# the chalice

Published by the
Unitarian Church of Sharon

A Welcoming Congregation
of the Unitarian
Universalist Association
4 North Main Street
Sharon, MA 02067
781/784-3652
www.uusharon.org

#### President

Susan Drisko president@uusharon.org

#### Minister

Rev. Jolie Olivetti 781/784-3652 x2 minister@uusharon.org

#### Director of Religious Ed.

Louise Marcoux 781/784-3652 x3 DRE@uusharon.org

#### Congregational Administrator &

Newsletter Editor Linda Cveckova 781/784-3652 x1 admin@uusharon.org

#### Inside this issue

RE News	5
Social Justice	7
Conversations	10

# APRIL WORSHIP SERVICES THEME: LIBERATION

Services are online on Zoom at 10:30pm (unless noted otherwise)

#### April 5 Religious Education Sunday

10:15 am on Zoom

Each of us fashions meaning out of the clay of our lived experience. Children in Preschool through Grade 8 will share with the whole congregation some of the meaning that they fashioned while they have met together this year. ~Louise Marcoux, DRE

#### April 12 "Constant Liberation"

This is an important week for our Jewish friends and our Christian friends. Today is Easter, the culmination of Holy Week in Christianity, and Passover is April 8-16. There are powerful messages in the stories of Easter and Passover, and we retell them year after year. How do we shift from feeling like we are always waiting for liberation, to knowing that we are always working on liberation? Rev. Jolie preaching; Zoom worship service.

#### April 19 "Freedom Through Interconnection"

"Free" and "friend" come from the same root word. How do our connections and relationships help us get free? Our worship service today will include a guest presentation from the Louis D. Brown Peace Institute about their work as a center for healing, teaching, and learning for families and communities dealing with murder, trauma, grief, and loss. And Rev. Jolie will share reflections from her time as an intern at the Peace Institute.

#### April 26 Healing the Earth, Healing Ourselves

The service this Sunday will be lay-led and focus upon shifting our mindset from one where we are apart from the living earth to one where we are a part of the living earth. After the service there will be a variety of opportunities to learn more and engage with topics shared during worship.



#### All services on Zoom

All the April services are going to be virtual using the Zoom application. The Zoom link will be sent to you Friday or Saturday prior to the service. We recommend that you download the Zoom application on your computer, iPad or smart phone prior to the meeting and dial in 10 minutes in advance waiting for Rev. Jolie to start the meeting. For the best experience you should have a microphone and a camera on your device and consider a set of headphones. Alternatively, you can call into the meeting using the phone number provided in the email. For more information about Zoom go to Useful things to know about Zoom

If you have not received an email from Rev. Jolie last week with the Zoom details, please let Linda Cveckova at <a href="mailto:admin@uusharon.org">admin@uusharon.org</a> know. If you have any questions about the Zoom setup, please email Leslie at <a href="mailto:adminas-sist@uusharon.org">adminas-sist@uusharon.org</a> for assistance.

Linda Cveckova, Congregational Administrator

#### From the Minister



Dear Friends,

We need each other. We have always known this. And now we know it in a new and different way, in a difficult way and in a powerful way, as we witness and experience pandemic. I have been so moved by all the ways you all have shown

one another love and care in these first weeks of social distancing. You have donated to provide grocery cards for the local food pantries, you have donated to the Minister's Discretionary Fund to help people from our congregation who need some help due to lost work or any other reason, and you have called and video-chatted with one another to say hi and offer support. And a myriad of other small and large acts of kindness that I cannot catalog here. We are suffering terrible losses, personal and communal, local and global. We need each other. And since the very nature of this pandemic asks us to keep away from each other, we are finding creative and vital ways to stay in touch and take care of each other while maintaining a safe physical distance. We are not in fact socially distant. We are physically distant, but we are socially close. We are emotionally close. We are spiritually close.

One of the features of all this video conferencing is that we get little glimpses into one another's homes. I was recently on a video call for the local chapter of our UU Ministers' Association, and I observed some of my colleagues' beautiful altars and clean bookshelves with chalice paintings that are within the sightlines of their webcams. Well. Take a little peek in the background of the room I'm calling you from, and you may notice that it is a bit cluttered in here. I know this is not actually an impediment to serving as your minister, but it has led me to reflect on the need for sacred space in all our lives. The uncertainty and grief of pandemic make this need to stay grounded and connected even more acute. Since we do not have access to our Sanctuary right now, nor to the other places in our church building that we hold dear, where can we find sacred space in this time?

