



# The *Meeting House* News

## REVERIES

As I write this, Christmas has not yet arrived, nor has our grandchild, whose expected date of arrival is December 25. As our daughter-in-law says, "Hey, this one may be a New Year's baby." Time will tell, but I can say the Saphier clan is in tune with the season's theme of waiting and expectation!



By the time you receive this it will be 2011. Happy New Year to each and every one of you!

I recently came across a quote by Fred Rogers: "At the center of the universe is a loving heart that continues to beat and that wants the best for every person. Anything we can do to foster the intellect and spirit and emotional growth of our fellow human beings, that is our job. Those of us who have this vision must continue against all odds. Life is for service."

I am sure I kept this quote because Fred Rogers was an important figure in our family, even before we had children. When my husband Jon came home from Viet Nam in 1969, he was in uniform walking through the San Francisco International Airport. A woman with a scowl walked up to him and shook her finger in his face. Already feeling lonely and dejected, Jon got a cab to his hotel. In his room, he turned on the TV and there was Fred Rogers telling his viewers, "You know I like you just the way you are. You are special." So Jon sat on the floor to watch the show. Those words were a healing balm. For me, Fred Rogers' words also serve as a foundation for pastoral care. We try to let you know we like you even when you are feeling your worst.

Pastoral care is also about remembering. As a congregation, we remember when one of us is hospitalized or is receiving radiation and/or chemotherapy, and when a loved one has died. Remembering and compassion are also a part of the foundation of pastoral care, as we "Strengthen the fainthearted, support the weak, help the suffering and honor all beings."

Pastoral care happens in community and is done by the community. Please read Pastoral Care News on page 4 to learn how pastoral care is involving more laity, with ministerial support.

In faith,

*Margie King Saphier*

## SUNDAY WORSHIP SCHEDULE

**January 2**

**Gary Smith**, worship leader  
**11:00 – One Service Only**  
**Mary Jane Rupert**,  
guest organist/pianist  
Congregational singing  
led by **Beth Norton**

**January 9**

**Jenny Rankin**, preaching  
**9:00 – First Parish Choir**  
**11:00 – Silver Bass Trio**

**January 16**

**Donna Davis**, worship leader  
**9:00 – Gail Carey, Anderson Manuel  
and Beth Norton**  
**11:00 – Intergenerational Gospel Choir**

**January 23**

**Gary Smith**, preaching  
**9:00 – Nancy Ackerman, clarinet**  
**11:00 – First Parish Choir**

**January 30**

**Craig Nowak**, preaching  
**9:00 – Kristin Moore, violin**  
**11:00 – First Parish Choir**

## Don't Miss... CIRCLE SUPPERS

Saturday, January 22

6:30 p.m.

(See page 10 for information.)

**First Parish in Concord**

UNITARIAN UNIVERSALIST ♦ Gathered in 1636

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- ◆ Sources Concert
- ◆ Women's Retreat Form
- ◆ 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, January 24  
Monday, February 28  
Monday, March 21

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

## PARISH NOTES

### Coffee Hour Treats

- Thank you to all who have provided a snack to share during coffee hour over the past month. The January Coffee Hour snack schedule is as follows.
- January 2 – one coffee hour after the 11:00 a.m. service — please bring a holiday treat to share.
- January 9 – K & L
- January 16 – M & N
- January 23 – O, P & Q
- January 30 – R & S
- Please provide a small snack before coffee hour on the Sunday when the first letter of your last name comes up.
- —Jane Foley, Membership Director

### Emerson Forum

- The next meeting of the Emerson Forum will be January 31, at 7 p.m. in the Emerson Room. We will be discussing Emerson's essay "Art" from *Essays: First Series* (1841). The essay is available online at [http://www.rwe.org/works/Essays-1st\\_Series\\_12\\_Art.htm](http://www.rwe.org/works/Essays-1st_Series_12_Art.htm). Everyone is welcome to attend!

### UUA "Ethical Eating" Study/Action

- The Social Action and Denominational Affairs committees invite you to a meeting Monday, January 24, from 7 to 9 p.m. at First Parish to present the UUA Ethical Eating Statement of Conscience draft for comments and revision suggestions. A copy of the draft is available in the church office and online at [www.uua.org](http://www.uua.org). Everyone is encouraged to attend the meeting, to read the draft, and to submit comments. Given the impact the American diet has on our environment, on personal health, on those who work in the industry, on world hunger, and on the animals themselves, it is important that this draft ultimately represent a thoughtful and thorough review of the facts. Comments may also be submitted to **Marcia Schloss** at [marcialou28@gmail.com](mailto:marcialou28@gmail.com) by January 28, 2011.

### Thanks from the WPA

- The Women's Parish Association extends heartfelt thanks to everyone who attended our annual Holiday Concert and Tea. The music gave sparkle to our holidays and people outdid themselves in bringing fantastic sweets. Thanks very much! We hope that the New Year will bring you many blessings and peace!

### WPA Luncheon Meeting—January 18

- Join old and new friends on Tuesday, January 18, for a buffet luncheon and presentation by **Barbara Wheeler** and **Kazue Campbell** about a recently published book about the late William Wheeler, great uncle of Barbara's husband, the late Harvey Wheeler. If one were to ask the average person in Japan about William Wheeler, they could go on at great length about the American professor who came to their island and over the course of three years engineered numerous canals, roads and bridges. Among his many accomplishments, he surveyed railroad lines, established the first astronomical observatory in Sapporo, and helped establish

### Parish Notes

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## MONEY MATTERS

The Executive Team (**Gary Smith, Jenny Rankin and Melissa Gallo**) will be hosting a series of breakfast meetings with parishioners starting Thursday, January 27, and running for six consecutive Thursdays, through March 3. The breakfasts are an opportunity for you to spend non-structured time with us and talk about what's on your mind. We will not have any presentations or set program; we are simply hoping for some direct interactions with you in a comfortable and informal setting.

There are just a few "ground rules" for the breakfasts:

- Because we are limited to 30 parishioners per breakfast, we ask that you plan to attend one session only.
- RSVP's to the office would be nice! But they are not required to attend.
- If you need a ride, please let the office know. If you can give a ride to someone who needs one, please let the office know that too.
- We hope that the spirit and tone of these sessions will be positive and forward-looking.

The breakfasts will be at La Provence, located at 105 Thoreau Street in Concord. Time is 8:30 to 10:00 a.m. each Thursday. We will provide the breakfast (although contributions to help defer the costs of food and beverages will be gladly accepted!). We will be sending weekly FP Announces about the breakfasts as reminders too.

We're really looking forward to seeing you there! Please don't hesitate to contact me at [mpgallo@firstparish.org](mailto:mpgallo@firstparish.org) if you have any questions. ♦

— *Melissa Perdue Gallo*

Business Manager

### Good Golly, Miss Molly, It's Time (Again) for Rock 'n' Roll Bingo!

Hey, that too-cool-for-school happening for those between three and ninety-four will be held in the Parish Hall on Friday, February 11, from 6 to 8 p.m. Be sure to mark the date, and don't be late, for Rock 'n' Roll Bingo. Bring family, friends of the family and the kids in the neighborhood too!

The evening will include a raffle of youngster-friendly items. Snacks, soft drinks and pizza will be for sale. Tickets are \$10 per person (\$30 per family) and will be available at Sunday coffee hours or at the door. With thanks for your much-needed support, all proceeds will go to help this summer's Youth Service Pilgrimage to Székelykeresztúr. Having been some days in preparation, a splendid time is guaranteed for all!

## PARTNER CHURCH COMMITTEE

The plans for the fifth Youth Service Pilgrimage (YSP) to Székelykeresztúr are well under way for our departure on July 6. If there are any high-school-aged youths who are interested in joining us, there are still a few seats available. Contact **Winslow Pettingell** (e-mail below) for further information; and for ongoing updates about the YSP program in general be sure to check the Partner Church Committee Web page (as noted below).

As seen in the special announcement on this page, we would like to ask kids of every age to save Friday, February 11 (from 6 to 8 p.m.) for this year's Rock 'n' Roll Bingo. The proceeds will help to fund our YSP.

