

The *Meeting House* News

REVERIES

Dear Friends,

We are at the turning of February into March, and I am always fooled into thinking that the first of March will be winter turning into spring. “In like a lion, out like a lamb,” I know. I know. When this newsletter is published, Eliz and I will be on California’s central coast, near Santa Barbara, where I am presiding over a meeting of the Senior Ministers of the large Unitarian Universalist congregations. Here I meet with thirty of my colleagues in this work, exchanging best practices in the practical ministry as well as experiencing terrific worship, hearing wonderful sermons, surrounded by ministers singing hymns at full volume. While we are gone, our home here in Concord will go on the real estate market, Eliz and I having spent months clearing out the accumulation of living for more than twenty years in one spot.



Changes are afoot. Our daughter and her family have likewise put their own home on the market in Waltham, and together we have been looking at two-family homes in Arlington, Watertown and Belmont. All this will account for the wild look you may see in my eyes from time to time. This coming spring brings more than robins and daffodils. It brings change, for me and for you. I hope you’ll all enter fully into the process now being designed by the newly formed Study Committee, a process designed to help you look ahead at the kind of ministerial leadership you wish for First Parish in the coming years. You will understand if I step back from this process and let **Jeff Greene** and others do their work.

March brings our annual fundraising appeal, of which you will read more in this newsletter and the insert. The theme is community. The team has been working to break down our membership into neighborhoods in the hope that you will connect with some new faces. Please respond generously. Our needs are as great as ever. We need to be at full strength as we move through change. I’m grateful to all of you who have reached out to me in these past weeks since I announced my retirement. It is a wild roller-coaster ride, and I am grateful to have you as companions.

—*Gary Smith*

SUNDAY WORSHIP SCHEDULE

March 7

Gary Smith, preaching

9:00 & 11:00 – **First Parish Choir**

March 14

Bill Sinkford, preaching

9:00 – **Gail Carey and Beth Norton**, vocalists

11:00 – **Chalice Choir and First Parish Choir**

March 21

Gary Smith, preaching

9:00 & 11:00 – “Cycles of Life”

First Parish folk musicians lead us in the songs of our lives

March 28 – **Palm Sunday**

Howard Jaffe, preaching

9:00 – **Gospel Choir**

11:00 – **First Parish Choir**

Don't Miss...

WPA SPRING CONCERT AND TEA

Tuesday, March 16

3:00 p.m. Concert in the Sanctuary

**4:00 p.m. Tea in the Parlor
and Parish Hall**

First Parish in Concord

UNITARIAN UNIVERSALIST ♦ Gathered in 1636

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There are two inserts with this newsletter:

- ◆ Annual Giving Information
- ◆ Wright Tavern Center Programs

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

Monday, March 22
Monday, April 26
Monday, May 24

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

PARISH NOTES

Maundy Thursday Service and Chowder Supper—April 1

Please join us for the annual observance of the Last Supper on the Thursday prior to Easter Sunday. First Parish ministers and lay leaders will lead a service of Communion in the Sanctuary at 6:30 p.m., followed by the traditional chowder supper in the Parish Hall. Tickets for the supper are \$15 in advance for adults (\$16 at the door), \$5 for children under the age of twelve; and will include homemade fish chowder, salad, fresh bread, wine and fruit pie for dessert. Our antique First Parish communion silver will be on display in the Sanctuary during the service, with pieces dating back to the earliest days of our church. Purchase tickets at coffee hours at the Parish Connections table or in the church office prior to the dinner. Seating is limited, so get your tickets early.

Get Ready for the Flea Market/Recycle Sale

Get your items ready to donate to the WPA Flea Market/Recycle Sale, which will take place on Saturday, April 24, from 9 a.m. to 2 p.m. — rain or shine. Gently used furniture, antiques, lamps, kitchen stuff, artwork, jewelry and clean toys are all welcome. No books, magazines, clothing, plants or sports equipment can be accepted. Items may be dropped off at the church Friday, April 23, between 9 a.m. and 7 p.m. Call **Pat Kane** at 978-369-8418 if you wish to rent a table or to volunteer your help.

Check Out Items in the Lost and Found

Have you checked the many “lost” items hanging together in the coat-room? There’s also a Lost and Found box in the office, on the shelf below the fax machine. Anything not claimed in the next couple of weeks will be donated to Goodwill.

Parking Concerns at First Parish

Please be aware that the TD Bank parking lot accessed by Walden Street is reserved for bank customers on Sunday mornings now that the bank is open Sundays. Please help us be good neighbors and do not park there when you are attending services. In addition, please remember that parking on the curve in front of the church for Sunday services is reserved for people with difficulty in walking.

Also, please remember not to park in staff spaces located near the lower side entrance. Staff come and go throughout the day and evening seven days a week. Currently, several of the signs have been destroyed by snow plowing, but the spots continue to be reserved for staff. Thank you!

Join in the Local World Day of Prayer — March 5

This year’s local World Day of Prayer service will take place on Friday, March 5, at 11 a.m. at Trinity Episcopal Church, Concord, followed by a festive luncheon in their parish hall. Women of Cameroon have written this year’s service and the diverse cultures of Cameroon will be celebrated throughout the service and the luncheon. All men, women and children are cordially invited. No reservations are necessary.

First Parish Theatre Project Play Reading — Friday, March 5, at 7:00 p.m.

Our next play reading will be *All My Sons*, by Arthur Miller, led by **Jim Snyder-Grant**. It’s a classic tragedy, set in post-World-War II America, as the characters wrestle with the meaning of the American Dream as

Parish Notes continued on page 4

PASTORAL CARE NEWS

During this time of transition, the pastoral care office has also seen changes as far as its location is concerned. I have left my office in “the quad” and I’m now in **Jenny Rankin’s** office until May 1, when I make my final move to **Gary Smith’s** former office in the Wright Tavern. I am looking forward to settling into my own office space, and do feel free to drop by in May. Until then, you will find me in the ministers’ suite.

Pastoral Care is beginning a new tradition during coffee hour, providing parishioners the opportunity to write notes to the individuals who are on the pastoral list. With the help of **Kate Keleher**, Thinking of You cards have been made, using the drawing of First Parish by “Nina and Kate” that is framed and hangs on the wall to the left of the Parish Hall entrance. There will be a pastoral care table and chairs in the Parlor, with note cards available so you can seize the moment. It is so easy to intend to write a note, but when we get home the busyness of the day can thwart our best intentions. Now you will be able to write a note, put it in an envelope, seal and address it. First Parish will mail it for you. I also have a mystery question. No one seems to know who did the drawing. Please take a look at the original drawing and let me know if you can tell who the artists are so we can give them credit for their great representation of the Meeting House.

