



Community Matters

First Church Unitarian, Littleton

March 22, 2020

"An Evolution of Love", Online-Only Worship Service, March 22, 10:00 a.m.

Last Sunday, we were part of an historic and pioneering endeavor, putting on the first online-only worship service in the 306-year history of FCU! Many thanks to all who participated, and to our online guests Rev. Jackie Clement and John Ford (as well as Music Director Molly Lozeau and DRE Vicki Merriam). **This week, we will once again send out the link on our listserv as well as putting the Youtube Live link on our website (<http://fculittle.org>) and our Facebook pages.**

We learned, too, from the experience (and experiment!) and will continue to try new approaches (hopefully improvements) each week. **We will have new guests this week, and new surprises. Last week, a few mentioned that they missed the sermon. This week, I will offer a very short reflection which I am calling "An Evolution of Love".** We had a lot of fun with the Zoom virtual coffee hour after the service. **This week, instead of my sharing your joys & concerns during the live service (which didn't work all that well, sorry!), after the public Youtube service we will have a more private Zoom virtual gathering which will be for FCU members and friends.** There, we'll start off with a chance for people to share their own joys and concerns, and I will close it out with a prayer. After the prayer, we will transition to another virtual coffee hour.

Hope to see you virtually this Sunday!

Love,

(Rev.) Lara

Religious Education activities for all

Each week I hope to have a few suggestions that will entertain you or be fun to do with your family. Some may even be of interest to folks without children. They will probably connect in some way to the Time For All Ages I'll offer on our virtual Sunday worship.

1. Bound Together by Love: Gather some sticks/twigs, ones that can be easily broken. Try breaking a few. Then bundle a bunch together and tie with twine or rubberbands. Now, see if you can break the bunch. Put the bundle in a conspicuous place to remind you of our community.
2. Bundle of Wishes: For this variation, gather dried weeds, grasses, leaves, seed heads, etc. from around your yard, whatever appeals to you. Make a bundle of them tied with ribbon or twine. As you hang this in a place that will catch a breeze - door, bush, lamppost, etc. make some wishes. As the breeze blows the dried pieces away, your wishes will fly with them. Like prayer flags, this will spread peace, love, hope, wellness and more out in the world.
3. Sending Love: Using whatever you have, make cards to send to those you miss. Use magazines, old calendars, original designs and art work that will let folks know you are thinking of them.

Love to all,
vicki

UUMFE will be screening *The Condor & The Eagle* online next week, on Thursday, March 26th!

The film screening will begin at 9:30 AM Pacific / 12:30 PM Eastern (USA) / 5:30 PM Central European — and the discussion with filmmaker Clement Guerra & protagonist Bryan Parras will begin at 11 AM Pacific / 2 PM Eastern (USA) / 7 PM Central European.

Please spread the word by sharing this link: <https://www.uumfe.org/2020/03/20/march-26th-condor-eagle/>

Please share this widely. If you are in a position to make a contribution to UUMFE, that would be awesome, since the fundraisers had to be cancelled.

-Cerridwen

Environmental Action Group, Littleton, MA

**We look forward to seeing you in church again soon.
First Church Unitarian is a wonderful community to be part of.**

Know Your FCU Online Options!

FCU has many ways to stay connected online. Understanding what's available is especially important during this time of social distancing.

For starters, we have a **listserv**. Lots of important announcements go out as emails on the listserv (from me or the office). Also, sometimes people make requests there, or offer help. I highly recommend getting on this listserv if you're not already! You can register here: <https://pairlist7.pair.net/mailman/listinfo/fcu>

We also have our own **FCU website**. You can find that at <http://fculittle.org>. We try hard to keep it up to date and relevant. The home page will have the link to our online service each week by 9:55 a.m. on Sunday during this time of online worship.

I also have a **Youtube** account where I post videos of my sermons, and now where I post (and broadcast live) our online worship services. That can be found at <https://www.youtube.com/RevLaraHoke> You can also go to <http://youtube.com> and search for "Lara Hoke". On Sunday morning, another way to find the live service is to go there. The picture with "Live" on it is the one to click on!

We have two pages on **Facebook**. One is a public-oriented page which can be found at <https://www.facebook.com/FirstChurchUnitarianLittleton> - go there and click "like"; it is mostly used to announce services and events. The other is a group page that is meant for friends and members of FCU (even though it can be seen by the public). That can be found at <https://www.facebook.com/groups/389622298475784> - go there and click "join". The group page in particular is a fun way to stay in touch with each other during this time.

