



The Meeting House News

REVERIES

In the opening words of the fall, 2008 issue of *UU World*, Rev. Victoria Safford quoted Douglas Steere, a Quaker, who says that the ancient question “Who am I?” inevitably leads to a deeper one, “Whose am I?” — because there is no identity outside of relationship. You can’t be a person by yourself.”

This deeper question can also evolve into, “Whose are *we*?” I believe the answer for this congregation is found in the First Parish benediction.

With **Gary Smith’s** impending retirement, and the arrival of an interim minister, you the congregation will be exploring “Whose are we?”

As Safford points out, this kind of exploration can be healthy, as it invites us to go deeper, answering more questions: Who needs me (us)? Who loves you? To whom are you accountable? To whom do you answer? Whose life is altered by your or our choices? With whose life, with whose lives, is your own life all bound up, inextricably, in obvious or invisible ways? Answering these questions can lead to recommitting ourselves to walk together as a congregation in the spirit of love, inquiry and social justice.



For quite some time, I have been asking these questions of myself, especially the question “Whose am I?” Last week I began the Buddhist Chaplaincy program at the Upaya Zen Center. During my week there, the answer became clear. It is time I resign in good faith from the position of Associate Minister for Pastoral Care, effective June 30, 2011, and fully immerse myself in this very demanding chaplaincy program, during which I hope to develop a restorative justice program in the Massachusetts Department of Corrections.

I am very excited about this program and the restorative justice project I will be undertaking, but it is with a sad heart that I will be leaving my position as associate minister. These past five years have been vital to my growth as a minister, serving this wonderful congregation and working with such a talented and professional staff. I thank **Gary Smith** for calling me five years ago, asking me to consider the position of Associate Minister for Pastoral Care.

Four years ago I became a member of First Parish, so instead of seeing me in the pulpit, you may find me sitting next to you in one of the pews.

In the spirit of faith and love,
—*Margie King Saphier*

SUNDAY WORSHIP SCHEDULE

April 3
Peter Morales, President of the Unitarian Universalist Association preaching
9:00 – First Parish Choir and Children’s Choirs
11:00 – First Parish Gospel Choir

April 10
Gary Smith, preaching
9:00 – First Parish Choir
11:00 – Transylvania Troubadours

April 17
Jenny Rankin, preaching
9:00 – Pamela Schweppe & Elizabeth Norton, sopranos; Lauren Evans, alto
11:00 – First Parish Choir

April 24
Easter Sunday
Gary Smith, preaching
9:00 & 11:00 – First Parish Choir and Festival Brass

Don’t Miss...

ALL-PARISH LISTENING SESSION (details on page 3)

Tuesday, April 12
7:00 to 8:30 p.m.

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- ◆ **Wright Tavern Programs**
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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, April 25
Monday, May 23
Monday, August 22

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

PARISH NOTES

First Parishioners Attend Large Church Conference

Teams of staff and lay leaders from Unitarian Universalist large churches (membership of 550+), from all over the country, gathered in Minneapolis recently for an exciting conference to discuss “Governance and Ministry in Large Congregations.” **Lillian Anderson, Faith Bade, Jane Foley, Jack Nevison, Beth Norton, Craig Nowak, Jenny Rankin, and Darien** and **Jim Smith** represented First Parish. The theme of the conference was how good governance can help to liberate a congregation’s potential to do its ministry in the world. Governance can help to make our UU tradition of congregational polity a reality. Rev. Dan Hotchkiss, author of the popular Alban Institute book entitled *Governance and Ministry: Rethinking Board Leadership*, presented a full-day seminar on how his ideas apply to UU churches. Stay tuned for further information in next month’s newsletter.

Nominating Committee Members Attend Workshop

On February 12, **Laura Graham, Patty Popov, Eric Read, Sue Ryan** and **Kate Svrcek** attended a workshop sponsored by the Mass Bay/Clara Barton District. They gathered with over 100 other UU’s to discuss long-term, mission-aligned practices that can help clarify governance, ministry and congregational roles. The Nominating Committee looks forward to sharing what they learned with the congregation in the coming months.

Dedicate the Sunday Flowers

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

First Parish Seder—Saturday, April 23, 5:30 P.M.

Ticket prices: children 6–12: \$5.00; adults 13–85: \$15.00; those under 6 and over 85: free. Tickets will be sold at Sunday coffee hours April 2, 9 and 16, and in the office during those weeks until April 19. Because we limit the number of Seder participants to 60, we advise buying tickets early.

“OMG, Broadway!” Is Coming May 13 and 14

Tickets for this musical review of Broadway tunes dealing with things spiritual, Biblical and devilish go on sale Sunday, April 3, at both coffee hours. There will be three performances on May 13 and 14 in the Parish Hall — a Saturday matinee at 2 p.m., and Friday and Saturday night shows that will start at 8 p.m.. Tickets are \$25, with \$5 from each ticket going to the Legacy Fund for Ministerial Interns in honor of **Gary Smith**. The show features a wide variety songs dating from the ‘30’s to the present and a cast of 35 parishioners, plus a special appearance by a member of the staff who happens to be retiring soon! So bring family and

friends for a production you won’t want to miss — this show will never be repeated! Tickets will also be available in the church office during the week. Contact **Sue Beck** for more information or questions.

