

# UNITARIAN CHURCH OF QUINCY

NOVEMBER 2021 EDITION

## UPCOMING SERVICES

### November 7th Service

**Speaker: Jonas Magram**

#### "Non-Violence"

Non-violence is not just about effecting change without the use of force or harm to others. It is about culturing peace, first within ourselves. Then in whatever conflict(s) we seek to resolve whether between nations or individuals. Jonas will explore ways we can cultivate this profoundly powerful quality, from the inside out.

*This talk will be followed by a workshop:*

#### **Workshop Title: The Freedom and Power of Letting Go**

So much of our suffering is self-induced, arising from either our grasping for what we don't have; or resisting what is or might be. In this 90-minute introduction to the Release Technique, you will learn the magic of letting go and actually experience the freedom and power this simple process can bring. It is timely for managing stress that often accompanies the holiday season.

### November 14th Service

**Speaker: Sharon Buzzard**

#### "Metaphorical Battles vs Spiritual Peace"

If our figurative language reflects a predominance of war and conflict, how can we hope to follow a theme of non-violence? The speaker examines metaphors of belligerence and conflict and considers how waging peace stands a chance. *Donate-A-Plate will go to Quanaada.*

### November 21st Service

#### "Non-Violence: Being...Action"

**Speaker: Jan Barrett**

Only when our insides are in harmony can our actions express peace.

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## RELIGIOUS EDUCATION



We need two volunteers to be the second adult for Religious Education in November: . November 14 and November 28.

Mary Ann Freeman

## LOVE & GRATITUDE

Ben Morrison and Susan Morrison Hebble and their families offer a heartfelt “thank you” to the congregation. The Celebration of Life for our parents, Ted and Sandy Morrison, was beautiful and poignant and fun and well-presented because of the hard work of so many members of this church community, a community in which we were raised and for which our parents held such tremendous affection.

Steve Wiegenstein, Sharon Buzzard, and Rob Manning presented an extraordinarily meaningful service in January, and they did so again on Saturday. Their words, their steady and intelligent presence, and their affection were just what we needed for both services. For the online January service, Carol Mathieson coordinated a wonderful team of QU Church singers to record hymns, and Larry Findley recorded a lovely piano rendition of one of a favorite Gershwin tune. And for Saturday’s celebration, we are indebted to the crew who helped move and set up tables on a chilly and rainy Friday to seat about 100 people under an amazing blue sky on Saturday (and then later take them down!); and we can’t thank enough the team that received and managed the food delivery, set up and monitored the food and drinks tables, and provided delicious desserts. We also thank LeAnne for helping Susan find and arrange flowers for the tables, and to Lisa, thank you for snapping photos (without distracting water bottles in them!). You folks personify the best of the “interdependent web of life of which we are all a part.”

Best regards,  
Susan

# COVID RISK

Hello members/friends & guests,

The church has been enjoying hybrid Sunday services because of Covid cases either staying steady or declining cases. That changed today as we have gone from a high risk back to a very high risk. There are Covid guidelines in place for the in-person services, outside groups and special events that should be a reminder of caution.

1. Please sit every other pew on Sunday. The seats utilized will have a cushion placed on the seats to designate a safe 6ft. distance from others. If you're a Sunday greeter at either entrance, please advise people of the seating arrangement.
2. Wear your mask properly.
3. Please try very hard to social distance during coffee hours and other functions that take place immediately after service in the sanctuary and also in the Garden Room.
4. If you've used a mug or plate, please rinse it and place in the dishwasher.

There's so much to look forward to in the church calendar.....a seminar and carry-in next Sunday, a First Friday in the Garden Room on Nov. 12th and the Hanging of the Greens and soup luncheon on Dec. 5th to name just a few. Let us all continue to lead by good example because love truly is the spirit of the church.

**Mary Beth Gapinski**  
**Board President**

# FIRST FRIDAY

First Friday will be held on the second Friday, November 12, and will be held in the church Garden Room, hosted by Georgia House. Come at 6ish and stay until 9ish. Please share a potluckable from home or the deli, and if you imbibe, bring your favorite alcohol drink. As always, coffee and tea will be available, along with Quincy's finest water. Have in mind a story about yourself to share with the group--an incident otherwise unknown to most of us. Mostly, Expect to have an enjoyable evening.

## MISSING TABLE CLOTHS

The Fellowship Committee has noticed that we are missing a couple of the cream color 8 foot long tablecloths. With the long hiatus due to the pandemic it would be easy to not remember to return them after laundered. Please check your laundry rooms and linen closets. Thank you!

## PFLAG

PFLAG Hannibal-Quincy will meet Thursday, November 11 at 7 pm. PFLAG provides support and education to members of the LGBTQ community and to their friends and family members.

PFLAG is a grass-roots organization with more than 400 chapters nationwide and over 200,000 members. PFLAG is committed to creating a world where diversity is celebrated and all people are respected, valued, and affirmed.

For more information on PFLAG Hannibal-Quincy, call Ruth at 217-653-8001, or email [pflaghannibalquincy@gmail.com](mailto:pflaghannibalquincy@gmail.com).

## ONLINE ACCESS/ASSISTANCE

if you or anyone you know would benefit from a little one-on-one time in setting up an at-home system to view our Sunday services, please let me know! I am more than happy to help. My phone number is (660) 299-0292 and my email is listed below. I am available most days after 4:30pm and I have office hours Monday and Wednesday, but I am open for appointments most days as well!

**Taylor Wood, Technical Assistant & Office Administration**

## Get in Touch

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*We prefer receiving e-mail messages to telephone messages.*

**Church Answering Machine:**

(217) 222 5468

**Follow us on Facebook @ UU Quincy**

or

**Check Out Our Website at [uuquincy.org](http://uuquincy.org)**

## PRESIDENT'S MESSAGE

Welcome to November! Many of us are making plans for the upcoming Thanksgiving holiday and hoping we're in better shape, Covid-wise, to enjoy being with family and friends, whether the feast brings people to us or we travel to them.

The board has been busy and with the Building & Grounds committee, have solidified going forward with the largest project of the year. We have retained the services of Foundation Recovery System, who will be digging trenches, putting in French drains, placing a plastic/epoxy barrier in place and ensuring water is re-routed AWAY from our building and basement. The company will commence work on November 22nd, because we didn't want to wait until spring, but all of you should be prepared to see the building denuded of landscaping. The first step is to pull out all the shrubbery for the digging and the B&G committee will be looking at a new plan. We stressed that the Weeping Cherry is very special and it will be protected and worked around as much as possible. None of the other trees will be harmed either as they're too far away from the church. It will be strange to see everything gone but I'm excited for us to be presented with a blank slate and a new start concerning different landscaping. Be sure and give us your ideas on this!

I would like to thank everyone who has been attending in-person services for being so careful to adhere to the Covid guidelines the board put in place in September. It's somewhat awkward to remember to socially distance in the pews and congregational singing has been missed but we have been holding modified coffee hours afterward which satisfies our need to continue conversations, so keep on doing what you're doing and observing those habits we've acquired to keep ourselves and others safe and healthy.

I would be amiss if I didn't thank those of you who have been attending virtually and a huge thank you to Taylor Wood, who continues to improve the quality of virtual services. I think we're all happy that this option can be offered.

Mary Beth Gapinski, board president

## TAYLOR WOOD - OFFICE HOURS

I will continue being in the church office every Monday and Wednesday evening from 4:30 to at least 6:30. While I am working on projects, my office (and phone line) are open to anyone who wants to get in touch! I will be out of office on November 10th, as that is my birthday and I will be celebrating by doing absolutely nothing that evening :)