We also seek volunteers to represent First Parish at the June graduation of the Unitarian High School in Székelykeresztúr. There has been a First Parish representative at each commencement ceremony for the past five years. If you currently sponsor a student (especially if he or she will be graduating) and would like to learn more, be sure to give us a shout. The Partner Church Committee will provide a small stipend for this trip.

In other news, the first annual exchange of bilingual (English-Hungarian) greeting cards between our First Parish kids (and others) and their counterparts in Transylvania has been a huge success. You can find the Christmas cards at <http://www.firstparish.org/photos/gallery2/v/PCC-XMAS-2010/> and the Thanksgiving cards at <http://www.first-parish.org/photos/gallery2/v/kerTgivCards/>.

Our next PCC (supper) meeting will be held on Thursday, January 6, at the home of **Dana and Kathy Booth**, and we would love to have you join our happy group. For further information, drop **Winslow Pettingell** a line; and for our all our latest PCC news and information, go to [www.first-parish.org/cms/committees/partner-church](http://www.first-parish.org/cms/committees/partner-church). ♦

*Minden jót!* "Best wishes!"

— **Winslow Pettingell**, PCC chair,  
[LondonSW11@aol.com](mailto:LondonSW11@aol.com)

### Parish Notes

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Sapporo Agricultural College (presently Hokkaido University). He was one of the first foreigners to receive the Imperial Order of the Rising Sun. Come and hear about this fascinating man of Concord and relative of many current Concordians. The social time will start at 11:30 a.m., and lunch will be served at noon. The cost is eight dollars. All men and women are welcome. Contact the office or **Dian Pekin** at [pekincd@comcast.net](mailto:pekincd@comcast.net) by January 15 for reservations or transportation requests, and to specify any food restrictions.

## PASTORAL CARE NEWS

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As we begin a new year, pastoral care has four new lay ministers. Please welcome **Dale Pfeiffer**, **Carol Boris**, **Pat Ellis** and **Fred Van Deusen**, who will be joining **Diane Clapp**, **Eric Read**, **Dana Synder-Grant**, **Lois Suarez** and **Bev Bringle**. Pastoral care lay ministers (PCLM's) companion parishioners who are in need of spiritual and emotional support during hospitalizations, bereavement or long-term illnesses; and offer support for elders, caregivers and families in crisis. The lay ministers are selected by the ministers, receive significant training and meet monthly for supervision, reflection and support.

To get to know who they are, please check the Pastoral Care bulletin board to see their pictures.



The pastoral care lay ministers will become more visible in the delivery of pastoral care. Each month in this column the pastoral care lay minister who is covering for the month will be highlighted with contact information. **Dale Pfeiffer** is covering the month of January. She can be reached at [dpfeiffer@berklee.edu](mailto:dpfeiffer@berklee.edu) or at 978-263-0638. If you need transportation to a medical appointment, or to Sunday services or a First Parish function, call the pastoral care lay minister who is covering. If you can't find your newsletter, or have not read it, call the office and they will know who is covering for the month. If you or a parishioner you know would like a Caring Connection meal because of a difficult event in your life, please call the PCLM covering for the month and he or she will bring the meal. If that person cannot do it, **Bev Bringle** or **Pat Kane** will deliver the meal.

The pastoral care lay ministers do not restrict your contact with the ministers. Any time you want to talk to **Gary Smith**, **Jenny Rankin** or me, please call or e-mail us.

I give a BIG THANK YOU to **Judy Dembsey**, chair of the Pastoral Care Advisory Council. Judy revised and updated the Pastoral Care Handbook and made 20 copies so that the ministers, office staff, Pastoral Care Lay Ministers and the members of the Advisory Council each have a copy.

For two weeks in March 2011, I will begin a two-year Buddhist chaplaincy training at the Upaya Zen Center in Santa Fe, New Mexico. This is the ideal time for me to do this, since my hours at First Parish have been reduced. Although I have had extensive chaplaincy training, I have not had it in Buddhist thought. I have been to retreats at Upaya; and I find that when I am there, my spirits soar

because Buddhist concepts are nondualistic, meaning the concepts embrace "the mess and the mystery" not as separate entities but as one reality. Over the next two years, the program entails attending several week-long program/retreats at Upaya. I look forward to sharing my learnings with you. ♦

In faith,

—*Margie King Saphier*

Associate Minister for Pastoral Care

## FROM THE INTERN MINISTER

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As we move from 2010 to 2011, I want to thank the members, friends and staff of First Parish for welcoming me with open hearts and minds these past few months. I've enjoyed talking with so many of you already and hope to get to know more of you in the months ahead. Please feel free to e-mail, call or stop by at coffee hour or the church to chat sometime. ♦

Peace and blessings to you all,

—*Craig Nowak*

## STANDING COMMITTEE

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The next Standing Committee meeting will be held at First Parish on Monday, January 10, from 6:30 to 9:00 p.m. on the Wright Tavern sunporch. Please look for the monthly minutes online at [firstparish.org](http://firstparish.org) under Church Life (you must log in) or on the church bulletin board. The February Standing Committee meeting will be held on Monday, February 14. ♦

# MUSINGS

*The promise is justice; together we make it. The promise is wonder that flows into praise. The promise is freedom; no falsehood can shake it. The promise is meaning in all of our days. What makes us whole is the promise.*

— Rev. Kendyl Gibbons

These are the words from the last chorus of *Sources: A Unitarian Universalist Cantata*, with music by Rev. Jason Shelton and words by Rev. Kendyl Gibbons. The First Parish Choirs presented this eclectic work, which

celebrates the sources of the Unitarian Universalist tradition in a wide variety of contemporary music styles, for our annual Music Sunday last May. Since its premier in 2006, *Sources* has received performances at General Assembly and by UU choirs all over the United States. Preparing *Sources* challenged us musically and theologically, demanding that we consider our faith tradition in new musical light.



Our Children’s Choir Director **Gail Carey** has written about her regular commitment singing with children at the Saturday morning Explorer’s program of the UU Urban Ministry in Roxbury. Her work expands Concord’s relationship with the UUUM, building new musical bridges through which we — especially our children — can connect with that community. Last spring, on a very rainy day, singers from our choirs and several other UUUM member congregations joined forces to provide celebratory music for the installation of Rev. Catherine Senghas as Senior Minister at the UUUM. We realized how music could bring us together and “make us whole.”

On January 30 at 3:00 p.m. at First Church in Roxbury, the energy from last year’s projects will coalesce in an exciting way! Members of our choirs, the UUUM children’s choir, and singers and instrumentalists from a coalition of ten UU churches in the Boston area will present *Sources* as a benefit for the UU Urban Ministry. (See the insert at the end of the

*Meeting House News*) I will be conducting; **Gail Carey** has trained the children and will play the piano; **Anderson Manuel** will be a featured soloist. It has been a joy to bring the work together once again with the coalition singers during our rehearsals this fall. We are very excited to share this inspiring work and to bring an audience of UU’s and friends from all over the Boston area to Roxbury and to new awareness of our connection to the UU Urban Ministry.

This project is partially supported by a matching grant from our Social Action Grants Committee and a donation from our Social Action board. The proceeds from the concert will directly benefit the UU Urban Ministry, so we hope many of you will plan to attend. We are even looking into the possibility of providing a bus if there is enough interest. Watch for a table at coffee hour.

Join with us on January 30 and help “keep the promise that makes us whole.” ♦

Blessings,

— *Beth Norton*

## Threshold Choir — Join Us in January!

Now in our second year, the Threshold Choir continues to meet on the first and third Thursdays of each month. Our first meeting of 2011 will be January 6, at 7:30 p.m.

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 our 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 and witness the healing potential of music making. ♦

There was that very tense moment. We were watching the eighth graders in the play *The Best Christmas Pageant Ever*, and there is suddenly ... a big problem.