Some of us find sacred space out on a walk in the woods or some other favorite nature spot, or just out in the neighborhood. Some of us may have a place in our homes where we can find stillness and a sense of connection. A mantle with photos of ancestors, a window where the afternoon sun streams in. And just for the record: a cluttered space can certainly still be a sacred space. It's all about what helps you get in touch with the truth that even in the midst of great pain, we can still find gratitude, connection, and hope.

I encourage you to carve out a little space that can function as your personal sanctuary while our church building is closed.

Please continue to reach out and find ways to engage in virtual church, as we will continue to be closed for in-person gatherings but very much open for a variety of remote gatherings through the month of April, as of now, until May 4. We will keep sending regular emails with updates and information about our virtual church events.

Yours in faith,

Rev. Jolie

#### From the President



I have a mix of emotions as I try to write an April President's message.

I am safe at home, hibernating and learning new things (like how to grow vegetables and play a guitar). I am grateful for my home, family, friends and health. I am also very discombobulated and often sad. My

routine is completely messed up. I miss visiting family and babysitting my granddaughter. Zoom and Facetime relieve some of this, but I miss the hugs. On the other hand, this time has also made me reach out to family for Zoom cocktails and family dinners. I am seeing them more than usual! I am grateful for the internet.

I am amazed at the creativity of parents suddenly working from home with children needing to be entertained, taught and held. Children and parents are missing playdates, playgrounds, teachers and friends. Walking has suddenly become a big thing, bike riding too. I see families and friends walking around Massapoag Lake with more time for each other. I am grateful for our Caring Committee and the help it is giving to those in our community who cannot get out of their homes and need food, supplies and contact.

The six foot distance between people not in the same household is a thing too, with people giving each other space on the sidewalk, in the grocery store, at the pharmacy... I've seen some of you walking by and we have talked more than usual. I am grateful for that too.

I am grateful for my virtual church, the creativity being used to keep us connected and to help one another. We are in this together, it will pass. In between, we need to stay virtual until May 4<sup>th</sup>, following the Governor's order to close schools until May 4<sup>th</sup>. In the meantime, it's spring! The peepers are peeping, my garden is growing and I am home; learning.

Susan Olson Drisko, President

#### From the Director of Religious Education



#### **Staying Connected**

My heart has been warmed by seeing your faces in a grid of little screens on Sunday morning (and throughout the week, during classes, committee meetings, and board meetings). It's not the same as be-

ing in the same room with you. But it feeds my soul, nonetheless. I am touched by the collective commitment to gathering, to listening, to sharing, to growing our souls, to maintaining the vibrancy of this community.

What I'm missing: the spontaneous conversations on Sunday morning, the quick check-ins, the informal chats, the dropping by the RE office... All that contact helps me serve this congregation. And it fills my heart. Technology like Google Drive, Doodle, Survey Monkey, and Zoom may help me get much of the job done, but that informal communication channel is missing. Please feel free to "drop in" via email -- that is the easiest way to reach me. (I am now working almost exclusively from home, so please don't leave me phone messages at the office. Email is best.) I am happy to schedule a Zoom chat with you.

Blessings,

Louise

# Message from the UCS Board of Trustees

The Board recently discussed our next steps, given the Governor's decision to close Massachusetts schools **until May 4, 2020**, to close all but essential services and to issue a stay at home advisory. The Board agreed to mirror the plan for the schools and remain a virtual church until May 4, 2020. Our church will reopen on May 4 and have our first in person worship and religious education on May 10th. Our fundraising event, the Roaring Twenties, will be held on May 9th. We are acutely aware of the changes social distancing has wrought in our congregation and community. We remain grateful for the efforts being made by our minister and staff to find ways to stay connected.

The Board has decided to remain in a virtual mode, meaning no in person worship, RE or meetings until May 4. The Board will meet again on April 8th to review the situation, CDC and State recommendations to determine next steps!

# April 1 on Zoom (no foolin') A Rabbi and a Minister Walk into a Quarantine...

Rev. Jolie and Rabbi Ron Fish from Temple Israel will be co-hosting a Zoom chat to field all your questions. We're in the virtual hot seat! Zoom link for this event: <a href="https://zoom.us/j/254399899">https://zoom.us/j/254399899</a>.