Welcoming new babies: In addition to bringing a Caring Connection meal delivered in a bag made by the children in RE and a baby blanket made by Kitsy Rothermel, our new baby welcomers, **Bridget Neale Paris** and **Louisa Paushter**, will also offer the choice of one of two books: *The Gift of Faith: Tending to the Spiritual Lives of Children*, by Jeanne Harrison Nieuwejaar; and *Nurturing Children and Youth: A Developmental Guidebook*, by **Tracey L. Hurd** (First Parish member), which includes spiritual development.

Pastoral Care programs: In February, I offered the program *The Rest of Your Life and Beyond*, a four-session program preparing for the end of life. The program was cancelled due to lack of interest. It will be offered again as a two-session program, with Minuteman Senior Services talking in the first session about “Five Wishes” and how to talk to loved ones about the end of life. In the second session, the PBS documentary *The Undertaking* will be shown, followed by a discussion with Charlie Dee of Dee Funeral Home. For the program to happen there needs to be a minimum of ten participants. Please see the Wright Tavern insert for the new dates, and register early.

Are there pastoral care programs you would like offered at First Parish? Topics I am thinking about are

these: being part of the “sandwich generation” and handling its many demands, how to advocate for a loved one in a medical setting, the gifts and challenges of aging, and living with chronic illness.

Please let me know your wish list, including the time of day or evening that works best for you, as well as the season of the year.

—*Margie King Saphier*

Associate Minister for Pastoral Care

Covenant Groups

Do you wonder what is discussed in Covenant Groups? In February, one group discussed compassion, answering the following questions and using the format suggested below. How do you practice compassion (Buddhism is focused on compassion for all beings.)? How do you go about caring for others?

- ◆ Start with a few minutes of silent meditation.
- ◆ Have a brief check-in (no comments.)
- ◆ Set out the topic.
- ◆ Discuss the topic.
- ◆ Agree on the agenda for the next meeting.
- ◆ Close with the holding of hands.

If you would like to know more about Covenant Groups, contact **Margie King Saphier** at mksaphier@firstparish.org.

MONEY MATTERS

With the Annual Appeal kicking off on March 7, I thought it would be helpful to explain a bit more about how the budget is created. This year, the Standing Committee and the Executive Team together set a target fundraising goal of \$925,000 in pledges. Pledges, of course, comprise over three-quarters of our income each year. The budget represents a collaborative effort among many stakeholders, and takes into account the vision and goals of the Standing Committee, the Executive Team, the Program areas (Religious Education, Social Action, Music, and Pastoral Care, among others), and the committees working in those Program areas. Parishioners play an important role in goal setting, through discussions and meetings with both the staff and the Standing Committee (and its individual members), as well as through participation in activities and committees. The budget is crafted to realistically reflect as best as possible our aspirations for fulfilling our collective vision. As we learned painfully last year, this is not always an easy task.

Next month, I will outline the vision and goals process that’s been established with the staff, Standing Committee, and Committees, and how it fits into the overall annual fundraising and budget calendar.

—*Melissa Perdue Gallo*

Business Manager

PARTNER CHURCH COMMITTEE

What do you care about the UUPCC? And why should you come to a special potluck supper on Friday, March 5? Unitarian Universalist pilgrimages, partnerships and potential partnerships are nearly everywhere, including in India (which has the third largest Unitarian community in the world), the Philippines, Poland, the Czech Republic, South Africa, Hong Kong, Hungary, Kenya, Uganda.

First Parish will host the (North American) Unitarian Universalist Partner Church Council's Executive Board meeting March 4–6, as it prepares to celebrate its 20th anniversary. You'll find a sign-up sheet during Sunday coffee hours (or you can contact **Sara Ballard** at Sara@sb.org) for a very special potluck dinner and informal discussion with the board. Join us to learn more about Unitarian Universalism elsewhere and how you too can become connected.

Here's another invitation: Join us on our next Music and Cultural Pilgrimage. Whether you've been to Transylvania or not, if you would like to learn and experience more, the First Parish Choir, **Gary** and **Eliz Smith** and your PCC are planning a return visit to our partner church in Székelykeresztúr this fall, October 24 to November 2. The trip will include a "choral exchange" between the two congregations as well as area tours; a limited number of spaces are available. Accommodations will be provided at the new Community House (along with home stays for those who wish). For more information contact **Rodger Mattlage** at rmattlage@yahoo.com or 781-259-9639; or come to the UUPCC potluck on Friday, March 5, to learn more.

Your First Parish Partner Church Committee always welcomes new members. Our next supper meeting will be held at the home of **Dana** and **Kathy Booth** at 6:30 p.m. on Thursday, March 11. For further information, drop **Winslow Pettingell** a line at LondonSW11@aol.com; and for our latest PCC news and information, including the UUPCC board meeting, see the following link:

<http://www.firstparish.org/cms/committees/partner-church>.

Minden jót! "Best wishes!" —**Lillian Anderson** and **Winslow Pettingell**, PCC cochairs

Parish Notes

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an American nightmare unfolds. It was Miller's first big hit, but its questioning of American ways was part of what landed him in front of the House Un-American Activities Committee a few years later. Nice big moral questions run through the play, and some compelling characters. Find a copy online or in the library, and come join us. The script is available on its own, or in many anthologies, including various "best of" collections. We rotate the parts so that no one has to do more than they want to do, and everyone gets to read.

Don't Miss the Spring Concert and Tea

The Women's Parish Association cordially invites you to their annual spring concert and tea, which will take place on Tuesday, March 16. The concert will begin at 3 p.m. in the Sanctuary, followed by tea in the Parlor and Parish Hall. All women and men are invited. There is no charge for this event and no reservations are necessary. Look for details about the concert in the *Sunday News* and in FP Announce notices.

Talking about Slavery in Concord

When the Reverend William Emerson departed Concord in 1776 to serve as chaplain to the Continental Army, he left the Manse in the hands of his slave man Frank. What was life like for slaves at the Manse? Join us on Saturday, March 20, at 7 p.m. in the Parish Hall, to hear author Elise Lemire draw on William's diary and letters, recreating the lives of the Manse's free and enslaved occupants. She recounts from the time the Emersons first moved in until their slaves and their descendants, enacting their own revolution, claimed the right to live as free men and women in Concord. A reception follows, where Ms. Lemire will sign copies of her book *Black Walden: Slavery and Its Aftermath in Concord, Massachusetts*. Cosponsored by the First Parish Transcendentalism Council and the Old Manse.

