

The logo features a stylized teal flame or leaf symbol 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

SUNDAY SERVICE - AUGUST 25, 2019 - 10:00 AM

Liberate Yourself from Addiction & Trauma **- Denise Lamoureux**

If an underlying traumatic experience gets buried in the body and the brain, it may lead to anxiety and addiction. The trauma can be conscious or unconscious, real or perceived. Addictions are not limited to drugs and alcohol, but include addictions to shopping, power, sugar, etc. Denise will guide us in clearing out stuck energy, and experiencing being free. HealingswithDenise.com



Denise founded Finding Feathers Wellness Center in Fairfield, CT. She is a channel and healer and is certified in many therapies: Crystal Dreaming, Ignite your Spirit, and Reiki. She studies the brain and the neurological system and their effects. She offers transformational workshops, powerful healing meditations and one-on-one healing. Suzanne Sheridan will perform original songs. Denise will give a demonstration after the service.

Music: Suzanne Sheridan

Worship Associate: Connie Rockman

Pastoral Care Chaplain: Chuck Harrington

SUNDAY SERVICE - SEPTEMBER 1, 2019 - 10:00 AM

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.



Fri Aug 23
SGM Steering Com - WW - 11:30

Sat Aug 24
Small Group facilitators - EW - 10:00

Capital Campaign Visioning Sessions - Sanctuary - 2:30

Sun Aug 25
Meditation - Willow Room - 9:00

Mon Aug 26
Buddhist Practice Group - MH - 6:30

Wed Aug 28
Worship Associates - Rev. John's office - 7:00



"Greater Expectations" - Rev. John Morehouse
In this service we will explore our theme of expectation through the lens of our personal and collective desires for a better life and world. Rev. John is preaching. This will be our water communion. Please bring a small quantity from your summer journeys real or symbolic to pour into our common bowl.

Music: TBD

Worship Associate: Linda Lubin

Pastoral Care Chaplain: Ravi Sankar

Sun Sept 1

Meditation - Willow Room - 9:00

Immigration Social Action - EW - 12:30

Mon Sept 2

Buddhist Practice Group - MH - 6:30

Tues Sept 3

Fall Follies Team - WW - 7:30

Wed Sept 4

Chamber Choir - 7:45

Thurs Sept 5

Internship Committee - WW - 6:30

Men's/Women's Choir - 7:45

Fri Sept 6

Family Faith Formation
Volunteer Orientation - EW - 7:00

Sat Sept 7

Visiting Stewards' Training - sanctuary - 9:00

ARM - EW - 12:00

Sun Sept 8

Meditation - Willow Room - 9:00

HOMECOMING - 10:00

EXPO - 11:30

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



A Better Man - Past, Present, Future - August 18, 2019

by Luke Garvey, Jim Cooper, David Keeton, Chuck Colletti, Rob Laug and Rev. John Morehouse

[CLICK HERE](#) to read this sermon.

[CLICK HERE](#) for a printable PDF.



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 and thank them for all their hard work on our behalf. And learn about 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.

JOIN US this Saturday afternoon, August 24, from 2:30-5:00 PM in the sanctuary, for our first *Imagining* session with Goody Clancy's design team. Here we can share our points of view about all aspects of the major repair and renovation work we have been discussing.

Another *Imagining* session will be held Tuesday evening, September 10, 6:30-9:00 PM, for those who cannot make this Saturday's session.

And **THANK YOU!** to the many TUCW members who returned the recent building survey, which provided Goody Clancy with insights into how we are thinking about the work that needs to be done with proceeds from our Capital Campaign.

We look forward to seeing you at one of these two *Imagining* sessions.



A gentle reminder to update your records if you haven't already: directory addendum will be distributed at EXPO.

1. Check your copy of the 2018 membership directory and make sure all your info is correct, especially phone numbers (is your cell included?) and preferred email address. Email Beth with any updates at bethcliffucw@gmail.com by August 31.
2. Go into [REALM](#) and confirm your personal profile is accurate there, too. REALM serves many purposes, one of which is to be an online -- and portable -- directory.

(Not in REALM yet? Contact Diane at diane@uwestport.org for an invitation to join.)

Can you help, 15 minutes a week? Wanted! One person in each of the neighborhoods that our church draws from: e.g, Norwalk, Fairfield, Trumbull, etc - to post online scripted announcements about our services and major events each week. (After all, we are the Unitarian church IN Westport, not OF just Westport!) This work will help us build a presence in the region and keep people informed about all we're up to. It will take 10-15 minutes per week, done from your armchair. No writing required.

Contact bethcliffucw@gmail.com if you can help in this quick and easy way.



TUCWomen

A place for sisterhood, intimacy and deeper connections

There's lots happening in the new year!