# Tech Swap: Need a Device? Got a Device?

The Caring Committee

(caringcommittee@uusharon.org) wants to make sure our community can stay connected, as best we can. If you currently don't have a way to connect with our virtual church services, please reach out so we can figure out a way to help get you connected! Also, if you have a functional old device with a camera and mic hanging around your house (something you don't need returned to you),

we'd love to clean it up for a member who currently doesn't have access. Please email the Caring Committee and we'll schedule an appropriately-distanced pickup of your old device.



#### Let's take care of each other!

Please consider donating to our Minister's Discretionary Fund to help out members of our church community who need some extra assistance due to lost work. Checks can be made out to Minister's Discretionary Fund and mailed to the church.

#### Watch out for Email Scams

Rev. Jolie has heard from a handful of church members that they got a scam message in her name from a random email address. Rev. Jolie will never ask you to buy gift cards or the like.

Scammers try to make it look like the email is coming from someone you know. Check to make sure you recognize the email address.

Rev. Jolie's email address is <a href="minister@uusharon.org">minister@uusharon.org</a>
People should only respond to email addresses that end in @uusharon.org. If you are in doubt call the church office.

We can't stop scammers but we can inform others and be vigilant ourselves.

#### **Annual Pledge Campaign Update**

Thanks to all members and friends who have submitted pledges. Totals to date show that over half of our church community has participated and pledged \$225,000 toward our goal of \$300K. There is still time to make a pledge. We encourage you to go to the web link <a href="www.uusharon.org/pledge">www.uusharon.org/pledge</a> and use the online pledge form. Alternatively, you can mail in the form that came with the pledge packet you received earlier this month. If you would like help deciding dollar amount to pledge, email <a href="mmcgregor3@aol.com">mmcgregor3@aol.com</a> and someone from the Stewardship Committee will contact you. Note that you are always able to modify your pledge at a later date if circumstances make this necessary. Rory McGregor, Stewardship Chair

#### **Eden Energy Medicine**

#### By David Park

I am setting up some small Zoom groups to share self care techniques. This will mostly be based on Eden Energy Medicine, and will show you points you can hold, patterns you can trace and movements to balance your energies.

Initially the focus will be learning simple techniques to calm down and to boost your immunity. I will limit the size of the groups to about 6, if there is more interest there will be more groups!



#### **Committee on Ministry**

#### **Focus Groups and Survey**

As we approach the end of Rev. Jolie's first year with us, we are required by the UUA to conduct an evaluation for her that is informed from the congregation. As such, the committee on ministry invites you to participate in an hour long focus group discussion held via Zoom on either Saturday, April 4th, at 10:00 AM, Sunday, April 5<sup>th</sup>, at 1:00 PM, or Monday, April 6<sup>th</sup>, at 7:00 PM. Please email David Nichamoff to sign up for a focus group. He will then send you the link to the Zoom meeting. His email address is dnichamoff@yahoo.com If you are unable to participate on one of these focus groups, we ask you to please complete an online survey instead. The link to the survey is <a href="https://www.surveymonkey.com/r/">www.surveymonkey.com/r/</a> XSGXQSC Please participate either in a focus group or via the survey. We want as much input from our UCS members and friends as possible. Thank you!



## Invitation to Help OUTSIDE in the Meetinghouse Garden

I've enjoyed spending safe-time outdoors. I just finished burning some invasive plant debris, raking and seeding some bee-loving clover by the shed. Some of you have expressed a desire to be in the garden as well. Here are a few tasks for spring that can be done anytime convenient for you. Let me know if you are interested and I can meet you there and explain. From a distance! Tasks: Cutting down the dry grasses in the courtyard entrance; trimming the old weeds at building and parking lot; raking the playground; edging the beds; moving woodchips to make a path. And there is always weeding! We have limited tools so good to bring your own.

