



The UNSF Beacon

The Weekly Newsletter of
The Unitarian Society of Northampton & Florence
Minister's Notes ~ January 4, 2022

Vol. 3, Issue 1.1

Visit us on the web at www.uunorthampton.org

In This Issue:

- Minister's Reflections on Intention & Her Upcoming Sabbatical
- January Worship Schedule
- In Person Services and RE Programs Suspended
- Adult Education Offerings

Minister's Notes: Living With Intention

"When setting goals the future is always the focus: Will you reach the goal? Will you be happy when you do?...."

Setting intention, at least according to Buddhist teachings, is quite different from goal making. Setting intention is not oriented toward a future outcome. Instead it is a path or practice that is focused on how you are being in the present moment...

You set your intentions based on understanding what matters most to you and make a commitment to align your worldly actions with your inner values."

-Phillip Moffit, *The Heart's Intention*



Phillip Moffit believes that living with intention means consciously aligning our inner selves with our outer actions. It's a good theme for the new calendar year. It's also a good one for me, as I will be taking a mini-sabbatical for two months, starting mid-March.

From mid-March to mid-May, we'll have services led by members of the congregation, as well as guest speakers. Two of my local colleagues will be available for immediate pastoral care if needed, and members of the Board of Trustees are always available to answer questions and concerns. Jessica expects to be back from her maternity leave for most of that time, and Michael will have had six months of experience in figuring out how things work.

During my time away, I hope to practice being intentional about aligning what I know about my inner self with my outer actions. I hope to rest, relax, and rejuvenate. I plan to experiment and learn something new, exact activity still under consideration. If the coronavirus cooperates, I hope to visit with friends in Boston and Washington, D.C. and possibly visit our grandchildren in Italy.

Asking ourselves what it means to live with intention is a good practice as we face the now familiar but wearing challenges that the pandemic continues to impose. It is the theme for our January 9 service, for the small group circle conversations, and for the spiritual discussion group on January 19 that is open to all.

I wish you all a fruitful new year. I continue to be blessed to be your minister.



January Worship Schedule

January 9, 2022
Beyond Our Grasp

The Reverend Janet C. Bush

What does it mean to live with intention, especially in times of great uncertainty? A reflection for the new year.

January 16 - Service for all Ages
"Be a King!"

The 2022 Coming of Age Class

This is the weekend to honor and remember Martin Luther King Jr. At our service, members of the Coming of Age class will share readings and reflections on people and experiences that have inspired them.

January 23
A United Determination

The Reverend Janet C. Bush and the USNF the Vote team

Catholic Worker founder Dorothy Day once said, "No one has a right to sit down and feel hopeless. There is too much work to do." As the 2022 election season begins, we'll hear one man's story and consider how we can gear up to support one another in advocating for our democracy.

January 30
Don't Look Anywhere

The Climate Action Group

*Thoughts on climate denial, both instinctive and cynical.
Where can we find real comfort?*

In Person Services and RE Suspended

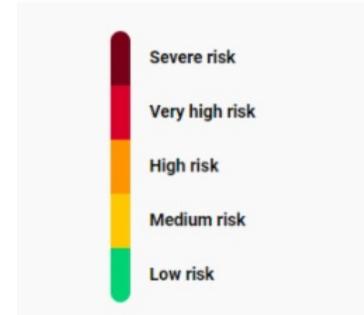
Due to the high incidents of [COVID-19 infections in the community](#), Sunday services and RE Programs are only virtual at this time, via Zoom and YouTube. When the Hampshire County risk levels go below Severe again, we will return to limited in person programs.

Check the [USNF Website](#) for any updates.

Online Sunday Services: Join us on Sunday mornings from 10-11 on [Zoom](#) or anytime on our [Youtube Channel](#).

RE Programs: Register or email [Jessica](#) for Zoom links.

- 9:30-10 am - Family Gathering with hymns, activities, and rituals.
- 10-11 am - Wisdom Tales from Around the World & UU Principles. Activity packages for this class will go out at the end of this week. Let [Jessica](#) know if you want one.
- 2-4 pm - Youth Group



Adult Education



January Spiritual Discussion Group
Living with Intention
Wednesday, Jan 19, 5-6:15

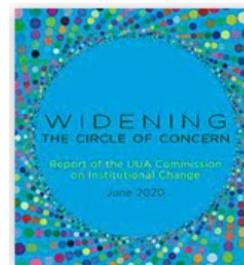
Explore the idea of living with intention, whether daily, for the new year, or in life.

<https://zoom.us/j/98681411085>

Meeting ID: 986 8141 1085
One tap +13017158592,98681411085#
US, Dial by your location
+1 646 876 9923 US

Find out more here:

[Spiritual Discussion Group Schedule](#).



January Widening the Circle
Discussion *Congregations and*
Community
Thursday, January 20th: 7-8:30 pm

Have you ever felt that your voice was not heard or your vote did not count? What can we do as a congregation and community to promote diversity, equity, and inclusion? Join us!

The zoom meeting will be posted in the Sunday Times in January.

Here is a link to the chapter for your review:
[Congregations & Communities Chapter](#)

For more information, email dre@uunorthampton.org.

Learn more on our website: [USNF Adult Education Offerings](#)

Weekly Offerings

Adults

Thursdays, 5:30-6 pm - Meditation Circle on ZOOM
Readings, Silence, Lovingkindness Meditation and Singing For Zoom link email Janet at minister@uunorthampton.org

Sundays

Family Gathering: Early Childhood & Primary RE - 9:30-10 am
Elementary & Middle School RE - 10-11 am

Beacon Schedule

The USNF Beacon is published on Tuesdays with featured articles appearing each week. Pictures/Illustrations are strongly encouraged!

The monthly schedule is:

Week 1 - Minister's Notes

Week 2 - Board Report

Week 3 - Committee Reports and Articles

Week 4 - Religious Education and Faith Development

Week 5 - Editor's choice for months with 5 Tuesdays

Articles/photos are due the Friday before the week they are to be published. Articles should be 250 words max. For longer articles, please contact the [editor](#).

Send Submissions, **with the word Beacon in the subject line** to:
newsletter@uunorthampton.org

Contact
Us



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