

The *Meeting House* News

REVERIES

Dear First Parish Family and Friends,

Though many of you have worshipped here all summer and have been in and out of our buildings, this is a welcome back to our 375th year (!) as a congregation. It is an auspicious year, with construction nearly completed. We expect to be in new offices and new religious education space as soon as humanly possible, given last minute delays.

There will some new faces on staff, as we had to reprioritize personnel dollars and add much needed people in membership and in development. A. Bigay resigned as the ministers' assistant, and we are delighted to welcome Cassy Bosworth as her replacement, beginning with us on August 31.



Jenny and I and others have worked hard on new Wright Tavern Center offerings, found elsewhere in this communication. I've called these programs "an oasis in our busy lives," and I hope you will be able to find something just right for you, as we navigate a busy culture, full of change.

Opening Sunday will have the beginning of the new term for religious education, our choir will be in place, and I'll be preaching on a theme our social action folks have identified for the year, that of "home." Earlier in the summer, I invited you to read *Breakfast With Buddha*, a wonderful current novel, one I will use in my sermon on September 13.

We expect to have a dedication of our new space early this fall. It is a time of celebration, of looking to the future, of building community, and of reaching out to a world that needs us. Please come on the 13th!

—Gary Smith

SUNDAY WORSHIP SCHEDULE

September 13
Homecoming Sunday!

Gary Smith, preaching
9:00 & 11:00 – First Parish Choir
Welcome, Welcome – Hardin
Locus Iste – Bruckner

September 20
Gary Smith, preaching
9:00 – Siri Smedvig, violin
11:00 – First Parish Choir
Psalm 98 – Bardos
Esti Dal – Kodály

September 27
Jenny Rankin, preaching
9:00 – TBA
11:00 – First Parish Choir
Adon Olam – Steinberg
Niggun – arr. Jacobson

Don't Miss... HOMECOMING SUNDAY!

September 13
Services at 9:00 and 11:00 o'clock.

Stop The Presses!
FIRST PARISH AUCTION COMING!
Saturday, November 14

First Parish in Concord

UNITARIAN UNIVERSALIST ♦ Gathered in 1636

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There are two inserts with this newsletter:

- ◆ Wright Tavern Courses
- ◆ Larry Gall Concert Information

The Meeting House News, the newsletter of First Parish in Concord, is published monthly — in print and online — September to June, to provide parishioners and friends with information about our congregation and our larger community.

Please send address changes to:
First Parish in Concord
20 Lexington Road
Concord, MA 01742

Noon Deadline	Publication Date
Monday, Sept. 14	Wednesday, Sept. 23
Friday, Oct. 9	Wednesday, Oct. 21
Monday, Nov. 9	Wednesday, Nov. 18

Newsletter items should be limited to 100 words and may be delivered, faxed or e-mailed to the church office.

PARISH NOTES

In Pursuit of Transcendentalism at First Parish

Exploration of the Transcendentalists — Emerson, Fuller, Alcott, Hawthorne and others — is continuing to flourish. The beginning of a new group of interested parishioners, with the guidance of **Jenny Rankin** and inspired by our recent journey to Italy, will be meeting on a monthly basis to plan educational, travel, and inspirational activities throughout next year. Our first meeting will be in late September — details on the date, time, and location will be posted in the *Sunday News* and FPAnnounce. If you are interested, contact Steph at steph@pierre.com or **Lillian Anderson** at Lillianand@comcast.net for more information.

The Emerson Forum Quarterly Meeting – October 26

The topic for discussion will be “Emerson’s Transcendentalism and How It Affected American Thought.” The speakers will include **Jenny Rankin** and Jayne Gordon, Director of Education & Public Programs, Massachusetts Historical Society. The focus will be the origins of Transcendentalism, its development and impact on American society, and where it stands today in Unitarian Universalist thinking. The meeting will be held in the Parlor on Monday, October 26, from 7 to 9 p.m. All are welcome; there is no charge. For more information, contact **Mel Bernstein** at mbern9@gmail.com or 781-259-9926.

New Categories for the Transylvania Student Sponsorship Program 2009-2010

Sponsors are asked to provide \$400 a year for four years and to correspond regularly with their high school students. We are introducing two new categories for those new to the program — Contributor and Pen Pal. A Contributor is someone who wishes only to provide financial aid, and a Pen Pal is someone who wishes only to correspond with a student. We hope that we will be able to create pairings so that all students will have a correspondent. If you would like to become a Sponsor, Contributor or Pen Pal, please contact **Sue Beck** at sbeck345@comcast.net or 978-369-8445. We hope to have a list of new freshmen by September 30.

WPA Luncheon Meeting – September 22

Join old and new friends for an interesting program and buffet luncheon on Tuesday, September 22. Ron Catella has been serving as First Parish’s project representative during our recent construction. Immediately after lunch, he will give a presentation about our newly expanded and renovated facilities. A brief business meeting with a presentation of the WPA annual report will follow Ron’s talk. Social time begins at 11:30, and lunch is at noon, sharp. Cost: \$8.00. For reservations, transportation requests or child care requests, contact the church office or **Dian Pekin** at pekindc@comcast.net by September 19.

Congratulations to Beth Norton!

Beth Norton is happy to announce that two of her compositions were published this summer. The familiar *Benediction* was published by Chalice and Flame Music, a division of Emerson Music Publishers, Inc. The *Szekely Áldás*, which already appears in the UUA hymnbook supplement *Singing The Journey*, has now been included in *Sing Your Faith*, the new hymnbook published by the General Assembly of Unitarian and Free Christian Churches of Great Britain.

Parish Notes continued on page 10

COVENANT GROUPS

Parker Palmer, the Quaker educator and author, writes, “The soul does not want to be fixed; in fact, it flees and hides when pursued by a ‘fixer.’ The soul only wants to be welcomed, attended to and heard by people who are willing to offer it simple hospitality.” The soul, as Palmer uses the term, is your true self, your Buddha nature, Atman. A “fixer” is someone who wants to fix another’s problem, instead of trusting in the individual’s inherent wisdom.

Covenant Groups create a safe space for simple hospitality to arise, enabling participants to “hear each other into speech, cultivating seeds of possibility in each other’s lives without worrying about whether or how or when seeds will grow.”

If you are interested in exploring topics of the soul such as acceptance, friendship, letting go, evil, death, etc., in a safe and supportive environment, consider joining a Covenant Group. Groups (fewer than ten people) meet at least once a month for an hour and a half of confidential sharing of spiritual ideas and experiences. The following groups currently have openings:

Sunday, 4:00–5:30 p.m. on Sept. 20, Oct. 11, Nov. 15 and Dec. 13; contact **Bill Seaver**, billseaver@earthlink.net or 978-369-7318.

First and third Sunday of the month, 7:00–8:30 p.m.; contact **Mark Richards**, 978-771-9823, or mark.s.richards@verizon.net.

First and Third Tuesday of the month, 2:00–3:30 p.m.; contact **Don Miller**, donaldbmiller@comcast.net or 781-646-4965.

