



Volume 23 | Issue 7 March 2020 Unitarian Universalist Congregational Society of Westborough

March Worship Schedule

SUNDAY MARCH 1, 10:30 AM

Sunday Service – Reverend Seth Carrier-Ladd

Claiming Control by Letting Go

We tend to think of being controlling as a negative character attribute, but why is it that people are controlling? What is it they are seeking? Is there a healthy component to control over our lives? We'll explore these questions and more!

SUNDAY MARCH 8, 10:30 AM

Sunday Service – Reverend Laurel Gray

Embodied Wisdom

For the month of March, we'll be thinking about different types of wisdom, beginning with the wisdom of our bodies. We'll look at what it means to know something in our bodies and focus on connecting with that wisdom.

SUNDAY MARCH 15, 10:30 AM

Sunday Service – Reverend Laurel Gray

The Wisdom of Trees

Native traditions have long taught that the natural world is alive with its own wisdom, but scientists rejected this idea. Recently, however, science has begun to agree, citing evidence that trees can in fact communicate and cooperate. In this service, we'll focus on the wisdom to be found in the lives of trees.

SUNDAY MARCH 22, 10:30 AM

Sunday Service – Reverend Laurel Gray

The Wisdom of Youth

This is our annual Coming of Age service, in which we'll recognize the youth who have completed our Coming of Age program. This is a moment for our youth to share their perspective on Unitarian Universalism and for the congregation to celebrate their place among us.

SUNDAY MARCH 29, 10:30 AM

Sunday Service – Reverend Laurel Gray

The Wisdom of Kindness

This Sunday we'll be helping kick off Westborough Connects' "Kindness Week" with a service focused on the wisdom of kindness. Bring a friend or neighbor and come start your week thinking about how we can infuse more kindness into our lives and our world.

From the Minister

Dear UUCSW,

What a joy February has been! It was beautiful starting the month off with our Members and Friends Sunday, hearing from so many of you about how being part of this congregation has changed your lives. On Saturday February 8th we revived the birthday bash and celebrated everyone's birthdays together – a special thank you to everyone who participated! The following Sunday we rounded out the week with more cake, balloons, and a celebration of all that you give to this congregation. After that service many of you shared stories with me of how giving really does bring you joy, for it is in giving that we enrich not only our own lives, but the lives of those around us.

As I write this, I'm gearing up for the Our Whole Lives (OWL) facilitator training this weekend, so that I can support the life-changing work of teaching our young people how to create healthy relationships with their bodies and each other. Our OWL organizers and families decided to postpone the spring class until the fall so that we can gather more participants. The program is open to all 8th-9th graders in the community, so spread the word. OWL is considered the "gold standard" in sexuality education curricula and we are proud to offer it here at UUCSW.

Appropriately, my first Sunday back from OWL training, I'll be preaching on the wisdom of the body. Then throughout March we'll focus on different kinds of wisdom, ending with a service helping kick off Westborough Connects' town-wide "Kindness Week." It's a joy to participate in this community event and remember that ours is a congregation worth sharing.

As always, thank you for all the ways you contribute to this community. Be it by baking cakes or shoveling snow, hosting coffee hour or teaching Religious Education classes, know that what you do here matters. There is an abundance of goodness when we share of our time, talents, and resources to create this beautiful community together.

Blessings,

Laurel

Laurel.Gray@uucsw.org

*Please note that my days off are typically Monday and Saturday.

I try to respond to emails within 48 hours, but that is not always possible. I appreciate your patience.

Children and Youth Religious Education Program

Coming of Age Program

This spring our eighth graders are spending time reflecting on who they are and coalescing their thoughts into credo statements to read before the congregation. We are very excited to invite you out on March 22nd for our Coming of Age Ceremony. This will be a multigenerational service allowing all ages and all families to participate, hear and see these older students graduate from RE classes and join our larger community! All are welcome and we can't wait to see you there!

Teacher Appreciation

We invite all our teachers from this past year to join us on March 29th for a special thank you for all you've done for us this year in RE classes! We have been fortunate to have so many members of the congregation step up and volunteer what time they have, even if just for one class, so that we might be able to fully support classes for smaller age ranges. Thank you for your help this year, and we invite you to participate in this small recognition.

Easter Egg Hunt

This is just a look ahead to April as the first Sunday, April 5th, we will be having our RE Easter Egg Hunt and Party in lieu of classes. All are invited! There will be games and crafts, snacks and candy! We are always so happy to celebrate as our RE family, and we hope you will save the date!

