

The *Meeting House* News

REVERIES

Dear Friends,

The curtain opens on another year at First Parish, a big year for this congregation, this institution, and for me. On the weekend of September 11–12, Concord will be celebrating its 375th birthday, and First Parish will be preparing to do the same. Please join us on the morning of September

12 for our Opening Sunday and in the afternoon for a special Open House. We are a stronger community when you are here, so I hope you can be present.

We'll gather water from your backyard or from foreign travels, an Opening Sunday tradition. The choir will sing. Your neighbors will be here.

And, of course, this is a year of new direction as the congregation discerns its need for new professional leadership. Everyone's voice needs to be heard. And the counterpoint to this is my own planning for retirement.

Eliz and I have moved to Belmont since I have last seen you, a daunting task of downsizing and resettling, let me tell you, but exciting too. While we have the first floor, our daughter Hannah and family are upstairs on the second and third, two grandchildren literally in and out of our lives on a daily basis. I am blessed.

We are blessed here at First Parish too. We have a terrific staff that has been planning all summer for this coming year. We have a new building that we are making a new home and settling in. We have high energy as the rest of this newsletter will demonstrate. We have strong and good leaders who are meeting and planning and sharing new and exciting visions for our future.

Thanks to all of you for keeping this place strong, a vital place for these times. I look forward to the year with you.

—*Gary Smith*



SUNDAY WORSHIP SCHEDULE

September 5

ONE SERVICE AT 10:00 A.M.

Mr. John Petersen, worship leader
Beth Norton

Joyce Painter Rice, pianist

September 12

Gary Smith, preaching

9:00 & 11:00 – First Parish Choir

September 19

Jenny Rankin, preaching

**9:00 – Lauren Evans, alto
& Pamela Schweppe, soprano**

11:00 – First Parish Choir

September 26

Gary Smith, preaching

9:00 – Joan Esch, cello

11:00 – First Parish Choir

October 3

Gary Smith, preaching

**9:00 – First Parish Choir
& Children's Choir**

11:00 – Gospel Choir & Children's Choir

Don't Miss...

SUNDAY, SEPTEMBER 12

Homecoming Sunday!

Services at 9:00 and 11:00 o'clock

Open House at the Meeting House

2:00 to 5:00 p.m.

First Parish in Concord

UNITARIAN UNIVERSALIST ♦ Gathered in 1636

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- ◆ WPA Luncheon
- ◆ Wright Tavern 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, September 27
Monday, October 25
Monday, November 29

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

PARISH NOTES

Celebrate with Sunday Flowers

- If you would like to provide Sunday flowers for a memorial or celebration, please contact **Peg Hedstrom** at 978-369-1562.

Transcendentalism Council News

- The Transcendentalism Council, cochaired by **Lillian Anderson** and **Steph Chiha**, was formed in June of 2009, following a trip to trace the footsteps of the Transcendentalists in Italy. The group included 20 people and was led by **Jenny Rankin**. Seeking to continue our exploration upon our return, a group was formed to deepen our own personal learning of, and involvement with, the Transcendentalists, as well as to lift up their heritage at First Parish.

- Our primary goal is to create a community of both learners and teachers of the Transcendentalists, by providing direct educational opportunities as well as a bridge to, and sponsorship with, resources from other organizations. Some of the organizations with whom we cosponsored events last year included the Thoreau Society, the Old Manse, and the Concord Free Public Library. These events not only strengthened the ties between First Parish and other learning communities, but they also enabled us to develop a model for cosponsorship that would be instrumental in our successful Margaret Fuller Bicentennial weekend celebration last May.

- The Transcendentalism Council meets on a monthly basis and always welcomes anyone interested in learning more about the Transcendentalists and their philosophy. Our first meeting this year will be Thursday, September 16, at 7 p.m. We will be exploring our educational goals for the year, and will also share the details of our upcoming trip in April 2011 to France, where we will continue our Transcendentalist journey by following in the footsteps of Emerson, Fuller and the Alcotts in Paris and the French countryside.

- If you are unable to attend this meeting but are interested in joining either the council or our trip to France, please contact **Steph Chiha** at schiha@unica.com or **Lillian Anderson** at lillianand@comcast.net.

Emerson Forum Discussion Series — 2010–2011

- In the fall the discussion will be about “The Conservative”; in the winter it will be on “Art and the Artist”; and in the spring the discussion will be about *Emerson & Eros*, a book by Len Gougeon, State University of New York Press, 2007. The first meeting will be Monday, September 20 at 7 p.m., in the Emerson Room. We’ll discuss “The Conservative,” an address by R.W. Emerson, 1841. The discussion leader this year will be Wendell Refior. Everyone is welcome!

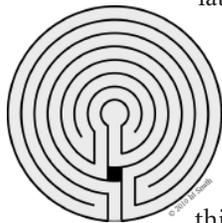
WPA Luncheon—Remembering Ellen Tucker Emerson

- The Women’s Parish Association’s September luncheon will feature a presentation by **Rev. Jenny Rankin** about Ellen Tucker Emerson, the second child of Lidian Jackson Emerson and Ralph Waldo Emerson. The luncheon will be on Tuesday, September 21, at noon, with a social time beginning at 11:30 a.m. Vegetarian, vegan and wheat-free food items will be available upon request. Contact the church office or **Dian Pekin** at pekindc@comcast.net by September 17 for reservations, transportation or child care requests. The charge for lunch is nine dollars.

Parish Notes continued on page 3

Labyrinth News

The bid requests are in for reconstruction of the labyrinth on the side lawn next spring, and we await responses. The labyrinth will provide a welcoming and unique outdoor space for walking reflection, meditation and spiritual exploration for the entire First Parish community, from children through elders, as well as the general public. Look for photos and facts on the First Parish website. Further information is coming later this fall on how you can contribute to bringing the labyrinth back to First Parish. Questions? Contact **Martha Kilcoyne** at m.kilcoyne@comcast.net or 978-443-2686



Become a Sponsor. Change a Life

Each year the teachers of the Unitarian high school in Székelykeresztúr, aided by the minister of the Unitarian church, choose ten incoming freshman who are in need of financial assistance in order to attend. Members of First Parish and the Hungarian community are currently supporting 54 students. Many are sending letters and making new friends along the way. Your four-year commitment changes the life of the student and his/her family, for an amount that most of us spend each year on restaurants or movies. For information, contact **Sue Beck** at sbeck345@comcast.net or 978-369-8445. Become a sponsor. Change a life.

