



# The Unitarian Church in Westport Soundings

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

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

## SUNDAY SERVICE - JULY 14, 2019 - 10:00 AM

### Losing Patience, Finding Grace on the MTA - Mary-Megan Marshall



Mary-Megan says, "We often believe peace is to be found in a quiet environment. Truly, though, we must search for peace in chaotic environments and we can find it there and other strange places too." In her sermon, she will discuss how she finds a state of grace on an extra long commute.

A former worship associate at TUCW, this is her 3rd time preaching. Mary-Megan now lives in Brooklyn and commutes to work in Norwalk as a Case Manager. She helps her clients learn mindfulness

skills and ways to emotionally self-regulate.

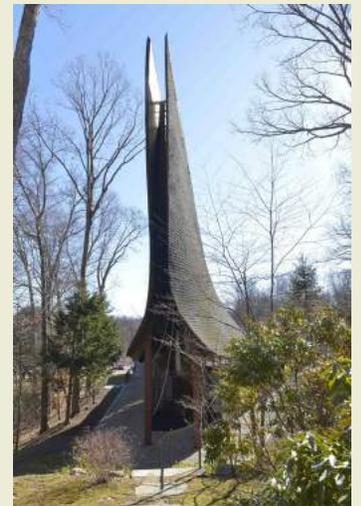
**Worship Associate:** Linda Hudson

**Pastoral Care Chaplain** Shari Brennan

**Music:** selected recording artists

## UPCOMING EVENTS

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



## SUNDAY SERVICE - JULY 21, 2019 - 10:00 AM

### Resilience, Hope, and Forgiveness - Marjolijn de Jager

Are we born with resilience? Where does it come from? How, when, and why do we need it? Richard Davidson, neuroscientist, defines resilience as "the rapidity with which one recovers from adversity." Marjolijn says, "My experience with resilience goes back possibly to age 4, but certainly to age 6. This was at the beginning of the 3.5 years (March 1942-November 1945) that my mother and I were incarcerated in a Japanese POW camp on the island of Java, Indonesia. It was not until recently that I identified 'resilience' as the guideline of much of my life." You are welcome to join Marjolijn for a follow-up discussion.



### Sun July 14

Meditation - Willow Room - 9:00

### Mon July 15

Buddhist Practice Group - MH - 6:30

### Wed July 17

Eliminating Racism - Lib - 7:30

### Fri July 19

SGM Steering Committee - WW - 12:30

### Sun July 21

Meditation - Willow Room - 9:00

**Worship Associate:** Margalie Belizaire

**Pastoral Care Chaplain:** Eileen O'Reilly

**Music:** Choir and pianist, Anita Pfluger

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

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**Sunday, June 30, 2019**



Whether your journey is intentional exploration or you prefer to perambulate wandering can bring joy and insight. Take away a fresh perspective for the summer season.

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**Sunday, July 7, 2019**

# UNITARIAN UNIVERSALISM

The right of conscience and the use of the democratic process within our congregations and in society at large;



## 5TH PRINCIPLE

"I use the phrase Freedom is Not Free today as a jumping off point to explore the limits to better understand the boundaries between civil rights and civil obligations and civil obligations and morality"  
- Carrie McEvoy

### Pastoral Care and Ministerial Coverage



While we have a more relaxed schedule in the summer, we are always available should you have a pastoral emergency (a crisis, death, illness, or other life changing event) there are pastoral care chaplains and a minister available. Should you need care please call the church 203-227-7205 ext. 19 and leave a confidential message. Someone will get right back to you. Our ministerial coverage this summer is as follows:

June 17-June 24 -- [Rev. Ed Thompson](#)  
June 25 - July 9 -- [Rev. Shelly Thompson](#)  
July 10 - July 14 -- [Rev. Ed Thompson](#)  
July 15 - July 18 -- [Rev. Jim Francek](#)  
July 19 - Aug 6 -- [Rev. Shelly Thompson](#)  
Aug 7 - Aug 10 -- [Rev. Ed Thompson](#)  
Aug 11 - Sept 2 -- [Rev. John Morehouse](#)



In addition, Rev. John is generally available by phone, text or email throughout the summer.