Sunday Morning Programming for February:

- March 1st – This is a Sanctuary Start for RE students with normal RE classes.
- March 8th - This is a Sanctuary Start for RE students with normal RE class.
- March 15th - This is a Sanctuary Start and we will have a Group RE Class for all ages.
- March 22nd - This is a Multigenerational Service to celebrate our Coming of Age Sunday!
- March 29th – This is a Sanctuary Start for RE students with normal RE classes.

Do you enjoy coffee hour? UUCSW needs your help!!!

There are still quite a few Sundays without coffee hour hosts left in the church year. Unfortunately, no coffee hour hosts means no coffee, tea, or goodies. If you enjoy coffee hour, please help out by hosting. If you are new to hosting, just put a note in the comments section that you need some help and a pro will be arranged to work alongside you. Sign up [here](#).

Board Matters

Mark your calendars for March 29th!

Join us for a conversation with the board at 12:45 on March 29th in the Chapel. The Board met with an outside facilitator in October to talk about goals and priorities for our congregation and then had a second meeting in January to consolidate our ideas. We will talk briefly about this work and then open it up to ideas and questions from the community. An RSVP is not required but please let us know by March 14th if childcare would be helpful for your participation.

There are other ways you can talk with us if you cannot attend this conversation. First, board members are happy to talk with all members and friends of the congregation outside of formal meetings. See the end of Vista for a current list of board members. If you want to contact all of us you can use the board@uucsw.org email which goes to the board including the non-voting members (Lisa Shumway, Robin Fleming, and Rev Laurel). Feel free to contact one or all of us.

In addition, you can come to all board meetings which are posted on the church calendar. Please let us know in advance if you have a particular topic to discuss so we can add that to the agenda.

Cassie Lengel's departure at the end of the year

While we are sad that Cassie is leaving us at the end of the year, we are very happy and excited that she is following her passion for spirituality and social justice. The world needs more people like her and her husband, and we wish them much success in the future!

The board voted to have Cassie report to Laurel for the rest of the church year. Our thought is the connection will help with the transition at the end of the church year because Laurel will have a greater understanding of the DRE position.

Religious Education (RE) Task Force

The various visioning work over the last few years has talked about our commitment to RE and the need to consider how it should change and grow.

At our February meeting we voted to form a task force to focus on the next steps for our RE program, including the search process for Cassie's replacement.

We want this task force to reflect the diversity of our congregation and plan to include Rev. Laurel. RE is more than our children and we need to think about this holistically. Their task is to look specifically at the next year to two as the start of a longer journey.

We also voted to fund an additional 60 hours of Rev. Laurel's time over the next 4 months. Supervising Cassie and being on the task force will require more of Rev. Laurel's time than the existing part-time contract allows.

Thanks,

David King Co-chair UUCSW Board of Trustees

Membership News from the Pews

Greetings from John Metzger and Lisa Shumway, leaders of the membership engagement team. February was a fantastic month for UUCSW. We welcomed three new members: Ashleigh Swain, Nanda Barker-Hook and Carol Barker. We celebrated our collective birthdays, with lots of cake. Thank you to Pauline Sciarappa for pulling together the birthday bash! We've been more active sending out cards to our friends in need. And we celebrated our community and the gifts we all bring, in services the first two weeks of the month. We continue to welcome new visitors almost every week. Please help us assimilate newcomers by wearing your name tags and introducing yourselves to our new friends. One final request to help Rev. Laurel get to know us is to add a photo to your profile in Realm. It is pretty straightforward: go into your Realm account, click on your name to edit your profile and then click on the circle where your image should be to add a photo. Other options are to email your preferred photo to Membership@uucsw.org and we can add your photo for you, or see Lisa Shumway during coffee hour and she will take a photo for you.

If you are interested in joining this team, please reach out to John or Lisa or email us at membership@uucsw.org.

2019 Contribution Statements

Contribution Statements for 2019 were emailed on January 25th through the Realm system. The embedded link in the email will take you to a PDF which you can print. If we do not have an email address on file for you, your statement was mailed to your home address.

You may also print your own statement by logging into your Realm account from a computer, selecting "Giving" from the pull-down menu, then clicking on the "2019 contribution statement" box on the right-hand side of the screen.

