

The logo features a stylized teal flame or leaf shape on the left, composed of horizontal lines. To its right, the text "The Unitarian Church in Westport Soundings" is displayed in a teal, sans-serif font. "The Unitarian" and "Soundings" are in a larger font size than "Church in Westport".

# The Unitarian Church in Westport Soundings

10 Lyons Plains Road Westport, CT 06880  
Phone: 203-227-7205

website:  
[uuwestport.org](http://uuwestport.org)

**SUMMER SERVICES - JUNE 24-SEPTEMBER 2 - 10:00 AM**  
**HOMECOMING - SEPTEMBER 9 - 10:00 AM**

**SUNDAY SERVICE - AUGUST 5, 2018 - 10:00 AM**



Rev. Jim Francek



Frannie Faith



Raleigh Padgett

### **"My Journey with Nature as Teacher" - Jim Francek**

A series of personal reflections, poetry, chanting and drumming will be shared. The core of this experience will invite you to engage nature as a primary source of discernment and inspiration. In the sounds of the wind, the flight of the hawk and the silence of the trees there awaits answers to almost all life's questions.

Jim is the oldest of ten children, a son, brother, husband, father, grandfather, and uncle. He has functioned as a parish priest, social worker, executive coach, group facilitator, organizational change consultant, "minister at large" and Emergency Room chaplain. His current work is best described in his two web sites: [ceremonieswithoutboundaries.com](http://ceremonieswithoutboundaries.com), and [tavafullcircle.com](http://tavafullcircle.com). He draws inspiration and support from his study and practice of indigenous earth based spirituality (especially Native American and Celtic origins) and involvement with the Unitarian Universalist community here in Westport.

### **Music will be provided by:**

Frannie Faith Southworth: singer-songwriter, lifelong meditator, certified in offering guided meditation called yoga Nidra, Reiki Healer, and presenter at Kripalu and the Omega retreat centers. She currently performs with her family band, **"Heart & Soul"**.

## UPCOMING EVENTS

*Child care is provided for Sunday Services & on an as needed basis for other events. Organizers of events should contact [Saundra Clements](mailto:Saundra.Clements@uuwestport.org) to arrange child care.*



### **Sun Aug 5**

Meditation - Chapel - 9:15

### **Wed Aug 8**

Domestic Violence Task Force - EW - 12:30

Buddhist Practice Group - MH - 7:00

COM - Rev. John's office - 7:30

### **Sat Aug 11**

Pastoral Care

And...

Raleigh Padgett: member of the Northern Cherokee nation, and drum and flute maker. He is an operator for NRG Energy, and manager of Acoustic Open Mic here in CT.

**Worship Associate:** Jamie Forbes

**Pastoral Care Chaplain:** Ravi Sankar

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## SUNDAY SERVICE - AUGUST 12, 2018 - 10:00 AM



### **"Love" - Donna Thomas-Bennett**

Donna Thompson will preach on how she and her husband seek to love their children Brittany and Ahmad and their grandchild Nylah, who they seek to raise in the power of their faith, family and culture. Sister Thompson is a child of God who seeks to be a woman of faith each day. Donna and her soul mate Pastor Anthony L. Bennett are blessed to love, live and serve in Bridgeport, CT with the beautiful people of Mount Aery Baptist Church. Donna's servant leadership with God has included work as a youth & women's ministry

facilitator, spiritual teacher, social justice advocate, retreat presenter, as well as a prayer and meditation leader. Donna is a graduate of Spelman and Georgetown University Law Center.