You may reach him on his mobile 310-710-6846. His email address is [revjohn@uwestport.org](mailto:revjohn@uwestport.org)



**Lights for Liberty - July 12th:** Shining a light on the inhumane conditions in the detention camps in the United States. Join one of the area local events and be part over 600 demonstrations on 5 continents. Show up and say not in my name will my country treat people this way. As Unitarian Universalists we uphold the inherent worth and dignity of every person!

Bring candle, battery candle or flashlight.

Below are locations that we're aware of.

- **Westport**, Veteran's Green, 109 Myrtle Ave., Westport, 8:00-9:00 pm
- **Fairfield**, Sherman Town Green, 1451 Post Rd., Fairfield, 7:00-8:00 pm
- **Greenwich** Town Hall, 101 Field Post Rd., Greenwich, 8:15-9:00 pm
- **Redding** Town Green, 7:30-9:00 pm
- **Stamford**, North Stamford Community Church, 31 Cascade Rd, 7:00-8:30 pm

### Westport Domestic Violence Task Force

#### Safe House Supply Drive July 15th-August 15th

New Items Only ~ Thank you!

Please drop off at the Social Justice table in the church foyer



Feminine care products	Bath towels
Pillows	Protective pillow covers
Twin size protective mattress covers	Shower curtains and liners
Bath rugs (darker colors)	Blankets
Wash cloths	Diapers
Children's underwear	Adult Leggings (M & L)
School binders	Graphing calculators

# SOUNDINGS

The next issue of **SOUNDINGS** goes out Thursday, July 25 at midnight.  
It will cover Sunday, July 28 - August 4, 2019

## Beth Cliff appointed Communication Coordinator



Beth Cliff, who has joined our congregation recently, has graciously agreed to serve as our Communication Coordinator in a volunteer capacity. Beth has recently retired from a very successful career in corporate consulting, sales, marketing, HR and communications. She brings her significant skill and experience to the task of studying our communication practice and potential.

From that study she will make and direct changes to our communication protocols including to our Website, Soundings, Currents, social media and creating communication channels for neighborhoods and other interest groups. Beth will be working with staff, teams, the Board and others involved in communications. She has been appointed by Rev. John who is grateful to her for tackling this big job. Please

direct any questions about Beth's role to Rev. John directly. Should you wish to reach out to Beth, her email is [bethcliffucw@gmail.com](mailto:bethcliffucw@gmail.com).

**From Communications:** Thanks to so many of you who have offered their support as we formally begin to address communications process and flow for the church. I will be talking with folks through-out the summer, but most heavy-lifting won't start until the fall when we're back in full swing. You may see small changes along the way. Please keep an open mind and let me know what you think and need. Volunteers to help on pieces of this project are always welcome. Beth Cliff - [bethcliffucw@gmail.com](mailto:bethcliffucw@gmail.com)



# TUCWOMEN

*t*  
**A place for sisterhood, intimacy and deeper connections**

**Mark your calendar!**

**Friday, July 19th 6:30 PM. Potluck at the home of Lia Albo in Redding.**

**Share good food from the earth and stories of summer adventures.**

**All women are invited. RSVP Sharon - [sharon@slpoole.com](mailto:sharon@slpoole.com)**



**Holiday Boutique in December.**

It's never too early to drop off your donations of jewelry and scarves. Include your name so we can say thank you with a gift receipt.

## Are you receiving TUCWomen email notices?

If not or if you are not sure  
sign up here --> [Add me to the list!](#)

## Ideas? Questions about TUCWomen?

Send them to [tucwomen@uwestport.org](mailto:tucwomen@uwestport.org)



### From 300 million year-old fern fossils to current Bestsellers... Our wild and wonderful Tag Sale has it all!

Bring your treasures August 11-15, or if you can't wait, call the office to arrange a time to take them to the Meeting House.

Here's the scoop on what else to donate, and how to help:

[CLICK HERE](#) for What To Donate and more information.

General questions? Linda Hudson - [lhudson30@hotmail.com](mailto:lhudson30@hotmail.com), 203-226-5335.