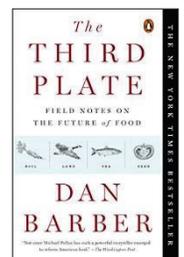
If you have any questions, please contact Lisa Shumway at treasurer@uucsw.org

Stop & Shop Cards

Each Sunday, Ken Young (or his designee) is available at coffee hour selling Stop and Shop Cards. Cards are available at a variety of dollar values. UUCSW earns 5% of the face value of the cards you purchase. If you shop at Stop & Shop, this is an easy way to help us raise money over the course of the year. Payment by check or cash is accepted.

Book Group – March 13th

For **March**, we are reading *The Third Plate: Field Notes on the Future of Food* by Dan Barber. Please join us. The group is open to all. We usually meet in members' homes and enjoy small groups of seven to ten people. We enjoy some light refreshments, lively discussion, and wonderful company. You are welcome to attend.



If you are planning to attend for the first time, please email: Judithteacake@gmail.com.

W's at Lunch, Wednesday, March 11th



Staying close to home for the winter months, we will meet for lunch at Arturos on Wednesday, March 11th. We will meet at 11:30 as usual, and I hope to see many of you there to chase away the winter blues.

Please let Mary Tribe (marytribe5@gmail.com) know by Saturday, March 7th whether or not you will be joining us, so she can make reservations.

Committee on the Ministry

Beginning in November of 2019, our committee members; Ben Gold, Cecilia Owens, Charlie Wolfson, Lisa Borchetta and Lisa Shumway have met monthly with Reverend Laurel Gray to support her in her role as our minister. The purpose of the Committee on the Ministry is: to support the work of the minister through reflection and conversation, and to advise the leadership with confidentiality and compassion as cornerstones. As always, Reverend Laurel welcomes input and feedback from the congregation and is also available for concerns of a pastoral nature. The Board of Trustees are also available for any governance related issues.

Thank-you, *UUCSW Committee on the Ministry*

Rev. Laurel's Ordination

Mark your calendars! Rev. Laurel's ordination will be on Sunday April 19th, 2020 at 10am. We're doing this jointly with First Parish in Concord, MA, so our building will be closed that Sunday and we'll take a field trip to Concord. This only happens once, and you, the congregation, are the ones who bestow the ordination, so we hope you'll be there! We'll organize carpooling and provide more details closer to the date.

Pastoral Care

The Membership Engagement Team and Rev. Laurel are always here to support you. We are working on setting up new ways of caring for each other as a community and welcome anyone who would like to participate. Membership Team meetings are at 7pm on the third Tuesday of the month.

Rev. Laurel is typically in the office on Tuesdays, Thursdays, and Sundays.

If you'd like to make an appointment for pastoral care, or have a joy or sorrow that you'd like included on Sunday when you're away, please email her at: laurel.gray@uucsw.org.

If there is a death or emergency, she can be reached on her cell phone at 401-932-7855.

Share the Plate

Last January, the Board decided to begin a pilot of a Share the Plate program. This is a way for UUCSW to reach outside its walls and support the important work of a variety of different non-profit organizations. We can do more together than we can on our own, and this is one way of living out our UU principles and creating connections. The Board has chosen the organizations below for the spring to get us started, and then you will be invited to nominate organizations for the next year. We're in the processing of creating the nomination form, so keep an eye out for that.

- March: Genesis Club
- April: Casa
- May: UU Mass Action
- June: Pastoral Counseling Center

About Genesis Club

Genesis Club is a non-profit (est. 1988) whose mission is to help persons in recovery from mental illness attain employment, education, physical health and decent housing. The organization was structured on the Clubhouse model of rehabilitation, following a visit to Fountain House in New York City, one of the model's impressive examples. This model is that of a member-based community in which the members participate in strategically designed, evidence-based programs providing:

- Job skills training/employment support
- Support completing high school, a vocational program, or college
- Health/wellness activities, and
- Assistance obtaining decent housing

Genesis's "members" (or clients) work side by side with staff to administer the organization's operations through their "Work-Ordered Day," which helps individuals rebuild a rhythm and structure to their activities that parallels the typical work week and working hours. Genesis Club is an Evidenced Based Practice model, as defined by the United States Substance Abuse and Mental Health Services Administration (SAMHSA). Genesis Club is also a certified International Training Center with Clubhouse International.

More information can be found on their website: <http://www.genesisclub.org/>

An Evening of Music...