One second, two, five ... everyone knows there is a problem. The lights have gone out. It is Sunday morning and there are 75 kids in the audience. Those kids are on the edge of their seats. Little kids' eyes start popping as

they watch their heroes, the 8th graders, face the reality of an unplanned problem in the play. And then I notice it. The eighth graders look at each other, they make eye contact, they say no words, but they are communicating in some language that only develops over months of working on something together as a team. Suddenly, out of nowhere, still in silence, they seem to agree, and someone says their line ... and the play ... keeps going. Darkness does not stop them. There is a slight smile between them, and the play goes on, as if nothing has happened at all.

This is why we do the play with our eighth graders. One thing we can count on is a problem, a difficulty, something not going as planned. That is "real life" too. It is how we form real relationships and learn about resourcefulness and resilience. Each year when we start the play, I wonder, "What will it be this year?" I never would have thought the lights would go out on Sunday morning, but conveniently ... they did, and our kids handled it like experts ... like people who knew and trusted one another. After the play, they are together, laughing, talking about that shared moment. A moment when they were simply in it together and got through it together. That is why I love this place. It is a place that tests us, and in so doing, makes memories that will never be forgotten. ♦

— Pam Howell

Director of Religious Education

**2011 Orientation for RE Teachers**

Neighboring Faiths – 7th Grade Teachers  
Jan. 10, 7:30–9:30 p.m.

Young Children's Program (Caregiving, Spirit Play & Story Play) Winter and Spring Teachers  
Jan. 19, 7:30–9:30 p.m.

**January 2011 RE Calendar**

- Sun., Jan. 9 Regular RE for Babies–4 years  
Regular RE for K–6th Grades  
No RE for 7th Grade  
8th Grade OWL at 4 p.m.  
9th Grade COA with parents, 7 p.m.
- Sun., Jan. 16 Regular RE for Babies–4 years  
No RE K–9th Grades
- Fri./Sat., Jan. 21 and 22 Coming of Age Social Action Retreat
- Sun., Jan. 23 Regular RE for Babies–4 years  
Regular RE for K–6th Grades  
7th Grade Neighboring Faiths begins, 11 a.m.  
8th Grade OWL, 4 p.m.
- Fri., Jan. 28 7th Grade Neighboring Faiths, 4:30 p.m.
- Sun., Jan. 30 Regular RE for Babies–4 years  
Regular RE for K–6th Grades  
No 7th Grade Neighboring Faiths (met Friday)  
8th Grade OWL, 4 p.m.

Workshop Rotation Program, 2nd–6th Graders, Winter Term,  
Jan. 26, 7:30–9:30 p.m.

Spring Term, March 30, 7:30–9:30 p.m.

**Sixth Grade Youth Group in January**

We are delighted that we have such a large and engaged group of sixth graders in our religious education program this year. It is very important to our RE community to continue to keep this group engaged and excited about coming to RE on Sunday morning. With the support of the RE Council and the leadership of **Eric Moore**, we have decided to offer them something more socially engaging for the remainder of the year: a youth group on Sunday mornings.

We will be starting a sixth grade youth group on Sunday, January 30, at both the 9 a.m. and 11 a.m. services. They will be dismissed from service after the children's message and travel with their leaders to the Wright Tavern. In the beginning, this group will be doing mostly social activities: games, cooking projects, and art projects. Later, we will begin to explore ethical dilemmas, personal values and belief statements as well.

In the spring, we will be taking local field trips to the Sleepy Hollow Cemetery, cleaning the Mill Dam, and touring Dee's funeral home, planting the First Parish garden and participating in developing their own curriculum for seventh grade's Art in Action program. We may even slip in a serious hiking trip as well if we can find parents to help with this initiative.

The RE Council and **Pam Howell** work toward developing programs that meet our children's needs. This is just one example of how nimble our program can be when we see a need in our RE community. We do hope your sixth grader will show up ready to have fun.

**RE News**

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### owl Begins

Our first owl class begins on January 24. We are lucky to have these fantastic parent leaders: **Dave Elwood**, **Peter Nobile**, **Lora Venesy** and **Alane Wallis**.

We will offer a concurrent gathering of OWL parents as we did last year. If you are a parent and would like to be part of this discussion about your child and this ever-changing culture, feel free to stop in. Parents will explore questions about how to share values, improve communication, and recognize signs of concern. Ultimately, we must each develop our own language around the issues that surface during the teenage years, but it is always an opportunity to share this journey with other parents. Our first meeting will be during the second OWL class, January 24, at 3:30 p.m. (one hour before pickup).

### The Best Christmas Pageant Ever

I would like to give a special thanks to **Brenda Fingold** and **Jake Nunes**, for directing this humorous and magical play with our eighth graders. This dramatic RE program provided our youth with the opportunity to take on healthy risks that challenged them, that held them accountable to others and that required commitment. Personal challenge, accountability and commitment are all important goals of this program. We are lucky to have such leaders, who not only work well with our young teens, but who also help them realize their potential. Being in a play is all about commitment: showing up, learning your lines and not letting your peers down. This spirit was evident in their heartwarming performance — despite a major power outage! Thank you to both Brenda and Jake for making this a great success. And special thanks to **Gretchen Nelson**, who behind the scenes made everything work smoothly!

### Thank You for Seventh Grade Art in Action

Our seventh grade leaders (**Karen Economopolous**, **CC King**, **Bettina Burbank**, **Jill Appel** and **Paul Chang**) did an excellent job of creating a meaningful, engaging, socially active and fun program for our seventh graders. We had our highest attendance ever for this program, and the kids seemed to enjoy the hands-on, social nature of this engaging program.

The overarching theme that emerged in this program was that of “resourcefulness,” making good things out of waste, making art out of the debris of disease, finding beauty in hanging laundry out to dry, reaching out to be resilient in the face of dwindling resources or health. These are the themes we hope our young teens carry with them as they approach their unfolding lives with all the ups and downs that come with good living. There are people who care, there are good ideas, we can make a bad situation into a good one. There is, above all, hope.

### Thank you for the Holiday Craft Workshop

The craft workshop was just amazing. The children, the elves, the din of busy craft makers. Story after story, table after table, community was being built — with hammers, with beads, with sculpey. We needed everyone to show up to make this happen and you all did. It was a gift to our First Parish community.



But what two elves made this all possible? **Susan Ward**, our Head Elf for the last three years, and **Patty Popov**, our Elf Herder who gathered all of our worker elves. These two women worked tirelessly to make this happen. Please take a moment to thank them for putting on one of biggest community builders of the year. Thank you, Susan and Patty.

And how about our head Wood Elf? **Dave Elwood** really helped to pull all of the wood, hammers, nails and ear plugs together to make the wood and leather shops exciting places to be. Thank you, Dave!

### Coming of Age

This month our Coming of Age group will meet twice. The first meeting will be “Climbing the Family Tree.” In this session, parents are given the opportunity to share what their child means to them. This is not a list of accomplishments, but something deeper. Our teens need their parents to see them for who they are, for the gifts each one has to offer the world. Our teens need to know that their family is there for them, wanting to understand them and providing the support they need to reach adulthood.

Parents write a letter to their teen and then read it directly to them. This is an emotional time; the teen does not know what the parent will say. The teen will listen carefully to hear what the parent sees as the teen’s strengths and growing edges. It is a ritual that allows each parent to share how important the teen is to the parent, to the family, and to the community. Teens don’t often show it, but they need and want their parents’ love and respect. This is a chance to do just that.

The second meeting is a retreat to CityReach. Many former COA-ers have said that this retreat was transformational. During the retreat, our teens will spend an evening witnessing the streets of Boston from the perspective of the homeless. Our teens will hear stories and see a window into the city that often goes unnoticed by the typical pedestrian. They will also work to prepare clothing and food for the homeless. They will spend the night sleeping in a church in Boston to be ready to work the next morning.

# SOCIAL ACTION COMMUNITY NEWS AND EVENTS

We will focus on immigration during the month of January here at First Parish. We will begin on January 9 with **Rev. Jenny Rankin** in worship and in a luncheon — ending on January 30 with Ministerial Intern **Craig Nowak** in worship. A lot will happen in between (see schedule below).