Artisans Fair — Save the Date

Save Saturday, November 6, from 10 a.m. to 4 p.m. to attend this year's juried Holiday Artisans Fair! Our church facilities will be chock full of great items offered by very talented New England photographers, artists and artisans. Lunch and snacks will be offered throughout the day at our Artisans Cafe. Bring your friends and family members for a fun-filled day of holiday shopping, lunching and viewing outstanding gift items.

Jericho Road Project Wins State Award for Nonprofit Capacity Building

The Jericho Road Project was a winner in the 2010 Massachusetts Nonprofit Network Nonprofit Excellence Awards in the category of Nonprofit Capacity Building. Jericho Road Project was also a finalist in the collaboration category as well. **Dan Holin** and **Kate Kaplan** attended the awards ceremony at the State House in June.



The Jericho Road Project's Roaring Twenties-themed gala in May, netted \$75K. Gary Smith addressed the attendees and John Boynton IV received an award for his service to the Jericho Road Project.

PARTNER CHURCH COMMITTEE

The 2011 Youth Service Pilgrimage to Keresztúr is a “go” and slated for next July (tentatively leaving on the 6th or 7th and returning on the 18th or 19th). Sponsored by the Partner Church Committee, we are now seeking chaperones and will soon be receiving applications for this very special trip. For more information and ongoing updates be sure to check the PCC Web page at www.firstparish.org/cms/committees/partner-church.

In other PCC news, cameras are being charged, little mementos of Concord secured and final preparations are being made for the upcoming Culture and Music Pilgrimage to Transylvania. Twenty-two members of the First Parish community, including **Gary** and **Eliz Smith**, members of the choir and of our own PCC, will be heading over from October 24 to November 2 for a leisurely tour of the region and a much anticipated “choral exchange.” We look forward to seeing the pictures!

We are delighted to welcome Júlia Csáka, who is here for her junior year at CCHS and is staying with **Dana** and **Kathy Booth** (as her brother István did a few years ago). We also welcome Réka Gagyi, who is here again this year during her summer break from university. She's staying with **Bill** and **Sherry Seaver** and **Joan Wesolowski**, and on most days you'll find her behind the counter at Verrill Farm. When you do, be sure to give her a hearty “jó napot!”

We would like to remind everyone of the next annual service to celebrate Transylvanian Thanksgiving on Sunday, September 26. We would also like to note that our next Partner Church Committee meeting will be Thursday, September 9, at 6:30 p.m. For further information drop Winslow a line (at LondonSW11@aol.com) and for our latest PCC news and information, visit: www.firstparish.org/cms/committees/partner-church.

Watch for news about this year's sponsorship program for the Keresztúr high school. We are looking for sponsors for ten new students. (See “Become a Sponsor...” on this page) ♦

Minden jót! “Best wishes!” — **Winslow Pettingell**, PCC chair

SUNDAY FORUMS

Forums are held Sunday morning from 10:10 a.m. to 10:55 a.m. in the Chapel. Everyone is welcome to attend. Please contact **Charles Lowell** or **Robert Hilsinger** if you wish to recommend a topic or speaker.

September 26

2010 General Assembly

Rev. Jenny Rankin will talk about her activities at General Assembly this past summer. This is an opportunity to hear more about General Assembly and motivate others to attend next year in Charlotte, North Carolina. ♦

PASTORAL CARE NEWS

Autumn is almost here. Knowing we will soon be together again energizes me. This has been a busy summer for pastoral care; several of you had surgery and some received discouraging diagnoses, while others had a loved one die. Being together on Sunday mornings provides time to reflect, reframe, remember and reconnect. Yes, it will be good to be together again.



As many of you know, my hours were reduced to help bridge the budget gap. It is my firm belief that a good pastoral care program helps make a large congregation feel like a small intimate one. At First Parish we do this in many ways — writing pastoral care notes to parishioners during coffee hour, cooking and delivering

Caring Connection meals, making visits, calling and writing notes — all directed by Pastoral Care Lay Ministers. None of this will stop, but the need for more volunteers is great because I will be doing less. Therefore, on Sunday, October 3, Pastoral Care Surveys will be included in the orders of service. The survey will also be included in the October newsletter, so you may e-mail or mail your response. Please take time to fill it out and return it.

Folks have asked what I will do with my spare time. For the church calendar 2010-2011, I will be serving as chair of the Concord Clergy Laity Group, which is composed of laity and clergy of the faith communities of Concord. They meet to support one another in ecological and social justice initiatives. I also hope to build up my Spiritual Direction practice.

In addition, I plan to give myself “pastoral care.” I will travel more. In September, I will be hiking in Glacier National Park with my sister, under the auspices of Road Scholar (formerly Elderhostel). If you are 55 years or older and want to see the world or just New England, Road Scholar/Exploritas has very reasonably priced excursions that range in variety from the sedentary to the very strenuous in levels of activity. All are intellectually stimulating and fun. As many of you know, my husband Jon is an educational consultant who travels a lot. At times I plan to join him, especially when he is away over a weekend. So I will be in San Diego, over Columbus Day weekend. Last but not least, I am now exercising with a personal trainer. I love it. As a long-time sufferer of fibromyalgia, I find that receiving instantaneous feedback has made a world of difference. I even sleep better! So my newfound wisdom is “Exercise is good for the body, mind and soul.” ♦

In faith,

—Margie King Saphier

Associate Minister for Pastoral Care

MUSINGS

Most summers go by and blend one into the other. But not the summer of 2010. I believe the Norton family will always remember it as “the-summer-Peter-



broke-his-elbows-and-we-went-to-Paris.” The low point and the high point all rolled into one phrase; the accidental and the scrupulously planned. The elbows are healing nicely. The trip to Paris was magnificent. I have pictures. Just ask. And THANK YOU to First Parish for supporting us through the low point and facilitating the high point of our summer.

Now on the brink of September, we are embarking on what promises to be a memorable year for our faith community. We will celebrate Concord’s 375th. We will hear the new pipe organ coming to life in our balcony. We will walk with **Gary Smith** through his last year as our Senior Minister. We will celebrate his ministry; we will say good-bye. We will choose and welcome new ministerial leadership.