First Parish Photography Club Spring Exhibit

Please mark your calendars, Sunday, May 2, from 3 to 5 p.m. for the annual Photo Club Spring Exhibit and Reception, which will include outstanding pictures, slide shows, big and small, photography experts to answer any of your questions, and delicious refreshments. Plan to bring your family and friends.

WPA Margaret Fuller Bicentennial Luncheon— Save the Date: Tuesday, May 18

Rev. Jenny Rankin will speak about Margaret Fuller at the May 18 luncheon of the Women's Parish Association. Stay tuned for further information about this event, as well as information about an exhibit entitled "Why Margaret Fuller Matters," which will be on display at First Parish during the latter part of May. Check out our website for further information about all the Margaret Fuller Bicentennial events at First Parish which will take place the weekend of May 21 through 23.

MUSINGS AND MUSIC NOTES

“From this house to the world we will go hand in hand.”

*“Building bridges between our divisions;
I reach out to you. Will you reach out to me?
With all of our voices and all of our visions,
Friends, we can make such sweet harmony.”*

These songs will be featured in our worship services in March. *From this House*, a powerful anthem in South African style, by Ben Allaway, gives musical voice to the theme of our Annual Campaign — “Our community: At home — in the world — at home in the world.” It is a dynamic expression of who we are as a congregation.



Rev. Bill Sinkford and Rev. Susan Chorley from the UU Urban Ministry will be our guest preachers on March 14. They have requested that we sing *Building Bridges* at that service. By coming to Concord, they hope to build bridges between Roxbury and Concord, between volunteers and opportunities to serve — bridges that join us to other UU congregations.

This year **Gail Carey**, our Children’s Choir director, laid the foundations for a new musical bridge to the UU Urban Ministry in Roxbury. In December, Gail led a music workshop for children who attend the Saturday “Explorers’ Club” of the UUUM. She has since returned to make more music with the children; and on March 14, children and adults from First Parish choirs will travel that bridge to Roxbury to sing at the installation of Rev. Catherine Senghas as Minister and Executive Director of the UUUM.

Bridge building is central to the First Parish music ministry. Through our musical pilgrimages we have built strong connections to our partner congregation in Transylvania. We’ll return to Székelykeresztúr in October for a music and culture pilgrimage to reinforce that bridge, which has been well-travelled through our youth service projects and other visits (see story on page 7).

Our musical bridges take us places as far away as Romania and as close as our own hearts. As we sing together in worship, we connect with one another and with the greater Love that holds us all; with our history and the sources of our living tradition; with our faith and our yearning to express it in the wider community.

From this house to the world we will go hand in hand.

With all of our voices and all of our visions, friends,
we can make such sweet harmony.

— *Beth Norton*
Director of Music

PIPEWORK

Final designs for retrofitting the balcony organ console have been completed in the Russell shop in Vermont and the remaining parts ordered. The refurbished and enhanced console should now closely resemble the new console, which will be installed in the front of the Sanctuary. The rebuilding and retrofitting should be completed by the end of March, and the balcony console on its way back to First Parish.

About two ranks of pipes (Diapasons, which form the core warm sounds of the main organ) have now been rebuilt. This is meticulous work. For some ranks of pipes, the organ builder has to create and install new metal languids inside the mouth of each flue pipe. A languid is like a tongue in relation to pipe speech and is formed by a piece of metal soldered inside the mouth of each pipe. The condition and angle of the languid is very important in tonal voicing of each flue pipe to create a pleasing and natural tone. The old languids in many of our pipes suffered from lead fatigue and would no longer permit the kind of tonal adjustments necessary for a beautiful sound.

This painstaking work on the original organ pipes that will be included in the new installation will continue for many months. Once this restoration work is complete, each pipe will be put on a special voicing machine that allows its tone and speech to be adjusted in relation to the pipe before it. When the pipes are on their wind chest within the organ, final refinements and voicing will be repeated within our Sanctuary space.

Having overseen the restoration of three antique houses, I could identify with Steve Russell when he described how much he enjoyed restoring good quality old pipework — the results are rewarding, and with the fluctuating cost of alloys, the cost savings are notable. The work is labor intensive and usually takes longer than manufacturing brand new pipes. But it will be worth the wait.

— *Eric Huenneke*

Parish Organist

To learn more about the First Parish Organ project, go to this link on our website:
<http://www.firstparish.org/cms/music/organ>.

Reflection from a 7th Grade Neighboring Faiths Leader

Forty years ago I was a seventh grader at the Unitarian Church West in Wauwatosa, Wisconsin, participating in the Neighboring Faiths Program. Uncertain as to the nature of Unitarianism, I was unsure how studying other faiths would help me figure out what a Unitarian was.

However, now I know that Neighboring Faiths is not just learning about other faiths; it is the very act of being a Unitarian as embodied in our fourth principle: a free and responsible search for truth and meaning. Starting in February, **Del Friedman, Melita Teichart, Dan Trinkle, Deb Kupka** and I have had the pleasure and responsibility of accompanying our seventh graders on this same journey.

While religion is often shrouded with mystery, the practice of religion is very much a human concern. In our visits to Holy Family Parish and Temple Beth El, questions asked already include: “Who would run the church if the Pope is ill?” “Can a priest get married?” “If the Sabbath begins at sundown, do you meet at a different time every week?” “Do all synagogues allow women to be rabbis?” “How do your children get a religious education?”

At First Parish, Neighboring Faiths is also a step along the path to the expression of a personal credo, the culmination of our ninth grade Coming of Age program. **Gary Smith** has pointed out that we are a covenantal, not a creedal, faith. Yet each of us must have a personal system of belief to guide our lives and our actions. Fortunately, we and our children may draw on all of human experience as we develop and refine our personal beliefs.

—John Petersen

RE Teacher Orientation Dates

Orientation is for the teachers for these programs. Orientation for 2nd–6th Grade Workshops for Term 4 is Wednesday, March 17, 7:30–9:00 p.m.