Hopefully we will all learn more about the many complicated issues surrounding immigration. We also hope this will be the start of a dialogue at First Parish as we share the common experience of reading the book *The Death of Josseline: Immigration Stories from the Arizona Borderlands* together. Our aim is to gain a deeper understanding of immigration as a UU Study/Action issue and as a moral issue, and we will strive to create greater community within First Parish and with other UU congregations as we explore together. **Jenny Rankin, Craig Nowak** and I invite you to join us as we try to reach a deeper understanding of immigration. ♦

Happy New Year!  
— *Faith Bade*

Social Action Program Director

## Thank You All for Your Holiday Social Action!

The Mitten Tree is down with two huge bags of items donated to Open Table Concord and Maynard; the remainder was donated to Lowell. Thanks so much to **Joan** and **Hayle Wesolowski** for making this wonderful tradition continue! In the Secret Santa program, 85 matches were made this year — 17 from each agency (Renewal House, Walden Street School, First Connections, Eliot Health Services, and MinuteMan Seniors). Click here to learn more about what happened this year or go to [sac.firstparish.org/cms/secretsanta](http://sac.firstparish.org/cms/secretsanta). Thank you to the Secret Santa team — **Allison Aley, Kate Svrcek, Katharine Roberts, Amy Capofreddi** and **Debbie Barr** — for their organizational skills and dedication! The UUSC Guest at Your Table boxes are due in **Faith Bade's** office no later than Sunday, January 9. Thank you to **Pam Howell** and our UUSC team — **Sue Beck** and **Leslie Fisher** — for supporting this incredible UU organization again.

## Immigration: January 2011 at First Parish

**Rev. Jenny Rankin**, Ministerial Intern **Craig Nowak**, and Social Action Director **Faith Bade** invite you to join together in a UU Common Read and learn more about this UU General Assembly Study/Action issue. January 9 – **Rev. Jenny Rankin's** sermon and luncheon. 12:30-2:00 p.m. with **Jenny Rankin** and **Faith Bade**. January 20, 7:00-9:00 p.m. Discussion

- with Ministerial Intern **Craig Nowak, Jenny Rankin** and **Faith Bade**, with Craig's experiences from his recent trip to the borderlands and the stories from the book *The Death of Josseline: Immigration Stories from the Arizona Borderlands* by Margaret Regan. (available for \$15 in the church office). January 27, 7:00-9:00 p.m. Discussion with **Jenny Rankin, Craig Nowak** and **Faith Bade** on what we can do regarding immigration. January 30 – **Craig Nowak's** sermon.

## Immigration — Your Stories

- Most of us have a family story of immigration, or direct experience as immigrants. Share your story with **Faith Bade** and we will find a way to share it with the congregation. Send your story to Faith at [FBade@firstparish.org](mailto:FBade@firstparish.org).

## Guatemala Recovery Project — Sunday Forum January 9 at 10:10 a.m.

- SAC's Guatemala Recovery Project will host Margaret Blood from Mil Milagros (A Thousand Miracles), presenting on their work of partnering with families, schools and communities in Guatemalan Mayan Villages, where they are successfully improving health, education and nutrition for Mayan Children. These are the most at-risk of any children in Latin America and the Caribbean. Margaret is an inspiration! We support her work — come to the Forum and be inspired! Contact **Steve Cadwell** at [cadwellsa@aol.com](mailto:cadwellsa@aol.com) with questions. Also, thanks to all who purchased the Guatemalan jewelry in December — over \$4500 was raised! Click here to learn more about this program: <http://milmilagros.org/>.

## Home Drop-Off Day, January 22

- The Home Drop-Off Day for Cradles to Crayons (C2C) and Household Goods Recycling of Massachusetts (HGRM) is Saturday, January 22, from 9 a.m. to 1 p.m. Start sorting and saving those items that you'd like to see go to others who can use them! This is a fun, intergenerational volunteer day, with food, music and community building. Specific volunteer opportunities will be announced shortly. Go to the SAC web site to learn more about what items are accepted or not accepted. For more information contact **Diana Page** (HGRM) at [dianapage@gmail.com](mailto:dianapage@gmail.com) and **Abby White** (C2C) or [abbywhite@comcast.net](mailto:abbywhite@comcast.net).

## Intergenerational Interfaith Community Service January 17

- The Cooperative Metropolitan Ministries (CMM), an interfaith activist organization, is cosponsoring a Rev. Martin Luther King

**SAC News and Events**

continued on page 9

## 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](mailto:SAC-join@lists.firstparish.org); see our website, [sac.firstparish.org/cms/sacemaillist](http://sac.firstparish.org/cms/sacemaillist); visit the Social Action bulletin board; or e-mail our Social Action Program Director, **Faith Bade**, at [FBade@firstparish.org](mailto:FBade@firstparish.org).

Day of interfaith volunteer service for all ages. Join together on January 17, from 11:30 a.m. to 8:00 p.m., starting at Brandeis University. Registration/lunch, 11:30 a.m. to 1:30 p.m.; work at sites around Boston, 2:00 to 5:00 p.m.; dinner, 5:15 to 6:15 p.m.; speakers, Rev. Liz Walker and Rev. Dr. Gloria White Hammond, 6:30 to 8:00 p.m. Contact Alexander Levering Kern, CMM executive director, with questions at [akern@coop-net.org](mailto:akern@coop-net.org) or 617-455-5323. To register online click here or go to [sac.firstparish.org/cms/immigration](http://sac.firstparish.org/cms/immigration). Let **Faith Bade** ([FBade@firstparish.org](mailto:FBade@firstparish.org)) know if you want to go as a First Parish team.

**UUA “Ethical Eating” Study/Action**

Your comments are invited. See information under Parish Notes on page 2.

**Urban Ministry Benefit Concert January 30**

We invite all of First Parish to attend the “Sources” benefit concert: Sunday, January 30, 3 p.m.\* at the UU Urban Ministry (\*please note the time change). *Sources: A Unitarian Universalist Cantata*, written by Rev. Kendyl Gibbons (words) and Rev. Jason Shelton (music), will include the Concord adult choir singing with ten other congregations and Concord children’s choir members singing with the Roxbury children, under the direction of **Beth Norton** and **Gail Carey**. Tickets are \$20/\$15 for students/seniors. A bus may be organized — let Beth know if you are interested ([Bnorton@firstparish.org](mailto:Bnorton@firstparish.org)). For tickets, contact Ruth Crocker at [rcrocker@uuuum.org](mailto:rcrocker@uuuum.org). Thanks to Gail and Beth for making a stronger bridge between First Parish and the UUUM. This event received a matching grant from the Social Action Grants Committee and funds from First Parish Social Action.

**Funderburg Scholars Fundraising Dinner Saturday, February 5, 6:30-9:30 p.m.**

This annual fundraising dinner will benefit the UU Urban Ministry’s Funderburg Scholars Program, which provides support and a pathway for Boston inner-city youth to stay in high school, apply to college, and stay in college. This is an inspiring evening, with current and former Funderburg Scholars sharing their stories. Please join us and help make a huge difference in the lives of these youth. Sign up in the church office or contact **Loretta Ho Sherblom** at 978-369-4325 or at [loretta@lhsbenefits.com](mailto:loretta@lhsbenefits.com) for more information. Click here to learn more about this program and Roxbury Youth Programs: <http://www.uuum.org/templates/System/details.asp?id=42140&PID=564728>

**El Salvador Youth Service Trip Latin Dance Night Fundraiser**

Fiesta! Baile! Come join the El Salvador travelers for a fundraising Valentine’s Dance to support El Centro Arte para la Paz on Saturday, February 12, from 7 to 10 p.m. in the First Parish Hall. All ages invited. Latin dance lesson included. Delicious food. Great music. Free babysitting available (with

preregistration by February 8). Tickets go on sale in the church office starting January 31, or during coffee hours January 30 and February 6, for \$15 per person (maximum of \$50 per family). Contact **Laurie Van Loon** with questions at [lvloon@comcast.net](mailto:lvloon@comcast.net).

**UU Urban Ministry**

It is the New Year, and First Parish members are often looking for new volunteer opportunities. The UU Urban Ministry in Roxbury has a number of needs — from English teachers, to cooks, to mentors. Click here [sac.firstparish.org/cms/uuuum](http://sac.firstparish.org/cms/uuuum) to see if any of the openings match what you are looking for.