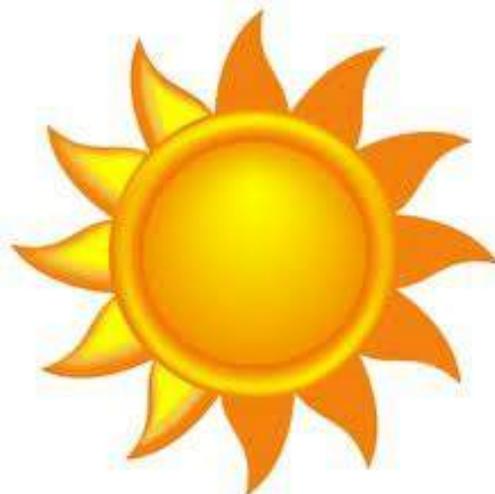
# EXPO



*The Unitarian Church in Westport  
Showcasing opportunities to  
Inspire, Connect, Act!*

The 2019 Expo is coming! Directly after the Homecoming Service on September 8, the Expo will showcase the amazing work done by TUCW's many committees and groups. Come learn about their accomplishments, future plans and how you can get involved. The event will also feature a barbeque and potluck lunch. Please join us! [CLICK HERE](#) for flyer.

## SUMMER SERVICES



**July 28, 2019 - 10:00 AM**

***Love in an Angry World. Meditation on Peace and Happiness -  
Manjushri***

**August 4, 2019 - 10:00 AM**

***Riding a Light Beam: Dare to Imagine - Janet Luongo***

**August 11, 2019 - 10:00 AM**

***Migration, Our Human Story - Immigration & Refugee Outreach***

**August 18, 2019 - 10:00 AM**

***A Better Man - Jim Cooper, Luke Garvey and Rob Laug***

## **Buddhist Practice Group**

Each Monday in the Meeting House from 6:30 to 8:00 PM

Please let Nina know you are attending by emailing her at [ninazcara@gmail.com](mailto:ninazcara@gmail.com).

Teachings offered on a donation basis.



**Meditation** is led by Janet Luongo and others from 9:00 to 9:45 AM every Sunday in the Willow Room downstairs.

We center on our inner light and sense our inter-connectedness with all, using a variety of traditions from mindfulness and music to yoga and Zen.

For more information, contact Janet Luongo - [jlungo3@optonline.net](mailto:jlungo3@optonline.net)

**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 Chaplains



*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).

**FAMILY FAITH FORMATION - July 14-July 21, 2019**

**Hello Dear Ones,**

*I hope you are enjoying summer! Our Lay Leaders are doing a wonderful job creating meaningful worship and connection on Sundays. Please join us! Refreshments are provided.*

*In Faith,  
Rev. Shelly - [revshelly@uuwestport.org](mailto:revshelly@uuwestport.org)*



**[CLICK HERE for the Summer 2019 Children's Program Schedule](#)**



**Sherwood Sundays - through August 18th  
11:30ish [after the 10:00 am service]**

After service, come join Rev. Shelly at Sherwood Island State Park! Relax, swim, play, and have a great time with other TUCW families and friends. We look forward to spending time with you!



Meet near the NATURE CENTER and East Beach **[CLICK HERE](#)** for map.

It is strongly recommended that swimmers wear water shoes to protect their feet from sharp shells and rocks that are found on the beach.

*The UUA General Assembly in Spokane last month was inspirational and uplifting! The Power of We, our theme, was explored in many ways. The Theme Conversations led by the Commission on Institutional Change were especially important. Please take the time to watch the presentations and reflect on the questions.*

**[THEME PROGRAM & CONVERSATIONS I: REDEEMING THE PROMISE OF OUR FAITH, GENERAL ASSEMBLY 2019](#)**



"How does "The Power of We" deepen our faith as a source of liberation and transformation for all? Together we will build a common vocabulary, share perspectives on institutional and cultural barriers to diversity, equity and inclusion and share our stories as part of the Commission on Institutional Change's work."

1. What sustains you and your faith community in efforts towards inclusion, equity, and diversity?
2. What limits you from living out our faith's promise towards liberation and transformation?
3. What should we expect of ourselves and one another in living out our covenantal relationships?