OWL Parent Discussion Group Meets

Our parent discussion group has been well attended, with many thoughtful questions and reflections on parenting our young teens. We will continue this discussion on April 11, from 4:30–5:30 p.m. While this is an informal parent discussion group, we are fortunate to have an RE Council member, **Gianna Drew**, as facilitator. Gianna is a registered nurse who is

March 2010 RE Calendar

- Sun., Mar. 7 Regular RE for Babies–4 years
Regular RE for K–6th Grades
7th Grade Neighboring Faiths at 8:30 a.m.
8th Grade OWL 2:00–4:30 p.m.
9th Grade COA 11:00 a.m.–2:00 p.m.
- Sun., Mar. 14 Regular RE for Babies–4 years
Regular RE for K–6th Grades
7th Grade Neighboring Faiths at 10:15 a.m.
8th Grade OWL, 2:00– 4:30 p.m.
- Sun., Mar. 21 Regular RE for Babies–4 years
Regular RE for K–6th Grades
7th Grade Neighboring Faiths at 11 a.m.
8th Grade OWL, 2:00–6:00 p.m.
- Sun., Mar. 28 Regular RE for Babies–4 years
Regular RE for K–6th Grades
7th Grade Neighboring Faiths at, 11:00 a.m.
RE Registration for 2010-2011 school year, after 9:00 and 11:00 a.m. services

employed at Concord Academy. No need to sign up just come and participate. This is a great way to understand more about your 8th grader while meeting other parents in our First Parish Community.

The Forum: A Focus on Our Religious Education Program

Ever wondered about why RE is the way it is? Want to know more about each year’s programming and how it was developed? Do you have questions about life in RE after 1st grade, or after 6th grade or after 9th grade? Do you want to know more about the curriculum and its goals? Maybe you have a question about the Message to Children? Whatever it is, please come to the Forum at 10 a.m. on Sunday, March 21. Members of the RE Council and **Pam Howell** will give a brief presentation and have a discussion about religious education at First Parish.

Registration for Our 2010-2011 Religious Education Program

This year we will offer registration in person on two Sundays: March 28 and April 11, at coffee hour, following both the 9 a.m. and 11 a.m. services. We will also offer online registration after Sunday, March 28. Please come and ask questions about your child’s next year. You will also have the opportunity to explore the many different possibilities for teaching next year. Registration conveniently falls one week after the RE Forum, so you will be able to ask many questions there as well. Please register early. Our RE program is like running a small school. We really need your registration in order to plan our curriculum for next year. Thank you.

2nd–6th Grade Workshop Rotation — We Are Unitarian Universalists: Direct Experience with the Transcendent

We are using our workshop model for this rotation. Our grade levels will rotate through a series of Personal Spiritual Practices (3 weeks) and then begin the Spring Term the last week of March.

March 7: Week 5 of Winter Term, Personal Spiritual Practices — Sitting

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Music & Arts Pilgrimage to Székelykeresztúr

October 24 – November 3, 2010

The First Parish Choir and the Partner Church Committee are planning a return visit to our partner church next fall! The purpose of this pilgrimage is to deepen our understanding of one another's culture and faith through the sharing of music, art, crafts and dance.

Due to limitations on accommodations and the longer stay with our friends in Székelykeresztúr, we are planning for this group to be smaller than past musical pilgrimages — probably no more than 25 in all. **Gary** and **Eliz Smith** will be joining us in Keresztúr for part of our time there.

The core of the pilgrimage group will be a choir of singers who will have an exchange with the Keresztúr choir. There will also be opportunities for nonsinging pilgrims to learn Székely crafts and experience life in the village. The entire group will take day trips to visit significant Unitarian sites, led by **Rodger Mattlage**.

We will be based in Székelykeresztúr for the entire visit. Our main accommodations will be in the new Community House dormitories. Each room has between two and four single beds and a three-quarter bath (sink, commode, shower). There will also be home stays and home visits with our friends in Székelykeresztúr. We are planning to fly into Kolosvar (Cluj Napoca), and will spend one night in a hotel and do some sightseeing.

Cost estimate: \$1500–\$1700 will include airfare, medical insurance, ground transportation, accommodations and meals, plus a fee to offset the costs incurred by our hosts while we are visiting. Pilgrims should be aware that these trips usually require a fair amount of walking, and there are no provisions for physical accessibility in Romania.

If you have never been to visit our partner church in Transylvania, we encourage you to let us know of your interest in traveling with us. For more information, contact **Rodger Mattlage** at 781-259-9639 or rmattlage@yahoo.com; or plan to attend our PCC potluck supper on Friday, March 5, to hear more about it.

SENIOR YOUTH NEWS

- For the past three years, the Youth Group has sponsored a student from Transylvania named Hunni.
- Our youth pilgrims have had the chance to meet him, and all of our youth are touched by the fact that he could not go to school without our support.
- To earn money for his education, the youth are organizing a 50/50 raffle. We will sell tickets for \$5 apiece at coffee hour on March 21 and March 28.
- On March 28, at Youth Group, we will draw the winner of half of the money raised. The other half we will use to sponsor Hunni; and any extra money we earn we will give to relief efforts in Haiti. It is truly rewarding for youth to know that they alone are making this student's education possible.
- March is a long month with no vacations, so we have planned an exciting month of activities:
- Mar. 7: Movie Night, "American Teen"
- Mar. 14: Pi Day (3.14), Come make your own pie
- Mar. 21: Plan Youth Service and "Spanking Yoda" game (If youth want to participate but cannot come, let a youth leader or me know.)
- Mar. 28: "Wink" — wear old pants or knee pads for this game

- The youth will be preparing in March for the Youth Service which they will host in April. It is a special treat for them to be given the pulpit to share their thoughts, reflections, prayers and music with the congregation. Not only is planning and conducting a worship service a unique opportunity and big responsibility for youth, but it is enlightening for the congregation to hear from our young people.

— *Mary-Wren vanderWilden*

CLASSIFIED

- **Wanted:** Housing for a Unitarian Universalist minister for the month of July. He is spending the month here on sabbatical, studying the Transcendentalists. His wife and child may visit for a short time while he is here. Could he house-sit for you? **Gary Smith** can provide a strong reference. Contact him at gesmith@tiac.net.

STANDING COMMITTEE

The next Standing Committee meeting will be held at First Parish on Monday evening, March 8, at 6:30 p.m. Please look for the monthly minutes online at firstparish.org under Church Life (you must log in) or on the church bulletin board. ♦

We work really hard here at First Parish to Honor, Educate, Act and Lead (HEAL) on social and environmental justice issues. We have found activism to be its own spiritual journey, and activism in our youth to have an amazing ripple effect. **Mary-Wren** and I both feel service trips are incredibly rewarding



for all involved. Sadly, our youth service trip to New Orleans will not occur this April, as too few youth could make it. But our newly introduced Young Activist program is thriving. Hopefully, you attended the middle school youth presentations on February 28, where a total of \$750 from SAC grants was publically awarded to three nonprofits. Another Young Activist, **Charlotte Rankin-Higgins**, is having a fundraiser for Partners in Health/Haiti Relief on March 7 (see page 10). Come and support our youth! Their activism and social conscience will make our world a better place.