**SAC Grants Deadline**

The next Social Action Grants deadline is March 15, 2011.

**GREEN NOTES**

**Mindful Living Idea:** College students can try used textbooks, online textbooks, and renting textbooks as a way to reduce paper consumption.

**Mindful Living Statistic:** If the United States reduced its paper consumption by 10 percent annually, we could save enough energy to power 228,000 homes, the carbon emissions equivalent to removing 279,000 cars from the road and 11 billion gallons of water.

**PROFILES IN GREEN: Enid Boasberg** was recently interviewed by Environmental Leadership Team member **Bob Andrews**. This is the first in a new series of “Profiles in Green.” Enid has been an active First Parish member for the past ten years. She is also an environmental activist through her membership on the Steering Group of ConcordCAN. She has a passion for sustainable, diversified, organic agriculture and has taken a strong role in educating the community about it. She has also adjusted her personal lifestyle in many ways to reflect her deep concern about the greenhouse gases that are fueling climate change.

“Enid practices what she preaches. She grows most of her own vegetables organically in her yard, maintains a rich compost bin, shares her knowledge and skills with others, and is very active in planning programs that educate the community about the benefits of going local for food and vegetables. She is highly selective about what food she buys, and how it is packaged, seeking to support whenever possible the local food and agriculture community ...”

Click [sac.firstparish.org/cms/environmentalleadership](http://sac.firstparish.org/cms/environmentalleadership) for the full interview.

## MEMBERSHIP CORNER

Happy New Year! Blessings to all in the year ahead. At First Parish, this new year brings new opportunity for connection and reconnection. On January 22, there are two events sponsored by the Membership Committee that will provide the opportunity for both newcomers and longtime members to make those connections/reconnections through sharing, understanding, learning and laughter.



As a newcomer, consider attending the New UU, where you will meet others, and learn about and grow with those who have recently found their way to First Parish.

For all, consider spending an evening with friends, old and new. Gather around fellow parishioners' tables to share food and make connections at a Circle Supper. For more information on both events, please see below. For questions, contact **Jane Foley**, Membership Director, at [jfoley@firstparish.org](mailto:jfoley@firstparish.org).

### January 22 Events

#### The New UU

8:30 a.m. to 1:00 p.m. , including lunch ♦ Emerson Room

The New UU presents an overview of our liberal religious tradition, with its beginnings, growth, legacies and aspirations. You will also learn about First Parish — our organization, programs, opportunities, leaders and financial situation — as presented by its staff and lay leaders. You will explore whether your own beliefs and values are consonant with Unitarian Universalism. Child care will be available.

#### Circle Suppers

6:30 p.m. to whenever!

Circle Suppers are potluck dinners of seven to nine (more or less) people held at the homes of those willing to host. They are a great opportunity to sample the cooking of your fellow First Parishioners, as well as to spend some quality time together.

Sign-ups will take place during coffee hour on Sundays through January 9, or e-mail **Jane Foley** at [jfoley@first-parish.org](mailto:jfoley@first-parish.org). All we need from you is your name, address, e-mail and telephone number, and how many people you are bringing with you. You don't need to know anyone or even know how to cook to attend (you can always offer to bring the wine and bread!).

Can you host a supper in your neighborhood? Contact **Jane Foley**. ♦

—*Jane Foley*  
Membership Director

Membership Corner

continued on page 11

## DEVELOPMENTS

### Happy New Year — A time for looking back and looking forward

Looking back, we have much to celebrate from the first few months of the church year. **Victor Curran** and a dedicated group of parishioners produced a very special fund- and fun-raiser in November — “It’s All About the Music” which highlighted the many and varied musical talents of First Parish members and netted over \$3000 in support of First Parish programs.

As of this writing, our Year-End Appeal has reached \$11,414 — surpassing the goal of \$10,000 that we set during last year’s budget process. We want to thank every one of the 70 generous parishioners who helped ensure that we can continue to enliven our spirits, hearts and minds, teach our children, share beautiful music, and reach out to those in need in our community and beyond.

The Development Committee — **Carolyn Copp, Dave Dawson, Don Dembsey, Cynthia Ellis, Connie Johnson** and **Rick Moore** — have had two successful meetings, and are working with staff to improve outreach to parishioners around the important topics of budget and fundraising. Budget forums and breakfasts at La Provence (see Money Matters on page 3) are just two of the offerings that have grown out of the recommendations of this newly formed committee.

Looking forward, we are preparing for a celebration of **Gary Smith’s** ministry that will begin in May. The Legacy Fund for Ministerial Interns has already received a generous donation from **Terry and Kitsy Rothermel**, and we will be reaching out to many others with the goal of honoring Gary while ensuring that First Parish can continue to lead as a teaching congregation. And **Tom** and **Sue Beck** are hard at work on a special musical performance that will take place on May 13-14.

The YRUU will be making chili for Super Bowl Sunday — whether or not you are a football fan, think about purchasing a bowl of this savory fare to support First Parish. And finally, we are recruiting neighborhood captains for our Annual Appeal 2011 — and are looking forward to “passing the bag” among neighbors and friends at First Parish. Stay tuned for more information on this year’s theme and ways that you can help! ♦

—*Pamela Hathaway*  
Development Director

## SENIOR YOUTH NEWS

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January can seem long. College applications are due; there are long, dark winter days; and the holidays are past. In this season, it helps to come together in community. This month will be busy for youth, filled with reflection, challenges and laughter. After months of spending time together, the youth have developed bonds of friendship and are now getting to know one another on a deeper level.

The highlight of January is the Winter Retreat, January 28-30. We are going back to the Reillys' house in New Hampshire. The youth can hike and snow-tube, chat and cook, and do their best to stay warm. If you know any youth interested, have them contact me at [azinke@first-parish.org](mailto:azinke@first-parish.org). Details and permission forms can be found on the high school youth page on the First Parish website.

We are also going to be having a fundraiser for the church, selling chili on Super Bowl Sunday to enjoy during the big game (go Pats!). We hope that you will support the youth and the church in this endeavor. You can submit orders in advance using the forms in the *Sunday News*.

The weekend sessions and these larger activities are possible only because of the fantastic group of adult advisers who regularly help us. We are also grateful for their time, talents and efforts.

### January YRUU Activities:

January 2 New Year's Reflections and Covenanting

January 5 YAC

January 9 Ying Yang

January 23 Movie Night

January 28-30 Winter Retreat

February 4 Overnight Chili Prep Lock-In

I hope that each of you has a point of light in your lives this winter. ♦

—*Anastassia Zinke*

Youth Program Director

## SUNDAY FORUMS

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Forums are held Sunday morning from 10:10 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. ♦

### January 9, 2011

#### Guatemala Recovery Project

*Margaret Blood*

As part of First Parish's Social Action Committee Guatemala Recovery Project, Margaret Blood, director and founder of Mil Milagros, will speak about their mission to improve the health, well-being, and educational outcomes of children in Guatemala — and in other Latin American countries. ([www.milmilagros.org](http://www.milmilagros.org))

### January 16, 2011

#### Impact of Factory Farming

*Kathryn Shane*

Come hear a fact-based Powerpoint presentation about the impact of factory farming on human rights, health-care, our environment and world hunger, and learn why the United Nations is urging the global community to move toward a more local and plant-based diet. Come learn the facts and help improve your health and the world at the same time.

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### Membership Corner

continued from page 10

### Rainbow Stickers for Our Nametags on January 9 and January 16

We are a Welcoming Congregation; small actions can have a big impact on how truly welcoming we seem to our LGBT visitors and friends. Help us increase the visibility of our welcoming status by affixing a small rainbow sticker to your nametag. These stickers will be handed out at a table staffed by the Diversity Committee at the January 9 and 16 coffee hours; thereafter, they will be available at the Membership table, on request.

