

A Word from Our Minister

*When I breathe in, I breathe in peace.
When I breathe out, I breathe out love.*

Dear Members and Friends of High Street,

As you know from Lori's letter, we are suspending all in-person programming and worship at High Street until it is safe again to be together. We have optimistically set March 29th as a possible "first Sunday back" but we very well may be exiled away from our in-person High Street home much longer, as it may take many more weeks for this pandemic to pass.

So while we are saying, in effect, "stay away," we are also saying "stay connected." COVID 19 is a cause for sickness but so is isolation and loneliness. We need each other and our UU faith now more than ever. So if you do not already have zoom on your computer or phone, I plead for you to make the extra effort to get it installed, and ask for help if you need it. If you are not used to going online to our Church of the Larger Fellowship online worship services, or going on Facebook to stay in touch with High Street's Facebook community, please create a facebook account, go to these websites, and stay connected. As my colleague Theresa Soto says, "All of us need all of us to make it."

Here are a couple of opportunities to stay connected both with the High Street Community and our UU community at large:

- Join High Street Church Sundays at 11am with zoom worship. This Sunday is: "The Strange Exile: Finding Spiritual Opportunity Amidst Chaos and Uncertainty" **High Street Church Zoom Worship** with Rev. Cassandra Howe. Zoom log in information was in an earlier post announcing our virtual worship service this Sunday.
- Join High Street Church Wednesdays at 7pm for a **Zoom Chalice Circle**. This will be a chance for us to connect mid-week, light a chalice together, hear some words of wisdom, meditate and reflect together. Zoom information for this program will be on the Facebook and Happenings pages.
- Stay in touch with us through the **Happenings** (weekly email that goes out Fridays), as well as our Facebook page (search for High Street UU on Facebook and you'll find us. We're a private - but not secret - group.) Or go here: <https://bit.ly/2TNdjHb>.
- Join our **Church of the Larger Fellowship** (our largest congregation - all online) Sundays at 8pm ET for worship or on Thursdays at 11 am ET for VUU (a UU talk show). You can also download their Quest for Meaning monthly newsletter rich with sermons, poems and other reflections. You can find their website here: <https://www.questformeaning.org>.

Resources and Invitations:

- **Our Community Care Coordinator is Nana' Kratochvil.** Contact her if your health prohibits you from tending to your own physical needs like getting groceries, medicine, driving to doctors appointments, etc. Also contact Nana' if you would like to be on our Community Care team (giving rides, doing grocery runs for people in need, etc.) **(478) 841-2906.**
- **Our Parish Nurse is Judy McMillon.** If you have questions or concerns about symptoms, COVID 19, feel free to contact her between 9am and 9pm. **(478) 986-0752.**
- **Our Tech Point Person is Vanessa Scott.** Please contact Vanessa with any questions surrounding social media, zoom, or online ministry. Her number is **(478) 714-0151.**

- **Our Zoom Worship and Chalice Circle leader is ME.** I would LOVE to collaborate with others to create meaningful worship and chalice circle meetings. Please contact me if you would like to be on my zoom worship team. **(510) 225-8921**
- Even though we are not meeting in person we do still need to pay our staff! **Please consider sending High Street Church a check with the amount you would have normally given to the offering, or increase your pledge by that amount.** Checks can be mailed to High Street Church, PO Box 4566, Macon, 31208.

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May this time away be a time that, ironically perhaps, deepens our connections, to one another, to our UU faith, and to the greater Love that holds us all.

With Love and Courage,

Rev. Cassandra