Transcendentalism Council News

Our year-long planning for “Tracing the Steps of the Transcendentalists in France” tour is about to depart on March 31 for an exciting journey. Led by **Jenny Rankin**, with help from **Lillian Anderson** and **Steph Chiha**, the group will deepen their knowledge of Ralph Waldo Emerson,

Parish Notes

continued on page 11



Report on March 6 Meeting and Information about the Interim Selection Process

On Sunday, March 6, a congregational meeting was held to learn about the interim process. Keith Kron, the UUA Transition Director and our Ministerial Settlement representative, facilitated the meeting and the Standing Committee wishes to share some of the more salient points we learned.

Keith emphasized the importance of the interim process, allowing the congregation to experience life without **Gary Smith** before we are ready to call our next minister. The interim period is a time to reflect about who we are and in what direction we want to go as a church community. During this time we can build upon the work of the transition process so far.

Keith also shared that having an interim minister will make First Parish more appealing to potential ministerial candidates. It can be challenging to immediately fill the shoes of a long-term minister. The UUA now recommends that congregations choose either an 18-month or two-year interim period. The Standing Committee, with the recommendation of the Search Committee, has voted to have a two-year interim period.

The timeline for the Standing Committee to choose an interim minister is as follows:

April 15: First Parish will submit an application the the UUA for an interim minister.

April 25: First Parish will receive information about two to five accredited interim ministers who have been recommended as a good fit for our congregation.

Interviews and Recommendation: The Interim Task Force, which consists of a sub-group of the Standing Committee, will interview potential candidates and recommend one of those candidates to be put forward to the Standing Committee for a vote.

May 7: An offer will be made for an interim to begin in August 2011.

By the Annual Meeting date the Standing Committee will also appoint an Interim Support Team consisting of five to seven members who are widely known and respected and well acquainted with the congregation's history. Their role is to provide the interim minister with insight, organizational and facilitative talent and willing hands as the ministry proceeds. If you are interested in nominating yourself for this committee please provide a few words about what skills or perspective you feel you would bring to this committee and e-mail to andrea.siani@gmail.com. ♦

Congregational Listening Session

On Tuesday, April 12, 7:00-8:30 p.m., the Standing Committee will host an informal informational sharing and listening session focused primarily on the budget for the upcoming church year. This meeting is intended as an opportunity for First Parish members to get information on the budget, understand the fiscal issues we face and share their views before the budget is finalized. This session is also an opportunity to ask questions related to the interim minister process or the vote to rescind the vote of November 14.

Child care will be available, and the meeting will be held in the Parish Hall. If you would like to take advantage of the child care availability, please e-mail **Allison Aley** (allisonaley@yahoo.com) the names and ages of your children, prior to noon on Tuesday, April 12. Allison will need to know which children need care so that she can arrange for caregivers. ♦

Special RE Discussion: The Future of YRUU, April 10, at 7 P.M.

What's the deal with our High School Youth Program? Come and find out! We will be discussing our youth program in depth on April 10. We will look at where we are now and where we want to be in the near future. What is the purpose of a youth group? Who does the work? Why do we want one? What about service trips? How does it work with Coming of Age?

All parents are invited to this informal discussion. We are also inviting our 8th graders and the current youth in YRUU to join in the discussion. Please take the time to attend this important discussion. ♦

MONEY MATTERS

The landscape outside my office window is in transition from winter to spring. The grass, while brown, has little flecks of green that dominate on sunny days. I see a fair number of dead leaves blowing around out there too. Just yesterday the landscapers came for the spring cleanup — which they did while it was snowing. March in New England, right?

March for the business office is the time as we begin the process of transitioning from one fiscal year to the next. We have fully one-third of our fiscal year left before it completes on June 30; but it is time to begin planning for next year. And of course, financially speaking, what the final outcome for this year will be and what the next year will look like depends almost entirely on receiving pledge payments for this year and new pledges for next year. You've all been sent the Annual Appeal materials; you can watch our progress on the nifty chart that **George Gagliardi** made that sits in the entryway. Many of you came to the Executive Team breakfasts, and many of you heard my budget presentation last month. By now, I hope you know the story: 74 percent of our income comes from pledges.

We need your pledge now so we can plan for our transition to the next fiscal year. If you have already pledged, thank you for your generosity, and for being prompt. If you haven't pledged yet, please do so today. ♦

— *Melissa Perdue Gallo*

Business Manager

10th Annual Nick Ressler Memorial Blood Drive

You can make a difference on Saturday, April 2 by donating blood at the 10th Annual Nick Memorial Ressler Blood Drive. We are thrilled that over 1500 individuals have been given the gift of life because of blood collected during the past 10 years of the annual Nick Ressler Memorial Blood Drive. Help us make this year's Nick Ressler Memorial Blood Drive the most successful one to date.

MassGeneral Hospital's Bloodmobile will be at Hunt Recreation Center, 90 Stow St. Concord, on Saturday, April 2 from 8:00 a.m. to 1:00 p.m. for the blood drive. If you are between the ages of 16 and 65 you may be eligible to donate. Students under 18 may donate with a signed parental permission form. Email or call **Pam Ressler** (pr2@aol.com) or **Cindy Tenner** (cyt208@aol.com) for a convenient appointment time or questions. ♦

DEVELOPMENTS

By the time you read this, we will be half way through Annual Appeal 2011. If you have not already submitted your pledge, please do so now. If you have submitted your pledge, thank you! You are helping us frame our budgeting process for the next church year, as well as showing your commitment to our church community. If you have submitted your pledge and your name tag does not reflect this, please let **Pamela Hathaway** know — she will make sure that you have an “I pledged” sticker on your name tag.