—**Sara Ballard** for the Diversity Committee

## WOMEN'S NEWS

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### Women's Retreats! Looking Back and Moving Forward — Celebrating the Community of First Parish Women

This year's First Parish Women's Retreats will focus on the changing roles of women as individuals and in community as we celebrate the 20th year of the Women's Retreats. As one focus of the weekend, the planning group is recommending *When Everything Changed: The Amazing Journey of American Women from 1960 to the Present*, by Gail Collins. All women of First Parish are warmly invited and welcome! The retreats are held at the cozy Senexet House Retreat, in northeastern Connecticut; the dates are January 21–23 (*full — waiting list only*) and January 28–30 (space available). The registration form is available at the end of this newsletter, in the church office, or online at [www.firstparish.org/forms](http://www.firstparish.org/forms). Contact **Darien Smith** at [darien@smithquest.com](mailto:darien@smithquest.com) or 978-369-1471 with questions. ♦

### New Year, New Book! The Women's AM/PM Book Group

The first book of the New Year for the Women's Book Group is *When Everything Changed: The Amazing Journey of American Women from 1960 to the Present*, by Gail Collins. The evening discussion will be Monday, January 24, 7:30 to 9:00 p.m.; and the morning discussion on Tuesday, January 25, 9:30 to 11:00 a.m. Both meetings are at First Parish. All women of First Parish are warmly invited to read the monthly book and join one or both of these discussions. Note that this book is also recommended reading for the Women's Retreats this month (info above). If you would like to be added to the Women's Book Group e-mail list, please contact **Darien Smith** at [darien@smithquest.com](mailto:darien@smithquest.com) or 978-369-1471. ♦

### Books and Dates for 2011:

- 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

\*Recommended also as a good audio book

## MISCELLANEOUS

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### One-Day Program — The Awakened Heart: Living Beyond Addiction

Living Water Spiritual Center; Winslow, Maine  
Program Leader: **Rev. Karen Lewis Foley**

Saturday, January 29, 2011; 9:30 a.m.–3:30 p.m.  
Cost: \$50.00 (noon dinner included)

Registration deadline: January 15

For more information, contact 207-872-2370,  
or [info@retreatinmaine.com](mailto:info@retreatinmaine.com).

“It is an addiction of the first order that we feel we must always be filling up our spaces,” writes Gerald May in his book titled *The Awakened Heart: Living Beyond Addiction*. Addiction goes deeper than attachment to substances. In our desire for love, meaning, even the sacred, we are “always ... filling up our spaces” only to feel empty. How do we free ourselves to be available for the love that is always available to us? As we explore the meaning of this for our lives, we will practice some exercises May offers. You do not need to have read the book!

**Rev. Karen Lewis Foley**, a Unitarian Universalist minister (formerly of First Parish), offers spiritual direction, retreats, hospice chaplaincy and pastoral care consulting. She has completed programs for spiritual guidance and for retreat and group leadership at the Shalem Institute, where Gerald May was one of her teachers. Karen also will offer “Seeking the Sacred: An Experience with Lectio Divina” at Living Water spiritual Center on Saturday, March 19, 9:30 a.m.–3:30 p.m. More information to come. ♦

## CLASSIFIED

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### Housemate Wanted

Female housemate wanted to share Church Green cottage. Available February 1 — \$750 includes two private rooms with fireplaces. Share kitchen and bath w/female and two cats. Utilities approx. \$50/mo. Contact Karen at [kjk.aurora@gmail.com](mailto:kjk.aurora@gmail.com) or 978 369-6415.

# JANUARY 2011 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.
<i>Monday Morning Meditation</i>	Monday	9:15 a.m. (not 1/17)
<i>T'ai Chi</i>	Monday	6:30 p.m.
Networking Group	Tuesday	9:00 a.m.
<i>Kundalini Yoga</i>	Tuesday	9:30 a.m.
<i>Music Together</i>	Tuesday	9:30 a.m. (not 1/4)
<i>Music Together</i>	Tuesday	10:30 a.m. (not 1/4)
<i>Buddhist Group</i>	Wednesday	9:30 a.m.
<i>Child and Teen Yoga</i>	Wednesday	4:15 (not 1/5 or 1/12)
Junior Choir	Wednesday	4:30 p.m.
<i>Yoga for Women</i>	Wednesday	5:00 p.m.
Chalice Choir	Wednesday	5:15 p.m.
<i>Yoga for Women</i>	Wednesday	6:45 p.m.
<i>Mindfulness Practice</i>	Wednesday	7:30 p.m.
Adult Choir	Wednesday	7:45 p.m.
<i>Buddhist Group</i>	Thursday	7:30 p.m.
<i>Understanding Transitions</i>	Thursday	7:30 p.m. (not 1/6)
<i>Music Together</i>	Friday	9:30 a.m. (not 1/7)
<i>Music Together</i>	Friday	10:30 a.m. (not 1/7)
YRUU	Sunday	7:00 p.m. (not 1/16)

Sun	Jan 2	Single Worship Service at 11:00 o'clock	•	Fri	Jan 21	4:00	Women's Retreat (off-site)
Mon	Jan 3	7:00 <i>Humanists</i>	•	Sat	Jan 22	9:00	Home Drop-Off Day
		7:30 RE Council	•			8:30	The New UU
Wed	Jan 5	7:00 Youth Advisory Committee	•			6:30	Circle Suppers (off-site)
Thu	Jan 6	7:30 Threshold Choir	•	Sun	Jan 23	11:00	Neighboring Faiths Overview
Sat	Jan 8	9:00 Photo Club	•			12:15	Neighboring Faiths Parents Meeting
		9:00 Leadership Round Table	•			12:30	Nominating Committee
Sun	Jan 9	12:30 Common Read	•			6:00	Transcendentalists in France Potluck Meeting
		7:00 "The Fall of Man" Rehearsal	•			7:30	RE Teacher Orientation, Grades 2-6
Mon	Jan 10	6:30 Standing Committee	•	Mon	Jan 24	12:00	Newsletter Deadline
		7:00 Jericho Road Board	•			7:00	<i>Spiritual Autobiography</i>
		7:00 <i>Humanists</i>	•			7:00	Sustainable Development
		7:30 Neighboring Faiths Teacher Orientation	•			7:30	<i>Women's Book Group</i>
Tue	Jan 11	9:00 WPA Board Meeting	•	Tue	Jan 25	9:30	<i>Women's Book Group</i>
Wed	Jan 12	12:15 <i>Sandwiches &amp; Short Story</i>	•	Wed	Jan 26	7:30	RE Teacher Orientation, Grades 2-6
Thu	Jan 13	7:45 "The Fall of Man"	•	Thu	Jan 27	7:00	Common Read
Fri	Jan 14	12:30 <i>T'ai Ji</i>	•			7:00	<i>Stress Reduction &amp; Relaxation</i>
Sun	Jan 16	3:00 Needleworkers	•	Fri	Jan 28	9:30	<i>Stress Reduction &amp; Relaxation</i>
Mon	Jan 17	Holiday—Office Closed	•			4:00	Women's Retreat (off-site)
Tue	Jan 18	11:30 WPA Luncheon	•			7:30	<i>Rise Up Singing</i>
Wed	Jan 19	6:30 Membership Committee	•	Sat	Jan 29	YRUU	Winter Retreat
		7:30 RE Teacher Orientation, Babies to Grade 1	•	Mon	Jan 31	7:00	<i>Spiritual Autobiography</i>
Thu	Jan 20	7:00 Common Read	•			7:00	Emerson Forum
		7:30 Threshold Choir	•				

## Chinese New Year and Wah Lum Kung Fu

Don't miss it! On January 30, we will celebrate the earth-centered tradition of the Chinese Lion Dance to ring in the Chinese New Year. This dance has been celebrated for thousands of years, bringing good fortune and holding up the joy in our lives. Wah Lum Kung Fu will be sharing their talented dancers and teaching our second through fifth graders some simple Kung Fu moves during our regular RE class that morning. This will be the first of several workshops that are centered around the ritual of tea and the comfort it brings in the darkest of winter.

## Thank You to Santa Claus

Our children were absolutely delighted to have Santa Claus visit during one of our largest RE Sundays ever! We had a chance to sing songs and ask Santa difficult questions about Rudolph's nose and the logistics of presents. It was a joy to experience this with your children. A special thank-you to **Peter Mitchell, Lois Mitchell** and **Dian Pekin**, who helped to make this all possible. Shhhhh...