Tuesday, 7:00–8:30 p.m.; contact **David Downing**, dowdav@earthlink.net or 978-263-8454.

Every other Thursday, starting September 10, from 1:00–2:30 p.m.; contact **Fred Van Deusen**, fredvandeu@aol.com or 978-369-0435. ♦

SUNDAY FORUMS

Forums for the fall will begin on September 27 with an update about General Assembly (GA), which took place in June in Salt Lake City, Utah. **Mark Richards** will talk about GA and some of the more interesting meetings and votes. If you have other topics that you feel would be of interest, you can e-mail **Charles Lowell** at chasrlo@verizon.net or **Robert Hilsinger** at rhilsinger@verizon.net. ♦

PASTORAL CARE NEWS

This summer my husband Jon and I attended several events where our children’s friends, who are now in their thirties, gathered, bringing their spouses and their children. Seeing these young families was such an affirmation of the cycle of life. I was reminded of the song *Carousel*.

“Like a carousel goes round and round
We are always up and down
Turning never slowing down
Our carousel goes round and round

We say hello and good-bye, sure as day and night
What goes around will come around, try and hold on tight”

During the summer many of us experienced the carousel of life going up and down. There are those of us who went on vacation and came back rested, while others came back injured. There are those of us who are receiving chemotherapy or have recently completed it, who continue to live with the vicissitudes of chronic illness; who have lost their job or who are employed again; or who have had a loved one die. These are only some of the losses and gains of the summer months. Being together again in our faith community affirms we are not alone in our sorrows and joys.

On Sunday, September 13, as we begin a new chapter in the life of First Parish, we know the welcoming and caring spirit of the congregation remains constant. Whether you are a first-time visitor or a member of many years, this spirit comes in many forms — from jokes shared to tears shed with another, from parishioners volunteering to drive another to a medical appointment to Caring Connection making wonderful meals, from pastoral care lay ministers visiting, writing notes or telephoning, to the spontaneous concerns you each have for one another. In the enthusiasm to be together again, please remember to leave the parking spaces on the semicircle for those who have difficulty walking.

On Sunday, September 6 (Labor Day weekend), my sermon topic will be, “Are We Ready?” — exploring how we at First Parish, as a faith community, can prepare for possible emergencies, e.g. weather-related disasters like last winter’s ice storm, flu epidemics or unfortunate disasters due to violence. If you are away on September 6, I hope you will take the time to read my sermon online or get a copy outside the church office. On October 19 and 26, Concord Fire Chief Mark Cotreau will speak to the greater Concord community at First Parish about what each of us can do to prepare for possible disasters and how we can help our neighbors. Please mark your calendar and plan to attend.

The Pastoral Care Council (PCC) welcomes **Bridget Neale Paris** as its newest member. Bridget will continue to serve as a Baby Welcomer, as well as helping the PCC to broaden pastoral care’s outreach within our community and building networks of support in times of need.

We give a special thanks to **Carolyn Shohet**, who has kept the First Parish freezer filled with excellent tasty and nourishing meals. ♦

—Margie King Saphier

MONEY MATTERS

My fantasy: This column reports to you how we ended our last fiscal year, and explains the changes to the budget since the Annual Meeting in June. I tell you about all the neat things I have done over the summer, with the biggest news of all being how smoothly the construction project has progressed.

My reality: Our Quickbooks company file developed a problem in late July, and it's currently with Intuit's "intensive care" team being reconstructed. I managed to make the budget before I left on vacation in mid-July, but by the time I returned two weeks later, we had some big problems. So, no new budget yet, and I haven't been able to run reports on the end of the year, either. Look for that communication in October!

The construction project really did go well over the summer, but it's a nail-biter down to the finish line, which is par for the course and I really shouldn't have expected anything different — although one can always wish for an ahead-of-schedule finish.

Our biggest accomplishments this summer were substantial. **Jane Barnes, Stoney Ballard, Jane Johnson** and **Kate Keleher** did yeoman's work getting the newsletter converted to its new electronic format, including setting up delivery. This truly was a team effort and everyone played a critical role. Change can be difficult, but we are hopeful that in the end this change will be viewed positively.

The Executive Team also hired three new employees this summer. Two of these positions were replacements of existing positions — Assistant to the Ministers and Membership Director — and one position fulfills a two-year strategic goal of the Standing Committee, a Development Director. All of these positions were in the budget for FY10, as reported at the Annual Meeting. We have sorely missed having a Membership Director this past year, and having a person strategically focused on fundraising is a great step forward for First Parish. On Opening Sunday we will have short bios of each of our new staff in the order of service, and I hope that you'll make a point to meet these people and help them feel welcome. ♦

— *Melissa Perdue Gallo*

PARTNER CHURCH COMMITTEE

We would like to remind you of the upcoming September 20 service. This will be an especially happy occasion, not only in celebration of the return of our youth service pilgrims (YSP) from this year's journey to Transylvania, but in conjunction with the concurrent dedication of the Keresztúr Unitarian Community Center, taking place in Székelykeresztúr.

This year's partner church service will be a special celebration of a very special partnership. It will feature selected reminiscences, a much-anticipated slide show, distinctive decorations and maybe a surprise or two.

Through generous social action grants, special collections, individual donations and energetic youth service pilgrimages (including this most recent one) our First Parish community has been involved with the reconstruction project from the start. Built in the 19th century,



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A work in progress: The Community House in Székelykeresztúr.

the old school building had been confiscated and neglected by the former Communist regime. By the time the new Romanian government returned it to the Keresztúr community in 2007, only the historic shell could be salvaged.

But that was enough, and it will soon house ministers' offices, a library for the church's 300-year-old archives, a parish hall with full kitchen, women's and youth centers, along with seven guest rooms accommodating up to 27 guests. For plans and more pictures, be sure to surf over to our project Web pages at: <http://www.first-parish.org/cms/committees/partner-church/september-visitors#CommunityHouse>.

Those representing First Parish for the September 18 to 20 ceremonies in Keresztúr include **Rodger Mattlage, Pat Brinkman, Ivan and Ursula Kristoffy** and **Peggy McCutchin Claybrook**. We look forward to seeing you on September 20 for what is sure to be a memorable service. *Minden jót!* "Best wishes!" ♦

— **Lillian Anderson** and **Winslow Pettingell**, PCC Cochairs

MUSINGS AND MUSIC NOTES

On one glorious Saturday afternoon this summer (yes, there were a few), my family spent the day admiring the tall ships that had come to Boston Harbor from all over the world for Sail Boston. As tourists in our own city, we explored the length of the waterfront from the Fish Pier to the North End, using a new book of Boston walking tours to guide our way. With the central artery gone, we saw Boston as we had never seen it before! After dinner, as we sat on a bench on the Rose Kennedy Greenway, eating gelato with an unobstructed view of the city and the sweep of the harbor, I said to my husband Peter, “The Big Dig was worth it!”



I realize we will soon be feeling exactly the same way about this past year-plus of construction at First Parish. It has certainly been a tumultuous time, with all the dislocation, inconvenience, noise, unexpected delays and frustrations that a construction project creates. But I know that once we enter the beautiful new space that has been created by this project, we will say “It was worth it.” And we will be so grateful for the many hands that have brought this building into being.