Kala Farnham & The Lunar Strings with Heather Pierson

Sunday, May 3rd, 2020 at 6:00 PM

UUCSW, 64 West Main Street, Westborough, MA

Tickets (\$20) available on Sundays at UUCSW or
thru [Eventbrite.com](https://www.eventbrite.com)

Kala Farnham will once again grace the stage at UUCSW on Sunday, May 3rd. This year, she will be accompanied by Alex Korolov and Dan Grip on strings.

"Armed with a voice and an entourage of instruments, Farnham set out with one vision: To inspire through the power of musical storytelling. Drawing from a classical and theatrical background, she presents a hallmark reinvention of the folk tradition, drawing audiences into imaginative vantagescapes of the familiar world."



We are thrilled to welcome yet another talented singer-songwriter, Heather Pierson, to open the show on May 3rd.

"Heather Pierson is a nationally touring pianist, singer/songwriter and performer whose inspiring live performances and growing catalog of releases, both solo and in ensemble, delve into Americana, blues, New Orleans jazz, vocal chants, instrumental piano, and poignant folk. She is best known for her virtuosity at the piano and her bell-tone vocals, and her songs and musicianship embody joy, honesty, and a desire to share from the heart."

You do not want to miss this show – [get your tickets now!](#)

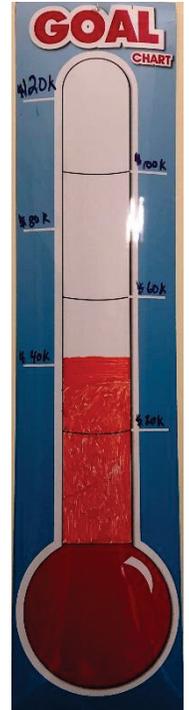
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Get Your Pledge in By March 7th and Be Eligible for A \$50 Gift Card!

There are many reasons for pledging this year. Of course, we need your help to achieve our goals of expanding our ministry, sharing our principles, and planning for our future. We have an aggressive \$120,000 target and you can always see how we are doing by looking at our thermometer mounted at the church. But now there's extra incentive to pledge by March 7: all households that have submitted their pledge by this date will be eligible for a drawing for one of two \$50 gift cards! Winners will be announced at church on March 8. Pledging is easy – online at onrealm.org, by submitting a pledge form by mail or in person, or by simply emailing treasurer Lisa Shumway at treasurer@uucsw.org.

Thank you,

The Pledge Committee



March Calendar of Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 10:30 AM – Sunday Service	2 6:30 PM – UU Knits 			 6:30 PM – Board Meeting		
8 10:30 AM – Sunday Service	9 6:30 PM – UU Knits 		11 11:30 AM – UU's at Lunch 		13 7:00 PM – Book Group	14
15 10:30 AM – Sunday Service	16 6:30 PM – UU Knits 		18	19 	20	21
22 10:30 AM – Sunday Service	23 6:30 PM – UU Knits 	 12 Noon – March Vista Articles due	25	26 	27	28
29 10:30 AM – Sunday Service 12:45 PM – Meet with the Board	30 6:30 PM – UU Knits 		1	2 	3	4

 Rev. Laurel in the office

**THE UNITARIAN UNIVERSALIST
CONGREGATIONAL SOCIETY OF
WESTBOROUGH**

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**THE UNITARIAN UNIVERSALIST CONGREGATIONAL
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Minister..... The Reverend Laurel Gray
Laurel.Gray@uucsw.org

Minister EmeritaThe Reverend Cindy Frado

Director of Religious Education.....Cassie Lengel

Music Director.....Kala Farnham

Office Assistant.....Elisa Scully

BOARD OF TRUSTEES

John Metzger Janet Purney-Balabanis

Kim Hall David King

Judith Nicholson

OFFICERS AND COMMITTEES

Treasurer..... Lisa Shumway

Collector..... Susie Wells

Clerk.....Robin Fleming

Moderator..... Andy Koenigsberg

Historian..... Stacy Spies

Membership John Metzger, Lisa Shumway

DUE DATES

FOR VISTA NEWSLETTER ARTICLES

Announcements, suggestions, or questions?

The VISTA is published monthly and submissions are welcome. Please email submissions to:

Andy Koenigsberg at Vista@uucsw.org.

Please put "VISTA" in the subject line.

**April Vista articles due by
Noon, Tuesday, March 24th.**

**For updates visit
uucsw.org**