## Second – Sixth Grade Workshop Rotation

### Holiday Term – We are UU: Honor all Beings

- Jan. 9: Our Water Choices
  - Grades 2 & 3 – Finishing Craft
  - Grades 4 & 5 – Water tasting test
  - Grade 6 – Youth Group in the Wright Tavern – Cradles to Crayons

### Jan. 23: Water for GAYT (Guest At Your Table)

- Grades 2 & 3 – Sorting money for GAYT
- Grades 4 & 5 – Weighing, counting money for GAYT
- Grade 6 – Youth Group in the Wright Tavern

### Winter Term – Wisdom from World's Religions – Rituals That Bring Comfort

- Jan. 3: Chinese New Year – Oolong Tea, with the Chinese Dragon and Wah Lum Kung Fu as special guests
  - Grade 6 – Youth Group in the Wright Tavern – Games and making food
- Feb. 6: Rituals around tea
  - Grades 2 & 3 – Tea as restoration, Hinduism
  - Grades 4 & 5 – Tea as meditation, Buddhism
  - Grade 6 – Youth Group in the Wright Tavern – Games and making breakfast

## JANUARY 2011 NEWSLETTER

The February Newsletter deadline is Monday, January 24, 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: [FPCConcord@firstparish.org](mailto:FPCConcord@firstparish.org)

Website: [www.firstparish.org](http://www.firstparish.org)

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## 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

Tina Storey, 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 M. Nowak, Ministerial Intern

Becky Blodgett, Affiliate Minister for Pastoral Care

- Pam Howell, Director of Religious Education
- Lorrie Clark, Religious Education Administrator
- Anastassia Zinke, Youth Program Director
- 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, Volunteer Collector

Kate Keleher, Volunteer Newsletter Editor

Kaye Harvie, Jane Johnson, Newsletter Staff

A Benefit Concert for the  
**Unitarian Universalist  
Urban Ministry**



# Sources:

## **A Unitarian Universalist Cantata**

For chorus and soloists, with piano, strings and percussion

Words by Kendyl Gibbons ~ Music by Jason Shelton

**All Proceeds Support the UU Urban Ministry**

With The Urban Ministry – Concord Children's Chorus

**Conducted by Elizabeth Norton**

Featuring Jeannie Gagné and Regie O'Hare Gibson

**Sunday**

**January 30, 2011**

**3:00 PM**

**First Church in Roxbury**

10 Putnam St, Roxbury, MA



**Tickets \$20**

**Students & Seniors \$15**

Available from the  
**UU Urban Ministry**

[www.uuum.org](http://www.uuum.org)

Presented by the

**Unitarian Universalist Musicians Network ~ Greater Boston Coalition**

Participating congregations: Arlington Street Church, First Parish in Concord,  
First Church and Parish in Dedham, First Unitarian Society in Newton, First Parish Church of Groton,  
First Parish in Lexington, Melrose Unitarian Universalist Church, First Parish in Milton –  
Unitarian Universalist, First Parish in Needham - Unitarian Universalist

## LOOKING BACK & MOVING FORWARD

### *Celebrating the Community of First Parish Women!*

#### **First Parish Women's Retreats - 2011**

1st weekend: Friday evening, January 21 - Sunday afternoon, January 23 **(FULL)**

2nd weekend: Friday evening, January 28 - Sunday afternoon, January 30 **(OPEN)**

This year's retreats will focus on the changing roles of women as individuals and in community as we celebrate the 20th year of the Women's Retreats. As one focus of the weekend, the planning group is recommending *When Everything Changed: the Amazing Journey of American Women from 1960 to the Present*, by Gail Collins. All women of First Parish are warmly invited and welcome!

The retreats are held at Senexet House ([senexethouse.org](http://senexethouse.org)), a comfortable old vacation home in northeastern Connecticut, about an hour and a half from Concord. The bedrooms sleep one to five guests, and meals are fresh, delicious and prepared by someone else! The two retreat weekends will be as similar as possible, and as unique as any group will be.

Registrations are available online at [firstparish.org/forms](http://firstparish.org/forms) or in the FP office. The cost of the weekend is \$185, which covers two nights and six meals, as well as a gratuity for the Senexet House staff. Registered participants will receive an email by mid-January, with more details and directions. If you have questions about the retreats please email Margaret Stewart at [mjs.ontheroad@gmail.com](mailto:mjs.ontheroad@gmail.com). To enquire about funding assistance, please contact Gary Smith or our retreat registrar, Darien Smith at 978-369-1471, or [darien@smithquest.com](mailto:darien@smithquest.com).

#### \* \* **REGISTRATION FORM - FIRST PARISH WOMEN'S RETREATS** \* \*

Which Weekend?      **FULL** (1st) Jan. 21 – 23 or      \_\_\_\_\_ (2nd) Jan. 28 - 30

Name: \_\_\_\_\_ Address: \_\_\_\_\_

Telephone: \_\_\_\_\_ Email: \_\_\_\_\_

Emergency Contact: Name and Ph: \_\_\_\_\_

Food restrictions? \_\_\_\_\_

Roommate Preference? \_\_\_\_\_

Contribution (optional) to support retreat scholarships? \$ \_\_\_\_\_

Please return this form to the church office by Jan. 15, with your check for \$185, made payable to First Parish in Concord, Noted "Women's Retreat". Scholarship contributions may be included in your registration check, or sent separately. The committee is very grateful for the scholarship funds that allow some to attend who otherwise could not.

First Parish in Concord address: 20 Lexington Rd., Concord, MA 01742



for **Spiritual Renewal**

# The Wright Tavern Center at First Parish in Concord

An Oasis in Our Busy Lives • January 2011

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

## I. Growing Your Spirit

### Monday Morning Meditation

Join **Jenny Rankin** in the Chapel for silent meditation. Drop-ins welcome. No charge.

Monday: Jan. 3–31 (no class Dec. 27 or Jan. 17) 9:15-9:45 a.m.

### The Art of Living: Mindfulness Practice in Everyday Life

Is it possible to live with greater ease, joy and connection? This workshop will explore how to develop and deepen spiritual practice in the midst of the demands, stress, pace and distractions of our hyper-connected modern life. Using the practice of Insight Meditation (Vipassana) as a foundation, we will examine how to establish and maintain a personal spiritual practice in order to live with greater wisdom and compassion in daily life. No previous experience with meditation is needed to participate. Drop-ins welcome. Leader: **John Bigay**

Wednesday: Jan. 5, 12, 19, 26 7:30–9:00 p.m. \$40

Winter Session: Wednesday: Feb. 2–Apr. 27 (no session Feb. 23, Mar. 16 or Apr. 20) 7:30–9:00 p.m. \$100/10 sessions

### 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. Each class can help one become aware of much more than just the strength of the body. Instructor: **Dharm Singh**

Tuesday: Jan. 4–Mar. 8 9:30–11:00 a.m. \$150/10 classes

### 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. It also provides a nurturing environment for the spirit so that inner strength and higher awareness may flourish. Limit: 12 students per class.

Instructor: **Lee Courtemanche**

Wednesday: Jan. 5–Mar. 30 (no class Mar. 16) 5:00–6:15 p.m. or 6:45–8:00 p.m. Fee: 12 sessions/\$192

### 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, your intellect sparked with new concepts to consider, and your inner being attended to. Instructor: **Ori Kilner-Munson**

Thursday: Jan. 6–Mar. 31 (no session 2/24) 9:30–10:45 a.m. 12 sessions \$192 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. Class capacity 12.