Ellen Schoenfeld-Beeks

#### **Religious Education News**

#### April in RE

## What's Happening in RE: being at home with resilience

While so much is in flux at this writing, and plans keep evolving, we are fortunate to have Zoom to meet for RE classes and as a communication tool for creating RE Sunday on April 5th. Soulful Home - Resilience is also a wonderful resource. Teresa Honey Youngblood, Family Ministry Coordinator of Soul Matters writes in the curriculum intro:

"For a people of faith, resilience is more than grit (though it can contain grit), and it's more than good vibes (though good vibes help). Resilience is about keeping the faith together; reminding ourselves and each other of stories of courage, redemption, and community; and consciously--even playfully-cultivating tools to help us grow into our sturdy wholeness."

Email "newsblasts" will continue to be sent out by me weekly and we are planning to set up a Google doc "blog" to keep you informed of up to the minute changes in RE.

Wishing you the best and good health in this "apart-together" time!

Leslie Cox, Administrative Assistant

# Sending love to the front line of the fight against COVID-19

Here's your chance to show your appreciation and give encouragement to nurses at Brigham and Women's Hospital. You can make cards or notes.

Take a picture of your letter or artwork -- one per page/side and email your image file(s) to

supportnurses@uusharon.org.

They'll be posted to the Brigham and Women's Registered Nurses' Facebook group.

#### Religious Education in uncertain times:

For up-to-date information about what is happening in RE, please check your email for the weekly RE newsblast. There you'll find clear information about class meeting times, topics, teachers, and technology.

The RE program will use Zoom video conferencing for all gatherings for as long as we all are required to stay at home. Zoom requires access to a smart phone or a computer (one equipped with microphone and camera) and a stable wifi connection. Children will be divided into their classroom groups during Zoom RE: Preschool-Kindergarten, Grades 1-2, Grades 3-6, Grades 7-8 (sometimes some of these groups will combine). If you have children in different groups, each child will need a different device to connect to Zoom RE. If you have questions, please contact Louise Marcoux at dre@uusharon.org.

RE at home: Our regular Sunday morning RE routine has been disrupted. Families are encouraged to try out the Soulful Home program on resilience to support their children's religious education in these uncertain times. Please check it out here: Soulful Home - Resilience

**Zoom tips**> Many of us are very new to video conferencing. If you want to discover how to get started in Zoom -- or how to raise your hand, show agreement, etc., please check this google document out: <u>Useful things to know about Zoom</u>

#### Zoom and the safety of our children and youth

As our RE classes and youth groups gather on Zoom, RE staff and volunteers continue to follow the safety policies of the congregation. There are always two teachers or two youth group facilitators present in the Zoom room with a group of children or youth.

That said, the RE Committee encourages parents to pay attention to how this technology works and be aware of how their children are using it -- not just at church, but in all aspects of their lives.

## Coming of Age

meetings in April

THE THEME: Credo

Tuesday, April 7: Youth only

Tuesday, April 28: Youth and Mentors

Please bring your journal to every meeting!

#### **Religious Education News, contd**

#### **YOUTH GROUPS**

#### **Senior Youth Group**

Meets on Sundays from 5-6:30pm over Zoom. Senior Youth Group is open to any and all individuals in grades 9 - 12 and folks are encouraged to invite friends! In March SYG led the first all-zoom worship! In April we will be continu-



ing to find ways of building community while social distancing!

#### **Junior Youth Fellowship Group**

JYFG meets once a month and is open to all 6th, 7th, and 8th graders in our congregation.

Our in-person programming has been put on hold, however we will be having a virtual meeting this month to check in with one another and play some games.

Have questions about our Senior and Junior youth programs? Interested in volunteering to help with the groups or have a student who might be interested in joining? Email our Youth Coordinator Katie Byron at yc@uusharon.org

#### Art Wall

The fabric art in the vestry has brought us warmth and beauty, in spirit, these past few weeks, and will be hanging for about another month. Thanks to Peggy Moran, Susan Edinger and Kate Parker-O'Toole for sharing their work.

In mid-April and May we will be hanging a show of "Portraits" with photographs by Elizabeth Siftar, and also (perhaps), some painted portraits.

Towards the end of May and in June will be the "Youth Art" show.

Please see Dinah Altman with any questions or comments.

#### **MMAS Gala**

Here are two pictures of the UU's who attended the MMAS Gala on Feb 28! So fun!