**Worship Associate:** Cheryl Dixon Paul

**Pastoral Care Chaplain:** Jim Francek



**Summer Service - Sunday, July 22, 2018**

**["To Seek the Truth in Love"](#) - Tom Hearne, July, 22, 2018**



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**Summer Service - Sunday, July 29, 2018**

Associates- MH - 1:00

### **Sun Aug 12**

Meditation - Chapel - 9:15

### **Mon Aug 13**

Tag Sale set-up - Sanctuary

### **Tues Aug 14**

Tag Sale set-up - Sanctuary

### **Wed Aug 15**

Tag Sale set-up - Sanctuary

Buddhist Practice Group - MH -7:00

### **Thurs Aug 16**

Tag Sale set-up - Sanctuary

### **Fri Aug 17**

Tag Sale set-up - Sanctuary

### **Sat Aug 18**

Volunteer Schedule - Tag Sale - Sanctuary - 7:00

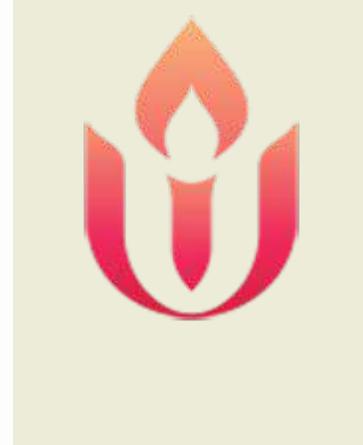
Tag Sale - Sanctuary - 8:00

### **Sun Aug 19**

Meditation - Chapel - 9:15

Youth Group Advisers' Orientation - EW - 11:15

**[SEE TUCW'S CALENDAR FOR MORE INFORMATION](#)**



"Aging to Saging" ~ Cheryl Dixon Paul



**TUCW's ANNUAL GIGANTIC  
1-DAY INDOOR TAG SALE**  
8:30 am - 4:30 pm  
**Put your stuff to Good Use!**

It's time for The Unitarian Church in Westport's Annual Tag Sale. **Have you been thinking about Summer cleaning** in your closets, kitchen, attic or basement? Clearing out the toys while the kids are at camp? **Consider donating to our Annual Tag Sale.** The Tag Sale runs one day only on Saturday, August 18th. **Donations are currently being accepted** and stored in our Meeting House and will be moved to the Sanctuary on Sunday, August 12th and thereafter donations can be dropped off at the front door.

**ACCEPTABLE DONATIONS:**

Furniture (must be dropped off and please, **nothing oversized** that can't be easily handled by two regular-type folks who don't move heavy stuff for a living), household goods, jewelry, table/kitchen linens, pictures/paintings, toys and baby stuff, gaming systems, newer electronics (flat screen TVs/monitors and computers, etc.), bikes, outdoor/sporting equipment. If it's in your house, garden or closet it might be waiting for it's big chance to make some Tag Sale Shopper very happy!

**Ready to get involved?**

**Donating** - If you just can't wait to bring your stuff to us, the lower level of the Meeting House is available. **Call Diane** in the office, 227-7205 ext. 10 to make sure it's open.

**Help Transporting Your Stuff** - **remember** that we can't take anything that our 2 person volunteer teams can't get into a pick-up so **no massive pieces** like sideboards. **Contact Dorothy Rich** - [dorothyjeanrich@gmail.com](mailto:dorothyjeanrich@gmail.com).

**Volunteering** - **Set-up** and/or **Sales Crew** volunteers **let Ann Lundberg know** you will help - [Ann\\_Lundberg@yahoo.com](mailto:Ann_Lundberg@yahoo.com). We need you for 2 hours or two days, **whatever time you can share**. A **Clean-up crew** is especially needed from 4:00 to 6:00 on Saturday.



**Buddhist Practice Group - Meeting House -  
Wednesday, August 8 and August 15 at 7:00 pm**

*Newcomers Welcome!*

**Please contact Nina Nagy at [ninazcara@gmail.com](mailto:ninazcara@gmail.com) prior to coming.**



**"THERE ARE THINGS THAT WE DO NOT WANT TO HAPPEN  
BUT HAVE TO ACCEPT,  
THINGS WE DON'T WANT TO KNOW  
BUT HAVE TO LEARN,  
PEOPLE WE CAN'T LIVE WITH  
BUT HAVE TO LET GO." ~ NANCY STEPHEN**



**SANDRA MCLEOD CYGAN  
1942-2018**

Dear Friends,

It is with great sadness that I share the news that Sandy Cygan has died. She and her husband Bob have been members of this congregation since 1973.