A big thank-you to all who made the Social Action Home Drop-Off Day a huge success on Saturday January 30. From 8 a.m. until 2 p.m. the church was humming! Eighty to 100 First Parish volunteers participated — working inside and outside, sorting, unloading, loading, and packing items up. HGRM & C2C thank you! Throughout the day, an uncounted number drove in a steady stream through the First Parish circle with their items. Young and old seemed to enjoy the whole event and new First Parish members appreciated a chance to join our community. Thank you to the musicians, **Mark Weltner**, the Transylvania Troubadours, and the Poppas and Mommas, and to First Parish staff **Jane Johnson**, **Guy Ministeri**, **Barry Copp** and **Bob Hoff**, and to so many First Parish members. A particular thank-you to **Dave** and **Beth Dawson** for their work picking up items in their truck, to the **Nobile** family, and especially **Duncan**, for extra-ordinary work, to **Ken Estabrook** and family. Thank you to everyone who went the extra mile, including **Debbie Bier** and **Rich Stevenson**, plus all who used their vehicles or stayed the extra time or did the real dirty work. Finally thank you to the team of First parish members who made this happen: **Diana Page**, **Alice Hogan**, **Gretchen Nelson** and **Abby White**. Volunteers like you make a huge impact on our faith community. The team plans on making this an annual First Parish event, so start thinking about next year!

— *Faith Bade*

Social Action Program Director

- **Funderburg Scholars Dinner Thank-You**
- Thanks to all who attended the Funderburg Scholars dinner, and especially to **Caroline** and **Jim McCloy**, who cooked a delicious meal! The students were great and a wonderful evening was had by all. It's not too late to help! We need relatively recent, used laptops and graphing calculators (donation letters provided). Contact **Loretta Ho Sherblom** at Loretta@LHSBenefits.com if you can help. If you can help financially, please send a check, payable to Funderburg Scholars/UUUM, to 199 Park Lane, Concord, MA 01742. Since Loretta volunteers her time, 98.5 percent of your tax-deductible donation goes directly to help an inner city youth attend college!

- **Social Action Marvelous Monday**
- Join our activist community on Monday, March 8, for a wonderful dinner and celebration of all things SAC, from 6 to 7 p.m. with vespers to follow. Volunteer to help serve by contacting **Faith Bade** at FBade@firstparish.org.

- **Diversity Committee Screens the PBS Documentary "Race: The Power of an Illusion"**
- The Diversity Committee continues the screening of the acclaimed PBS documentary *Race: The Power of an Illusion*. Episode 2, *The Story We Tell*, which explores the roots of the race concept and how it became accepted belief, will be shown Sunday, March 7, at 1 p.m.. Episode 3, *The House We Live In*, which examines how racism gives different groups vastly different life chances, will be shown Sunday, March 21, at 1 p.m. Each episode lasts an hour; a short discussion will follow. A light lunch will be available beforehand; please sign up for lunch at coffee hour, in the office, or contact **Sara Ballard** at sara@sb.org.

- **UUSC Needs Volunteers to Help Haitians Receive TPS Immigration Status**
- Haitians in the United States prior to the earthquake may apply for Temporary Protected Status (TPS). Partnering with the UUA, the UUSC is setting up clinics for TPS applicants. At these clinics, volunteers will help provide free advice and assistance in filling out the necessary forms, as well as help in completing the TPS fee-waiver applications. Volunteers need not be attorneys in order to participate. All volunteers will receive training, and each TPS clinic will be supervised by immigration attorneys. There will also be a need for child-care services and French and Creole translators at these events. If you would like to help, please contact Nichole Cirillo, UUSC's campaign manager, at 617-301-4336 or ncirillo@uusoc.org. See uusoc.org for updates.

SAC continued on page 10

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.

MEMBERSHIP CORNER

We gather in community to rest from our labors, to greet our neighbors,

And to open our being to insight and intuition of that greater reality of which we are a part.

May we find our time together inspiration and renewal.

May we touch the holy in each other and be touched by the graciousness of life.

May we find here a calm peacefulness that will carry us through the days ahead.

— Rev. Paul L’Herrou

First Parish Program Guide

At First Parish in Concord, opportunities abound, in one form or another, for us to share a common interest or pursue a common goal; to be inspired by our connection to one another; and to be renewed by our shared humanity, for the greater good of our church community and the larger world. You can preview some of these opportunities in the 2010 Program Guide here:



<http://firstparish.org/cms/files/ProgramGuide2010.pdf>

— Jane Foley

Membership Director

Marvelous Mondays

The longest-standing tradition of community gathering is a shared meal, and First Parish is no exception! Bring your entire family to one or all four of the Marvelous Monday dinners in March. Gather at 6 p.m. for a home-cooked meal, followed by a half hour vesper service. Child care is provided. For more information, contact **Dave Elwood** at daveelwood@hotmail.com or **Jane Foley** at jfoley@firstparish.org.

March 1: Dinner hosted by the Religious Education Council

Vespers led by **Fred Van Deusen’s** Covenant Group
Music provided by **Rob Castillo**

March 8: Dinner hosted by the Social Action Community

Vespers led by **Rev. Gary Smith**
Music provided by **Eric Kilburn**

March 15: Dinner hosted by the Standing Committee

Vespers led by **Rev. Margie King Saphier**
Music provided by the First Parish Threshold Choir

March 22: Dinner hosted by the First Parish Choir
Vespers led by **Don Leopold’s** Covenant Group
Music provided by the First Parish Choir

Please note: Carl Scovel’s highly anticipated program through the Wright Tavern, “The Psalms as Poems, Songs and Prayer,” will take place on Monday evenings, March 8 to 29, at 7:30 p.m. The vespers will end in a timely manner so those who are registered for the program for March 8, 15 and 22 can attend.

Attend The New U Program in March

Another opportunity for connection is The New U! This program provides attendees with an overview of UU-ism and First Parish, presented by staff and lay leaders, a guided reflection of your own beliefs and values led by **Rev. Gary Smith**, and an understanding of how our faith community might meet your needs. Open to newcomers as well as to seasoned members looking to revitalize their commitment. Sundays: March 21, March 28 and April 11, 4 to 6 p.m. Contact **Jane Foley** at jfoley@firstparish.org.

First Parish Seder Saturday, April 3, at 5:00 P.M.

The First Parish cooperative Seder celebration this year will be on April 3, the Saturday before Easter. The Passover Seder is a 3000-year-old religious celebration of freedom for all ages; it is an enjoyable communal mixture of reading, singing, cooking and eating.