This year's Appeal is critical for three reasons:

Total pledge dollars have been declining over the last three years.

Costs continue to go up for nondiscretionary budget items like building expenses and health insurance. Those who give the same amount year after year are buying less programming each year.

Cuts to programs over the last three years have reduced core support for programs. A flat fundraising year (\$843,000 in pledges) will not maintain the status quo in the “pillar” programs of Ministry, Music, Religious Education, and Social Action. A flat fundraising year will result in layoffs, furloughs, and/or a hiring freeze for nonministerial staff, further reducing the number and type of services available at First Parish.

What pledge level is appropriate?

Your pledge should be a thoughtful contribution that expresses the role First Parish plays in your life. Here is the Unitarian Universalist Association's fair-share giving guide:

First, reduce your income to reflect medical expenses, childcare and education costs.

Then, consider giving at the Supporter or Sustainer level — or more — as your commitment and belief in First Parish and Unitarian Universalism grows.

Supporter: The Church is a significant part of my life and promotes my spiritual growth. The Supporter level ranges from two to five percent of household income.

Sustainer: The Church is central to my identity and I am committed to sustaining our programs. The Sustainer level ranges from three to six percent of household income.

Please see the website or the brochure that accompanies your Annual Appeal mailing to peruse a chart and diagrams that will help you determine your fair share pledge.

Who can I talk to about this?

Feel free to contact Annual Appeal Chair **George Gagliardi** (ggagliardi@gmail.com) or First Parish Development Director **Pamela Hathaway** (plhathaway@firstparish.org) or 978-369-9602) to talk about stewardship at First Parish. ♦

— *Pamela Hathaway*

Development Director

FROM THE INTERN MINISTER

I recently attended the UUA's Large Church Conference in Minneapolis. It was a sizable gathering, with several hundred people from around the country representing our movement's largest congregations. There were various speakers, workshops,



and of course worship over the course of several days, as well as conversations with people, including fellow interns. While I came away from the conference excited and inspired by much of what I heard and learned, I was most impressed by something less overtly obvious perhaps, but equally if not more inspiring and hopeful, the multitude of lay leaders in attendance. Presumably most of them were unpaid volunteers who have careers outside the church but gave of their time, maybe even vacation time, to attend the conference. Realizing this made a concept presented in one of workshops I attended really come alive for me: lay leadership as a spiritual practice. Rev. Erik Wikstrom, who presented this particular workshop, said of spirituality, "If spirituality is anything, it is everything. Those who think about their spiritual lives as somehow separate and distinct from the rest of their lives don't yet understand that spirituality is about wholeness." I like to think that the lay leaders attending the conference know this, and I'm sure many of them do, and this is perhaps why some of them attended the conference. Our faith and faith community points to and helps us not only discover that wholeness but to live from our emerging awareness of it. How or where is this true for you here at First Parish? How is this changing the life you live moment to moment? ♦

Blessings,

—*Craig Nowak*

STANDING COMMITTEE

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

PASTORAL CARE NEWS

If you have read REVeries on page 1, then you know I will be resigning in good faith June 30, 2011. The pastoral care lay ministers and the Pastoral Care Advisory Council will continue to support **Jenny Rankin** in their respective roles. I will have more to say about this transition in subsequent columns.

During the month of April, **Diane Clapp** will be the pastoral care lay minister covering for the month. Diane can be reached at 781-257-5025 or d.clapp@comcast.net.

After officiating at **Frank McClintock's** service, several folks spoke to me about my message on grief and how helpful it was. Since this is a time of transition and loss in the life of First Parish, I decided to share them with you.

I love these words. When I was a ministerial intern, Rev. John Nichols gave them to me, as they had been given to him when he first entered ministry. John said to me, "Make them your own." And I have. These words are often



part of my pastoral message at memorial services. Every time I say them, I experience them in a deeper, more meaningful way. So I thank John Nichols for his generosity and I hope these words feed your spirit as they do mine.

At the beginning of the service, I said, "A human life is sacred in its grieving, for it is a holy time. Even though we are here to remember Frank, we can't help but remember our own loved ones who have died. Grief touches grief. We are never ready to see a loved one die, no matter how much preparation we have given ourselves. One of the hardest lessons we learn is that those whom we love do leave us.

"For this is the meaning of love — we cannot replace each other. In our grieving, we remember the good times and the hard times. All of us have or will take the journey of grief.

"It is said grief is the tax we pay for loving. It is a tax worth paying for the joy and the pain of having loved someone so dearly. As long as we risk involvement in the lives of others — building friendships or families or even being touched by the lives of other people — we invite the certainty of grief.

"Life means that grief will come in time. Love means that grief will come in time. All that we have would not be beautiful if we did not cherish it enough to feel very deeply when it is lost. So let tears flow, because they are a sign of your love and your grief. But also laugh as you remember the good times, the funny times. Your laughter is a sign of the joy s/he left behind."

I am sure you will hear these words from me again. I hope they offer you the comfort and wisdom they give to me. ♦

In faith,

—*Margie King Saphier*

Associate Minister for Pastoral Care

MUSINGS

Recently an inquiry regarding trumpet players at Easter sparked a spirited theological and economic e-mail discussion among my UU music colleagues. The discussion focused on the (often exorbitant) cost and on whether UU's really "needed" trumpets at Easter, associated as they are with the Last Judgement and the Resurrection. Wouldn't something less flashy, say a string quartet, be more appropriate? As you might imagine, this got me thinking!