Pat McDougal





#### **SPREAD THE WORD:**

#### **WE'RE HIRING!**

We are actively searching for an Interim Director of Religious Education, as our long-serving DRE Louise Marcoux will be retiring at the end of June. The Search Team consists of Rev. Jolie, Andrea Pannone and Christian Roulleau as RE Committee Co-Chairs, and Marcia Tranavitch for the Personnel Committee. Here is a link to the job posting:

https://www.uusharon.org/wp-content/uploads/2020/02/UCS-Interim-DRE-Job-Description.pdf

#### **SOCIAL JUSTICE NEWS**



As of this writing, many things are in transition for all of us as we adjust to the ever changing landscape that is our world. Both in our homes, within our now 'virtual' church community, and for the wider world, so much has profoundly changed, and so

much is shifting on a daily basis. We are all stressed out by this in various ways, but we can also look for opportunities to remain connected, to utilize our resources and our good will to support one another, and to reach out to those whose lives are in desperate need of care and attention. Some of what is below will have evolved by the time you read this, so please stay connected for updates and information from the church that will help you to be better informed. Thank you for whatever ability you have these days to look beyond your personal needs to the needs of others and for opportunities to engage in action as we struggle to get through this together.



#### **Brown Envelope donations**

Every month the SJC selects a program, cause or organization working towards social justice, and we offer congregants a chance to support their work

via our Brown Envelope donations when we 'pass the plate' during services. We attempt to reach out to a range of recipients, locally, regionally, nationally and internationally, on a wide range of topics. This month, while we gather together electronically from our homes, we ask that you consider making a Brown Envelope donation by other means, either with a check mailed to the church with "Brown E donation" in the memo line, or with an electronic bank transfer, or online with our chosen recipient. Thank you for keeping others in mind while we all adjust to these uncertain times.

The **February Brown Envelope** collection supported the work of **UUMass Action** (<u>uumassacton.org</u>), the organization that unites UUs from across the state for social justice causes:

"Our mission is to organize and mobilize UUs in Massachusetts to confront oppression. We provide pathways towards justice and identify opportunities in which we can live our values." Following a service with Laura Wagner, UU Mass Action's director, we were able to send them a check from our donations for \$1,468.04 to support their work on our behalf.

For the **first 4 Sundays in March**, the Brown Envelope collection was for **GLSEN** (<u>glsen.org</u>), the Gay, Lesbi-

an & Straight Education Network. GLSEN is an organization of educators creating safe and affirming environments in schools for LGBTQ students, through training for faculty and the formation of Gay-Straight Alliances. We await final donations by mail, and also expect that there may have been online donations directly to GLSEN which may not be reflected in our monthly tally.

On the **final Sunday of March**, the Brown Envelope collection was for **UU the Vote**, (<u>UUtheVote.org</u>) a non-partisan faith initiative to engage our neighbors, educate our communities, mobilize voters, and rally around key ballot initiatives. All through 2020 the UUA is supporting congregations and UU organizations in activating thousands of Unitarian Universalists to mobilize for electoral justice at the local, state and national levels. Donations both through the church and directly online were suggested during our virtual service.

April will be a bit different for donations: Our recipient will be the Louise D. Brown Peace Institute (Idbpeaceinstitute.org). We had hoped to be a presence at their Annual Mother's Day Walk for Peace in May, and our Brown E donations in April are given in support of their programs. While the status of the actual walk remains open, our goal is to continue to ask for donations during our April services, via checks mailed or electronically sent to the church. In addition, we have established a fundraising sponsorship page at the Institute, where folks can register to walk (or to show support in case the walk is canceled or rescheduled), and also to raise additional funds through your own friends and connections. Please visit the Sharon Walks for Peace site for details and updates (https:// lbdpeace.z2systems.com/Sharon2020) on this important project. Even if we are unable to walk for peace on Mother's Day this year, we want to support the Institute's critical work. Thank you.

Community Closet update: Located at the UU Church of Brockton, the CommUnity Closet is a project of our Five Point Cluster of UU Churches. The closet is currently closed, and our collection of donations is on hiatus. Please stockpile your items until we can resume normal operations.

Sadly, the **Benefit Concert** by the Sharon High School Musical Department scheduled to be held here at the church on Tuesday, 28 April has been canceled. We hope to offer a rescheduled event sometime in the future.

#### SOCIAL JUSTICE NEWS, continues

#### **Transgender Inclusion Workshops**



Due to church being closed through at least April 7th, and with the likelihood that the closure will be even longer,

we are planning on offering virtual Zoom gatherings to replace our in-person meetings in April. (\* <u>Editor's note:</u> As of today 3/31, the church will be closed through May 4th).

