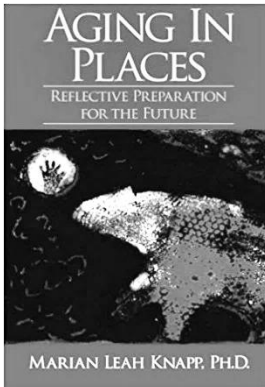


## ADULT EDUCATION, SPIRITUAL FORMATION AND FELLOWSHIP

**LUNCH BUNCH: Wednesday, October 30<sup>th</sup>, 12:00 -1:30 p.m.**

**SPECIAL GUEST – MARIAN L. KNAPP**



You are invited to a special Lunch Bunch on October 30<sup>th</sup>. 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 – THIS TUESDAY, 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 3<sup>rd</sup> to November 7<sup>th</sup>
- 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](http://YogaWithAndrew.com) IG: yogawithandrewh*

## MISSION OUTREACH

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### 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.

- **Today after church:** Inequality and Inequity in Public Education - information session
- Next book group continues the discussion of race in America -- Oct. 29<sup>th</sup> at 7:00 p.m. "Invisible Man" by Ralph Ellison
- **NEW** - November 17<sup>th</sup>, 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.*

**The GBIO's Health Care Assembly** will take place on Monday, Nov 4<sup>th</sup>, 7:00-9:00 p.m. We still do not know the venue for the assembly, but GBIO is nailing that down. Senate President Karen Spilka has committed to be at the assembly; we are still waiting confirmation of other leaders, including Speaker DeLeo and Gov. Baker. UCW has committed to have at least 10 people from our congregation present at the Assembly. If you are interested in going, please contact Mark Smith or Brita Gill-Austern.

## **CHILDREN, YOUTH AND FAMILIES**

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### **Thank you! Mentor Luncheon and Jack-O-Lanterns**

We'd like to share a huge thank you to the 16 members of the congregation who have volunteered to serve as mentors to our Exploring Our Faith 9<sup>th</sup> and 10<sup>th</sup> graders this year. We had an awesome kick-off luncheon last Sunday, and are excited for the year ahead. If you could use a smile, check out the jack-o-lanterns on the front steps, made by the high-schoolers while the mentors were gathering for their orientation.

### **Youth Group: Helping Hands Clean-up and Donuts – Sunday, November 17<sup>th</sup>**

Following worship on Nov. 17<sup>th</sup>, the Middle and High School Youth Groups, including the Exploring Our Faith group, will gather in teams to lend a hand to any members of the congregation who could use help with yard or house work, or other projects. If you could use a helping hand, or can lend a helping hand, please contact Pastor Amy ([amy@ucw.org](mailto:amy@ucw.org)). Youth Group families will receive an email invite and can RSVP at [ucw.wespire.com](http://ucw.wespire.com). Thank you!

### **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!



### **Update on our Search for a Nursery Caregiver/Teacher!**

We were so sorry to say goodbye to our beloved nursery caregiver Lisa Barry earlier this fall as she moved to Worcester, and have been actively searching for a new, experienced, compassionate caregiver for our little ones. We're pleased to share that we have multiple candidates and will be starting interviews soon. In the meantime, we are so grateful for the adults and teens who have stepped up to serve in the nursery, and spend time playing with our babies and toddlers. If you can help out until we find our new staff person, or if you know of anyone who would be interested in the position, please let Pastor Amy know. Thanks!

## TODAY'S FELLOWSHIP HOUR- ALL ARE WELCOME!

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Thank you to Jon and Anya Bassett 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](http://ucw.org) and in the Friday e-blast.

## NEWCOMERS – WE WELCOME YOU!

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**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 e-Blast** – 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](mailto:stacy@ucw.org) or 617-759-9016).

## THE WEEK AHEAD

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<b>Sun., Oct. 27</b>	8:00 a.m.	Bible Study
	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
<b>Tue., Oct. 29</b>	7:00 p.m.	Book Group
<b>Wed., Oct. 30</b>	7:30 a.m.	Prayer Group
	12:00 p.m.	Lunch Bunch
<b>Thur., Oct. 31</b>	8:45 a.m.	Thursday Morning Yoga w/Andrew Heintz
<b>Fri., Nov. 1</b>	6:00 p.m.	All Church Retreat Begins
<b>Sun., Nov. 3</b>	8:00 a.m.	Bible Study
	9:00 a.m.	Choir Rehearsal
	10:00 a.m.	Worship

**The Union Church  
in Waban:**  
14 Collins Road,  
Waban, MA 02468

For a complete  
listing, and details  
of upcoming  
events, please visit  
our website,  
[www.ucw.org](http://www.ucw.org)

**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](mailto: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!