Easter trumpets have been a part of the First Parish Easter tradition for almost two decades now. And hiring trumpet players for Easter services is indeed costly. Good trumpet players are in high demand; churches get competitive with their rates. However, Easter trumpets are an expense I have continued to defend against the ravages of budget cuts.



In my hiring interview with Gary Smith seventeen years ago, I asked, "What do you sing on Easter Sunday?" And he answered, "We sing Jesus Christ Is Risen Today," because singing that hymn on Easter is important to someone sitting in the pews. That's part of being in a covenantal community. Another Sunday we'll sing a hymn that is just as essential to a different member."

Since my religious upbringing was predominantly in the Presbyterian Church, the Easter story is a core part of my faith journey. Though I don't believe in a literal resurrection, the narrative has a deep power for me. I relive it each year in the cycle of seasons; in the remembrance of loved ones lost; in the promise of new generations. Easter's empty tomb reminds me that even in the bleakest times, there is the possibility of a hope beyond our wildest expectations. The heaviest stone may be rolled away to reveal an unimagined glory.

Easter trumpets are an extravagance. Easter is an extravagant idea: a story about resurrection. About surviving death. About rebirth. About lifting a heavy stone away from our entombed hearts and letting the water flow and the seeds sprout and laughing and shouting, and SINGING "Hallelujah." A herald of trumpets seems more than appropriate!

So, let us allow ourselves some extravagance at the end of this long hard winter. On Easter Sunday, when the brass and timpani announce, "Jesus Christ Is Risen Today," let us soar with the music, roll back the stones from our winter hearts and welcome unimagined new possibilities. ♦

Blessings,

— *Beth Norton*

Music Director

Dust Off Those Messiah Scores! Easter Is Coming!

- Singers from the congregation are invited to come to the choir loft during the final hymn on Easter Sunday, April 24 and join the choir in our traditional Easter benediction response, G. F. Handel's "Hallelujah Chorus." If you have a copy of the *Messiah*, please bring it with you. If not, there will be some extra music available, and choir members are always willing to share.
- Even if you don't wish to make the climb to the balcony, feel free to join in this joyous chorus on Easter morning. ♦

SUNDAY FORUMS

- 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** (rhilsinger@bedfordma.gov) if you wish to recommend a topic or speaker. ♦

April 10, 2011

Chat with Craig

- Our intern minister, **Craig Nowak**, has been very busy working with us this year; but many of us haven't had a chance to spend time talking with him to learn about his spiritual journey and what called him to the UU ministry. This Forum will give people a chance to get to know Craig better so that his two-year, half-time internship here at First Parish is as educational and productive as possible.

April 17, 2011

Greeley Fellow for Peace

- University of Massachusetts, Lowell Greeley Fellow for Peace has chosen Leyma Gbowee as the Greeley Scholar. She is presently the founder and executive director for Women, Peace and Security Network Africa (wipsen-a), a women-focused, women-led pan-African non-governmental Organization with the core mandate to promote women's strategic participation and leadership in peace and security governance in Africa.

MEMBERSHIP CORNER

This month I attended the UU Large Church Conference in Minneapolis with several lay leaders and staff from First Parish. It was a rewarding, enriching and powerful weekend. I spent much of my time with other membership professionals from around the country, learning about best practices of membership in their congregations. I am so glad to have had connection with others in my field to bring new and exciting ideas back to First Parish.



At General Assembly in June, the membership professionals will vote to establish the UU Association of Membership Professionals. At that time, hopefully, the UUAMP will become an affiliated association of the UUA, setting standards to promote growth, provide a platform for membership development, set standards for Membership Professionals, and ensure strong representation at district and national levels.

I am looking forward to my participation in this process, and I continue to learn and grow by sharing ongoing lessons of membership best practices, successful strategies in welcoming, and creative solutions in sustaining members.

—Jane Foley

Membership Director

Newcomers to First Parish, mark your calendar for these upcoming events!

First Parish Jump Start

Sunday, April 3, 10:15–10:45 a.m. in the Chapel

Come learn and ask questions about Unitarian Universalism and First Parish at the Jump Start meetings held on the first Sunday of each month. One of our ministers and the Membership Director will be leading this meeting.

This is a drop-in meeting; no reservations are required.

The New UU

Saturday, April 9, 9:00 a.m. –1:00 p.m., including lunch

The New UU is a half-day orientation program, providing more in-depth information on Unitarian Universalism — its beginnings, growth, legacies and aspirations — as well as an understanding about the programs, opportunities, leaders and financial situation at First Parish. One of our ministers will be reflecting with attendees on their journey to UU-ism and First Parish.

Please RSVP at 978-369-9602 or jfoley@firstparish.org. Child care will be available upon request. ♦

PARTNER CHURCH COMMITTEE

Preparation for the fifth Youth Service Pilgrimage (YSP) to Székelykeresztúr continues for our July 6 departure. For ongoing updates about the YSP program in general, be sure to check the PCC Web page (as noted below).

We are pleased to announce that First Parish’s representatives at this year’s Berde Mózes Unitarian High School graduation in Székelykeresztúr will be **Joan Wesolowski** and her daughter **Hayle**. They have confirmed that they’ve both begun their Pimsleur Hungarian course, and Joan will deliver a message from our congregation and Student Sponsorship Program sponsors as part of the ceremony on May 26.