This year’s celebration will be simpler, smaller, and even cozier than in previous years, so buy your tickets early to make sure you and your family can participate. Tickets will be on sale at coffee hours on March 14, 21 and 28, and nowhere else. Ages 13+, \$15. Ages 6–12, \$5. You get to pick a job when you sign up — shopping, cooking, serving or cleanup. For information, contact **Peter** or **Lois Mitchell**, 978-369-5869, or **Jim** or **Dana Snyder-Grant**, 978-266-9409 or jimg@newview.org. ♦

Women's AM/PM Book Group

The March book for the Women's AM/PM Book Group is *She's Not There: A Life in Two Genders*, by Jennifer Finney Boylan. The discussions will be held at First Parish, with the evening session on Monday, March 29, 7:30-9:00 p.m.; and the morning session on Tuesday, March 30, 9:30-11:00 a.m. 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 2010:

- Apr. 26, 27 *The Elegance of the Hedgehog*, by Muriel Barbery and Alison Anderson (translator)
- May 24, 25 *My Life in France*, by Julia Child, with Alex Prud'Homme
- June tbd Potluck; suggestions for next year

SUNDAY FORUMS

We welcome speakers from the congregation as well as ideas for future Forums. Contact **Charles Lowell** (chasrlo@verizon.net) or **Robert Hilsinger** (rhilsinger@verizon.net).

March 14
Pots to Plots

How will your garden grow? This will be a combination of motivation and how-to's when it comes down to starting or expanding your garden. We will have gardeners talk about their success and how most of us can grow something that will be fresh and enjoyable, whether in a pot, on a patio, or in a plot in your backyard

March 21
RE at First Parish

The RE Council along with **Pam Howell**, Director of Religious Education, will provide an overview of the RE Program at First Parish. This is a growing activity of the Parish. A discussion will follow a review of the program .

March 28
A Casserole of Insights for Living

Frank McClintock will share some of his thoughts of science, history, arts and religion. Frank has been an active member of First Parish for many years and is a retired professor from MIT.

You Can Help Rebuild Haiti on March 7

You are invited on Sunday, March 7, 4:30-6:00 p.m., to a Young Activist fundraiser for Haiti at First Parish. Sponsored by the First Parish Social Action Community, all funds raised at this event, up to \$1000, will be matched by a grant from the Social Action Grants Program. Enjoy the sounds of First Parish members **Diana Demuth**, an emerging vocal artist, and **Eric Kilburn**, a longtime folk favorite, as you contribute to Partners in Health, Paul Farmer's nonprofit, which works directly in Haiti with the poorest of the poor. There is no entry charge. All donations go directly to PIH. Light refreshments will be available for sale. To help with the fundraiser, contact **Charlotte Rankin-Higgins** at starchar@comcast.net.

Next Social Action Grants Deadline March 15

The next Grants deadline is March 15. Information on the Grants policies and the application can be found on the website at www.firstparish.org under Grants. Please contact **Wendy Holt**, chair, at wendyholt48@yahoo.com with any questions.

SAC Theatrical Event

Save the dates April 9 and 10 for the Social Action play, *Still Life*, by Emily Mann. More details to follow! Contact **Kim Novick** at kim@knovick.com or **Claudia Nimar** at cnimar@aol.com with questions.

First Parish Hosts Renewal House on May 9

Please come and meet the staff and residents of the Urban Ministry's Renewal House. Come share conversation and friendship over a barbeque at the Nimars', 37 Emerson Road, Concord. The Renewal House family visit will begin at 4 p.m. All ages welcome; bring yourself, bring your family. Please contact **Claudia Nimar** if you wish to attend or if you can help at Cnimar@aol.com or 978-771-8216. Renewal House is a Unitarian Universalist Urban Ministry Program, and Host a Family events are designed for Renewal House residents to visit and relax in safe and friendly environments. They are sponsored by UU suburban churches.

Do You Paint?

The Urban Ministry's Renewal House in Boston is planning to paint the shelter in June. They need painters. If you are interested, please e-mail **Claudia Nimar** at cnimar@aol.com or call 978-771-8216.

Mass. Dept. of Peace Campaign

A Peace Party on January 31, hosted by the Mass. Dept. of Peace Campaign at the home of **Alec Walker**, welcomed Julia Simon-Mishell, of the Student Peace Alliance. She described campaign support of legislation for a Cabinet-level Department for peace building, in and outside government, and of the Youth PROMISE Act, to support community violence-prevention projects. State Senator James Eldridge promised to work with State Rep. **Cory Atkins** on resolutions for adoption by the Mass. Legislature. Party-goers plan to lobby Rep. Niki Tsongas and Sen. Scott Brown for Congressional support. The Acton Jazz Café trio warmed the party! Contact **Pat Simon** at psimon@gis.net to participate.

MARCH 2010 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.
Gospel Choir	Sunday 10:00 a.m.
YRUU	Sunday 7:00 p.m.
Marvelous Mondays Dinner and Vespers	Monday 6:00 p.m. (not 3/29)
<i>The Psalms as Poems, Songs and Prayer</i>	Monday 7:30 p.m. (not 3/31)
Networking Group	Tuesday 9:00 a.m.
<i>Kundalini Yoga</i>	Tuesday 9:30 a.m. (not 3/16, 3/23 or 3/30)
<i>Buddhist Group</i>	Wednesday 9:30 a.m.
<i>Child and Teen Yoga</i>	Wednesday 4:15 p.m. (not 2/17, 3/24 or 3/31)
Junior Choir	Wednesday 4:30 p.m.
<i>Yoga for Women</i>	Wednesday 5:00 p.m. (not 3/24 or 3/31)
Chalice Choir	Wednesday 5:15 p.m.
<i>Yoga for Women in Midlife</i>	Wednesday 6:30 p.m. (not 3/24 or 3/31)
Adult Choir	Wednesday 7:45 p.m.
<i>Hatha Vinyasa Yoga</i>	Thursday 9:15 a.m.
<i>Power Vinyasa Yoga</i>	Thursday 6:30 p.m.
<i>Mindfulness-Based Stress Reduction Buddhist Group</i>	Thursday 7:00 p.m. (not 3/18 or 3/25)
<i>Mindfulness-Based Stress Reduction</i>	Thursday 7:30 p.m.
	Friday 9:30 a.m. (not 3/19 or 3/26)

