Faucher

September 11
September 15



(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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