Even as the work on the new wing drew close to completion this summer, we created fresh disruptions in the Sanctuary balcony with the removal of our old organ and preparations for the new installation that will begin this fall. It is so exciting to see this long-anticipated project become a reality for First Parish. For more details and an update on the organ project, see the new monthly column *Pipework* on page 9 in this newsletter. For the First Parish music ministry and for the congregation as a whole this period of organ construction will surely present new challenges, inconveniences and even frustrations. But I feel sure that as we see and hear the beautiful new First Parish organ take shape, we will feel that it has all been worth it.

I look forward to the coming year in our ministry together and all the challenges, rewards and surprises it will bring. ♦

Blessings,

— Beth Norton

Choir Rehearsal Schedule – Fall 2009

Keep this information handy as you make plans for fall. And consider joining a choir!

Adult Choir

Wednesdays 7:45–9:30 p.m.
beginning September 9 in the Sanctuary

Beth Norton, director

Gospel Choir

(Youth in grades 7–12)
Sundays 10:00–11:00 a.m.
beginning September 13 in the Wright Tavern

Anderson Manuel, director

Junior Choir

(Grades 1–3)
Wednesdays from 4:30–5:00
beginning September 9 in the Parish Hall

Gail Carey, director

Chalice Choir

(Grades 4–6)
Wednesdays from 5:15–6:00
beginning September 9 in the Parish Hall

Gail Carey, director

For more information, contact **Beth Norton** at 978-369-9602, ext. 420 or music@firstparish.org.

Please note: The Handbell Choir will be suspended for this year. We hope to be able to restore this program as funding allows.

First Parish Choir—Open Rehearsals in September!

The First Parish Choir begins each season with “open rehearsals” on Wednesday nights. This year, we start on September 9. Rehearsals are from 7:45–9:30 p.m. in the Sanctuary. Anyone interested in singing in the choir is invited to attend, with no obligation during this time. Singers of all voice parts are welcome. The choir will sing in church for the first time on Sunday, September 13, at the 9:00 and 11:00 o’clock services. If you plan to attend a rehearsal, or have any questions, please contact **Beth Norton** at 978-369-9602, ext. 420 or e-mail music@firstparish.org. ♦

Children’s Choir Update

Are we ready to sing again? My very fond and vibrant memories of song and laughter from this past year remain quite vivid. Songs like *Music* and *Choose to Bless the World* continue to ring out. There are clear moments in time that mark our coming together — the homecoming candle-lit gathering on Christmas Eve, our inter-generational gospel choir rising up in



Children’s Choir Director, Gail Carey leading a singing circle.

Music Notes

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REFLECTION AND RE NEWS

At the time of this writing, I am on vacation. It is a rainy day on the Cape. I am enjoying the rain, as we have had a lucky window of beautiful days. And, as I look at the forecast, it seems like the remaining days will also be nice. To have such a day – right in the middle – when I don't have to "go out and have a good time" can really be a blessing. I am accepting it as such.



As I look out at the ocean, I am thinking of gathering my water for our Water Communion in September. It is a tradition where many of us bring water from our individual summers and join this water with others' in our water communion. Each year, this sacred water is a symbol of our re-union with each other and its use in child dedications during the year. This year, our children will also be taking part in the blessing of the water — a "sacred essential moment." This ritual is the symbolic preparation for its sacred use in dedicating our First Parish children.

This year, our first term will focus on honoring the interdependent web of life and earth-centered practices, our seventh principle and sixth source of Unitarian Universalism. We will be exploring the powerful themes of water and dirt in our physical and spiritual lives. These elements have joined humanity together for thousands of years, and they continue to be the catalysts for life and death, for peace and war, for joining and dividing.

On our first Sunday together, we will be taking our water out of the Sanctuary and, instead, gathering our water in the Chapel. This will be an opportunity for our children to actually get the chance to share their stories about their symbolic water with others. One of the ways we connect with one another and build trusting, spiritual relationships is through our stories. Stories give us an opportunity to join with others, to get a peek at what is important to each of us. Shared stories are often the foundation of truly loving communities. I am looking forward to sharing my story and listening to your child's story on this first day together. ♦

— Pam Howell

September RE Calendar

Sun., Sept. 6	Summer Worship 10 a.m. Only Child care for Babies – 4 years
Wed., Sept. 9	Orientation: 2nd– 6th Grade Leaders, Multipurpose Room, 7:30 to 9:00 p.m.
Thur., Sept. 10	Orientation: 7th Grade Leaders of Art in Action, Multipurpose Room, 7:30 to 9:00 p.m.
Sat., Sept. 12	Orientation: Babies – 1st Grade Leaders, Parlor, 9:30 to 11:00 a.m.
Sun., Sept. 13	Homecoming Service, 9 a.m. and 11 a.m. Regular RE for Babies – 4 years Regular RE for K-8th Grade
Sun., Sept. 20	Regular RE for Babies – 4 years Regular RE for K-8th Grade COA Mentor Orientation, 3:30–6:30 p.m.
Sun., Sept. 27	Regular RE for Babies – 4 years Regular RE for K-8th Grades 9th Grade COA Opening Reception, 4 to 6 p.m.

Homecoming Sunday at First Parish (First Day of RE!)

Sunday, September 13, is Homecoming Sunday and our first Sunday of the religious education program. Children in kindergarten and above will begin in the Sanctuary and then depart to their classrooms. Please remember to bring a small amount of water from a special place for our water communion. As always, there will be child care available in the preschool classrooms for babies through 4 years.

2nd–6th Grade Workshop Rotation

- Week 1: Gathering of Waters, our Water Communion and workshop overview
- Week 2: Water in Spiritual Practice
- Week 3: Water Conservation Challenge and the Science of Water
- Week 4: Water Conservation Challenge and the Science of Water
- Week 5: The Harvest: The First Parish Garden and Open Table
- Week 6: Preparing for All Souls Day, Mexico's Day of the Dead celebration
- Week 7: All Souls Day: Creating altars of remembrance

RE Orientation Dates — 2009-2010

These orientations are for the leaders and teachers of each of these programs.

Orientation Schedule for Babies – 1st Grade Teachers in the Parlor:

Caregiving, Story Play and Spirit Play
Saturday, September 12, 9:30 to 11:00 a.m.

Orientation Schedule for 2nd–6th Grade Workshop Rotation:

- Term 1: Wednesday, Sept 9, 7:30 to 9:00 p.m.
- Term 2: Wednesday, October 21, 7:30 to 9:00 p.m.
- Term 3: Wednesday, January 6, 7:30 to 9:00 p.m.
- Term 4: Wednesday, March 17, 7:30 to 9:00 p.m.