In honor of the Jewish Aunts and Sandy's truly ecumenical spirit, Bob will sit Shiva at their home on Hills Lane from July 31st to August 6th from 1:00-7:00 pm.

Bob is planning a Memorial Service in September at The Unitarian Church in Westport where we will, in his words, "celebrate the life of a truly amazing woman and much loved human being. She made a huge difference in the life of so many and we will honor that strength and goodness."

Yours always,  
Rev. Dr. John Morehouse  
Senior Minister  
The Unitarian Church in Westport



# Connecticut Institute for Refugees and Immigrants

*Strengthening Communities Since 1918*

## Helping Refugees!

New refugees in and around Bridgeport need community mentors to help them figure out the school system, learn how to budget, navigate community resources, and just feel welcome.

The Mentor Program at the Connecticut Institute for Refugees and Immigrants pairs community volunteers with refugee families and individuals for a minimum 6-month commitment. Mentors meet with mentees at least once/week for 2-5 hours to work on client-set goals, goals that lead to more self-sufficiency.

CIRI is holding an orientation for new mentors this SATURDAY, AUGUST 4, from 12:00-2:00 PM, in Bridgeport. Please RSVP to Alice Moore, Volunteer Services Coordinator, at [Amoore@cirict.org](mailto:Amoore@cirict.org) for more details.

## Westport Domestic Violence Task Force Collection

From now through Sunday, August 19 we're collecting supplies for the two Domestic Violence Crisis Center (DVCC) safe houses that service residents in our area.

The DVCC safe houses are in need of the following new and unused items:

- \* Twin and Twin XL Sheets
- \* Leggings and t-shirts size XS-2XL
- \* Luggage

Please bring items to the Social Justice table in the church foyer. Questions?  
Contact David Vita - [david@uwestport.org](mailto:david@uwestport.org)



## TCUWomen - Celebrate summer and our wonderful community of women.

Come to a Potluck.

**Friday, August 24th, 6:30 PM** at the home of Sudha Sankar.  
Bring something to share or, if you are too tired to cook, just come.

All women are invited.

**RSVP to Sudha** - [sudhasanka100@yahoo.com](mailto:sudhasanka100@yahoo.com)

**Are you receiving TUCWomen email notices?** If not or if you are not sure sign up at <https://goo.gl/forms/2RA8gtacLPeR2Xre2>

**Questions about TUCWomen?** Send them to [tucwomen@uuwestport.org](mailto:tucwomen@uuwestport.org)



## **WEED...WEED... WEED! - Saturday, August 25 at 10:00 am**



Come and join other church members in our effort to bring the Japanese Meditation Garden back to it's original condition. We need to weed, transplant pachysandra, trim some trees and bushes, and cut back the paths. Meet the designer of the garden and hear his thoughts as well.

Some tools will be provided, but it would be good if you brought your own work gloves and some tools.

Water and pizza will be provided for refreshment.

If you can't make that day, let us know what days would work better.

Contact John McWeeney - [johnmcweeney@yahoo.com](mailto:johnmcweeney@yahoo.com) - and let me know that you're coming.

## **Save The Date!**

### ***Camp Jewell Multigenerational Retreat***

**October 12-14, 2018**

Come and sign up at our table at the Homecoming Expo!!

Cathy McElroy, Elena Rockman-Blake, Eileen O'Reilly

More information to follow.



**Pastoral Care** - If you are going through a challenging time or know somebody in the congregation who needs support from our Pastoral Care Chaplains, call to leave a confidential message in the PCA voice mailbox - (203-227-7205 ext. 19) or email - [pca@uuwestport.org](mailto:pca@uuwestport.org).



[CLICK HERE](#) to learn more about our Pastoral Care Associates.

