



Community Matters

First Church Unitarian, Littleton

November 22, 2020

Join us Sunday, November 22 at 10:00 for “Giving Thanks in All Things” with Cornbread and Cider Communion!

I’m really looking forward to joining you again this Sunday for “Giving Thanks in All Things” and our Cornbread and Cider Communion, led by our Deacons. **Please be ready at home** with your cornbread (or substitute) and apple cider (or substitute). There is a cornbread recipe in this Community Matters, if you need one.

Once again, we plan to use YouTube Live for our service. You no longer need to wait for the Sunday morning email for the worship service link! Simply go to <http://youtube.com/FirstChurchUnitarianLittleton/live> and the live video will come up! If you have trouble with that, you can also go to <https://www.youtube.com/FirstChurchUnitarianLittleton/> and click on the video that says "live". (If YouTube Live isn’t working, Plan B is that we will use Facebook Live and send out the new link on the listserv.) Usually the live video stream begins around 9:45, but there won’t be much to see until 9:57 or so when the gathering video starts.

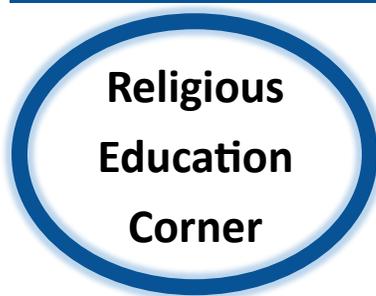
There will again be a (Zoom) Joys and Concerns and Virtual Coffee Hour after the service and that link information will also be included in the Sunday morning listserv email. Barring something unforeseen, the Joys and Concerns link will be the same each week:

[REDACTED]

[REDACTED]

You can also use the Meeting ID and Password if you try to “Join Meeting” in Zoom. I hope to "see" you then!

With love and anticipation,
Rev. Lara



November theme: Healing

When we are sad or feeling hurt, we can feel like life is just too hard. Our faith tells us that gratitude can help guide us back to believing that life is good and then we feel better. Gratitude can heal us!

November RE dates to remember:

- Zoom Gathering: November 22, 8:45-9:40 am
Special guest: Lorinda Morimoto to show us how to sign The Spirit of Life!

We will enjoy a session learning how to use hand signs for one of our favorite hymns, The Spirit of Life. We will learn together about how we can share our gratitude for our family, friends and church.

Remember – we’re starting a little early this week!

December theme: Stillness

December RE dates to remember:

- In person gathering: December 4 (rain/snow date December 7)
- Zoom gathering: December 20

You may not be going “over the river and through the woods to grandmother’s house” this Thanksgiving, but we hope you have a nice holiday however you spend it!

The RE Committee,

Susan, Debbie, Karen, Tatum, and Emily

“Some people grumble that roses have thorns; I am grateful that thorns have roses,” Jean-Baptiste Alphonse

We look forward to “seeing” you in church.

First Church Unitarian is a wonderful community to be part of.

Thanksgiving Services Information and Reminders

Need Your Greeting Videos by Saturday Morning!

Looking for your **GREETING** videos! **Our Deacons** have imagined a way for us to celebrate our connections virtually! **Please submit to Rev. Lara (via email or google drive link or text or IM on Facebook) a very short video of yourself (and others from your home, if that applies) saying something like, "Blessings from (insert town/city)" or "Sending love from (insert town/city)".** The more videos, the better! Seconds-long is what we're looking for... not even a minute long! This will be as good as the number of people who participate, so please... **make our service wonderful by sending me a video by Saturday at 10:00 a.m.!** Email minister@fculittle.org or text 508-615-1686.

Greater Littleton Interfaith Council (GLIC) Community Thanksgiving Service - online

The GLIC (formerly the Littleton Council of Churches) annual Thanksgiving Service is hosted by First Baptist this year and will be online this Sunday evening Nov 22nd at 7pm. **Bill Duston** is FCU's speaker. Please join the virtual service ("A Joy to Give, A Grace to Receive"). The Zoom waiting room is open at 6:45 to allow time for the ushers to let you in. Information about the service was sent to the listserve this past Monday and will be resent Sunday afternoon. If you have questions please contact Debbie Eston, my contact information is in the directory.

Debbie Eston on behalf of FCU's GLIC representatives



Food is Love is cooking for Thanksgiving

This coming week Thanksgiving Dinners will be available at the Congregational Church in Littleton. Food is Love is a program at the Congregational Church that has been providing frozen meals, originally for congregation members. It has been expanded to fill the need since the Neighborhood Supper had to close during the pandemic. FCU has been participating since last summer, cooking once per month.

Food is available to anyone. Pick up hours this week are Tuesday and Wednesday 10:00-2:00, Thursday from 9:00-10:30 and Tuesday afternoon from 4:00-5:30.