For those interested in our partner church relationship, be it through a sponsored student or a past trip to Transylvania, the UUA has a special organization devoted to supporting partnerships such as ours. The UU Partner Church Council (UUPCC) provides travel services and money transfers to Transylvania, the Philippines, India, Africa, and numerous other places where UU partnerships are burgeoning. The UUPCC also provides toll-free “virtual teleconferences,” a members-only PCC-Chat e-mail list, and a monthly newsletter. Please consider joining this essential organization. To find out more, visit their Facebook page at <http://on.fb.me/e47G05> or their main Web page at <http://www.uupcc.org>, or e-mail **Rodger Mattlage** at rmattlage@yahoo.com.

Our next First Parish PCC (supper) meeting will be held on Thursday, April 21, at the home of **Dana** and **Kathy Booth**. We would love to have you join our happy group. For further information drop Winslow a line and for our all our latest PCC news and information, see: www.firstparish.org/cms/committees/partner-church. ♦

Minden jót! “Best wishes!”

— **Winslow Pettingell**, PCC chair, LondonSW11@aol.com

Oriana Consort in Concert at First Parish

The Oriana Consort, a 30-voice chorale based in Cambridge, sings at First Parish in Concord on Saturday, April 30, at 8 p.m. Walter Chapin will direct choral music from Austria by Mozart, Brahms, Hugo Wolf, Gustav Mahler and several Renaissance composers; also a signature choral work by the American composer Aaron Copland: *In the Beginning*.

The Boston Musical Intelligencer’s review of Oriana’s concert in Cambridge last



Seven of of Oriana’s thirty singers, including First Parish’s own Irl Smith.

December includes these words: “The amateur chorus displayed an impressive level of musical discipline and technical proficiency ... a light, ethereal sound ... a high level of musical sensitivity ... effective and expressive performance.” ♦

Do you ever wonder how such a large and vibrant RE program holds together?

The RE Council is composed of members from our congregation. All seven of us gather once a month to discuss the program, its direction, and what we want for our children here



at First Parish. We look at attendance reports and new families. We review the registration process. We make sure each of our programs is fully staffed with parent teachers. We plan for next year's curriculum and budget. The RE Council makes

decisions that will continue to keep our program an interesting and valuable experience for our children on Sunday morning.

The RE Council builds community here. Can you imagine this place without children on Sunday morning? Can you imagine this place without families who want to raise their children within a caring faith community? Passing our values on to our next generation is an essential piece of our commitment to Unitarian Universalism. Giving children a place to realize their inner voice while concurrently hearing a collective voice reinforces their own sense of self and nourishes their sense of a larger family. We want to create an RE program that echoes the messages they hear at their own dinner table, messages that may be very counter-culture to the values they witness in the media.

This year, the RE Council is chaired by **Amy Capofreddi** and has as its members **Susan Ward, Dan Trinkle, Kate Svrcek, Brad Hubbard-Nelson** and **Eric Moore**. While we have fun together, we also have grown to know each other through the work we do together. Each of us expresses our vision of what is important for our children on Sunday mornings and beyond.

If you are interested in learning more about the council, send me an e-mail. Finding places to attach to First Parish and participate in the workings of our parish is the best way to make strong connections here. I believe that the ministry of weaving our children's childhood memories into the fabric of our faith community is just one way to move from observer to activist at First Parish.

—*Pam Howell*

Director of Religious Education

April 2011 RE Calendar

- Sun., April 3 Regular RE for Babies–4 Years
Regular RE for K–6th Grades
7th Grade Neighboring Faiths–off
8th Grade YRUU at 7 p.m.
- Fri., April 8 Coming of Age with **Gary Smith** at 6:30 p.m.
- Sun., April 10 Regular RE for Babies–4 Years
Regular RE for K–6th Grades
7th Grade Neighboring Faiths–7:45 a.m. Baptist visit
8th Grade YRUU at 7 p.m.
- Sun., April 17 Regular RE for Babies–4 Years
No RE for K–9th Grades
- Sun., April 24 Easter Sunday
Regular RE for Babies–4 Years
No RE for K–9th Grades

RE Registration for 2011-2012

We are going back to the old way of registering our kids for next year. While we tried an easier process last year, we found it was almost too easy and we had a difficult time tracking late registrations and incomplete registrations with our reduced RE staffing.

This year, we will be taking registration on May 15 and 22 during coffee hours. We will also have the forms online for your convenience. You can feel free to print them out and send them in after May 15. This year, however, we cannot accept any incomplete registrations. We just don't have the staffing to follow up on them. Please register on time and completely this year. It makes all the difference in preparing for September. Thank you.

OWL and What's Next for 8th Graders!

OWL was a great success this year, thanks to **Lora Venesey, Peter Nobile, Dave Elwood** and **Alane Wallis**. These leaders work so well with our youth, engaging them in discussions about their values and decisions as they move toward adulthood. How fortunate we are to have such dedicated adults in our First Parish community. These leaders helped to arrange presentations from various groups, such as PFLAG, BARCC and Planned Parenthood. Your pledging dollars made all of this possible and I thank the congregation for this gift.

While 8th Grade OWL is done, 8th grade programming is not. Our 8th Graders are invited to begin attending YRUU (our Senior High Youth Group) beginning on April 1. We hope they start attending and taking advantage of knowing some older high school students before they enter 9th grade in September.

RE News

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Parent Discussion Group for 7th, 8th and 9th Grade Parents

Sometimes parents just want to sit around, ask questions, chat and share experiences about the teen years and high school.

