



Community Matters

First Church Unitarian, Littleton

April 5, 2020

Sunday, April 5, 10:00 a.m. "Of Plagues, Hardened Hearts, and Wandering in the Wilderness" (online worship service)

The Jewish holiday of Passover is coming (April 8-16), and it reminds us of the story of the Exodus from Egypt. Rev. Lara Hoke's sermon will consider the Exodus story in this time of pandemic. Visit www.fculittle.org Sunday morning just before 10:00 a.m. to see the link information, or go to www.youtube.com/revlaraHoke and click on the video that says "live".

Thursday, April 9, 7:00 p.m. Maundy Thursday Service (online worship service)

Join us for an online Maundy Thursday service to remember the events of the Last Supper. Rev. Lara Hoke will give a brief homily, and Music Director Molly Lozeau will provide music. Our deacons (Lynn Courtney, Andy Leyenaar, and Cindy Malley) will lead us in Communion; please have bread and "fruit of the vine" (juice or wine) available in your home if you would like to join in the ritual. Rev. Lara will send out a Zoom link in the listserv on Wednesday, April 8.

Thank You, Vicki, and Heal Well!

As you saw in DRE Vicki Merriam's listserv letter, she will be retiring at the end of this "church year" on June 30, 2020. I know we are all grateful for Vicki's wonderful ministry with our children -- and with all of us. We will, of course, celebrate with Vicki when we are able to be together again! I wanted to let you know, as well, that the non-invasive surgery that Vicki described in her letter was moved up and took place earlier this week. It went very well, and it is expected that she will be home quite soon -- possibly even today (Friday)! If you would like to send her a note (or card), her address is:

Vicki Merriam
[Redacted]

Thank you for being a caring congregation!
Love, (Rev.) Lara

COAP (Caring for Our Aging Parents) will meet on Zoom in April

Please join us online so we can continue to support each other.

Topic: COAP meeting (online only)

Time: Apr 6, 2020 07:00 PM Eastern Time (US and Canada)

Join Zoom Meeting link:
[redacted]

Call in (no visuals):
dial +1 [redacted] US
(Meeting ID: [redacted])

Energy Self-Care Basics for Challenging Times

The Energy Medicine Study Group will be meeting on Zoom Thursday night, April 9th, 7-9pm.

We'll start with qigong for clearing, grounding, centering and strengthening, with a special emphasis on strengthening the immune system. We'll work with the wisdom of the body and inner guidance to identify our individual self-care priorities. We will draw on methods from Energy Psychology, Neurolinguistic Programming and InterPlay as needed to address what might be sapping our energy or mood and to increase our resilience, creativity and access to inner resources.

Please sign up via Meetup at: <https://www.meetup.com/energymedicinestudy/events/dxcvdrybcgbmb/edit/> This will enable you to ask question or post comments. You'll see the link to the event, after you RSVP that you are attending.

You can also email me at: energystudy@fculittle.org. Let me know you want to join us and I will send you the necessary link. Your RSVP is very much appreciated and will help with planning. Cerridwen

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