<p>Mon Mar 1 6:30 <i>T'ai Chi</i></p> <p> 7:00 RE Council</p> <p> 7:30 Humanism</p> <p>Wed Mar 3 7:00 Youth Advisory Committee</p> <p>Thu Mar 4 7:30 Threshold Choir</p> <p>Fri Mar 5 5:00 All-Parish Potluck</p> <p> 7:00 Theater Group</p> <p>Sun Mar 7 12:45 Diversity Committee Movie</p> <p> 4:30 Young Activist Fundraiser for Haiti</p> <p> 7:00 SAC Board</p> <p>Mon Mar 8 6:30 Standing Committee Meeting</p> <p>Tue Mar 9 9:30 <i>Deep River</i></p> <p> 3:00 <i>Tea and Poetry</i></p> <p>Wed Mar 10 9:30 WPA Board Meeting</p> <p>Thu Mar 11 6:30 Partner Church Committee</p> <p>Fri Mar 12 12:30 <i>T'ai Ji</i></p> <p>Sat Mar 13 9:00 Photo Club</p>	<p>• Mon Mar 15 7:00 Jericho Road Board Meeting</p> <p>• Tue Mar 16 9:30 <i>Deep River</i></p> <p>• 3:00 WPA Spring Concert and Tea</p> <p>• Wed Mar 17 12:15 <i>Sandwiches and Short Story</i></p> <p>• 7:30 RE Orientation</p> <p>• Thu Mar 18 7:30 Transcendentalism Council</p> <p>• 7:30 Threshold Choir</p> <p>• Sat Mar 20 7:00 Slavery in Concord Presentation</p> <p>• Sun Mar 21 12:45 Diversity Movie</p> <p>• 4:00 New U</p> <p>• Mon Mar 22 12:00 Newsletter Deadline</p> <p>• Fri Mar 26 7:30 <i>Rise Up Singing</i></p> <p>• Sun Mar 28 12:15 Nominating Committee</p> <p>• 4:00 New U</p> <p>• Mon Mar 29 7:30 <i>Women's AM/PM Book Group</i></p> <p>• Tue Mar 30 9:30 <i>Women's AM/PM Book Group</i></p> <p>• 9:30 <i>Deep River</i></p> <p>•</p>
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Meditation, Yoga, and Prayer

March 14: Week 6 of Winter Term, Personal Spiritual Practices — Sitting Meditation, Yoga, and Prayer

March 21: Week 7 of the Winter Term, Personal Spiritual Practices — Sitting Meditation, Yoga, and Prayer

March 28: Week 1 of Spring Term, Religion as Inspiration for Art — Chapel Services and Introduction to Spring Term.

Special Project for Our 6th Graders

So many people love the labyrinth and our children always ask about it, but our outdoor labyrinth will not be ready for quite a while. This spring our 6th graders will be making two indoor labyrinths in RE with the help of Irl Smith and Martha Kilcoyne. These

labyrinths will be hand-drawn on large tarps. They can be folded and used within the walls of First Parish, or even outside on warm, dry days. This is a gift from RE to our parish. It is just one of the ways our children can demonstrate their love for our faith community.

Returning of First Parish Community Garden

Last year we started gardening on two plots at the Hugh Cargill Community Garden in Concord. Our children grew hundreds of pounds of food for Open Table in Concord. We will be starting our garden again in early April. If you would like to be part of this project, please let us know. We will be gardening two times a week again — Thursdays from 3 to 4 p.m., and Sundays from 4 to 5 p.m. This is a great way for our children to learn how to grow food and help others. Adults are welcome too! This is an intergenerational opportunity to get your body moving and your hands dirty. —Pam Howell and Susan Ryan

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

Jane Barnes, Assistant to the Business Manager

Faith Bade, Social Action Program Director

Jane Foley, Membership Director

Pamela Hathaway, Development Director

Margie King Saphier, Associate Minister for Pastoral Care

Rebecca M. Blodgett, Affiliate Minister for Pastoral Care

Pam Howell, Director of Religious Education

Lorrie Clark, Religious Education Administrator

MARCH 2010 NEWSLETTER

The April Newsletter deadline is Monday, March 22, at noon. The Newsletter will be published the last week in March.

News items should be limited to 100 words.

Carol Duane, Program Coordinator for Young Children
Mary-Wren vanderWilden, Youth Program Director

Elizabeth Norton, Music Director
Eric Huenneke, Parish 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
Kate Keleher, Newsletter Editor
Kaye Harvie, Jane Johnson, Newsletter Staff

Annual Appeal Kick off Celebration

Join us at a special coffee hour on Sunday, March 7 as we kick off this year's Annual Appeal!
Join us and celebrate our connections and our First Parish community!



Our First Parish community has weathered many challenges in recent years. Even in the face of the economic, personal, or physical hardships many of us have confronted, First Parish members have emerged as leaders at home and in the wider world.

The Annual Appeal this year is designed differently, our goals both to raise money and foster community connections. We want to learn what you value about First Parish. We would like your pledge to reflect what you value.

Our First Parish community is made up of many smaller communities based on shared interests: Religious Education, Social Action, the choir, Humanism, Small Group Ministry, etc. We all make connections based on our interests. Wouldn't it be wonderful, we thought, to meet some of the people from First Parish who live right in our neighborhood or town? Wouldn't it be fun to get to know our geographical neighbors, with a hope that we might form yet another type of connection?

So our Annual Appeal is designed to help you get to know your neighbor! We will be displaying a large map showing all the towns where First Parish has a presence, and smaller maps showing the groupings within towns.

If you live locally, we're collecting pledges differently, too, by neighborhood. All the details, no matter where you live, will be in the mailing you'll receive the week of March 8.

Pledges represent over 75% of our operating budget. Please pledge early! Your pledge helps us develop a realistic operating budget. Help us reach our goal of \$925,000 in pledges, and make new friends, too!

The Annual Appeal 2010 Team:

Pamela Hathaway and Tom Wilson, co-chairs

Jane Barnes

Melissa Perdue Gallo

Jane Johnson



for Spiritual Renewal

The Wright Tavern Center at First Parish in Concord

An Oasis in Our Busy Lives • March 2010

Welcome to the Wright Tavern Center. Online registration is available for all courses. Check our website at wrighttavern.org for schedule, course descriptions, presenter bios, registration information and policies. Questions? Contact Cassy Bosworth at cbosworth@firstparish.org or 978-369-9602. Please check the board in the lower church entryway for course locations..

I. Growing Your Spirit

Meditation

Advaita Vendanya, or Non-Dual Awareness, is an approach that guides us to our true nature. We will explore and learn the experience of awakening by identifying with the body-mind-personality and the connection to the universal truth of who and what we are — Buddha nature. It is only the attachments to our identity, ideas, beliefs and concepts that obscures this path. Classes are open to everyone regardless of prior experience.