These are landmark events we know about and have planned for. There will certainly be surprises, misfortunes, serendipity, conflicts, challenges and changes as we journey through another year together.

We are the current manifestation of a faith community that has been gathered for almost four centuries. There have been many ministerial transitions, four organs, four meeting houses and countless weddings, child dedications, funerals and worship services. Our history has been accompanied by a musical soundtrack — from the Bay Psalm Book of the 17th century (to which Peter Bulkeley, our first minister, was a contributor) to our latest hymnal, *Singing the Journey*. Deacons and choirs have encouraged us to raise our voices in song; pipe organs have buoyed us with their powerful sound.

Have you yearned to become more involved in the music ministry at First Parish? To join the choir? Or the Threshold Singers? Rise Up Singing? Do your children sing around the house all of the time? I encourage you to join in our music making this year. Look for information and rehearsal schedules for musical groups for all ages on page 5 of this newsletter and on our website.

The roots of our history are deep and strong; we stretch to the beckoning future. I am excited to begin another cycle of the seasons with you all and look forward to creating the soundtrack of our future together. ♦

Blessings,

—Beth Norton

Director of Music

Children’s Choir Invitation:

As the new church year approaches, I am filled with song images of our last year together. Remember? ... *The Tree Song*, *The Dragon Song* (and the Dragon Dance!), *Love Rescue Me* (Shala la la la.), *Wings of Praise* (God of Justice).... How about joining the UU Urban Ministry children in *Stand?* (We’re invited back this year, by the way!). Let’s not forget the end-year rendition of “*We Are the World*.” That totally rocked. More fun to come!



Now is the time to register children for a children’s choir for this year. All are welcome. Please check the church website for updated forms. They can be mailed directly to the church, sent to my attention. Rehearsals will continue on Wednesday afternoons. Our Junior Choir (grades 1–3) meets from 4:30 to 5:00 p.m. Our Chalice Choir meets from 5:15 to 6:00 p.m. If you have any questions about your child’s joining, please feel free to contact me at 781-626-3043. Our first rehearsal is on Wednesday, September 8. There will be a brief meeting for all parents (in both choirs) between 5:00 and 5:15 on the 8th. See you then.

New singers are encouraged to join! No singing training necessary — just a love for singing! ♦

In song,
— *Gail Carey*

First Parish Children’s Choir Director

Gospel Choir

This is my annual invitation to 7th through 12th graders to join Gospel Choir. 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 who have simply taken a break, I would love you to come back. We do make beautiful music together. **Rob Castillo**, **Mark Weltner** and I look forward to working with you. We had an amazing year last 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. Invite them to share their gifts and talents with people who really enjoy and appreciate them! We’ll start on Sunday, September 12, meeting on the Wright Tavern porch. I will be waiting eagerly to welcome you back. We’ll begin at 9:30 with refreshments and catching up. If you have any questions, please e-mail me at Forgiven2000@yahoo.com. Thanks, and enjoy the rest of your summer. ♦

Happily yours,
— *Anderson Manuel*

First Parish Gospel Choir Director

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

Choir Rehearsal Schedule — Fall 2010

ADULT CHOIR

Wednesdays 7:45–9:30 p.m.
beginning September 8 in the Sanctuary
Beth Norton, Director

GOSPEL CHOIR (Youth in grades 7–12)

Sundays 10:00–11:00 a.m.
beginning September 12 in the Wright Tavern
Anderson Manuel, Director

JUNIOR CHOIR (Grades 1–3)

Wednesdays from 4:30–5:00 p.m.
beginning September 8 in the Parish Hall
Gail Carey, Director

CHALICE CHOIR (Grades 4–6)

Wednesdays from 5:15–6:00
beginning September 8 in the Parish Hall
Gail Carey, Director

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

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 8. 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 12, 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.

Threshold Choir

Partnering with the First Parish pastoral care ministry, the Threshold Choir taps into an ancient tradition of singing at the bedside of those who are struggling with illness or approaching death. At their meetings, singers learn simple, healing music such as hymns, chants, lullabies, rounds and spirituals to support one another; and, when invited, to share with parishioners in need of healing — in homes, hospitals and hospice beds. The group is open to any adult who loves to sing and longs to serve through music and meets on the first and third Thursday of each month from 7:30 to 9:30 p.m.

“I’m sorry.” Just two words, yet so complex. This term, we will be exploring the Jewish High Holy Days: Yom Kippur, Rosh Hashana and Sukkot.



Our sixth graders will be paying special attention to the concept of atonement, of being sincerely sorry for something that has caused harm in another’s life. We will be practicing the art of the apology, learning how to

make an apology, and resisting the urge we all have to justify our action within our apology. These children will share their knowledge with our second through fifth graders as well. The sixth graders will build a fire vessel, a container to hold those written actions we regret. It is an ancient ritual that gives us an opportunity to set things right to the best of our ability, and then to move forward with the intention to live a better life. This sacred time of reflection in the Jewish tradition beckons each of us to reduce our burdens and begin the new year refreshed with the promise of good intentions. ♦

— Pam Howell

Director of Religious Education

Second to Sixth Grade Workshop Rotation Fall Term — Judeo-Christian Teachings

Sept. 19 – Chapel Service: Atonement and Remembrance

Sept. 26, Oct. 3, Oct. 10 – The High Holy Days

Grades 2 & 3 – Rosh Hashanah – From introspection comes rejuvenation

Grades 4 & 5 – Sukkot – The journey into Wilderness

Grade 6 – Yom Kippur – The art of the apology

Oct. 24, Oct. 31, Nov. 7 – Days of Remembrance

Pastoral Care – Remembering those in need

Dio de los Meurtos – Celebrating the lives of those who have passed before

All Souls Day – Honoring the lives of those who are gone

September 2010 RE Calendar

- Sun., Sept. 12 Regular RE for Babies–4 years
Intergenerational Service for K–8th Grades
- Sun., Sept. 19 Regular RE for Babies–4 years
Regular RE for K–6th Grades (Emerson Room)
7th Grade Art in Action at 11 a.m. (Brooks Room)
8th Grade Dramatic Arts at 11 a.m. (Wright Tavern)
- Sun., Sept. 26 Regular RE for Babies–4 years
Regular RE for K–6th Grades
7th Grade Art in Action at 11 a.m. (Gaining Ground)
8th Grade Dramatic Arts at 11 a.m. (Wright Tavern)
- Sun., Oct. 3 Regular RE for Babies–4 years
Regular RE for K–6th Grades
7th Grade Art in Action at 11 a.m. (Brooks Room)
8th Grade Dramatic Arts at 11 a.m. (Wright Tavern)

Art in Action

Hanging out our dirty laundry? You bet! If it is green, if it helps others, if it makes a difference through actions and art, our seventh graders are interested in doing it. This year in this dynamic, hands-on program, we will be working at Gaining Ground, making origami plant boxes, building clotheslines, and creating art from the debris of life. It is sure to be an exciting year with leaders **Karen Economopolous, CC King, Jill Appel** and **Paul Chang**.

