



## Join us Sunday, October 3 at 10:00 for “The Animal in Me”!

This Sunday, October 3, at 10 a.m., please join us for our “hybrid” (both in-person and live streaming) worship service! This week, in honor of St. Francis Day, the homily will be “The Animal in Me”. October’s Soul Matters theme is “cultivating relationship”; we will consider how we can we cultivate relationship with non-human animals.

**For those of you joining us in-person**, please show up a little earlier than you normally would as we will have several people helping to seat you so that we can maintain more physical distance. Please wear a mask. We request and expect that everyone who is able to be vaccinated (by age and health) will get vaccinated before attending in-person services. (Children under 12 will be outside for religious education again this week.) There will be no singing during “yellow light” conditions, but Molly will play and we will make other joyful noises! We will have some printed Orders of Service for those who want them. We also have a QR code available for you to scan (with your camera app) and see the OOS each week on your smart phone if you prefer. This week’s QR code is shown below. As last year, I will also email out the OOS in advance.

**For those of you joining us virtually**, we are sorry about the glitches last week and think we will be able to do better this week. Thank you for your patience! There will be two locations this week to watch the live stream. Those two links <http://twitter.com/fculittleton> or <http://facebook.com/firstchurchunitarianlittleton>. You do not have to have a Twitter account or a Facebook account to watch these live streams, though having an account will enable you to comment on the live stream if you wish. When you go to <https://twitter.com/fculittleton>, look at the top tweet. That will be the video. If you click on the video image you’ll see options for volume as well as viewing it full screen. Similarly, when you go to <https://www.facebook.com/FirstChurchUnitarianLittleton/>, look at the top video. You can click on the video image for volume and full screen viewing options. Don’t forget that your computer (lap tap, smart phone, etc.) also has volume options that you can use to hear better. (If you do not have a Facebook account, a banner will pop up asking you to join. You can click “not now” and then you’ll see the page.)

**Please be ready to visit this website during the service** (from your computer or smart phone, etc.): <http://menti.com>. The number to enter there on Sunday morning is **9069 8745**. Then, you can provide information as you wish to the questions. I will be asking you to tell us your name (if you wish) through that site, so that we will know some of the people who are participating virtually. Later, during Candles of Caring, you will have the option of sharing a joy or concern through <http://menti.com> as well.

**Want to have Zoom social time after the service?** Use this link each week for virtual social time following worship:

<https://zoom.us/j/94103871106?pwd=Tk5DUk84SERTakFVQ1kzY1pncktDUT09>

Meeting ID: 941 0387 1106

Passcode: 01460

Joy, grace, experimentation, learning, community and more will be ours this Sunday. I can’t wait!

In faith,

Rev. Lara



## Introducing “Loving-Kindness Sangha Meditation Practice”!

This summer, Rev. Lara offered a well-attended online meditation session, offering a simple meditation technique and then sharing silent meditation with participants for about 20 minutes. There seems to be interest in an ongoing meditation opportunity, and now there will be! On **Thursdays at 2 p.m.**, Rev. Lara will lead “Loving-Kindness Sangha Meditation Practice”. **The first session will be on October 7<sup>th</sup>**. During “yellow light” COVID conditions, the sessions will be online-only.

*(Eventually, when “green light” conditions come, the sessions will be hybrid, both online-and in-person.)* Lara will again offer an introduction to each session (varying week to week), and the group will then sit together in silent meditation. Lara will be there until 3 p.m. Participants are welcome to stay and meditate that entire time, or leave before 3 p.m. as they wish (or need) to do. The link will be: <https://tinyurl.com/LovingKindnessSangha>

All are welcome! No need to RSVP. Lara will be there, with as many – or as few – people who participate each week.

**Curious about the name?** “Loving-kindness” is a feeling and expression of compassion, mercy, tenderness, and an unconditional love toward all beings; it is a term used in some religious traditions, notably Buddhism. (Our own blue/teal hymnal includes #1031, “Filled with Loving Kindness”, with lyrics based on a traditional Buddhist meditation.) “Sangha” is actually a Sanskrit word meaning assembly, congregation, or community, and it is used in several religious traditions, most notably Buddhism (but also Jainism, Sikhism, and more). So the name means something like “an assembly of people aspiring to compassion and unconditional love toward all beings” sharing meditation practice.

### Caring for Our Aging Parents (COAP)

Please join us for Caring for Our Aging Parents Monday, October 4th, from 7-9 p.m. on Zoom.

<https://us02web.zoom.us/j/86821535108?pwd=eUllSF1d1ZuS3RzTGdsZVc4WXNpUT09>

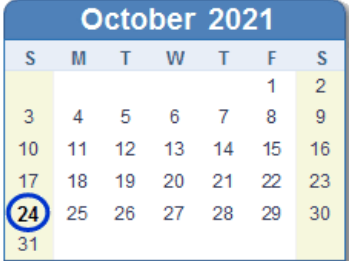
Meeting ID: 868 2153 5108

Passcode: 840905

This has grown into a close, supportive group for those of us dealing with issues related to caring for aging loved ones. Newcomers are warmly welcomed. We meet on the first Monday of each month. Keep in mind that this is truly a support group with no agenda or goals. For more info con-

## Save the date!

**Our October Warranted Meeting  
is scheduled for Sunday October 24th  
following our church service.**



October 2021						
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3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
<b>24</b>	25	26	27	28	29	30
31						

**Sunday, Oct 24th 2021**

**We look forward to being with you for church.**

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

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## FCU Fall Festival and Yard Sale

The plans for our re-imagined Fall Festival are coming together nicely. We are very excited about this event which we feel will be the perfect antidote to the isolation of Covid 19. This event is paired down but sure to be a lot of fun and satisfaction for our community with a lot less work.

We are hoping if you haven't had a chance to sign up that you will do so by clicking this link [sign up here](#). Thank you in advance and thank you to those who have already signed up! We are very grateful!

We could use lots of help on Friday afternoon on October 15th. If you can help, please come on down to the church!

### Here are some important details:

Donation to T&T can be dropped off on Friday afternoon at the Littleton Historical Society starting at **4pm**. You can also drop off items as early as **8am** on the day of our fair. We won't be able to accept TV's, Computer monitors, car seats, books, or CD's. Electronic donations approved by Hugh. If you have a question as to whether we accept a certain item, please reach out to us at [fair@fculittle.org](mailto:fair@fculittle.org) or Hugh directly and we will be back to you as soon as possible. Drop offs will be accepted by a volunteer when you arrive.

The crafters and the jammers have been meeting regularly to produce their delicious jams and creative craft items.

Thank you for your support and we look forward to being with you at our Re-imagined Fall Festival.

Karen, Laura, Lynda, Monica, and Susan



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## Sunday Hospitality

Please remember to sign up for Sunday Hospitality slots. We need 3 ushers and 1 flower arrangement each Sunday. Sign up at <https://signup.com/go/oEKruxP>. The link can also be found on the hospitality page of the web site. If you can't sign up online please contact me by text: (309) 532-3511 or email: [hospitality@fculittle.org](mailto:hospitality@fculittle.org).

Thank you so much for being part of this wonderful community!

Jackie Clement

Are you following us on Twitter? Please do...and start liking/sharing our posts!  
<https://twitter.com/FCULittleton>