**[THEME PROGRAM & CONVERSATIONS II:  
THE HEART OF OUR FAITH, GENERAL ASSEMBLY 2019](#)**

"What does it meant to embody "The Power of We?" As a gathered assembly, and then in breakout sessions, we will tell stories of experiencing our collective power, identify our theological and spiritual roots, and name the core of our faith that unites us. Connect with Unitarian Universalists across generations through heart to heart conversations about spirituality and imagination. Take this experience home through a study guide you can share with your congregation or community."



1. When is a time that you felt "the power of we" in Unitarian Universalism?
2. What is so important in Unitarian Universalism that you would be willing to sacrifice for it?
3. What will it take for Unitarian Universalism to fully embody "the power of we"?

★ [CLICK HERE](#) for all content links for General Assembly 2019 Online.

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**All Middle Schoolers are Invited to the Metro New York Jr. Con**  
**Saturday, September 28, 2019 - 9:00 AM EDT to**  
**Sunday, September 29, 2019 - 8:00 AM EDT**

**"An intentional community for UU youth grades 6 - 8"**

Sponsored by the UU Congregation at Shelter Rock  
[about 1.5 hours from church]  
48 Shelter Rock Road Manhasset, NY 11030

Space is limited so if you want to attend please register soon.  
Capacity for this event is 24 youth, 5 sponsors.  
If the form is closed and we are not yet at the deadline, please contact the registrar to be placed on the waiting list. The required youth to adult ratio is 5:1.



Fee: \$60 per youth, \$60 per sponsor.

[CLICK HERE](#) to register.



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**THIS WEEK'S INFORMATION FOR Pre-K TO 5th - JULY 14, 2019**

**Topic:** Forest Sounds - Joy in Listening  
**UU Source 7:** We care for our planet

**\* 10:00 AM: Pre K-3rd grade - OAK ROOM**  
**\* Older Children are welcome in the Oak Room**  
**or to enjoy the service in the sanctuary**

[CLICK HERE](#) for PARENT'S "take home" for SUNDAY, JUNE 30, 2019

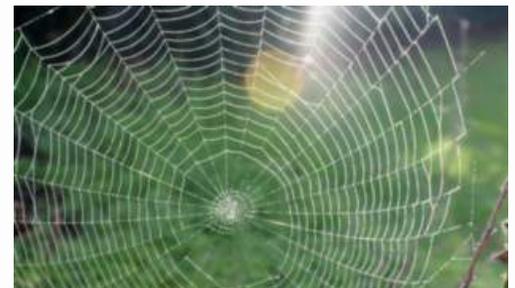
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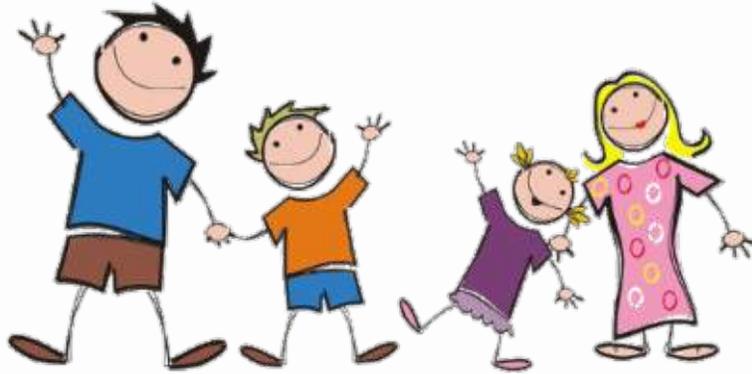
**Topic:** Forest Artist  
**UU Source 7:** Enjoying the harmony in nature

**\* 10:00 AM: Pre K-3rd grade - OAK ROOM**  
**\* Older Children are welcome in the Oak Room**  
**or to enjoy the service in the sanctuary**

[CLICK HERE](#) for PARENT'S "take home" for SUNDAY, JULY 7, 2019



# Parents, please pick up children after service ends and together enjoy refreshments and friends



## SUMMER INFORMATION FOR 6th TO 12th GRADE

**There are no classes over the summer.**

Plan to bring your whole family to the 10:00 AM worship.

**\*\*HOMECOMING is September 8th at 10:00 AM\*\***

A not-to-be-missed service for the whole congregation!

**We resume our two services schedule on September 15th at 9:00 AM and 11:00 AM.**



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.