8th Grade Dramatic Arts

We are continuing the tradition of *The Best Christmas Pageant Ever* with our eighth graders, but this time they will put on the show for the entire RE program in December. By creating annual traditions like this one, we are inspiring our younger children to imagine themselves in these roles in two, three, six years. Plays are a great way to keep kids connected to this place; they require accountability, healthy risks, personal growth and commitment to peers. These are the attributes we want our eighth graders to develop within our religious education programs at First Parish.

Ninth Grade Coming of Age

We are starting the year off well with great lay leadership for Coming of Age. **Jane Barnes** will be leading this year’s program with the help of mentors **Jim Reynolds, Ted Hibben, Tom Hammond, Cynthia Ellis, Heather Wilson** and **Alyssa Bigay**. This year’s program is one that is built on the shoulders of the past four years of great leadership. It is filled with reflection, fun, discussion and social action. We are fortunate to have such a strong program for our young adults at First Parish.

Our First Parish Community Garden

We have continued our garden through the summer and it is still going strong. We meet each Thursday from 3 to 4 p.m. to work, pick food and deliver food to Open Table. This is a great way for our children to learn how to grow food and help others. Adults are welcome too! This is an

RE News continued on page 7

intergenerational opportunity to get your body moving and your hands dirty.

Teen Assistants Wanted

Teen Assisting in our RE program is a fun and satisfying way to participate in the First Parish community while providing valuable support for our youngest members and receiving community service credit. RE needs teens age 14 or older to help with child care for babies, toddlers and preschoolers. Help is most needed for the 9 a.m. preschool group. Duties are mainly to work alongside the teachers to engage with the children and help them with their projects. Contact **Carol Duane** at 978-250-1816 or clduane@comcast.net.

Good News for YRUU

We are thrilled to welcome **Anastassia Zinke** as our new Youth Program Director. Anastassia is a divinity student at Union Theological Seminary and has just completed her role as intern minister at All Souls Church, Unitarian, in Washington D.C. Anastassia is looking forward to beginning her work with our youth in September.

Orientations for Religious Education Teachers for 2010-2011

Young Children’s Program (Caregiving, Spirit Play & Story Play)

Fall and Holiday Teachers: Sept. 8, 7:30–9:30 p.m.
Winter and Spring Teachers: Jan. 19, 7:30–9:30 p.m.

Workshop Rotation Program, 2nd–6th Graders

Fall Term: Sept. 15, 7:30 to 9:30 p.m.
Holiday Term: Nov. 10, 7:30 to 9:30 p.m.
Winter Term: Jan. 26, 7:30 to 9:30 p.m.
Spring Term: April 30, 7:30 to 9:30 p.m.

Teen Programming (7th, 8th and 9th Grades)

7th Grade Art in Action: Sept. 1, 7:30 – 9:30 p.m.
7th Grade Neighboring Faiths, tbd
8th Grade Drama Leaders, tbd
8th Grade OWL Leaders, Nov. 17, 7:30 – 9:30 p.m.
8th Grade (mandatory) Parent OWL Orientation, Dec. 1 & 2, 7:30 p.m.
9th Grade COA Mentors, Sept. 12, 6:30 – 9:30 p.m.

SENIOR YOUTH NEWS

It is with honor and eagerness that I will be joining First Parish as your Youth Program Director. **Mary-Wren vanderWilden**, who staffed the youth program for many years, is pursuing new opportunities and will be dearly missed. In July, I had the opportunity to meet with **Pam Howell**, many parents, and four youth to get to know one another and to hear about your wonderful senior youth program. I imagine that the year ahead will be one of transition, but one where youth, parents, and staff can imagine new possibilities and opportunities as well as build upon former achievements. I look forward to conversations with many of you on how to make the program nurturing, fun, and a place of support and community for our youth.

Our first youth group of the year is September 12, from 7 to 9 p.m. All high-school-aged youth should come check it out. One of the foremost priorities of this year is building connections between the Coming of Agers and those in the senior youth group.

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. Though we encourage youth to be committed to each other, they should feel free to participate at any time and according to their needs.

The fall retreat to Vermont is from September 24 to 27. This retreat is always well attended and the youth that I spoke to named it as one of their favorite parts of the youth program. It is a wonderful way for youth to feel connected to the youth program at First Parish. See the website for information and forms.

To keep up-to-date on youth happenings, please visit 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 or have any questions or comments, send your e-mail address to azinke@gmail.com.

September is a crazy time for youth as they look ahead to seeing friends and facing new challenges, yet wish to avoid the pressure and stress that often accompany them. 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 12 and find out more!

—*Anastassia Zinke*

STANDING COMMITTEE

The next Standing Committee meeting will be held at First Parish on Monday, September 13, from 6:30 to 9:00 p.m. in the Emerson Room. Please look for the monthly minutes online at firstparish.org under Church Life (you must log in) or on the church bulletin board. The October Standing Committee meeting will be Monday, October 11. ♦

SOCIAL ACTION COMMUNITY NEWS AND EVENTS

I am writing this on a hot July day, so the arrival of September is hard to imagine! The Social Action board is ready for another full year here at First Parish. We will welcome **Russ Herndon** as a new board member and also continue to express our appreciation to all of our current board members, and to **Maile Hulihan** and **Kim Novick** as our continuing cochairs. Plans are in process for the coming year but highlights will include:



- UUSC weekend of activities with Bill Schulz November 6 and 7
- A reinvigorated Environmental Leadership program, including workshops through the Wright Tavern and a Social Action Sunday
- Social Action Holiday programs, including Secret Santa and the Mitten Tree
- Young Activists Grants program for middle schoolers starting in October
- Preparation for a great youth service trip to El Salvador in April 2011, with a Latin Dance Night on February 12
- Another Home Drop-Off Day benefiting Household Goods Recycling of Massachusetts and Cradles to Crayons
- SAC programs at the Wright Tavern on Moral Courage
- A musical Social Action Sunday featuring Pete Seeger songs during the winter

Join us! Come to us with your ideas! When our community joins together, we can make a huge difference in the world.