RE News continued on page 7

Orientation Schedule for 7th, 8th and 9th Grade Teachers

- Orientation for 7th Grade Art in Action – Fall
Thursday, September 10, 7:30 to 9:00 p.m.
- Orientation for 7th Grade Neighboring Faiths – Spring
Thursday, January 7, 7:30 to 9:00 p.m.
- Orientation for 8th Grade OWL Teachers
Thursday, November 19, 7:30 to 9:00 p.m.
- Orientation for 9th Grade COA Mentors
Sunday, September 20, from 3:30 to 6:30 p.m.

Our First Parish Garden

This summer, Susan Ryan and Pam Howell worked together to maintain our First Parish garden and bring its produce to Open Table. A number of parents, teens and children pitched in on Sundays and Thursdays throughout the summer to work, hoe, build, plant and pick our garden. This physical ministry, connecting our children to the land and connecting our land's produce to people in need, was a spiritually rewarding one. Seeing the faces of the people at



First Parish gardeners!

Open Table light up each Thursday when the group showed up with dirty hands bearing lettuce, carrots, tomatoes, beets and flowers made our efforts feel worthwhile in a deep way. Thank you to those who were able to be part of this work.

Our garden workdays (Thursdays from 3 to 4 p.m. and Sundays from 5 to 6 p.m.) will continue through mid-October. Join us if you are able at the Hugh Cargill Community Garden.

7th Grade Art in Action

The 7th graders will be creating social statements using art as a medium for expression. Some of these creations will be



Some of our youth "digging in" in Székelykeresztúr.

It has been an exciting summer at First Parish for youth, beginning with the Youth Pilgrimage to Transylvania in July. A group of 24 adults and youth had an amazing ten days, developing and strengthening our friendships with the people of Székelykeresztúr. The group worked hard to begin building a new community center, wove rugs and tended gardens. Many thanks to the hardworking chaperones who were a calm, reassuring presence for our young people — Jeanine Calabria, Peter Fischelis, Rodger

Mattlage, Candace Nelson, Nancy Reilly and Bob Treitman.

In August we had two summer youth groups that were well attended and gave us a chance to stay connected over the long summer.

Our first youth group of the year is September 13, from 7 to 9 p.m. All high-school-aged youth should come check it out. Youth group is completely youth-led. I like to tell parents to encourage their children to come to youth group whenever it works for them or if the topic seems interesting. There is no commitment and youth can drop in at any point. They are also welcome to bring friends.

The fall retreat to Vermont is from September 25 to 27. This retreat is always well attended and a wonderful way for youth to feel connected to the youth program at First Parish. See the website for information and forms.

Because of budget cuts, we will be mailing only the first edition of the monthly youth newsletter, What's the Deal. All other newsletters will be scanned onto the youth calendar located under "religious education" on the First Parish website. Parents can find all forms and information there. If you would like to be on my e-mail list, send your e-mail address to vanderWilden@verizon.net.

September is a crazy time for youth as they transition from the lazy days of summer to the stress of busy schedules and worries about grades, college and other things. On the other hand, it can be an exciting time to reconnect with friends, meet new ones and learn and try new things. We are hoping to provide an oasis of peace, a place to connect with others, a time to pay attention to our spiritual needs and a place for fun. Come join us on September 13 and find out more! ♦

— Mary-Wren vanderWilden

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Welcome back! It is going to be a busy year in Social Action here at First Parish. Our board will introduce a number of new initiatives.



One immediate announcement is an organizing concept, a theme of “home,” for the coming year. Our First Parish home has been lovingly expanded and restored but the concept of home is so much bigger than that and includes the idea of our personal home, our spiritual home, and our global home. We want to use this concept to start a dialogue about what is home and how it is important to us. The theme will give us a way to appreciate the needs of others, a way of focusing on what works and how to improve what doesn’t.

Also look out for the new SAC insert at the September 13 Homecoming Sunday. We plan on creating a SAC insert every two months this coming year, which will highlight one SAC program and also present a calendar of SAC events for the upcoming two months. This program may start slowly, given our return from the lazy days of summer but it should gain momentum during the fall.

SAC is also planning a September event around environmental issues and First Parish’s role as a leader in the local community. Stay tuned for more details for this event, which is scheduled for Wednesday evening, September 23. Another initiative is a future SAC theatrical event planned for April 2010. More details will emerge as the fall gets under way.

I want to take this opportunity to introduce new board members **Tom Wilson**, **Bob Andrews** and **Candace Nelson**. I look forward to working with them during the upcoming year! Please contact me with any questions and concerns. ♦

— *Faith Bade*

Social Action Program Director

New SAC Insert on September 13

Keep an eye out for a new SAC insert on Homecoming Sunday, September 13, which will highlight one SAC program and have a preliminary schedule for SAC events for September and October.

School Supply Appeal

For the 1,270 school-aged children in Massachusetts who are homeless, there is no opportunity to enjoy a back-to-school shopping trip to buy supplies. The Advocacy Network to End Family Homelessness is teaming up with the Mass. Coalition for the Homeless to provide these children with new backpacks, filled with everything from three-ringed binders to #2 pencils. As you help your family prepare for a new school year, please consider buying supplies for homeless children. Through the month of September, there will be a box awaiting your contributions in the coat-room at church. For information, call **Jane Blumberg** at 978-369-8520.

Volunteer Opportunities for Open Table

If you have an hour: Deliver a bag of nonperishable groceries (canned vegetables, soup, tuna, stews, pasta, sauce, peanut butter, jelly) to Pantry A, Everett Street, Concord, on Wednesdays from 2 to 4 p.m.; or deliver a bag of fruit to Pantry B at First Parish on Thursdays from 2 to 4 p.m.

If you have a day: Bake 2-3 banana or zucchini breads or bake 1-2 dozen cookies or muffins and deliver to Pantry B First Parish on Thursdays from 2 to 4 p.m.; or drive a guest to dinner on Thursdays to First Parish for the 5 p.m. meal.

If you have a week: Organize a food drive, large or small, at work, school or in your neighborhood, for much-needed pantry items. Contact **Claudia Nimar** at cnimar@aol.com for more information.

Concord Area Crop Hunger Walk October 18

The Concord Area Crop Walk for the Hungry will take place on Sunday, October 18, starting at First Parish; registration begins at 1:30 p.m., step-off is at 2:15. Funds raised go to support seven local hunger relief organizations, and the global relief efforts and development projects of Church World Service. Please put this date on your calendar and plan to join the First Parish team, or sponsor a walker. This is a great social action project for families to participate in together. See www.concordcrop.org for more details, and look for the Crop Walk table at coffee hours, starting in mid-September.

Epstein to Speak on Climate Change and Health

On September 17, 7–9 p.m., Dr. Paul Epstein, Associate Director of the Center for Health and the Global Environment at Harvard Medical School, will speak for ConcordCAN on the topic “Climate Change, Health Consequences, and Healthy Solutions.” He has worked with the Intergovernmental Panel on Climate Change, the National Academy of Sciences, the National Oceanic and Atmospheric Administration and the National Aeronautics and Space Administration to assess health impacts of climate change, and is coordinating an international project, Climate Change Futures: Health, Ecological and Economic Dimensions. Watch the *Concord Journal* and church e-mails for more details. ♦

Learn More about Social Action at First Parish

The First Parish Social Action Community (SAC) helps parishioners connect with a diverse and exciting range of social action projects. To find out more about what is going on, join our e-mail list by sending a blank e-mail to SAC-join@lists.firstparish.org; see our website, www.firstparish.org/cms/content/view/97/70/; visit the Social Action bulletin board; or e-mail our Social Action Program Director, **Faith Bade**, at FBade@firstparish.org.