After talking to several parents, we thought we would offer some time to allow space for this to happen. How do UU’s approach high school? What is the parent’s role? What’s the deal with science and math at the high school? Is this a “race to nowhere?” and How can First Parish bring the somewhere back to this quest? If you have practical or philosophical questions or advice, come and share them with others. We will not have any experts, just us. Maybe a junior or senior high school youth will join us as well.

Join this group of average UU parents (there’s an oxymoron!) on Sunday, May 1, at 7 p.m. at First Parish. This group runs concurrently with YRUU, so 8th and 9th grade teens can attend youth group during this time.

We look forward to seeing you there.

Second to Sixth Grade Workshop Rotation

Winter Term – Wisdom from the World’s Religions

April 3: Spring Term Begins – Honoring Our Earth

- Grades 2 & 5 – Musketaquid – River Floats
- Grade 6 –Youth in Group Wright Tavern — Community Garden Plan

April 10: Spring Term Week 2 – Honoring Our Earth

- Grades 2 & 5 – Musketaquid – River Floats
- Grade 6 –Youth in Group Wright Tavern — Community Garden Trip

April 17: April Vacation

April 24: Easter, Intergenerational Service

**“Go Out into the World in Peace,”
And Do It in Three Languages**

As a means of raising funds to help our families cover the costs of this spring’s Youth Service Trip to El Salvador and this summer’s Youth Service Pilgrimage to Transylvania, our youth group is selling T-shirts with the First Parish benediction written out in three languages (English on the front, Spanish and Hungarian on the back) — perfect as a gift for your friends in El Salvador, Transylvania or Anywhere-USA. The shirts are \$15 apiece and will be sold during Sunday coffee hours.

SENIOR YOUTH NEWS

For First Parish youth, April is a month of both activity and reflection, completion and new beginnings. After several months of engaging the congregation through fundraisers and service days, and through worship, the youth community is focusing this month on other activities that give it purpose.

The primary activity is the exciting trip to Centro Arte para la Paz (www.capsuchitoto.org), located in Suchitoto, El Salvador, taking place April 16–23. Over a dozen youth and their chaperons will be spending a week volunteering, building connections, and experiencing the Catholic holy week preceding Easter. Through their Latin Dance night, and the strong support of this congregation, this group will give a generous donation to support the mission of the Centro. Please send your warm thoughts for their trip and safe return.

On April 10, from 7 to 9 p.m., we invite all parents, youth (8-12th graders), and community members to come and help us rethink the design of the youth program. We are aiming for increased participation, integration, and a reengagement in serving our local community. Please reflect on what your youth needs most from First Parish, and how that need may be met through systematic programming. What might bring inactive youth back into the Sunday evening programming? This meeting will inform how we structure the youth program at First Parish going forward. If you have time, talents or treasures that you could donate to the youth program, please let us know so we can plan accordingly.

The youth will continue to sell the popular “benediction” T-shirts through the spring (see box on this page.). These shirts featuring First Parish’s benediction in English, Spanish and Hungarian are being sold in support of our youth international service trips to El Salvador and Transylvania. You can purchase a T-shirt during coffee hours, via the First Parish website, or by contacting me. ♦

April Activities:

- April 3: YRUU — Martial Arts Session
- April 10: YRUU — Community Meeting on the Future of the Youth Program
- April 16: El Salvador Trip Departs
- April 17: No YRUU — Spring Break
- April 23: El Salvador Trip Returns
- April 24: No YRUU — Easter

— *Anastassia Zinke*
Youth Program Director

Did you know our congregation voted in 2009 to become an accredited Green Sanctuary congregation? That was just the beginning. To stay accredited we must continue to educate and act on environmental issues. Our Environmental Leadership Team (ELT) has worked hard this past year to make environmentalism more of a part of our daily consciousness. We currently have three ongoing initiatives — Ride Share to and from



First Parish worship, Energy Audits of your home or business, Mindful Eating and becoming more informed, activist consumers. Go to the Environmental Webpage for details, along with some excellent shopping lists (sac.firstparish.org/cms/environmental).

We want to support a transition to a more plant-based diet and encourage all First Parish members to join a CSA, start a vegetable garden, buy at local farm stands, or support the First Parish Community Garden! **Pam Howell, Susan Ryan** and the RE program have created and sustained a community garden in Concord, but we all must help. This garden needs to be prepared for spring, maintained, and harvested. Produce is donated to Open Table and is so appreciated. The ELT wishes to commit to working on the garden. E-mail me at FBade@firstparish.com to commit to one hour, one day, or one week. Join us.

— *Faith Bade*

Social Action Program Director

SAC Grants Committee Donation to Japan

The First Parish Social Action Grants Committee donated \$2500 on March 16 to the UUA Japan Relief Fund to help with the earthquake and tsunami devastation. Go to <http://www.uua.org/news/> to read UUA president Peter Morales' comments, to learn more about the fund, and to donate if you wish.

SAC Grants Public Comment Period

Grants applications have been received, and now the public comment period will be open from March 23 to April 5. Applications are available for comment in the church office or online. Go to the website under Social Action, Grants, Public Comments to comment online. Note: You must be signed in on the First Parish home page to input your comment — <http://www.firstparish.org/cms/>. Contact **Wendy Holt**, wendyholt48@yahoo.com, with questions.