— *Faith Bade*

First Parish Open House on Sunday, September 12

Social Action will have a table set up and we welcome any input from the Social Action programs. Contact me at FBade@firstparish.org.

Young Activist Grants Program

This inspiring program will take place again this fall! Young Activist Grants is designed for middle school members, to promote a tradition of social action here at First Parish and to provide an opportunity for you to raise money for an organization of your choosing. The participants will form a team, research nonprofits, and make a brief five-minute presentation on their chosen nonprofit. The Social

- Action board will then award a grant of \$750–\$1000 to be divided.
- The tentative plan is to meet from 12:15 to 1:15 p.m. on October 24, November 7 and November 14, with a final presentation on Sunday, November 21. Middle school members, please contact us if interested. We also need adult volunteers, so please contact **Faith Bade** at Fbade@firstparish.org or **Claudia Nimar** at cnimar@aol.com if interested.

Social Action Grants Deadline

- The next round of applications will be accepted until October 15. Information on the application process and the SAC Grants policies can be found on the First Parish website under Social Action, Grants. Please contact SAC Grants chair **Wendy Holt** with any questions at wendyholt48@yahoo.com.

Schools Supplies for the Homeless

- For homeless children whose parents are struggling to fund the basic necessities, there is no fun back-to-school shopping trip, but we can help! Our Advocacy Network to End Family Homelessness is teaming up with the Mass Coalition for the Homeless to collect school supplies to be given to the hundreds of homeless children in Massachusetts living in temporary housing. Any new school supplies would be welcome, as well as new or gently used backpacks. Please place your donations in the marked box in the coatroom through September. Contact **Jane Blumberg** at 508-269-9742 with questions.

Concord Area Crop Walk for the Hungry 2010

- The Concord Area Crop Walk for the Hungry will take place on Sunday, October 17, starting at First Parish; registration begins at 1:30 p.m., step-off is at 2:15. Funds raised go to support several local hunger relief organizations, and the global disaster relief 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.

Crossing Guards for Crop Walk

- There are many ways to help make the Crop Walk a success. One way, besides walking, is to be a crossing guard. Crossing guards help to insure the safety of the walkers at intersections and this year we hope to get three crossing guards from First Parish. If you would like to be a crossing guard or have any questions about what is involved, please contact **Enid Boasberg** at harpplayer@com-cast.net or call 978-371-0465.

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

Greetings and Welcome Back!

I am happy to be back at First Parish after summer hiatus, planning and coordinating programs and events for visitors, new members and established congregants. Highlights of programs and events already in place for the coming year include:



Seasonal Suppers – These community building suppers, which will occur three times this church year, provide a way for friends, newcomers, and

members of the congregation to gather together to share food and get acquainted.

New U – This program, which will be offered three times this year on a Saturday morning followed by lunch, presents newcomers with an overview of our UU tradition and First Parish history.

Marvelous Mondays – These Monday evening dinners in March will be hosted by various program committees of First Parish and will provide participants with a great meal and a meaningful vesper service in the Chapel.

Concord's 375th Birthday Celebration Weekend September 11-12, 2010

There are two exciting events coming up the weekend of September 11 and 12, when the Town of Concord celebrates its 375th Birthday.

Join in Concord's 375th Birthday Parade

The celebration begins on Saturday morning with a two-mile parade through town. There will be over 90 units and floats, horses, marching bands, musical groups and more. First Parish has a space reserved in the parade, which takes place at 10:00 a.m. Show your First Parish pride and march behind our banner! First Parish will be marching in the "In the Beginning (1600's)" section at the front of the parade. Please contact our parade point people, **Sara Ballard** and **Ken Estabrook**, for more details.

First Parish Open House — September 12, 2:00 to 5:00 p.m.

Homecoming Sunday is a time to gather again in fellowship and begin growing programs — deepening connections and welcoming friends old and new. During that afternoon First Parish will open its doors to the greater Concord community as part of the town's celebration. We invite all to see our historic Meeting House, as well as the newly renovated space. The Parish Hall will be filled with information about our programs and activities, so the wider community will know who we are and what we do. The highlight of the Open House will be a reenactment of excerpts from Ralph Waldo Emerson's "Historical Discourse at Concord" speech, which he delivered in our Sanctuary on September 12, 1835, with Emerson being portrayed by **Jim Reynolds**. ♦

—*Jane Foley*

Membership Director

DEVELOPMENTS

It's autumn in New England — a special time for rejoicing in the abundance of our land, our community, and our heritage. First Parish has enriched and been enriched by our heritage and we are fortunate that our forebears bequeathed us a landscape rich in "values in practice."

Just as we harvest the fruits of our forebears' generosity and creativity, gifts to First Parish are one way to ensure that this legacy continues for the benefit of current and future generations. This column, a philanthropic roadmap of sorts, describes opportunities in the coming year for everyone to help sustain First Parish's legacy.

Two important opportunities to support First Parish's ministry and programs are the Annual Appeal and the Year-End Appeal. Pledges, gifts provided through these appeals, determine which programs we can provide to our community and the greater world each year. The Annual Appeal sustains First Parish year after year, providing over 75 percent of our annual operating income. We'll be using the same pledge collection process that we used last year — the neighborhood bags — but we've streamlined the process with the hope of completing it during the eight weeks between March 13 and May 8, 2011. The Year-End Appeal will provide an opportunity for one-time gifts during November-December 2010.

Sustaining our legacy also requires that we give in a way that provides returns for future ministry and programs. We will launch two important efforts this year to grow our endowment. The first is a planned giving program — while not an altogether new program, we will present additional materials and enhance outreach efforts related to estate planning in the coming year.

The second effort is to honor **Gary Smith's** ministry, which began in 1988 and will, at least formally, conclude in June 2011. In Gary's honor, First Parish will establish a Legacy Fund for Ministerial Interns, an endowment fund that will help sustain our commitment as a teaching congregation. This fund will be established in October 2010 and continue to receive gifts indefinitely.