Total Praise, families relaxing in the Herb Garden with fruit and song. There is excitement in the air still around sharing our CD recording (yes, the CD's are in and ready for sale!). We will together decide how our fundraising can best benefit our larger community. I have spent the summer at UU conferences gathering up exciting new music for us to share, and I am very eager for our return.



Now is the time to register children for Children's Choir for this coming year. All are welcome. Please check the church website for updated forms. They can be mailed directly to the church and sent to my attention. Rehearsals will continue on Wednesday afternoons. Our Junior Choir (grades 1-3) will meet from 4:30 to 5:00 p.m. Our Chalice Choir will meet from 5:15 to 6:00 p.m. If you have any questions about your child joining, please feel free to contact me directly at 781-626-3043. Our first choir rehearsal is on Wednesday, September 9. There will be a brief meeting for all parents (in both choirs) between 5:00 and 5:15 on the 9th. See you then! ♦

In song,
— *Gail Carey*
Children's Choir Director

PIPEWORK

Much has been accomplished over the summer in preparation for our new organ installation this year!

In June the old organ was dismantled and removed. Most of the pipes were transported to Steve Russell's shop in Vermont for cleaning, restoration, rebuilding and revoicing as appropriate for inclusion in the new instrument. Some of the largest pipes have been stored in the balcony pending re-installation.

Work in July and August was devoted to the organ chamber and surrounding balcony area. The console was moved to its new location at the side of the balcony and parts of the balcony floor were rebuilt and painted. The walls and ceiling of the organ chamber were altered as necessary and repainted for the first time in over 100 years! The rope for our tower bell was rerouted and the façade was relocated. The balcony will be open for worship on Sundays, but we appreciate your care around the organ area and your patience as you see the new organ take shape.

Our organist, **Eric Huenneke**, was onsite for much of the summer supervising, coordinating and consulting with contractors, cleaning and painting! His "hands on" work on this project has helped keep us on time and within budget. **Barry Copp** has provided valuable assistance with carpentry and puzzle-solving!



Eric Huenneke and Steve Russell gently removing pipes.

The organ is the musical foundation for worship at First Parish — accompanying congregational singing and all the different choirs and soloists, as well as performing as a solo instrument for preludes, offertories, postludes and special occasions. This project to rebuild and reconfigure our organ includes a significant amount of repair and replacement, as well as upgrading the instrument to create a more coherent, cohesive sound. We anticipate these changes with great excitement! For more information on the First Parish organ project, photos and updates on our progress, go to the website: <http://www.firstparish.org/cms/music/organ>. ♦

A Gospel Choir Invitation

Hello, Everyone!
This is the yearly invitation to 7th through 12th graders to join Gospel Choir again. For those of you who are new to the Gospel Choir family, we welcome you with open arms and hope that you are ready to inspire and be inspired. For those of you who have simply taken a break, I would love for you to come back and join us. We do make beautiful music together. **Rob Castillo** and I are looking forward to working with each of you again. Last year we had an amazing year and we are going to make this year even better. We will do some blues, gospel, and a little contemporary gospel flair just to spice things up. Now I know that many of you have friends who are good singers. Well, invite them to share their gifts and talents with people who will really enjoy and appreciate them. We will start on Sunday September 13, meeting at the music office. I will be outside waiting eagerly to welcome you back. We will start at 9:30 a.m. with refreshments and catching up.

If you have any questions please send me an e-mail at Forgiven2000@yahoo.com. Thanks — and enjoy the rest of your summer. ♦

Happily yours,
— *Anderson Manuel*
Gospel Choir Director

WOMEN'S NEWS

Autumnal Equinox Celebration

The First Parish Women's Circle invites you to join them in celebrating the Autumnal Equinox on Monday, September 21, at 7:30 p.m.

The Women's AM/PM Book Group—2009/2010 Schedule!

Welcome to a new year of book discussions with the First Parish Women's AM/PM Book Group! Meetings will be on Monday evenings and Tuesday mornings, usually the last week of the month (4th or 5th Monday and Tuesday), with a few exceptions as indicated in the list below. The morning session is facilitated by **Darien Smith** and the evening by **Siri Smedvig**. The book for September's discussions is *Little Dorrit*, by Charles Dickens. The evening group will meet September 28 from 7:30 to 9:00 p.m.; and the morning group on September 29 from 9:30 to 11:00 a.m. **Please note that with completion of construction, we plan to be meeting at the church this year. See the notice board in the Parish Hall entrance for location.**

All women of First Parish are warmly invited to read the current book and join one or both of these discussions. If you would like to be added to the Women's Book Group e-mail list, please contact **Darien Smith** at darien@smithquest.com or 978-369-1471. ♦

Books and Dates for 2009-2010:

Sept 28, 29	<i>Little Dorrit</i> , by Charles Dickens (extra credit: Watch the recent PBS series on DVD)
Oct 26, 27	<i>Olive Kitteridge</i> , by Elizabeth Strout
Nov 30, Dec 1	<i>Lydia Cassatt: Reading the Morning Paper</i> , by Harriet Scott Chessman
Jan 25, 26	<i>Infidel</i> , by Ayaan Hirsi Ali
Feb 22, 23	<i>Black Swan Green: A Novel</i> , by David Mitchell
Mar 29, 30	<i>She's Not There: A Life in Two Genders</i> , by Jennifer Finney Boylan
Apr 26, 27	<i>The Elegance of the Hedgehog</i> , by Muriel Barbery and Alison Anderson (translator)
May 24, 25	<i>My Life in France</i> , by Julia Child, with Alex Prud'Homme
June tbd	Potluck; suggestions for next year

STANDING COMMITTEE INFORMATION

The next Standing Committee meeting will be held at First Parish on Monday evening, September 14, at 6:30 p.m. Please look for the monthly minutes online at firstparish.org under Church Life (you must log in). ♦

COMMUNITY NEWS/CLASSIFIEDS

The Al Filipov Peace and Justice Forum

The Eighth Annual Al Filipov Peace and Justice Forum will take place on Saturday, September 26, from 7 to 9 p.m. at the Trinitarian Congregational Church in Concord. This year's speaker will be Jessica Jackley, cofounder of Kiva.org, the world's first person-to-person micro-lending website, which allows individuals to lend directly to entrepreneurs in developing nations across the globe. Kiva has been one of the fastest-growing social benefit websites in history. The Forum is open to the public, free of charge.

New Class at Kerem Shalom

We are seeking people with a sense of adventure to form a class this fall. This is a journey of learning that will take you beyond the Jewish education of your past and into the worlds of history, philosophy and culture from biblical, rabbinic, medieval to modern times. Some students say that this journey changed their lives; some couples who have taken the class have seen their relationship deepen; non-Jews have found it fascinating and friendships have formed that will last for years.