Instructor: **Nina Carmel**, MSW, RYT. Nina is a licensed psychotherapist, consultant and teacher with specialties in mind-body therapies, trauma, and the interface of western psychology and eastern meditative disciplines. She is a certified and registered yoga instructor and a popular yoga and meditation teacher

Wednesdays: April 7–June 9 6:30-8:00 p.m. \$150/10 sessions or \$18/drop-in

Mindfulness-Based Stress Reduction Program (MBSR)

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 two-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. Tuition: \$290, plus an additional \$75 materials fee (including text, CD's, and manual). Visit www.stressresources.com for more information.

Enrollment is limited to 15. Instructor: **Pamela Katz Ressler**

Thursdays: 7:00–9:00 p.m. April 8–June 3

Fridays: 9:30–11:30 a.m. April 9–June 4

Concord Area Humanists

Monday, March 1, 7:15 p.m. at the Wright Tavern — Relating Consciously and Compassionately to Ourselves, Others and the Planet. This is an introductory session on Marshall Rosenberg's "Nonviolent Communication," facilitated by Marguerite Robbins. RSVP to Maria at mc2cox@comcast.net.

Tuesday, March 16, 7:45 p.m. social at 8:00 p.m. Casserole of Insights into Living from Experiences in the Sciences, History, the Arts and Religion. Frank McClintock will introduce the discussion. RSVP to Frank McClintock at fammwm@aol.com for directions.

Saturday, March 20, 6:30 p.m. Potluck dinner with good company, wine, food and Humanist conversation in Concord. RSVP to hostess Nancy Harrison at nancyph@gmail.com, copy to pne@aol.com.

Monday, April 5, 6:45 p.m. social, 7:00 p.m. program in the Emerson room. DVD "View from the Center of the Universe," illustrating our early humanist genesis story by Primak and Adams supplements their book with same title. Has awe-inspiring video from NASA telescopes of developing universe, from Big Bang to now. Followed by discussion.

Child and Teen Yoga

Playful and serious at the same time, this class will help children and teens practice yoga Asanas that follow the traditions of Hatha and Lyengar yoga. Each class is different, with stories and animal poses. Best for 7- to 15-year-olds. Class capacity: 15 students. Instructor: **Ori Kilner Munson**

Wednesdays: March 17-May 12 (no class April 21) 4:15–5:15 p.m. \$96/8 session or \$15 drop-in

Yoga for Women in Midlife

This Yoga for Women in Midlife series is designed to help develop stability, strength, flexibility. It integrates breath, movement and postures for hormone balance, a healthy heart, strong bones, core strength and stress reduction. Participants need to bring their own mat. A cushion and blanket are recommended. Class capacity: 15 students. Instructor: **Lee Courtemanche** Please contact Lee at: Lee.Courtemanche@verizon.net for further information.

Wednesdays: April 14–June 30 5:00–6:15 p.m. 6:45–8:00 p.m. \$192/12 classes

II. Creativity as a Spiritual Path

Sandwiches and Short Story

This informal group meets with Gary Smith once a month to explore a story's meaning. Bring a sandwich and beverage and join us once a month on Wednesdays at 12:15 p.m. The story for March is "Straightaway," by Mark Wisniewski, found in *Best American Short Stories 2008*, Salmon Rushdie, editor, a collection to be used throughout the year. Leader: **Rev. Gary Smith**

Wednesday, March 17, 12:15 p.m.

Making Art from Life I

Plumb your life experiences and tell your stories through fabric collages! No previous art or sewing experience necessary. This is a four-week course exploring the intersection of craft and art, where the personal story comes alive. Sessions will include instruction in techniques of painting and printing on fabric, and instruction in methods of brainstorming and creating symbolic imagery as well as opportunities to share and discuss ideas. Participants will create a piece of artwork each week.

Instructor: **Merril Comeau**

Thursdays: April 1, 8, 15 & 29 7:00–9:00 p.m.

FP members \$125/ Nonmembers \$150

Women's AM/PM Book Group

The March book is *She's Not There: A Life in Two Genders*, by Jennifer Finney Boylan. Come to either the Monday (March 29) evening meeting, 7:30 to 9:00 p.m.; or Tuesday (March 30) morning meeting, 9:30-11:00 a.m.. Drop-ins welcome. Contact Darien Smith at darien@smithquest.com for details or questions.

The Rest of Your Life and Beyond

Following are descriptions of two Pastoral Care workshops led by **Rev. Margie King Saphier**.

"The Five Wishes"

Fives Wishes is a document that walks us through the decisions we need to make *now* so in the event we are not able to articulate our wishes at end of life, our designated person (Power of Attorney) who can do so and honor our wishes. We will then go through the document answering your questions as you fill it out. For many of us it is difficult to approach our parents about

end-of-life plans (theirs and ours); for others, it is difficult to engage our children in these discussions. This part of the session is an opportunity to share what questions and concerns you have, what participants have tried, what worked and what did not. There must be ten people signed up by April 19 for the class to be held.

Tuesday: April 27 2:30–4:00 p.m. Fee: \$15

"The Undertaking," by PBS, as seen on *Frontline*

In this moving and powerful film, *Frontline* enters the world of Thomas Lynch, a poet and undertaker, whose family has cared for the dead in a small Michigan town for three generations. Through the intimate stories of families coming to terms with grief, mortality and funeral rituals, the film illuminates the heartbreak and beauty taken between the living and the dead. The film will be followed by discussion with funeral director Charlie Dee of Dee Funeral Home. There must be ten people signed up by May 4 for the class to be held.

Tuesday: May 4 2:00–4:00 p.m. Fee: \$15

III. Sources of Unitarian Universalism

The Psalms as Poems, Songs and Prayer

The purpose of this class is to study the power of this literature, now 2500 year old and still a means of praise, performance and personal rediscovery. We will hear sung settings of the psalms from several centuries and sing some of them ourselves. We will see how they work as poems and personal confessions. We will examine their history and use in Jewish and Christian worship. And we may try our hand at writing a psalm or two ourselves. Leader: **Rev. Carl Scovel**

Mondays: March 1–29 7:30–9:00 p.m. Fee: \$50

Margaret Fuller Bicentennial on May 21–23, 2010

The Transcendentalism Council at First Parish has a great line-up of events for Margaret Fuller's Bicentennial in Concord, May 21-23. Noted scholars and authors, guided tours, chamber music, theatre, a photo exhibit — and, of course, birthday cake! Check out our website at www.firstparish.org/margaretfuller. Love the Transcendentalists? Volunteers are needed — contact Diane Weiss at dweiss1@verizon.net.