Listed below are currently scheduled meetings for SESSION 4 (subject to change).

- Saturday, 4/4 Time TBD
- Wednesday, 4/22 from 10:30am-12:30pm
- Thursday, 4/23 from 7:30pm-8:30pm (discussion only, view program on your own)

In addition to virtual meetings focused on Session 4 of the series, if enough interest exists, we are considering offering online meetings focused on the earlier sessions as well. We hope that some of you who have not yet had an opportunity to watch any of the series will consider doing so now.

While the current Covid19 situation is very challenging and often scary, it has also presented us with an opportunity to look at what is most important in our lives and find alternative ways to create connection. We suggest that watching these videos and then sharing in discussion can serve both as a way of connecting with one another and help us learn more

about how we can more deeply practice Beloved Community. Perhaps you have wanted to engage in the series in the past but have not had the time to do so. With many people now working from home and leaving the house less often, you may now find you have some additional free time to engage in this series and connect with fellow congregants.

If you are interested in attending one of the Session 4 scheduled Zoom meetings, OR would like to express interest in joining a Zoom meeting focused on an earlier session, OR would like the Access Code to the series which will allow you to watch the videos on your own, please open the following **link and** provide all the requested information that applies to you: <a href="https://docs.google.com/forms/d/1JT8ryChdu4s5yoU51Mq40vOzFP1UoaFPTE7lf25-620/edit.">https://docs.google.com/forms/d/1JT8ryChdu4s5yoU51Mq40vOzFP1UoaFPTE7lf25-620/edit.</a>

Please note that the only way you will be able to attend a Zoom meeting is by submitting a RESPONSE on the provided link which will then allow the meeting Host to send you an email providing instructions on how to join the meeting along with a required ID number. We suggest you do this at least one hour prior to the meeting so the Host can provide you with the necessary information.

We hope you will consider taking the time to engage in this opportunity to connect with fellow congregants and gain a deeper understanding of how to practice Beloved Community and welcome folks of all gender identification.

# Louis D. Brown Peace Institute - Preparing for the 2020 Mother's Day Walk for Peace

This Way Toward Healing. The 24th Annual Mother's Day Walk for Peace is scheduled for Sun, May 10, 2020. While we may not be able to do the actual walk this year due to coronavirus issues, the Louis D. Brown Peace Institute is keeping the Walk on the schedule. We can support their work by helping them financially. The Louis D. Brown is a center of healing, teaching, and learning for families and communities impacted by murder, trauma, grief and loss.



A fundraiser to benefit the Louis D. Brown Peace Institute

The Institute provides services, advocacy and training based on the values of peace, dignity and compassion. The Mother's Day Walk for Peace is their most important fundraiser. UCS is partnering with **Sharon Interfaith Action** to fundraise for this event. Our team is *Sharon Walks for Peace. Please go to our team page*, <a href="https://lbdpeace.z2systems.com/Sharon2020">https://lbdpeace.z2systems.com/Sharon2020</a>, and register for the walk and to donate. If the Walk is cancelled, our donations will still go to the work of the Louis D. Brown Peace Institute.

We are planning on hearing from Peace Institute representatives as part of our 19 April Sunday service, which we will work to maintain however our service unfolds in mid-April - stay tuned for details!

#### SOCIAL JUSTICE NEWS, continues

#### Green Tips from the last month:

#### March 29

Green Tip: Did you know that lawns are not native to Massachusetts? Please consider reducing areas of your lawn that you do not use for lawn activities by planting native plants or other groundcovers that are more drought tolerant during the hot



summer months. <a href="http://massmastergardeners.org/">http://massmastergardeners.org/</a>
<a href="http://massmastergardeners.org/">healthy-lawn-alternatives/</a>

http://ipm.uconn.edu/documents/raw2/1326/ Alternative%20Lawns%20Final.pdf

#### March 22

Green Tip: Here are eight ways to green your laundry routine including best practices for washer & dryer settings, how to collect micro-fibers from being released with waste water, and clever ways to reduce the number of loads of laundry that are needed...hooray!!! <a href="https://www.sierraclub.org/sierra/8-ways-green-your-laundry-routine?">https://www.sierraclub.org/sierra/8-ways-green-your-laundry-routine?</a> sup-

press=true&utm\_source=greenlife&utm\_medium=em\_ail&utm\_campaign=newsletter

#### March 15

**Green Tip:** Did you know that on average a refrigerator accounts for about 13% of your electric bill? The colder your refrigerator is set, the more energy it uses. The recommended range is between 37 and 40 degrees. Also, keep your fridge full so that there is less air space and less cold air to be exchanged with the warm air from your kitchen. Add containers of water to fill up unused space.