We Witnessed the Power of Music

The Social Action Grants Committee salutes **Beth Norton** and **Gail Carey** (as well as First Parish choir members who participated), who organized a multi-congregation musical fundraiser for the Unitarian Universalist Urban Ministries (UUUM) on January

30. The SAC grants committee awarded up to \$2,250 to the UUUM as a match for the net proceeds of this concert. Beth and Gail report that the SAC grant “gave us the momentum we needed to encourage other giving.” The matching grant helped to secure donations of \$3,200 and ticket sales of \$4,000. Less expenses, the concert netted \$6,985 to support UUUM programming, far exceeding its goal.

This event had other important benefits. It brought together musicians from ten UU churches and children from the UUUM's Explorer's Club to rehearse and perform Jason Shelton's cantata, *Sources*, which celebrates the six sources that inform our UU faith. Directed by **Beth Norton**, the concert was held at First Church Roxbury, with 250 to 300 people in attendance. The UUUM development staff were especially grateful for the many contacts made. As one who attended, I can also report that the music was wonderful and the performance inspiring. Thank you.
— **Wendy Holt**, Grants Committee Chair

El Salvador Service Trip

The congregation sends best wishes as our El Salvador Youth Service Trip participants embark on April 16! Thank you to lay leaders **Jim Reynolds, Nancy Kerr, Allison Aley, Laurie Van Loon** and **Tony Rodriguez** for making this trip happen.

GREEN NOTES

Mindful Living Idea: Get an energy audit done on your home. It is free and it only takes about an hour. Details on energy audit options are on the bottom of the ELT home page at sac.firstparish.org/cms/environmental.

Mindful Living Statistic: Massachusetts residents fill enough trash bags each year to circle the earth two-and-a-half times.

“Chicken Man” Scripts and Auditions

Join “Chicken Man,” a First Parish intergenerational musical! The Social Action Community is planning an intergenerational musical, “Chicken Man,” written by First Parish's own **Jane Blumberg**. It is scheduled for March 2012. Preliminary auditions are May 1, from 3 to 6 p.m., and May 19, 6:30 to 9:30 p.m., in the Emerson Room. All interested in any capacity — please come! Scripts are on the Exchange Shelf in the church office. Everyone will be asked to read and sing-a-long at the scheduled auditions. Private auditions may also be scheduled. Lighting, publicity, costumes, make-up and set design needed as well. For information call **Claudia Nimar** at 978-771-8216 or e-mail cnimar@aol.com.

SAC News and Events

continued on page 14

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, 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.

Margaret Fuller, Nathaniel Hawthorne, Sophia Peabody, Theodore Parker, James Freeman Clarke and May Alcott. By walking with them, the group will understand how their travels abroad served as an inspiration to their beliefs and helped to shape the Transcendentalism that is so foundational to the modern-day Unitarian Universalism we practice/live out today. Our travelers will have many stories to tell when they return.

Please Join the Transcendentalism Council and the 375th Celebration Committee in welcoming Leslie Wilson — Sunday, May 1, at 4 p.m.

In 2010, the Friends of the Concord Free Public Library published a new edition of the history and guidebook *Historic Concord and the Lexington Fight*. First written by Concord historian Allen French and published in 1942, *Historic Concord* was reworked for its most recent republication by Leslie Wilson, curator of the William Munroe Special Collections at the Concord Free Public Library, to coincide with the 375th anniversary of Concord's incorporation. Leslie will talk about the history of *Historic Concord*; the reasons why guidebooks need frequent rewriting; the challenges of writing about history from a geographical perspective; and the place of the First Parish in Concord's historic landscape. Reception and book-signing to follow.

Emerson Forum on April 25

Reform is sweeping the Arab world. The Tea Party is claiming the label of reform in the United States. Union supporters are trying to protect 40 years of reform in Wisconsin. What does Emerson say about reform? What are our thoughts about it today? At the spring meeting of the Emerson Forum, Monday, April 25, at 7 p.m., we'll discuss Emerson's address, "Man, the Reformer." (Full text can be found at <http://www.emersoncentral.com/manreform.htm>) Come join us!

WPA Luncheon Meeting — April 19

The Women's Parish Association's April luncheon meeting will be on April 19. Join old and new friends at a catered luncheon and slide presentation by **Ginger Lang**, owner of Ginger's Journeys. Ginger will take you to New Zealand, where she traveled on a Road Scholar trip for three weeks to all three islands, hiking and viewing the magnificent scenery. This trip provided her the opportunity to see the highlights and unique topography of an amazing part of the world. Social time begins at 11:30 a.m., with lunch at noon. Charge: Twelve dollars. Since this is a catered event, reservations are required. All men and women are welcome. Contact the office or **Dian Pekin** at pekindc@comcast.net by April 14 for reservations, transportation requests or to specify any food requirements.

Maundy Thursday Service April 21

- Please join us for the annual observance of "The Last Supper" on the Thursday prior to Easter Sunday. First Parish ministers and lay leaders will lead a service of Communion in the Sanctuary at 6:30 p.m.

Sun, Fun and Friends — Ferry Beach Is Coming!

- Mark your calendar now for the annual Ferry Beach Retreat Weekend, May 27-30 (Memorial Day Weekend). Join families from our own congregation and First Parish in Lexington for a relaxed weekend on the beach at the UU Ferry Beach Camp and Conference Center in Saco, Maine. Registrations for the weekend will be taken at coffee hours on April 24 and May 1. Look for the Ferry Beach information table in the Parish Hall beginning Sunday, April 17. For questions before then, contact **Darien Smith** (darien@smithquest.com, 978-369-1471). Also, check out the excellent summer camps and conferences for all ages at Ferry Beach, at www.ferrybeach.org.