*you are not alone!*

**For individuals or families of our congregation seeking confidential support or information about addiction issues...** please contact our Addiction Recovery Ministry by calling 203-227-7205 ext. 19 or emailing [pca@uuwestport.org](mailto:pca@uuwestport.org).

## UPCOMING SERVICES

### SUMMER SERVICES

August 19, 2018 - 10:00 AM  
"Going for Refuge" - Bob Bevacqua

August 26, 2018 - 10:00 AM  
"Broken to Unbreakable" - Pat Francek, Janet Luongo

September 2, 2018 - 10:00 AM  
"The Garden of Eating" - Jenna Jacobs

September 9, 2018 - 10:00 AM  
HOMECOMING



## LIFESPAN FAITH DEVELOPMENT

SUNDAY, August 5, 2018



**THIS WEEK INFORMATION for (Pre-K to 5)**

**10:00 am in the Lower Level OAK room PreK and wiggly children (usually K-3rd) but older siblings welcome too.**

**Forest Mushrooms Themes:** It's important to look closely at things! Though some mushrooms may appear less showy than flowers, mushrooms are important to the ecosystem.

**Activity options:** parachute "mushroom" play, up-close look at mushrooms.

**[CLICK HERE](#) for Pre-K-5 FAMILY "take-home" for SUNDAY, August 5,**

2018.

SUNDAY, August 12, 2018

**THIS WEEK INFORMATION for (Pre-K to 5)**

**10:00 am in the Lower Level OAK room PreK and wiggly children (usually K-3rd) but older siblings welcome too.**

**Forest Fire Prevention Themes:** Fire safety and wonder at & respect the power of fire, working together to be more aware of the needs of all beings we share the earth with.

**Activity options:** pass bucket of water, "Fire" painting,

**[CLICK HERE](#) for Pre-K-5 FAMILY "take-home" for SUNDAY, August 12, 2018.**



**PARENTS - Fall is around the corner.**



**We are doing 5-10 minute phone calls to REGISTER for LIFESPAN FAITH DEVELOPMENT GROUPS FOR YOUR PreK-12th graders** - call or text Mary 203-470-6183 send an email with a good time to reach you to [mary@uuwestport.org](mailto:mary@uuwestport.org) if you haven't heard from her yet.

Do this ESPECIALLY IF You have children the following ages because the plan is to offer Our Whole Lives (OWL) Sexuality education groups for two age groups and we need you to know about it and to confirm interest now. so call or text Mary 203-470-6183 if you haven't confirmed with her already.

**\* 4-5th grade Parents - [See this flyer](#)**

and put Monday, September 10th 7:00-8:30 pm on your calendar for a REQUIRED meeting of 4-5th grade Parents.

**\* 8th grade Parents - [See this flyer](#)**

~ put Sunday, September 16th, 12:30-2:00 pm on your calendar for a 8th OWL PARENT REQUIRED meeting (and youth will have social time)

**We urgently need another OWL teacher (female) for the Fall. If interested, kindly contact Shahan Islam, Youth Program Coordinator at [shahan@uuwestport.com](mailto:shahan@uuwestport.com)**

## **YOUTH GROUP**

**SUMMER ACTIVITIES:** This summer a number of youth from UU congregations in Europe will be in New York and Connecticut, hosted by members of six different UU congregations. (Interestingly, every host family this year has a member on his/her congregation's board or is a DRE). In connection with the arrival of the European UU youth, a number of activities/get togethers are planned or will be. Here is what is known so far (may want to mark your calendars):



**EVALUATION/FEEDBACK MEETING:** A few parents have indicated that this should be after the proms, graduations, school year, etc...So look for a Doodle poll shortly to schedule.

Have a great summer everyone!

The Unitarian Church in Westport is a diverse and welcoming religious community, free of creed and dogma, and open to people of all backgrounds and beliefs.

**WE INSPIRE** and support individual spiritual growth.

**WE CONNECT** through worship, music, learning, and caring ministries.

**WE ACT** in the service of peace and justice.