#### March 8

**Green Tip:** Did you know that single-use food packaging (plastic bags around produce, for example) is not only causing a waste problem, but has been found to contain harmful chemicals such as BPA and PFAS? Purchase produce from local farms, or when at the supermarket purchase items without packaging whenever possible. Bring your own reusable containers to buy bulk nuts, beans, dried fruit, etc.

#### March 1

**Green Tip:** Check out this website about the carbon footprint of food. <a href="https://theconversation.com/">https://theconversation.com/</a>
<a href="https://theconversation.com/">how-to-reduce-your-kitchens-impact-on-global-warming-68484</a>

#### **Sharon/Stoughton Food Pantry**

While our church facility remains closed, we are unable to accept donations of staples and canned goods for the local food pantry. Please stockpile your donations at home until we can resume collections. However, while the pantry remains open to serve rising needs during this difficult time, we have found another way to support their work - see below!

Special Food Pantry donations via Shopping During this prolonged health for Justice crisis, the SJC is asking for help to support our 5 local food pantries by other means: we are accepting monetary donations mailed to the church so that we can send Shopping for Justice grocery cards to support the pantry programs in our neighborhoods. If you choose to do so, we will convert your donation to cards that will be delivered to the pantries in Norwood, Walpole, Canton, Foxboro, as well as the Sharon/Stoughton pantry. We have already raised over \$4000 to support this critical need. Thank you for your generosity, both now and in the weeks and months ahead.

#### Legislative update:

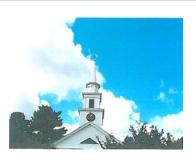
Amidst the ever changing landscape of our community lives, UU Mass Action remains committed to coordinating UU voices from across Massachusetts on important legislative efforts on Beacon Hill. The annual **Advocacy Day** event on Tuesday, 14 April, will not include gathering in Boston and in-person visits with legislators this year, but it has become a virtual event that requires our support. Given the evolving uncertainties and changing plans, please visit the UU Mass Action website, uumassaction.org, for the latest information on this important event and to register as a participant for the day. If you are stuck at home, this is a great way to remain engaged in our social justice work for a better world.

#### Thanks to everyone

for your willingness to remain connected and supportive of our fellow travelers on this weary planet of ours during this difficult time. As always, working together, we can and do make a difference in the world - it is wonderful to be a part of this Beloved Community as we struggle to find paths forward together!

#### Conversations at the Meetinghouse

# WALKING THE CAMINO DE SANTIAGO DE COMPOSTELA



#### **David Schoenfeld**

### FRIDAY, APRIL 3, 2020 7pm

Zoom Meeting: <a href="https://zoom.us/j/322365036">https://zoom.us/j/322365036</a>

Last May, David walked 500 miles across the north of Spain on the Camino de Santiago de Compostela. The Camino is an ancient pilgrimage route that was walked as a penance and spiritual journey during the middle ages. Today it is walked by over 300,000 people a year for a myriad of reasons. It is a profound spiritual, social and physical experience, as well as a wonderful way to experience the beauty of this part of Europe. David will describe his journey with words and pictures.



Conversations at the Meetinghouse is a monthly program held on the first Friday of each month (October to June) at 7PM where members of the community share their expertise and experience about important issues of the day.

FREE AND OPEN TO PUBLIC

# Hob applies

#### KELNKИ SEKNICE KEÓNESLED

UNITARIAN CHURCH
OF SHARON
4 NORTH MAIN STREET
SHARON, MA 02067



FOR INFORMATION ABOUT WORSHIP AND ACTIVITIES CALL THE CHURCH OFFICE AT 781/784-3652 SEND AN EMAIL TO ADMIN@UUSHARON.ORG OR VISIT US ON THE WEB AT www.uusharon.org