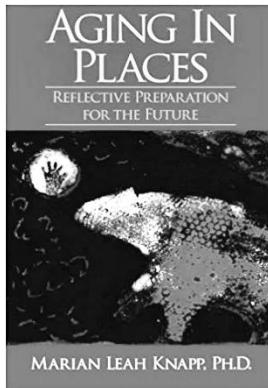


ADULT EDUCATION, SPIRITUAL FORMATION AND FELLOWSHIP

LUNCH BUNCH: Wednesday, October 30th, 12:00 -1:30 p.m.

SPECIAL GUEST – MARIAN L. KNAPP



You are invited to a special Lunch Bunch on October 30th. Marian L. Knapp will be our guest and will speak to us about aging well and the resources that are available to help us do so. Marian, a writer and community activist, is a strong, outspoken advocate for seniors. She has served as Commissioner and Chair of the Newton Council on Aging. She writes often in the Newton TAB from the perspective of an older adult and facilitates community groups on a wide range of issues impacting seniors and their caregivers. Marian, who has two sons, two daughters-in-law, and three grandchildren, is a long-time resident of Newton.

BOOK GROUP – OCTOBER 29, 7:00 – 8:30 p.m.

You are invited to share in conversation as we discuss **“Invisible Man” by Ralph Ellison.**

“A first novel by an unknown writer, it remained on the bestseller list for sixteen weeks, won the National Book Award for fiction, and established Ralph Ellison as one of the key writers of the century. The nameless narrator of the novel describes growing up in a black community in the South, attending a Negro college from which he is expelled, moving to New York and becoming the chief spokesman of the Harlem branch of “the Brotherhood”, and retreating amid violence and confusion to the basement lair of the Invisible Man he imagines himself to be. The book is a passionate and witty tour de force of style, strongly influenced by T.S. Eliot’s *The Waste Land*, Joyce, and Dostoevsky.” (*Amazon Review*)

WEDNESDAY MORNING PRAYER GROUP: 7:30 a.m. – 8:15 a.m.

We live in a noisy world. There is much that clamors for our attention. Even when we shut our eyes at night it may take a while for the din to die down enough for us to sleep. You are invited into a practice of cultivating spaciousness and silence. You are invited into the beauty of the morning light streaming in through the windows of Memorial Chapel. You are invited to rest a while in the peace of stillness. If you have questions, please be in touch with Sandra DaDalt or Pastor Stacy.

YOGA: PRAYING WITH THE WHOLE BODY WITH ANDREW HEINTZ

Join body and spirit in an accessible yoga class. In this hour-long class, we will join breath and body both in energetic flow and restorative stretching. No matter where you are on your yoga journey, you will build strength and find a quiet restful center. This class is accessible to all body types and abilities. Please bring a yoga mat and any favorite props. Andrew has some props and mats available to borrow.



- Thursdays, 8:45 – 9:45 a.m.
- October 3rd to November 7th
- In the sanctuary of the Union Church in Waban
- Accessibility: The church has an elevator to the left of the office entrance.
- These classes are freely provided by Andrew and therefore there is no cost to participate.

Andrew is a minister and yoga teacher in the Boston/Newton area. He served as the ministerial intern at Union Church from 2016-2017, and he continues to be active in the Newton community. In addition to being an RYT-200, Andrew holds certifications in plus-size and chair yoga so that he can help everybody feel their best. YogaWithAndrew.com IG: yogawithandrewh

MISSION OUTREACH

INEQUITY AND INEQUALITY IN PUBLIC EDUCATION

This year your Mission Outreach Leadership Team is organizing its work (and coordinating with the other areas of UCW life) around seasonal themes. These will provide an organizing context for the many mission activities and we will coordinate educational opportunities, worship, and children's education around these themes when possible. We also hope to coordinate our seasonal offerings around these themes.

Themes are as follows:

- Fall – Inequality and Inequity in Public Education
- Winter – Homelessness and Housing
- Spring – Climate Change (and disaster relief)

For our fall exploration of Inequality and Inequity in Public Education, we invite you to partake of the following opportunities for service, education and reflection.

- Oct. 27th after church: Inequality and Inequity in Public Education - information session
- Next book group continues the discussion of race in America -- Oct. 29th at 7:00 p.m. "Invisible Man" by Ralph Ellison
- **NEW** - November 17th, The 2019 Theodore Parker Lecture, "The Urgency of Equal Education For All" featuring Rev. Willie Bodrick II, Associate Minister, Twelfth Baptist Church of Roxbury at 3:00 p.m. at the Theodore Parker UU Church, 1859 Centre St., West Roxbury, MA 02131

For more information about these offering please see the Friday e-blast. Or please feel free to reach out to Carol Bascom-Slack, Jaap van Reijendam or Julie Heffernan.