There will be a sample class at Kerem Shalom on Thursday, September 3, at 7 p.m. with Dr. Jacob Meskin of Hebrew College. "Me'ah" (100) hours of learning will begin on October 1, and will meet on Thursday evenings from 7 to 9 p.m. at Kerem Shalom. For more details, please e-mail rosaliege@comcast.net or call 978-460-1015.

For Rent

Two-room apartment within walking distance of First Parish. If interested, please call 978-369-4423.

Violin and Piano Lessons Offered

Siri Smedvig is offering music lessons in violin & piano. All ages and levels! Please call for more information, 978-369-1470.

Parish Notes

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Holiday Artisans Fair '09 – November 7

Save the date! This year's Holiday Artisans Fair will be held on Saturday, November 7. Our expanded facilities will allow us to feature several additional artists and artisans at this great Concord tradition! Contact **Dian Pekin** at pekindc@comcast.net or the church office if you would like to help with what promises to be a fantastic fair. Stay tuned for more details in next month's *Meeting House News*. ♦

SEPTEMBER 2009 CALENDAR

*Listings in italics represent classes offered through
the Wright Tavern Center for Spiritual Renewal.*

Every Week...

Men's Group	Saturday	7:30 a.m.
YRUU	Sunday	7:00 (not 9/6)
Networking Group	Tuesday	9:00 a.m.
<i>Kundalini Yoga</i>	Tuesday	9:00 a.m. (not 9/1)
<i>Buddhist Group</i>	Wednesday	9:30 a.m. (not 9/2)
Junior Choir	Wednesday	4:30 p.m. (not 9/2)
Chalice Choir	Wednesday	5:15 p.m. (not 9/2)
Adult Choir	Wednesday	7:45 (not 9/2)
<i>Stress Reduction & Relaxation</i>	Thursday	7:00 p.m. (not 9/3 or 9/10)
<i>Stress Reduction & Relaxation</i>	Friday	9:30 a.m. (not 9/4 or 9/11)

Thu Sep 3	7:00	SAC Meeting	•	Sun Sep 20	3:30	Mentor Orientation	•
	7:30	RE Orientation	•	Mon Sep 21	7:00	Jericho Road Board Meeting	•
Mon Sep 7		Holiday—Office Closed	•		7:30	<i>Making Art from Life II</i>	•
	7:00	RE Council	•		7:30	Autumnal Equinox	•
Tue Sep 8	9:30	WPA Board Meeting	•	Tue Sep 22	11:30	WPA Luncheon	•
Wed Sep 9	7:00	Youth Advisory Council	•	Wed Sep 23	12:15	<i>Sandwiches and Short Story</i>	•
	7:30	RE Orientation	•		7:00	SAC Event	•
Thu Sep 10	7:30	RE Orientation	•	Thu Sep 24	10:00	<i>The Story of First Parish</i> (at Concord Public Library)	•
Fri Sep 11	9:30	Pastoral Care Lay Ministers	•	Fri Sep 25	7:30	<i>Rise Up Singing</i>	•
Sat Sep 12	9:00	Photo Club	•	Sat Sep 26	6:00	Special Events Supper	•
	9:30	RE Orientation	•	Sun Sep 27	3:30	Piano & Vocal Concert	•
Sun Sep 13		Homecoming Sunday!	•		3:30	Coming of Age Reception	•
		Services at 9:00 and 11:00	•		4:00	<i>Cakes for the Queen of Heaven</i>	•
	12:15	Green Sanctuary Meeting	•	Mon Sep 28	7:00	<i>Cakes for the Queen of Heaven</i>	•
	6:30	Crop Walk Recruiters	•		7:30	<i>Women's AM/PM Book Group</i>	•
Mon Sep 14	12:00	Newsletter Deadline	•	Tue Sep 29	9:30	<i>Women's AM/PM Book Group</i>	•
	6:30	Standing Committee Meeting	•				
Wed Sep 16	7:00	Youth Advisory Committee	•				

CONSTRUCTION UPDATE

With summer and August coming to an end, we are also finally seeing the conclusion of your year-long renovation/construction project here at First Parish. As various trades put the finishing touches on the R.E. wing interior, we are scheduled for a number of municipal and state code and safety inspections. After these are successful, the Milldam Nursery School will be the first group to move back in and set up for the school year.

Following in a week or two will be the move of the staff offices into the upper levels of the building. The Chapel, which has been used for storage, will be finished last.

Exterior work on the loggia, patio area and courtyard landscaping will continue into September.

As with many renovation projects undertaken on 50- and 100-year-old buildings, hidden conditions, literally unearthed, did cause problems, delays and course changes. But we have prevailed in achieving the intended goal of your program and plans for the future use of all here at First Parish. ♦

—Ron Catella, Owner's Representative

RE News

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placed for public viewing around town or at First Parish. We have excellent leaders for this program — **Betsy Siebert, Deb Hulihan, Ruth Bell** and **Karen Economopolous**, with added support from **CC King** and **Margot Kimball**. This program is scheduled to meet from 11:00 to 12:15 p.m. in the new wing.

8th Grade Dramatic Arts Program

Our 8th graders will begin preparing for the play "The Best Christmas Pageant Ever," with **Tom Hammond, Brenda Fingold** and **Victoria Rizzi**, beginning Sunday, September 13, from 11:00 to 12:15 p.m. in the Parlor. We are excited to continue this new seasonal tradition in our RE Program.

9th Grade Coming of Age Program

Our Coming of Age Leaders, **Caroline** and **Jim McCloy**, have been working this summer with **Mary-Wren vanderWilden**, our Youth Director, to prepare for a meaningful program of self-discovery for our teens. We will be kicking off the program with a COA opening reception for both parents and their teens on Sunday, September 27, from 4 to 6 p.m. This will be an opportunity for mentees and mentors to get to meet each other, and for parents to learn more about the program. Please mark your calendar for this important first meeting. ♦

Church Office Hours: Monday–Friday, 9:00 to 3:00

Phone: 978-369-9602

Fax: 978-369-8701

E-Mail: FPConcord@firstparish.org

Website: firstparish.org

Ministers' E-Mail:

Gary E. Smith: garyesmith@firstparish.org

Jenny M. Rankin: revjenny@comcast.net

Margie King Saphier: mksaphier@comcast.net

First Parish in Concord • UNITARIAN UNIVERSALIST

Staff

Gary E. Smith, Senior Minister

Jenny M. Rankin, Minister

Melissa Perdue Gallo, Business Manager

Cassy Bosworth, Assistant to the Ministers

Janet Hauswirth, Development Director

Jane Foley, Membership Director

Margie King Saphier, Associate Minister for Pastoral Care

Rebecca M. Blodgett, Affiliate Minister for Pastoral Care

Pam Howell, Director of Religious Education

Jane Barnes, Religious Education Administrator

Carol Duane, Program Coordinator for Young Children

Mary-Wren vanderWilden, Youth Program Director

SEPTEMBER 2009 NEWSLETTER

The October Newsletter deadline is Monday, September 14, at noon. The Newsletter publication date is Wednesday, September 23.