A fundraising drive for reinstalling the First Parish labyrinth (October 2010), the First Parish Staff Talent Show (November 2010), the El Salvador Latin Dance Night (February 2011), a surprise YRUU event (February 2011), "Guest at your Table" boxes (Holiday 2010) and the Funderburg Scholars Dinner (February 2011) all will offer additional opportunities to support First Parish programs.

We will form a Development Committee during this fall to think comprehensively about sustaining First Parish's legacy. If you would like to participate, or if you have questions about how your family can best support First Parish's ministry and programs, feel free to contact me. ♦

—*Pamela Hathaway*

Development Director

COMMUNITY NEWS

"It Takes a Village..." Community Festival

This festival, sponsored by Wah Lum Kung Fu of Concord in support of Riverside Community Care, will take place on September 25, 9 a.m. to 4 p.m. The purpose of the festival is to raise awareness of the myriad issues and stressors that can lead to youth suicide, and also to make information regarding resources for both kids and their parents more present and accessible, especially as we start the school year.

The festival offers live music, food, games/activities for all ages, martial arts demonstrations, prizes and more. Professionals from Riverside will be there to provide resource information and possibly do a mini-workshop.

All First Parish members, friends and families are invited to join us for a great day of fun, fellowship and community. Besides raising money and awareness for a good cause, our main goal is simply to provide one more opportunity for kids and families to connect with each other, their school, church and community, and the support and resources that are there for them.

For more information, please go to our website at www.it-takes-a-village.com or contact **Andrea Sheffield**, Director, Wah Lum Kung Fu of Concord, at info@wahlumconcord.com or call 978-371-0222. For more information on Riverside Community Care, please go to www.riversidecc.org

4th Annual Blessing of the Animals

Cosponsored by First Parish in Concord, The Nature Connection, Holy Family Parish, and The Emerson Umbrella, the Blessing will be on Sunday October 3, 2010, 2:00 p.m., front lawn of the Emerson Umbrella Center for the Arts, 40 Stow Street, Concord

All pets and creatures welcome — leashed or enclosed — for this annual inter-faith blessing. Clergy from First Parish and Holy Family Parish will share words in honor of St. Francis and the animals in our lives. If it is raining cats and dogs, blessing will be in the theater. Donations welcome.

For more information, contact Sophie at The Nature Connection: swadsworth@nature-connection.org or 978-369-2585. Or visit www.nature-connection.org. A Concord nonprofit founded in 1983, The Nature Connection connects individuals with nature's capacity to teach and to heal.

CLASSIFIEDS

WANTED: Visiting professor is urgently seeking a safe, reliable used Japanese car for \$5,000 or less. Please contact Rosalie Gerut at Kerem Shalom: rosaliege@comcast.net.

Recent College Graduate Seeking Work in the Community

Recent college grad can help with a variety of household chores and other projects, including cooking, baking, housecleaning, packing/moving, tutoring (esp. English and science) pet care, gardening, laundry, grocery shopping or other errands, baby-sitting,

WOMEN'S NEWS

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

Welcome to a new year of book discussions with the First Parish Women's AM/PM Book Group! Please note that we are always open for drop-ins and you don't need to sign up to attend. If you'd like to join the discussion one month, just come ahead to either the morning or evening group. Meetings are held at First Parish, usually in the Brooks Room. You may check the schedule board when you arrive to make sure.

Meeting times are Monday evenings from 7:30 to 9:00 p.m. and Tuesday mornings from 9:30 to 11:00 a.m., usually the last week of the month (4th or 5th Monday and Tuesday), with a few exceptions as indicated in the date list below. The morning session is facilitated by **Darien Smith** and the evening by **Siri Smedvig**. 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.

Book and Dates for 2010-2011 are:

Sept. 27, 28 *Daughter of Fortune: A Novel*, by Isabel Allende, translated from the Spanish by Margaret Sayers Peden

Oct. 25, 26 *The Girl with the Dragon Tattoo*, by Stieg Larsson, translated from the Swedish by Reg Keeland

Dec. 6, 7 *The Guernsey Literary and Potato Peel Pie Society*, by Mary Ann Shaffer and Annie Barrows

Jan. 24, 25 *When Everything Changed: The Amazing Journey of American Women from 1960 to the Present*, by Gail Collins

Feb. 28, Mar. 1 *The Glass Castle: A Memoir*, by Jeannette Walls

Mar. 28, 29 *A Thousand Splendid Suns*, by Khaled Hosseini

Apr. 25, 26 *The Help*, by Kathryn Stockett

May 23, 24 *Still Alice: A Novel*, by Lisa Genova

house-sitting, writing, editing, and general office work. Recent work experience: outdoor education camp counselor, college-level writing tutor, and research assistant in a cognitive psychology lab. Friendly and responsible — lots of excellent references! Please contact **Joyce Corrao Clanon** at jclanon@gmail.com or 978-505-3909. Thanks!

SEPTEMBER 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.
<i>T'ai Chi</i>	Monday	6:30 p.m. (not 9/6 or 9/13)
Networking Group	Tuesday	9:00 a.m.
<i>Kundalini Yoga</i>	Tuesday	9:30 a.m. (not 9/7)
<i>Buddhist Group</i>	Wednesday	9:30 a.m.
<i>Child/Teen Yoga</i>	Wednesday	4:15 p.m. (not 9/1 or 9/8)
Junior Choir	Wednesday	4:30 p.m. (not 9/1)
<i>Yoga for Women</i>	Wednesday	5:00 p.m. (not 9/1 or 9/8)
Chalice Choir	Wednesday	5:15 p.m. (not 9/1)
<i>Yoga for Women</i>	Wednesday	6:45 p.m. (not 9/1 or 9/8)
<i>Eightfold Path</i>	Wednesday	7:30 p.m. (not 9/1 or 9/8)
Adult Choir	Wednesday	7:45 p.m. (not 9/1)
<i>Hatha Vinyasa Yoga</i>	Thursday	9:30 a.m. (not 9/2 or 9/9)
<i>Stress Reduction and Relaxation</i>	Thursday	7:00 p.m. (not 9/2, 9/9, or 9/16)
<i>Buddhist Group</i>	Thursday	7:30 p.m.
<i>Stress Reduction and Relaxation</i>	Friday	9:30 a.m. (not 9/3, 9/10, or 9/17)
YRUU	Sunday	7:00 p.m. (not 9/5)
Gospel Choir	Sunday	9:30 a.m.