CHILDREN, YOUTH AND FAMILIES

SUNDAY SCHOOL & YOUTH GROUP REGISTRATION NOW DUE!



Online and Paper Registrations

In order to make sure your child/youth has a safe and great year at UCW, we ask all families to register their children and youth annually. The form includes updated contact and health/allergy information, a photo release, and an opportunity to include other information that may be helpful. We also invite families to share a \$50 per child/youth donation (\$100 family cap) to support our programming and the purchase of supplies and books (PayPal or checks gratefully accepted). We are grateful for your help!

SAFE CHURCH – CORI Forms and Child Safety Policy

We require all adults volunteering with our children or youth to complete a CORI background check, and also to be familiar with our Child Safety Policy. CORI forms and our policy may be found in the Crocker Chapel or online.

CALL FOR SUNDAY MORNING HELPERS/TEACHERS

Teacher Breakfast, Next Sunday, 8:30 - 9:30 a.m.

We are looking for volunteers to spend a few Sunday mornings this fall and winter with our Sunday School kids of any ages (nursery, elementary school, 4th- 6th or 7th- 8th). Mornings with our older kids now include a rotation of cooking, science, service and art – something for everyone! We're also grateful for the help of any high-schoolers who would like to help out! Visit ucw.wespire.com or contact Pastor Amy to sign up. Or come to next week's Teacher Breakfast to learn what it's all about. Thank you!

*I teach
Sunday School
what's your
Superpower?*

EXPLORING OUR FAITH MENTOR LUNCHEON: TODAY, 11:30 a.m.-1:00 p.m.

The Exploring Our Faith group is off to an awesome start! After worship today, the students and their mentors will gather to share lunch and a fun activity. Mentors will gather together at the end of lunch for a brief orientation with Amy.

PARENTS GROUP: TONIGHT, 7:30 - 9:00 p.m. (3rd Sundays, UCW Reception Room)

All who are parenting kids of any age are invited to this warm, supportive group. We'll share the joys and challenges of parenting, learn from one another, and find the spiritual nourishment and support we need for our busy weeks. Come as you are, when you can! We hope to see you.

TODAY'S FELLOWSHIP HOUR- ALL ARE WELCOME!

Thank you to Karen OBeirne for laying our table and hosting our fellowship time this morning. If you would like to host a future, after-church Fellowship Hour, please sign up through the Sign-Up Genius webpage. The link can be found on the UCW website at ucw.org and in the Friday e-blast.

NEWCOMERS – WE WELCOME YOU!

Nametags – Knowing each other by name is important to us. It is a way to say to each other that you and I matter and it is an invitation into friendship and community. If you are new to us and do not yet have a name tag, please use the welcome card in the pew pocket to let us know that you would like one to be waiting for you the next time you come into this place.

Friday Eblast – Every Friday an electronic newsletter/update is sent to the community. It features much information about upcoming events as well as reflections on what has been. If you would like to subscribe to this vital information channel within the church, again please fill out the welcome card and indicate such.

Membership – Could the Union Church be a spiritual home for you and your family? Would you like to learn more about the Union Church in Waban, its history, its present-day programs and offering, and its vision for the future? If so, please reach out to Pastor Stacy (stacy@ucw.org or 617-759-9016).

THE WEEK AHEAD

Sun., Oct. 20	8:00 a.m.	Bible Study	The Union Church in Waban: 14 Collins Road, Waban, MA 02468
	9:00 a.m.	Choir Rehearsal	
	10:00 a.m.	Worship	
	11:30 a.m.	Exploring Our Faith- Mentor Lunch	
	5:00 p.m.	NICA Task Force	
	7:30 p.m.	Parents' Gathering	
Mon., Oct. 21	7:00 p.m.	Choir Rehearsal	
Tue., Oct. 22	6:00 p.m.	1K Church Mtg.	
Wed., Oct. 23	7:30 a.m.	Prayer Group	
	6:30 p.m.	Moderators and Pastors Mtg.	
Thur., Oct. 24	8:45 a.m.	Thursday Morning Yoga w/Andrew Heintz	
Sun., Oct. 27	8:00 a.m.	Bible Study	For a complete listing, and details of upcoming events, please visit our website, www.ucw.org
	8:30 a.m.	Teacher's Breakfast	
	9:00 a.m.	Choir Rehearsal	
	10:00 a.m.	Worship	
	11:30 a.m.	Inequity and Inequality in Public Education	

COPY DEADLINE: Material for inclusion in the Friday e-Blast newsletter or our Sunday Announcements insert should be e-mailed to the office at ucw@ucw.org, by **9:00 a.m. on the previous Wednesday** morning. Please specify whether for e-Blast, Sunday Announcements, or both. Thank you!