News items should be limited to 100 words.

Elizabeth Norton, Music Director

Eric Huenneke, Organist

Anderson Manuel, Youth Gospel Choir Director

Gail Carey, Children's Choir Director

David Huston, Music Director Emeritus

Dan Holin, Jericho Road Executive Director

Leslie Koplou, Operations Manager, Jericho Road

Douglas Baker, Sacristan and Curator

Jane Johnson, Office Manager

Peggy Gallo, Financial Secretary and Collector

Faith Bade, Social Action Program Director

Kate Keleher, Newsletter Editor

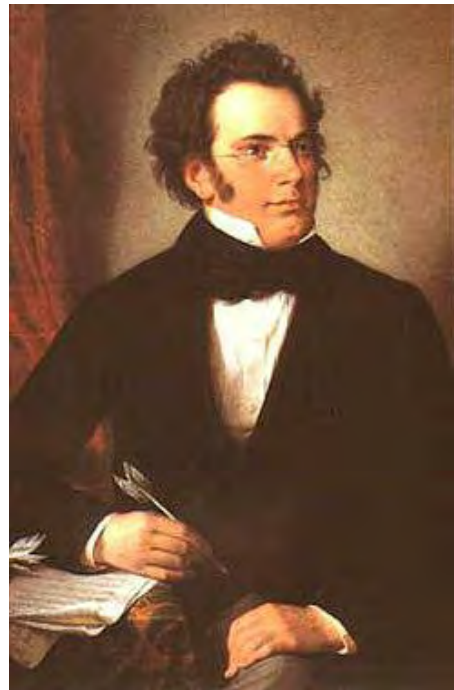
Kaye Harvie, Jane Johnson, Newsletter Staff

THE "DIVINE SPARK" A SCHUBERT SONG RECITAL

Sunday, September 27, 3:30 PM
First Parish in Concord sanctuary
20 Lexington Road, Concord

Come hear and enjoy a generous selection of German Lieder by Franz Schubert. The recital will be sung by Larry Gall, baritone, and accompanied on the piano by Eric Huenneke. Mr. Gall has served as bass section lead and soloist at First Parish and performs frequent concerts and recitals in the Boston area. Mr. Huenneke is organist and pianist at First Parish. He is well known both as a solo performer and accompanist in the Boston area and has concertized widely from coast to coast in the U.S.

Admission is free, but a donation is requested to support First Parish's music program. A reception follows the recital.



Larry Gall

Franz Schubert lived only 31 years, but his creative output during that brief time was truly astonishing. The greatest composer of German songs (Lieder), he completed more than 600 songs reflecting the full range of human emotions. An inspired melodist, Schubert had the great gift of perfectly uniting words with music. As one of his contemporaries observed, "he bade poetry resound and music speak." His songs are also notable for the strength of their piano accompaniment, acting as an equal partner with the voice and supporting the song's mood with inventive phrases and key modulations. Perhaps Beethoven best captured Schubert's impact on the musical world when he said, "truly in Schubert there is a divine spark."

For more information, call 978-369-9602.



The Wright Tavern Center at First Parish in Concord

An Oasis in Our Busy Lives
Classes Opening in the Early Fall 2009

Registration for all these classes will open August 31.

Please contact Cassy Bosworth in the church office (978-369-9602).

Online registration will open soon thereafter.

I. Growing Your Spirit

These classes and groups are offered throughout the year

Kundalini Yoga (beg. 9/8)

Kundalini yoga is yoga for the mind, body and spirit. It uses breath, yogic postures and meditation to help build and maintain a healthy body, increase vitality, train the mind to be strong and flexible, and to facilitate change emotionally and spiritually. At its heart Kundalini Yoga is about developing awareness; an awareness of self and others that allows you to live your life with compassion, and act with excellence. Each class can help one become aware of much more than just the strength of the body.

Sessions are ongoing and open to all levels of experience and abilities.

Dharm Singh is a KRI Certified Kundalini Yoga teacher with thirteen years of teaching experience and a professional level instructor for KRI teacher training courses. In addition to his classes here, he is teaching at the Newton-Wellesley Hospital Wellness Center, Cambridge School of Weston, and various other venues in the Boston area. For more information, please contact him at shabdguru@gmail.com.

Tuesdays, 9:30–11 a.m.; drop-in classes, Sept 15, 22 & 29

Fall class schedule (10 classes): Oct. 6, 13, 20, 27; Nov. 3, 10, 17 (No Class Nov. 24); Dec. 1, 8, 15, Fee: \$150 per 10-week session

Tibetan Buddhism (beg. 9/9 and 9/10)

Starting September 9, the Buddhist group will be meeting in the First Parish Chapel Wednesdays from 9:30–11:00 a.m., and Thursdays from 7:30–9:00 p.m. (September sessions may be in the Wright Tavern until the Chapel is ready.) These weekly sessions are open to all who are interested in transforming love, compassion and wisdom into action. You are welcome to share the spirit of community at these gatherings regardless of your familiarity with Tibetan Buddhism. Donations are gratefully accepted. The Venerable Lobsang will return around Christmas. Contact Bill Seaver at 978-369-7318 if you have any questions.

T'ai Ji (beg. 9/11)

Being in touch with our own energy creates endless possibilities within ourselves. By combining music with qigong and the simple movement of t'ai ji we can release blocked energy, create wellness and bring our lives into balance. This class is geared to people of all ages. It offers gentle low-impact exercise to reduce stress, enhance optimal health and to simply create a sense of joy in our lives.

Mae Pagan has studied t'ai ji and qigong for 22 years. She follows the teachings of Chungliang Al Huang and his nontraditional style of teaching t'ai ji movement as a joyful approach to life as well as a path to wellness. With a background in Tibetan Qigong and Reiki,

she provides a gentle mix of t'ai ji movement with the healing aspects of qigong. She also holds degrees in philosophy, psychology and education.

• Fridays, 12:30–2:00 p.m., Sept. 11, Oct. 16, Nov. 13, Dec. 11. \$25/class

• Mindfulness-Based Stress Reduction Program (MBSR) (beg. 9/17 and 9/18)

• Cultivating mindfulness, or awareness of the present moment, creates the framework for this popular course modeled after the internationally recognized program established by Jon Kabat-Zinn at UMass Medical School. Research continues to suggest positive benefits from the practice of mindfulness-based stress reduction to the immune system, chronic illness, hypertension, chronic pain, as well as to the daily stresses of our busy lives. This interactive course consists of eight weekly 2-hour group classes where participants will be introduced to and practice guided mindfulness meditation, relaxation techniques, gentle yoga stretches, and self-inquiry exercises. Participants commonly report a reduction of stress-related symptoms, increased awareness and concentration, and improvement of positive coping skills at home and in the workplace.