Wed	Sep 1	7:30	Art in Action Teacher Orientation	•	Thur	Sep 16	7:30	Threshold Choir
		7:30	Transylvania Group	•	Fri	Sep 17	12:30	<i>T'ai Ji</i>
Mon	Sep 6		Holiday—Office Closed	•	Sun	Sep 19	11:00	7th Grade Art
Tue	Sep 7	9:00	WPA Board Meeting	•			11:00	8th Grade Play
Wed	Sep 8	7:30	Concord Clergy Laity Meeting	•			12:30	Transylvania Group
		7:30	Teacher Orientation, Babies to Grade 1	•			7:00	Coming of Age Reception
Sat	Sep 11	9:00	Photo Club	•	Mon	Sep 20	7:00	Emerson Forum
Sun	Sep 12		Homecoming Sunday	•	Tue	Sep 21	11:30	WPA Luncheon
		2:00	Community Open House	•	Fri	Sep 24	5:00	YRUU Fall Retreat
		5:30	El Salvador Parent/Youth Chaperone Meeting	•			7:00	Amnesty Film
		6:30	Crop Walk Recruiters	•			7:30	<i>Rise Up Singing</i>
		6:30	Coming of Age Mentor Orientation	•	Sun	Sep 26	11:00	7th Grade Art
Mon	Sep 13	7:30	<i>Humanist Group</i>	•			11:00	8th Grade Play
Wed	Sep 15	6:30	Membership Committee	•	Mon	Sep 27	12:00	Newsletter Deadline
		7:00	Youth Advisory Committee	•			7:30	<i>Women's AM/PM Book Group</i>
		7:30	Teacher Orientation, Grades 2-6	•	Tue	Sep 28	9:30	<i>Women's AM/PM Book Group</i>
				•	Wed	Sep 29	6:30	Networking Group
				•	Sun	Oct 3	1:00	<i>Living Our Bodyspirits</i>

FROM THE INTERN MINISTER

The start of most church years is marked by a return to the familiar and often the introduction of the new. Greetings!

My name is **Craig Nowak** and I'm pleased to be among the new at First Parish, where I will serve as your ministerial intern.



I currently attend Andover Newton Theological School, spent a year as student minister of St. Paul's Church of Palmer, and did my Clinical Pastoral Education at Griffin Hospital in Derby, Connecticut. I've appeared in print, on the radio and television as voice for liberal religious values. My published

work includes contributions to the religious journal *Conversations in Religion and Theology* and *All Whom God Has Joined*.

Spiritually, I find meditation and silence especially nourishing and important for self-care. I live in Connecticut with my spouse, Kevin, who is an antiques dealer, and our cat, Julia. Kevin and I are members of the Universalist Church of West Hartford, Connecticut. Now that I've shared a little about myself, I invite you to share some of yourself and your life's journey with me.

Blessings,

—*Craig Nowak*, Ministerial Intern

Music Notes/Pipework

continued from page 5

PIPEWORK

This summer has seen much progress on the organ front. The main structure of the new organ has been built and erected in the rear balcony. This started in the basement above the main organ blower with a large static wind reservoir/bellows, which effectively baffles and silences any blower wind noise to the Sanctuary when the organ motor is on. The winding system, consisting of a myriad of trunks and branches going to all the different bellows that have been gradually constructed in Vermont, were installed on the loft floor. Next the main structure that holds the pipe chests were erected along the back wall. We now have our first 3-4 ranks of pipes (out of some 45 or so) installed so we can hear a few organ pieces or simple organ accompaniments emanating from the balcony. This will be a gradual process throughout the church year, with new sounds appearing every few weeks or so.

—*Eric Huenneke*

Parish Organist

SEPTEMBER 2010 NEWSLETTER

The October Newsletter deadline is Monday, September 27, at noon.
The Newsletter is published the following Monday.

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@comcast.net

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

Craig Nowak, Ministerial Intern

Becky Blodgett, Affiliate Minister for Pastoral Care

Pam Howell, Director of Religious Education

Anastassia Zinke, Youth Program Director

Lorrie Clark, Religious Education Administrator

Carol Duane, Program Coordinator for Young Children

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

THE WOMEN'S PARISH ASSOCIATION OF
FIRST PARISH IN CONCORD
CORDIALLY INVITES YOU TO ITS SEPTEMBER LUNCHEON
FEATURING
AN ILLUSTRATED TALK ABOUT
ELLEN TUCKER EMERSON
BY
REV. JENNY RANKIN

DATE AND TIME: TUESDAY, SEPTEMBER 21, 2010 AT NOON. SOCIAL TIME: 11:30.
CHARGE: NINE DOLLARS
RESERVATIONS REQUIRED BY CONTACTING THE CHURCH OFFICE AT 978-369-
9602
OR pekinc@comcast.net BY SEPTEMBER 17TH.

VEGAN, VEGETARIAN AND GLUTEN-FREE FOOD ITEMS AVAILABLE UPON
REQUEST

First Parish in Concord has named one of the biggest and most beautiful rooms in its new building after Ellen Tucker Emerson, the second child of Lidian and Ralph Waldo Emerson. As Concord celebrates its 375th anniversary, the Women's Parish Association via Jenny's presentation will remember Miss Emerson - a prominent Concord community member and contributor.

Ellen was born in 1839, the second child of Lidian Jackson Emerson and Ralph Waldo Emerson. Her siblings included her big brother Waldo and her little sister Edith who was born several years after Ellen. Tragically, when Ellen was just about to turn three years old, her brother died, thrusting the entire Emerson family into grief.

Ellen grew up in Concord, the contemporary of the Alcott children. She went on walks in the woods with Henry David Thoreau who sometimes stayed with the Emerson family when Ralph Waldo was away on a lecture tour. Ellen never married, but stayed living at "Bush" - the family nickname for the Emerson home on Cambridge Turnpike - with her mother and father all her life. As her father aged and his memory grew dim, she was his companion as he lectured and travelled. After his death, she helped to take care of her mother until her death in 1892.