Instructor: **Ori Kilner-Munson**

Wednesday: Jan. 19–Mar. 30 (no session 2/23) 4:15–5:00 p.m. \$120/10 sessions or \$15/drop-in

### Understanding Transitions

As we transition into a new year, it is interesting to look at the many transitions we continually face and to recognize the significant role they play in our lives: coming of age, starting a family, getting a new job, becoming an empty nester, entering midlife, becoming a grandparent, retiring, as well as a myriad of unexpected changes like divorce, being “downsized” and the death of a loved one. Understanding the psychological redefinition that one goes through in such times is key to gaining strength, clarity and inner peace. This class is loosely based on the work of William Bridges and his book *Transitions: Making Sense of Life's Changes*, and will thus be broken down into three topics for discussion: endings, the neutral zone, and the new beginning. Attendance at all three classes is highly recommended in order to gain a clear understanding of the significance of each phase of transition. Instructor: **Rena Hedeman**

Thursday: Jan. 20, 27, Feb. 3 7:30-9:00 p.m. Fee: \$20

## Concord Area Humanist Group

The second session of the “Necessity of Virtue” workshop series, based on Galen Guengerich’s eight-session workshop with the same title, presented at 2010 UUA General Assembly in June, will include video from that series. Galen rejects the divine as the source of our morality and develops Aristotle’s thinking on the state of character in encouraging the fullest development of human potential. The series will be led by three of the CAH Steering Committee who attended Galen’s workshop.

Monday: January 10 7:30-9:00 p.m.

**CAH at Concord Public Library:** On the third Monday of each month, the discussion group “Third Monday Exploring,” formerly “Conversations at Eight,” will assemble in the Trustees Room at 7:30 and actively discuss a subject of interest from 7:45 to 9:00 p.m., when the library closes.

Contact **Patrick Everett** at [pne@aol.com](mailto:pne@aol.com) for information on CAH events.

## ABC Music Together (ages 0 to 4)

Mixed Age classes offer an opportunity for children to participate at their own level, while the adults (no matter what their level of musical ability) and older children provide models for ways of music making they might want to try another time. Everyone in a mixed-age class benefits by experiencing the music making of those around them — some terrific teaching ideas come from very young children, who have a special originality and spontaneity in their approach to music. Instructors: **Deb** and **Tom Foote**. For more information and to register, go to [www.abcmusictogether.com](http://www.abcmusictogether.com).

Tuesday: Jan. 11-Mar. 8 9:30–10:30 a.m. or 10:30–11:30 a.m.  
Friday: Jan. 14-Mar. 11 9:30–10:30 a.m. or 10:30–11:30 a.m.

## 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. Instructor: **Pamela Katz Ressler**

Thursday: Jan. 27–Mar. 24 (no class Feb. 24) 7:00–9:00 p.m.  
OR Friday: Jan. 28–Mar. 25 (no class Feb. 25) 9:30–11:30 a.m.

Tuition/\$290, plus \$85 materials fee

## The Power of Myth: A Spiritual Exploration

Journalist and public intellectual Bill Moyers interviewed the world’s foremost authority on mythology, Joseph Campbell, in the year before Campbell’s death. Their edited conversations formed a PBS series and a transcriptive book, both entitled *The Power of Myth*. In both, Moyers plays the intellectual in religious search: well read, quick to make connections and draw analogies, demanding rigor. Campbell, by contrast, is the metaphoric thinker, often setting aside the academic to offer myth as a pointer to universal transcendent experience.

In eight conversations we will visit together the dance between these two archetypal thinkers. We’ll consider our own journeys in the light of these conversations, using them to explore who we are, why we’re here, and how to live fully.

Participants will prepare by watching an episode of the video or reading a chapter of *The Power of Myth* each week. Instructors: **Jiffy Read** and **Alec Walker**

Thursday: Feb. 3–Mar. 31 (no session Feb. 24)  
Video (optional) 6:15 p.m. to 7:10 p.m.  
Discussion: 7:15–9:00 p.m. Fee: \$25/8 sessions

## Oasis Discovery Workshop: Take a Breath!

Do you feel like you are running 100 miles per hour through life? Are you experiencing symptoms of stress? Do you want to feel a moment’s peace and tranquility? Then this workshop is for you! We live in stressful turbulent times, at an accelerated pace, with busy schedules, obligations, and troublesome economic news looming every day. How we respond to this stress, what this response does to our bodies, and how we can work on reversing the consequences of stress is what we will cover in this workshop. We all have the tools and inner resources within us to make a difference in how we experience our lives. The key is discovering and using those tools. One of the tools or techniques we will practice is the Relaxation Response, by Herbert Benson, M.D. “Take a Breath!” is one in a series of Oasis Discovery Workshops, where we explore ways to tap into our own oasis of inner resources, knowledge and strength to make a difference in how we experience our lives.

Instructor: **Leslie Ackles**

Saturday: February 12 9:00-11:30 a.m. Fee: \$25

## II. Creativity As A Spiritual Path

*These classes are offered throughout the year.*

### Sandwiches and Short Story

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

Wednesday: January 12 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**. No charge. No registration required.

Friday: Jan. 28, Feb. 25, Mar. 25, Apr. 22, May 20, Jun. 24 7:30 p.m.

## III. Sources of Unitarian Universalism

### Spiritual Autobiography

"We tell stories because we can't help it," says James Carroll. "We tell stories because they save us." Each of us, whether we realize it or not, has a spiritual story of our own. Often our stories lie dormant, undiscovered or only partially realized. This class provides a context and opportunity to reflect upon our spiritual odyssey. It is an adaptation of the Spiritual Autobiography class that has been taught here in the past, but it is significantly different. Through a series of writing and drawing exercises, we will prepare to write our own autobiographies. Several short papers and one longer piece will be required. Confidentiality is respected and expected. Attendance at each session is required. A minimum of 10 participants is needed for the class to run. First Parish members only; registration required. No charge.

Leader: **Rev. Jenny Rankin**

Monday: Jan. 24, 31; Feb. 7, 28; Mar. 7 7:00–8:30 p.m.

### "The Fall of Man"

Readers from First Parish, directed by **Lillian Anderson**, will read a short play by Cori Martin entitled "The Fall of Man." The play begins with God and Gabriel's mutual congratulations on how swimmingly everything is going. Their self-satisfaction is interrupted by the appearance of Adam and Eve, who have been working out the life sentences inflicted on them by God 900

years previous. They ask for a retrial in hopes that their sentences might be commuted. God at length agrees, even when he discovers that the serpent will be acting as the plaintiff's counsel. What begins as a retrial of Adam and Eve soon turns into something else. What that is and how it turns out is yours to discover on the evening of January 13. Those planning to attend may wish to read Genesis 3, which sets the stage for this story. The play will begin with a brief introduction by **Carl Scovel**, who will also moderate the discussion afterward. Playwright Cori Martin teaches writing at Ohio State University in Columbus, Ohio. She is also a singer and poet, and the wife of a fellow faculty member.

Thursday: January 13 7:45–9:00 p.m. Fee: \$10  
(All proceeds go to the Wright Tavern Center.)

## IV. Social Action

### Common Read

**Rev. Jenny Rankin**, Ministerial Intern **Craig Nowak**, and Social Action Director **Faith Bade** invite you to join together in a "Common Read," a reading project participated in by UU's across the country. Learn more about a General Assembly study issue. Connect with the wider UU community. Delve deeply into the stories of immigration. Share Craig's experiences at the Mexican border. Read the book *The Death of Josseline: Immigration Stories from the Arizona Borderlands*, by Margaret Regan. A limited supply of books is available for sale in the church office for \$15, or they can be ordered from the UUA bookstore at [www.uuabookstore.org](http://www.uuabookstore.org). Sign up now at 978-369-9602 or by e-mailing [FBade@firstparish.org](mailto:FBade@firstparish.org).

Sunday: January 9 12:30–2:30 p.m.  
Thursday: January 20 and 27 7:00–9:00 p.m.

### Sustainable Development

Sustainable Devens is a local example of sustainable development applied to a former Army base in north central Massachusetts. Learn about how Devens has successfully balanced economic development, environmental protection and social equity on the former 4400 Army base just down Route 2. Devens is viewed by many as the premier U.S. example of eco-industrial development, where firms collaborate to reduce their environmental impact, share by-products and improve their bottom line. Devens has created a nonprofit, the Devens Eco-Efficiency Center, to work with firms to green their operations and has developed the Eco-Star environmental branding and achievement program as a tool for members on their journey toward sustainability. Speaker: **Peter Lowitt**, FAICP and member of First Parish.

Monday: Jan. 24 7:00–8:30 p.m. Fee: \$10