Friday, September 27, 6:30 PM. Potluck at the home of Anita Pfluger in Trumbull. Share good food and stories of summer adventures. All women are invited. RSVP sharon@slpoole.com

Saturday and Sunday, September 28-29 UU Womensphere 2019 Fall Retreat in Woodstock, CT. Womensphere, a group of Unitarian Universalist women in south-eastern New England, invites all women to a fun and relaxing weekend filled with singing & dancing, meditation & sharing, crafts & games.

[CLICK HERE](#) for information.

Mark your calendar:

- **Brown Bag Lunches** on second Sundays starting October 13

Are you receiving TUCWomen email notices?

[CLICK HERE](#) to sign up.

Ideas? Questions about TUCWomen?

Email - tucwomen@uwestport.org

The Last Tag Sale has come and gone, and it was another success. The large, multi-national crowds happily toted out your donations non-stop, while oo-ing and ah-ing at our amazing building.

Thanks to all who brought us treasures to sell. While we had less merchandise this year, we still pulled in nearly \$8,000! Leftovers went to Big Brothers, Big Sisters, to Habitat's Re-Store, and to the Cozy Corner Ministry.

This event didn't happen without incredibly dedicated volunteers. (Apologies to the many who helped with the Big Switch - we didn't capture all your names).

Thank you, thank to the following ~

Heavy Lifters:

Linda Aulenti
Jim Cooper
Joann Coviello
Marjolijn de Jager
Jamie Forbes
Bobbie Herman
Linda Hudson
Meg Jones
Jeff Lundberg
Bob Perry
Marilynn Reed
Dorothy Rich
Kathy Roberts

Many, Many Hands:

Lia Albo
Melanie Allen
Don Bancroft
Martha Bancroft
Sarah Bell
Elena Rockman Blake
Carol Boston
Alan Brewster

Dave Bue
Marie-Claire Bue
Randy Burnham
Sue Butler
Dave Callan
Beth Cliff
Susan Cooper
Trevor Cooper
Mary Jane Cross
Kareen Garrison
Carol Goddard
Hazen Goddard
Peggy Gormley
Marie Grady
Lindy Hennessey
Jalna Jaeger
Dave Keaton
Kristen Leddy
Miriam Levin
Nancy McKeever
Felicity McWeeney
John McWeeney
Diane Moller
Julyen Norman



Jean O'Dell
Marjorie Partch
Cheryl Paul
Sue Pugliese
Kitty Reed
Barb Schade
Susan Sherman
Luke Simboli
Scott Singer
Bart Stuck
Barbara Thormahlen
Bob Trefry
Joanne Turmelle
Marion Wertheim
Julia Wyant
Melanie Wyler

Staff support:

Diane Donohue
Desmond Hughes
Sue O'Meara
David Vita



September 8, 2019 - 10:00 AM
"Homecoming: Beginning Again" - Rev. Frank Hall

September 15, 2019 - 9:00 & 11:00 AM
More Than Enough - Rev. John Morehouse

September 22, 2019 - 9:00 & 11:00 AM
"At the Intersection of Change and Expectation" - Rev. John Morehouse

September 29, 2019 - 9:00 & 11:00 AM
Margaille Belzaire, our Intern Minister, will preach.

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.

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 - jluongo3@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.

[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.

FAMILY FAITH FORMATION - AUGUST 25 & SEPTEMBER 1, 2019



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.

INTRODUCING OUR SUNDAY MORNING TEACHER

Rachel Campbell

Rachel Campbell is a recent college graduate and earned her Bachelors in Music Education degree last May from Manhattanville College, where she is currently studying for her Masters of Arts in Teaching degree. She has been an part of the Unitarian Church of Westport community for many years, participating in the religious education program, OWL, Coming of Age, was "bridged" at the Bridging Ceremony, attended Youth Group, and also sang in the Teen and Holiday Choirs. Rachel says, "I am thrilled to be a part of the Unitarian Church community once again!"



THIS WEEK'S INFORMATION FOR Pre-K TO 5th - AUGUST 25, 2019

Topic: Conservation
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

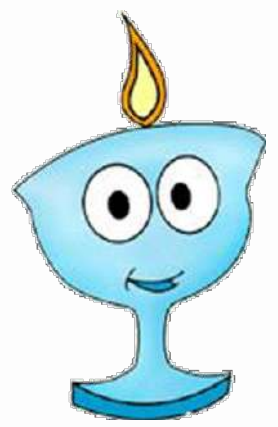
[CLICK HERE](#) for PARENT'S "take home" for SUNDAY, AUGUST 25, 2019

* **September 8 ("Homecoming"):** Multi-generational worship service*. OWL program for 7-9th graders begins.

* **September 15:** Multi-generational worship service*. (*PreK-2nd graders worship through the Story for All. Then, join Kareen and Rachel to discover more about this month's all-church theme: *Exploration*).

* **September 22:** Children and Youth Chapel service. All children and youth welcome.

* **September 29:** Family Faith Formation programming begins for PreK-6th graders.



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.