And stay tuned for December. We are planning to continue our Neighborhood Supper tradition of gifts of Christmas Cookies, so we will be looking for cookie donations. Our turn to cook will be December 18, details to follow soon.

And don't forget Gratitude and Abundance with FCU

Tonight, Friday, November 20 at 7:00 p.m.

Join Zoom Meeting

[REDACTED]

More details available in Thursday's Listserve

Submissions for Community Matters can be sent to office@fculittle.org

Deadline is 10 a.m. Friday mornings.

For Sunday Morning Thanksgiving Service

Litany of Thanksgiving

LARA: There is so much to be grateful for and it is good to express our gratitude. Let us give thanks for our families...

Congregation (reads along with ANDY): *We are grateful for the circle of family. For parents who teach, children who learn and siblings who love. They have nurtured our lives and given us homes.*

CINDY: We give thanks for our natural world...

Congregation (with ANDY): *We are grateful for our earth and universe; for stars and rainbows and all in nature's room of life that showers us with wonder.*

BILL: We give thanks for the love of friends...

Congregation (with ANDY): *We are grateful for all the acts of love in the world. Through friendship and service, we are held by comfort, care and a faith that true justice can be brought to life.*

LARA: We are grateful for this religious community...

Congregation (with ANDY): *We are grateful for our church and religion. Here we find care and meaning, insight and depth, fellowship and love, community and beauty. We are grateful for a church that transforms our lives.*

CINDY: We give thanks for the abundance of life. ..

Congregation (with ANDY): *We are grateful for the many gifts of life, for its great variety and its wondrous bounty. We are grateful for each blessing that comes our way, whatever its package, or wrapping.*

BILL: We honor any unspoken thanksgivings or sorrows we are holding in the sanctuaries of our hearts.

Corn Muffin Recipe (shared by Susan Palmer)

- 1 ½ cups corn meal
- ¾ cups gluten-free flour
- ½ cup sugar
- 1 tablespoon baking powder
- 1 teaspoon salt
- 1 cup milk of choice
- 2 eggs
- 3 tablespoons butter, melted

Preheat oven to 400.

Line muffin tins with paper liners, or grease well.

Mix dry ingredients in bowl

Whisk together wet ingredients. Add wet to dry, mixing until just combined. Don't over mix.

Divide batter evenly in muffin tins.

Bake 18-22 minutes, until lightly browned and toothpick comes out clean.

Makes about a dozen regular-sized muffins or 24 mini.

To make vegan/allergy friendly:

Make sure your corn meal is labeled gluten free, I like Arrowhead Mills.

I use rice milk so they're allergy-friendly.

Use egg replacer for the eggs; I have good luck with Ener-g brand or flax eggs.

Use canola in place of butter.

From the Racial Justice Action Committee (RJAC)

Stop the Torture at Souza Baranowski Correctional Center! We demand an end to the violence, an end to super maximum conditions on the north side of the prison, and an end to state-sponsored torture. 65 % of the inmates in Souza's North side are men of color.

Write a letter to the Executive Office of Public Safety & Security (EOPSS), 1 Ashburton Place, Suite 2133, Boston 02108. Tell them the torture at Souza Baranowski CC must end.

Find a template here:

[HTTPS://tinyurl.com/MASCAction](https://tinyurl.com/MASCAction)

Thanks, Lynn Cina

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ORDER OF SERVICE

Community Matters (Andy Leyenaar, Deacon)

Prelude “Ode to Thanksgiving” based on themes from Ludwig van Beethoven, arranged by William Felton (Carolyn McCreary)

Call to Worship (Rev. Lara Hoke)

Chalice Lighting and Covenant (Vio Malley)

Words of Welcome (Lara)

Opening Hymn #349 “We Gather Together” (Molly Lozeau, Music Director)

Time for All Ages “The Gift of Nothing” by Patrick McDonnell (Tatum Hammer)

Opportunity of Generosity – Share-the-Plate (Patricia A. Stern, Executive Director, Loaves & Fishes Food Pantry, Devens, MA)

Offertory "Non Nobis Domine" by Rosephanye Powell (The Church Choir)

Homily “Giving Thanks in All Things”

Virtual Greetings (Members and Friends of FCU)

Litany of Thanksgiving* (Lara and Deacons Andy Leyenaar, Cindy Malley, and Bill Duston)

Hymn “Ours Is a Simple Faith” by David Tamulevich (Artemis Singers)

CORNBREAD COMMUNION (Andy, Cindy, Bill)

Closing Hymn #128 “For All That Is Our Life” (Molly)

Closing Words (Lara)

Postlude “An Evening in the Country” Bela Bartok” (Molly)

***Litany of Thanksgiving printed on previous page**