Ellen has a long history with our church. She taught Sunday School here for nearly 40 years. She loved the town of Concord and served it in many ways over the course of her lifetime. Come and hear more about this intelligent, spirited woman who gave so much to First Parish and to the town of Concord. Jenny will also show some photographs of Ellen and the Emerson family. The photographs which will be shown are used by permission of the Concord Free Public Library.



for Spiritual Renewal

The Wright Tavern Center at First Parish in Concord

An Oasis in Our Busy Lives • September 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

Tibetan Buddhism

The Buddhist group will be meeting in the First Parish Chapel. These 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. Contact Bill Seaver at 978-369-7318 if you have any questions.

Wednesday: 9:30–11:00 a.m.; Thursday: 7:30–9:00 p.m.

Discover Balance and Meaning

Beneath the multitasking and busyness of our daily lives flows a deep well of creativity, passion, peace and a place of contact with ourselves and our inner knowledge on what matters most. These groups are about slowing down. Based on Abby Seixas's new book, *Finding the Deep River Within: A Woman's Guide to Recovering Balance and Meaning in Everyday Life*, the course will introduce the three preliminary doorways and six core practices that can support us in allowing our own deeper currents to flow through daily life. With the help of readings, meditative exercises, discussion, creative expression, humor, and each other, we will explore ways to free ourselves from the tyranny of our "to-do's", and to rest more in our deeper selves and in the gift of life itself. Instructor: *Leslie Ackles*

Monday: Oct. 18–Dec. 6 (no class Nov. 29) 7:00–9:00 p.m.
\$195/7 sessions Enrollment limited to 12

Living the Buddha's Eightfold Path: Mindfulness Practice in Everyday Life

This workshop will explore the Buddha's core teachings on how to live with greater ease, joy and connection. Using the practice of Vipassana Meditation as a foundation, we will examine how to apply these teachings in order to live with greater wisdom and compassion in the midst of the demands, stress, pace and distractions of our hyper-connected modern life. No previous experience with meditation is needed to participate. Instructor: *John Bigay*

Wednesday: Sept. 15–Nov. 3 7:30–9:00 p.m. Fee: \$80
(Drop-in: \$20/session)

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 and 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. Instructor: *Pamela Katz Ressler*

Thursday: Sept. 23–Nov.18 (no class on Oct. 14) 7:00–9:00 p.m.
or Friday: Sept. 24–Nov. 19 (no class on Oct. 15) 9:30–11:30 a.m.
Tuition is \$290, plus \$85 materials fee

Kundalini Yoga

- Kundalini yoga is yoga for the mind, body and spirit. It uses breath, yogic postures and meditation to help you to build and maintain a healthy body, increase your vitality, train your 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. Instructor: *Dharm Singh*

Tuesday, Oct. 5–Dec. 7 9:30-11:00 a.m. \$150/10 sessions or \$15/drop-in

Hatha Vinyasa Yoga

- This adult class is a flowing mixture of Hatha, Iyengar, Somatics and Vinyasa yoga. It focuses on alignment and movement with breath. You will leave with your body stretched and strengthened, your mind relaxed and focused. Instructor: *Ori Kilner-Munson*

Thursday, 9/16–12/16 (no class 10/7, 10/14 and 11/11)
9:30–10:45 a.m. \$192/12 sessions or \$18/drop-in

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 Iyengar yoga. Each class is different, with stories and animal poses. Best for kids ages 7–15. Instructor: **Ori Kilner-Munson** Class capacity: 12.

Wednesday: Sept. 15–Feb. 1 (no class Oct. 13 or Nov. 24)
4:15–5:00 p.m. \$120/10 sessions or \$15/class drop-in

Yoga for Women in Midlife

This series is designed to help develop stability, strength, flexibility and a sense of well-being which are particularly important at this stage of life. The class is a moving meditation with the intention that each woman set her own pace and honor her body's ability. It integrates breath, movement and postures for hormone balance, a healthy heart, strong bones, core strength and stress reduction. Instructor: **Lee Courtemanche**

Wednesday: Sept. 15–Dec. 22 (no class Nov. 24) 5–6:15 p.m.
or 6:45–8:00 p.m. \$224/14 session Class limit: 12 students

T'ai Ji

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. Instructor: **Mae Pagan**

Friday: Sept. 17, Oct. 8, Nov. 12 and Dec. 12 12:30–2:00 p.m.
\$25/class

T'ai Chi

T'ai Chi is often called meditation in motion. In this class, we will learn the Hwa Yu form of T'ai Chi. The benefits of T'ai Chi are many: relaxation, improved immune response, better balance and stability, and lower blood pressure. The evening session includes some standing meditation, and practice with the hwa yu tai chi form. Instructor: **Sue Wood**

Monday: Sept. 20–Nov. 15 (no session Oct. 11) 6:30–8:00 p.m.
\$120/8 classes or \$20/drop-in

Concord Area Humanist Group

Regular evening meetings of the Concord Area Humanist Group are held at 7:30 p.m. on the first Monday of each month at the historic Wright Tavern in Concord. There are interesting speakers, videos and open discussion. Please check the Wright Tavern website for a full description.

Living Our Bodyspirits

This workshop offers a safe place to discover, discern and welcome the wisdom of the body through practices that develop ease in movement, voice, stillness and sharing stories. Beginning with one-hand dances, one-breath songs, hand-to-hand movement with partners and 30-second stories about lighthearted and meaningful topics, explore the power of witnessing, noticing and affirming in soul work. Interplay opens paths of connection between people of all sorts: in prison and schools, between cultures and faiths. It's great for anyone interested in reintegrating body, mind, heart and spirit in an elegant, creative manner, regardless of your definition of "soul" or "spirit".

Instructor: **CC King**

Sunday: Oct. 3 and 31 1:00–4:00 p.m. Class fee: \$80

II. Creativity As A Spiritual Path

Sandwiches and Short Story

Bring lunch and enjoy an hour of discussion about the short story choice of the month with Rev Gary Smith. September's story is "Into the Gorge" by Ron Rash. All stories can be found in *PEN/O. Henry Prize Stories* edited by Laura Fuman; Anchor Books, 2010 pb \$16.

Wednesday: September 22 12:15–1:15 p.m.

Rise Up Singing

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.

Leaders: Beth Norton and others. Free. No registration required

Friday: Sept. 24, Oct. 22, Nov. 19, Dec. 17, Jan. 28, Feb. 25, Mar. 25,
April 22, May 20 and June 24 7:30 p.m.

Full descriptions of classes and instructors are on the Wright Tavern website at www.wrighttavern.org