



Community Matters

First Church Unitarian, Littleton

November 10, 2019

This Sunday, November 10, at 10:00 a.m.
“Ik Onkar: A UU Appreciation of Sikkism”

Unitarian Universalism has “six sources.” The third of these is “wisdom from the world’s religions which inspires us in our ethical and spiritual life.” Sikhism is the 5th largest of the world’s major organized religions, with 30 million followers. But how much do you know about it? Rev. Lara Hoke will share her own Unitarian Universalist appreciation of Sikhism. Please join us!

Religious Education for Children and Youth: KidSpace

This Sunday, November 10 - We will continue work on our window mural project, make Guest At Your Table boxes and play some games. Helper: Martha Childs

Next Sunday, November 17 – Gratitude comes from paying attention. We will create thank you cards for those we appreciate, some Thanksgiving GORP to share, and play the peanut butter and jelly game.

Thanksgiving Sacred Circle Dance

Friday, November 8, 7:00 p.m. with more challenging dances at 6:00 p.m.

For the season of Thanksgiving we circle around with dances of gratitude and joy. Concerns for the world’s problems move us into service and action but our spirits still NEED THE DANCE! No experience needed, all dances are taught, bring yourself and a newcomer this time. Don’t forget your water bottle and bring a thought of thanksgiving to share. For more information: Circle@fculittle.org

Women's Alliance Presentation — What Can One Person Do About Climate Change?
Saturday, November 9, 1:00 p.m.

Guest Speakers, Rick Lent and Sharon Brownfield, Elders Climate Action of First Parish Stow and Acton Join us for a discussion about our current understanding of climate change and steps we can take to avoid some of the worst predictions for global warming. The climate is one legacy we all leave to our children and grandchildren.

Share-the-Plate - November 10, 2019

Our Share-the-Plate recipient for November is **Habitat for Humanity of North Central Massachusetts**. Habitat for Humanity of North Central Massachusetts serves Littleton and 24 surrounding communities, working with prospective homeowners and community volunteers to build hope, community and affordable homes. Checks may be made payable to Habitat-NCM, or visit <http://ncmhabitat.org> to donate online.

UU UKES, Every Sunday at 11:45 a.m.

The **UU Uk**es hold their weekly practice in the downstairs dining room after church. Everyone is welcome to hang out and listen, sing or perhaps both. Having an audience during practice increases the fun.

Sunday, November 24 – Thanksgiving whole congregation worship service and corn bread communion followed by a Sunday Social. Please bring “pre-leftovers” – food for which you are thankful – to share.

We hope to see you in church on Sunday morning.
First Church Unitarian is a wonderful place to be.

Energy Medicine Study Group

Thursday, November 14

7:00 p.m. in the Vestry

Our primary focus will be identifying priorities and pathways for healing, personal growth and transformation through our connection with our own Deep Wisdom and asking good questions. Our explorations are likely to take us into the realm of beliefs and basic energy clearing. We may also find ourselves stepping onto timelines to gain perspective, identify and clear obstacles and draw in needed resources.

Newcomers welcome. Come learn some powerful and highly transferable skills while building community with other seekers. For more information contact Cerridwen at energystudy@fculittle.org

In preparation, you may want to read up:

<http://www.aligningenergies.com/articles/InnerGuidanceSteps.pdf>

<http://www.aligningenergies.com/articles/ObstaclesToInnerGuidance.pdf>

Women's InterPlay

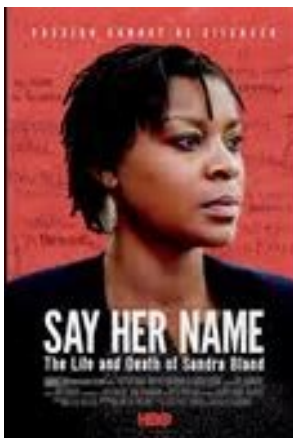
Saturday, November 23, 3:00 p.m.

InterPlay is a way to refresh the soul, gain inspiration, express yourself and make connections with movement, voice, stillness and story making.

We play with the wisdom of the body through centering, sounding, moving, shaping, listening, speaking, showing, witnessing, leading, following, hand dancing, face dancing, babbling, talking in made up languages, and jamming with voices, rhythms and stories.

InterPlay is a philosophy and a practice for health and happiness, plus a FABULOUS way to make new friends and connect in new ways with those you already know.

For more information contact Cerridwen at energystudy@fculittle.org



FCU Racial Justice Action Committee

Film and Discussion Series

SAY HER NAME

The Life and Death of Sandra Bland

Saturday, November 30, 7:00 p.m.

In 2015, civil rights activist Sandra Bland's death while in the custody of Texas police was ruled a suicide. But the many unanswered questions about her demise led to a \$1.9 million civil judgment against the police, as detailed in this documentary.

This free film series explores the lives and experiences of the “other” and expands our awareness of our neighbors as well as often marginalized individuals and groups.

Please join us for a lively discussion. All are welcome.

Sponsored by First Church Unitarian, Littleton — www.fculittle.org



FCU has long been a strong supporter of the **Loaves and Fishes** food pantry in Devens. The pantry provides food and

household necessities to any residents of Ayer, Devens, Groton, Harvard, Littleton and Shirley who are in need of help. Here's a list of the pantry's most needed items:

Shelf Stable Foods

Donations must be in their original packaging, labeled, unopened and not be compromised in any way. Canned vegetables, fruits, gravy, soups, etc. Rice, hot and cold cereals, hamburger helpers, etc.

Household Products

Toilet paper, paper towels, tissues, napkins, laundry detergent, dish soap, cleansers, storage bags, etc.

Personal Care Products

Soap, shampoo, conditioner, toothbrushes, toothpaste, feminine care products, diapers, bladder control products, etc.

Let's commit to bringing at least one full grocery bag, once a month, to the church. This will keep our bins filled and help with keeping the pantry full. Bins are in the Vestry and the Vestibule.