We are using **Zoom** a lot to communicate with each other during this time. I have been offering Virtual Gatherings on Zoom, and I (and others) are hosting some FCU committee meetings through Zoom. You get invited to these gatherings and meetings via email instructions. You can join with your computer or smartphone and get video, or you can call in. You don't have to have a Zoom account, but you can register for a free account if you like -- and then you could host your own meetings (up to 40 minutes). You can sign up for an account at <http://zoom.us>.

We also have a **Twitter** account at <https://twitter.com/fculittleton> and an **Instagram** account at <https://www.instagram.com/firstchurchunitarianlittleton/>. These are used less frequently so far, but might become more important in the future.

It's great to stay in touch during these times! Let us know if you need any help.

Peace,
(Rev.) Lara

FCU Connections

Community Matters is opening up to your personal messages to our community. One more way for us to stay connected. Please send your message to office@fculittle.org by Friday morning at 10am. Community Matters will be sent via the listserv Friday afternoon.

Thoughts on White Fragility

In White Fragility (by Diangelo) I was surprised at her list (p.31) of the power in our culture which is white (and mostly male). We all know about our government and the richest men (100% white) plus Governors 96% white, military advisers 100% white; Freedom Caucus 99% white. Then she talked about who decides the movies (95% white); the books we read decided by 90% white; the tv shows we see decided by 93% white; decisions about the music produced 95%. No wonder we white people have a similar world view, and white children under 5 already believe that they have superiority over people of color.

Araya Fast

Appreciation

On behalf of the FCU IT team I would like to express our appreciation for Rev. Lara's leadership and technical prowess in providing us with online services. Lara, through her ministerial connections, discovered and perfected the technologies that allowed her to conduct our Sunday worship with Molly and Vicki and with guest appearances by John and Jackie and to stream that out through YouTube. She did this without any assistance from IT. Lara, thank you for keeping us connected. FCU IT has provided, and stands by to provide, peripheral assistance as needed.

Mike Pilman for FCU IT

Dear FCU Community,

I feel the absence of our lively community & the connections & love you bring. It's ironic that the very heart of our connectedness threatens us. Take precautions & enjoy this time at home. The Tarot Hermit Card inspires me. Bob & I have a workshop, pantry/kitchen, e-books, online bridge & movies, streaming movies & projects like . . . painting the kitchen! No grass grows under the TWs.

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Susan Tordella

“Live” at the Met—And Wagner Week starts on Monday!

“Nightly Met Opera Streams,” a free series of encore Live in HD presentations streamed on the company website during the coronavirus closure

<https://www.metopera.org/about/press-releases/met-to-launch-nightly-met-opera-streams-a-free-series-of-encore-live-in-hd-presentations-streamed-on-the-company-website-during-the-coronavirus-closure/>

Thank you Kristine Tomlinson for sharing this.

Also from Kristine

Reliable information

Town, state, and government are websites with reliable information. If you find monitoring them and their information overwhelming, several reliable sources for updates are providing free access to their Covid-19 reporting. Here are two:

<https://www.theatlantic.com/category/what-you-need-know-coronavirus/>

<https://www.nytimes.com/news-event/coronavirus?action=click&module=RelatedLinks&pgtype=Article>

Resources to occupy bored kids! (from Boston Children's Hospital)

o Free music apps for mobile

§ <https://www.theverge.com/2020/3/16/21181915/synth-apps-free-moog-korg-kaossilator-minimoog-model-d-coronavirus>

o Education Companies Offering Free Subscriptions due to School Closings (Updates frequently)

§ <http://www.amazingeducationalresources.com/>

o Daily Doodles with Mo Willems from the Kennedy Center!

§ <https://www.kennedy-center.org/education/mo-willems/>

o Scholastic Offering Learn at Home Options

§ [Teaching Remotely for Grades K - 12 | Free Resources and Strategies](#)

**YOUR GRANDPARENTS WERE CALLED TO WAR.
YOU'RE BEING CALLED TO SIT ON YOUR COUCH.
YOU CAN DO THIS.**

Sent by Elise Bon-Rudin, from The Other 98%. Not earthshaking, but a comparison worth making with some wit

A Pattern for Face Masks

<https://www.deaconess.com/SpecialPages/How-to-make-a-Face-Mask?fbclid=IwAR1H25JhviFlqeBjj-LEwCUCGNf-PbJcst4fHxcnXOThUqoTk6CVQ8cuyRM>

According to the **CDC**, **fabric masks are a crisis response option** when other supplies have been exhausted.

Kris Ersland with a link from my sister in Washington State