• Choose either **Thursday evenings (7–9 p.m.) beginning Sept. 17 until Nov. 12 OR Friday mornings (9:30–11:30 a.m.) beginning Sept. 18 until Nov. 13 (no classes on Oct. 1, 2). Enrollment is limited to 15.**

• **Cost:** Tuition is \$290 plus an additional \$60 materials fee (including text, CD's, and manual). **Continuing Education for nurses and other health professionals available.** Discount for Blue Cross/Blue Shield members.

• **Instructor:** Pamela Katz Ressler, RN, BSN, HN-BC, is a board-certified holistic nurse and stress management specialist. Pam is the founder and president of Stress Resources, LLC, in Concord, and provides stress management programming and consulting nationally. Additionally, she serves on the board of directors for the nonprofit organization the Integrative Medicine Alliance. Pam and her family are active members of First Parish in Concord. For more information about the MBSR program, visit www.stressresources.com.

• Covenant Groups (ongoing)

• If you are interested in exploring topics such as acceptance, friendship, letting go, evil, death, etc., in an intimate group, consider joining a Covenant Group. Groups of fewer than ten people meet at least once per month for one and a half hours of confidential sharing of spiritual ideas and experiences. The following groups currently have openings:

• Sundays, 4:00–5:30 p.m., contact Bill Seaver, 978-369-7318 or billseaver@earthlink.net.

• First and third Sunday of the month, 7:00–8:30 p.m., contact Mark Richards, mark.s.richards@verizon.net or 978-771-9823.

First and third Tuesday of the month, 2:00–3:30 p.m., contact Don Miller, donaldbmiller@comcast.net, 781-646-4965.

Tuesdays, 7:00–8:30 p.m., contact David Downing, dowdav@earth-link.net or 978-263-8454

Every other Thursday starting Sept. 10, 1:00–2:30 p.m., contact Fred Van Deusen at fredvandeu@aol.com or 978-369-0435

◆ **Watch for this class later this fall:**
Yoga for Women in Midlife, with Lee Courtemanche

II. Creativity As A Spiritual Path

These classes are offered throughout the year

Sandwiches and Short Story (beg. 9/23)

Formerly known as “Listening for God,” this informal group meets with Gary Smith once a month to explore a story’s meaning. Bring a sandwich and beverage and join us Wednesday, September 23, at 12:15 p.m. The story for September is “Missionaries” by Bradford Tice, found in *Best American Short Stories 2008*, Salmon Rushdie, editor, pb \$14.00, a collection to be used throughout the fall. Other fall dates: October 21, November 18 and December 9

Rise Up Singing (beg. 9/25)

This informal monthly musical gathering of adults and children provides participants with an opportunity to sing and share traditional and contemporary folk songs, spirituals, hymns, rounds and chants in fellowship. Singers of all ages and experience are welcome. Bring a copy of *Rise Up Singing* if you own one. Individuals are encouraged to bring instruments if they wish. Led by Beth Norton and others. Friday, September 25, 7:30 p.m. Other dates: Oct. 23, Nov. 20, Dec. 18, Jan. 22, Feb. 26, Mar. 26, April 23, and May 21. No registration necessary.

Women’s AM/PM Book Group (beg. 9/28 and 9/29)

Meeting monthly on a Monday evening 7:30 to 9, and a Tuesday morning 9:30–11. The first sessions on September 28 and 29 will be discussing *Little Dorritt* by Charles Dickens. Contact Darien Smith at darien@smithquest.com for details.

These classes are offered in the fall term only

Healing Arts Seminar (beg. 9/27)

InterPlay is a creative community process for unlocking the wisdom of your body. Using simple practices of storytelling, movement, song and stillness, we find ease and creativity for life’s challenges. We build healing relationships and supportive community. SoulCollage® is a creative and intuitive process of making small collage cards for self-exploration and guidance. The SoulCollage process is deeply satisfying yet playful and truly fun. Anyone can do it — no artistic skills or experience necessary. Introductory workshops are offered in both SoulCollage and InterPlay.

Explore one or both of these transformative practices with ongoing sessions and a chance to go deeper, build your tools for wellness and creativity — an enriching blend of visual and embodied exploration. SoulCollage: Sunday September 27, 2–5 p.m. with follow-up sessions October 1, 15 and 29. InterPlay: Sunday October 4, 1–4 p.m. with follow-up Thursday evenings, 7–9 p.m., October 8, 22, and November 5. A final workshop combines InterPlay and SoulCollage on Sunday afternoon, November 15. Led by C.C. King and Pam Swing. Fees applicable.

Being Older and Wiser (beg. 9/29)

Here’s to becoming older and wiser! Participants in this diverse age group meet to explore possibilities of enrichment in one’s senior years. Group members work individually in order to develop a reality transformation from personal experience and spiritual life. It is an opportunity to proceed with more clarity and intention through the years ahead and rethink ones outreach to others.

The only prerequisite for our interactive group is to own fifty or more years of life experience. Participants will explore their lives through guided imagery, journaling, color, small and large group sharing, and the research and work of several authors.

The Rev. Karin Tanenholtz, a Unitarian Universalist minister for nineteen years, has served as parish minister, spiritual director, college chaplain, and religious educator. She trained in the Sage-ing program developed by Rabbi Schachter-Shalomi.

Meet seven Tuesdays, noon–2 p.m. Please bring a bag lunch. No drop-ins, each meeting forms a building block for the next. Participant fee is \$50 per person or \$80 for couples (shared book.) The book, *From Age-ing to Sage-ing* by Zalman Schachter-Shalomi is included in the fee.

Making Art from Life II (beg. 9/21)

Participants who have completed Making Art from Life I may enroll in Making Art from Life II. In this once-a-month workshop participants explore autobiographical stories and create collages in paper and fabric. Readings, sketchbooking, two-dimensional design concepts and self-reflection exercises are used to mine for artistic source material. Participants share their stories and comment on each others’ artwork in a thoughtful, supportive community. Exceptions to the pre-requisite workshop may be made at the discretion of the instructor. Third Monday of the month: September 21, October 19, November 16; 7:00–9:00 p.m. Fee: \$90.00 for First Parish members.

III. Sources of Unitarian Universalism

These classes are offered in the fall term only

The Story of First Parish (9/24)

Join Jenny Rankin and Doug Baker for a session in the Special Collections area at the Concord Public Library, exploring some of the documents that trace our history. Thursday, September 24, 10 to noon.

Cakes for the Queen of Heaven (beg. 9/27 and 9/28)

The newly updated ‘Cakes’ curriculum employs history, myth, metaphor and images of the Divine as female to better understand women’s spirituality and spiritual connections. Part I, “In Ancient Times,” examines the transitions from pre-Christian and pre-Judaic cultures to today’s world. It provides a context for discussion and perspective on how attitudes based in religious beliefs affect self-image, relationships, family structure and culture. Participants will explore women’s experience of the Sacred — ancient and modern — in a uniquely interactive format that is informative, inspirational and fun! Led by Margaret Stewart and Donna Davis, the first of five sessions will be Sunday, September 27, at 4 p.m. and Monday, September 28, at 7 p.m. Limit: 16 women each session. \$25. fee. Other dates: Oct. 4/5, 18/19, 25/26 and Nov. 8/9