

THE WINCHENDON UNITARIAN

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This is the Church of the Open Mind
This is the Church of the Loving Heart

This is the Church of the Helping Hands
This is the Church of the Caring Community

Calendar of Church Events

Saturday, October 7

10:00 am – 5:00 pm – Fall Festival,
Church Booth and Concessions

Thursday, October 12

5:30 pm – Our Neighbor’s Kitchen serves
Menu TBD, Parish Hall

Sunday, October 15

11:00 am – Discussion Circle:
“Volunteerism”, Sanctuary

Wednesday, October 18

7:30 pm – Governing Board Meeting,
Dial-In (RSVP Jill Sackett)

Thursday, October 26

5:30 pm - Our Neighbor’s Kitchen serves
Roast Pork, Parish Hall

Mondays

7:45 pm - AA Meeting, Parish Hall

From Your Editor

The theme of this issue is Volunteerism. As we were putting together our thoughts on this topic, and preparing for the upcoming Discussion Circle on October 15, one aspect kept coming back to me: friends.

When I recall events at which I volunteer, I don’t recall the work so much as I recall the comradery. I have met some absolutely lovely people through our activities at the church. People who share common interests. People who share common values. People who share a similar outlook on life. People I *enjoy* spending time with.

It is often said that the volunteer benefits as much or more than the recipient, and I think that’s true. That will be my first contribution to the Discussion Circle. Hope to see you there, my friends.

-Jill Nicholson Sackett - Chair, Governing Board.

Discussion Circle: Volunteerism

As we head into cooler weather and shorter days, our outdoor activities narrow and we spend more time indoors. Let's take time for contemplation while in each other's company. On Sunday, October 15 at 11:00 am, UUCW invites you to a Discussion Circle in our sanctuary. Joe Sackett will be introducing the topic of volunteerism.

Why do some people volunteer so much of their time/energy/expertise? How do they "make time" to do this? What are the benefits? The drawbacks? Do you have some volunteer experiences, good or unpleasant, to share?

We'll have refreshments, comfortable seating, and friendly faces. Please join us.

Custodians of the Millers River

On Sunday, September 17, a keenly interested group gathered to hear Anna Wilkins, Executive Director of the North County Land Trust, and Ivan Ussachs, Executive Director of the Millers River Watershed Council, speak on the Millers River. For over an hour, these environmental experts shared history, stories, pictures and facts about this major waterway coursing through Winchendon and beyond.



Attendees learned about the biological diversity supported by the Millers River and its surrounding watershed, some of the threats it has faced, and the importance of this waterway to Winchendon and the entire region. Numerous questions were entertained, and people lingered after the talks to meet Anna and Ivan and continue discussions.

A full review of the event is given in the *September 21 – 28* edition of the online Courier:

<http://winchendoncourier.net/>

The talk provided a nice lead-in to the Water Communion service that followed. Two attendees contributed water samples that were fittingly sourced from the Millers River.

UUCW Online

Main Website: <https://uucw.ncmuuc.org/>

Set in Stone Website: www.set-in-stone.org

Facebook: facebook.com/uuwinchendon

Fall Means Church Chili!

The Town of Winchendon is holding their annual Fall Festival on Saturday, October 7, from 10:00 am – 5:00 pm. Over 190 vendors have registered, so Central Street will be completely full from “stem to stern” with crafts, artwork, food and entertainment. In just a few short years, the Fall Festival has become an event not-to-be-missed.

UUCW will be in the thick of it - hosting a table right in front of our church, offering information and concessions. Given our rain-out last June, this is a particularly important fundraiser for the church.

We’re adding to our usual popular fare of hot dogs and meaty “church chili” by debuting a delicious vegetarian chili option. Stop on by and say hello! Better yet, if you can spare an hour we’d love a hand in the booth. It’s fun, and trust us...you meet a lot of people! Please email us at info@set-in-stone.org if you’d like to help!

Contact Information

Governing Board Chair:

Jill Nicholson Sackett (Treasurer)
Email: jill@sackett.com

Governing Board Members:

Allan Gordon: (Member)
Rev. Emerita Inanna Arthen (Clerk)
Dave Faucher (Auditor)

Trickle-Up Volunteering

By Joe Sackett

Creating a wide-spread positive impact is challenging` enough without living in a U.S. rural area. We see the reports of massive tragic circumstances: earthquakes, crumbling dams washing cities into the sea, climate and war refugees, and much more. It’s difficult to help the victims of these catastrophes. Few people have the political or philanthropic means for “a place to stand and a lever to move the world” yet we care just as much. What do we do? How do we radiate beyond our immediate sphere of influence? This article shares a perspective on this topic.

The idea is to create positive spiritual energy through volunteering and in time it will both compound and enable you to transform it for a larger purpose. The first step is to find a cause both passionate to you and which you can affect. Draw inspiration from the many local volunteers and leaders who have spent years doing this. You can work by assisting directly or expanding your reach via town or political organizations. Anyone can find something positive to do as no work is too small.

Once you find a fit and develop routines, the benefits accumulate, including intangible ones such as:

- Achieving peace of mind as you see the difference you made
- Exemplifying constructive community action and inspiring others
- Channeling positive energy toward a more global impact

This third benefit provides the “trickle-up.” Leaving one's own concerns clears the mind for deep consideration of larger causes. You may discover novel ways to assist from afar. For example, some use their social media influence to spread awareness or raise funds to help. Adopting an email signature with your message touches everyone you contact. Others may become inspired to travel and personally act on behalf of their larger cause.

Adopting this selfless mindset allows for an empathetic connection to others' plight. Being better informed is a benefit in itself. Some can channel their awareness and positive energy long-distances via prayer or meditation. This could be considered metaphysical “trickle-up.”

The key is not to get overwhelmed or to feel insignificant in the face of planet-wide suffering. As they say, “Think global, act local.” There are a lot of opportunities to help right out your door. Your good will grow and transform with time.

Three Cheers for United Way Day of Caring!

Once again, we were happy participants in the annual Day of Caring sponsored by United Way of North Central Massachusetts on September 15. Two energetic volunteers helped us wash, tidy up, and prepare the church sanctuary for our Millers River presentation that Sunday. Our sincere thanks to Michaela Becker, Jill Sherman, and this wonderful organization!

Water Meditation

For those of you who missed our Water Communion service on September 17, we're sharing here our words spoken as we combined our individual water samples into one vessel of hopes and dreams:

“May the waters gathered here remind us

Of what each of us brings to this
community,

And of the waters that nourished us before
we were even born,

That continue to give us sustenance and
energy for our life journeys,

And for all creatures on this earth.

May we gratefully continue to swim to the
other side.”

- Susan Karlson