Jericho Road Project Gala — MadMen/Mad Skills/Mad Wine

- Please join the Jericho Road Project for our Mad Men-themed gala on May 14 at the Pierce House in Lincoln. **Philip vanderWilden** will be the recipient of this year's Jericho Road Project Community Leader award. We are looking for donations of auction items and also need several bottles of wine. Please drop a bottle off anytime Monday through Friday. JRP also has plenty of volunteer opportunities right now. We are looking for board members for Lowell and Lawrence nonprofits and have immediate short-term volunteer opportunities for strategic planners, project managers and fundraisers. If you are interested in donating an item to the gala or volunteering for Jericho Road in Lowell, contact Kate Kaplan at kkaplan@jerichoroadproject.org.

Thank You, New New Orleans Jazz Band!

- The Women's Parish Association extends hearty and heartfelt thanks to Larry Zuk and the New New Orleans Jazz Band for bringing much joy to the attendees of its annual spring concert and tea. The concert was dedicated to Larry's late wife Evelyn, who was a very active member of First Parish and the Women's Parish Association and a nationally acclaimed adult educator. Many thanks also to everyone who brought goodies to create a magnificent buffet of sweets and savories!

No Spring Recycle Sale This Year

- Due to the unavailability of key volunteer workers, the Women's Parish Association will not hold its Spring Recycle Sale this year. The WPA is in the process of determining what kind of recycle sale would be best to hold in the future. For further information about this, please contact **Dian Pekin** at pekindc@comcast.net.

Opening of the Herb Garden

- On Tuesday, April 12, we will be cleaning out the Herb Garden and making it ready for this year's planting and growth. Anyone is invited to help with the cleanup from 9:30 a.m. until 12 noon. A reward of hot tea and goodies will be provided.

General Assembly—June 2011

It's not too late to make plans to go to General Assembly in Charlotte, North Carolina, June 22–26, 2011! You will recall that this year's GA will mark the 50th anniversary of the merger of the American Unitarian Association and the



Universalist Church of America. Join thousands of fellow UU's from across the country to remember the persons and events that brought into

being the UUA in May of 1961, to reflect on our denomination's relevant achievements and struggles since then, and to help chart new goals for the future. This is a great opportunity for families to experience the power of our wonderful denomination together. This is also a great opportunity for individuals to take advantage of the many workshops, lectures, meetings, etc., so they can be more effective in their work here at First Parish. Check out the UUA website for further details. If you would like to be an adult delegate or a youth delegate, contact **Dian Pekin** at pekindc@comcast.net as soon as possible.

uua/uusc Japan Relief Fund

Following the recent devastating earthquake in Japan, the resulting tsunamis and nuclear plant disasters, the UUA has been in contact with its religious partners in Japan to express concern and willingness to partner with them in recovery efforts. UUA/UUSC partners, including Rissho Kosei-kai, Tsubaki Grand Shrine, the Konko Church of Izu, the Tokyo Dojin Church, and the Japan Chapter of the International Association for Religious Freedom are all in discernment about the specific efforts they will be taking to support recovery work. In order to facilitate financial support for the recovery work, the Unitarian Universalist Association and the Unitarian Universalist Service Committee have established the UUA/UUSC Japan Relief Fund. Please join with UU's throughout the United States by contributing to the UUA/UUSC Japan Relief Fund, which will support the work that the UUSC Japanese partners pursue. Further information about the fund can be found at the UUA website.

The Women's AM/PM Book Group

The April book for the Women's Book Group is *The Help*, by Kathryn Stockett. The discussions will be held in the Brooks Room at First Parish, with the evening session on Monday, April 25, 7:30-9:00 p.m.; and the morning session on Tuesday, April 26, 9:30-11:00 a.m.

All women of First Parish are warmly invited to read the monthly 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. ♦

Remaining Book and Dates for 2011:

- May 23, 24 *Still Alice: A Novel*, by Lisa Genova
- June TBD Potluck and discussion of books for next year

COMMUNITY EVENT/CLASSIFIEDS

"Being Gay Today" Panel Presentation and Discussion

From the Diversity Committee: On Thursday, April 14, from 7 to 9 p.m., First Parish in Wayland will host a panel presentation and small group discussion on "Being Gay Today." The focus of the panel will be issues regarding family and friends, workplace issues, and wider concerns, including the right to marry. It will be open to faith communities in Wayland and surrounding towns. The church is located at 53 Cochituate Road in Wayland.

Summer Internship or Paid Position Needed

Do you have a local summer internship or paid job that might spark an 18-year-old's career interest? High achiever, amicable fellow, and First Parish member. Call Adam at 978-505-9619.

Needing a New Home

Fran Grigsby has sold her house and is looking for a three-bedroom townhouse or house to rent in Concord (or east of here). She needs to move by early summer, so she is interested in hearing about all possibilities. She especially hopes to hear about homes that are not listed yet. Her contact information is 1-978-502-4057 or grigsby@nextlevelinternational.com.

Housing Situation Needed

A member of the congregation seeks a two-bedroom apartment or other creative housing situation by this summer. Please help if you know of anything. Call **Dianne Weiss** at 978-505-3417.

Family Housing Needed

Young professional couple, two young children, and a well-behaved dog desire apartment, condo, or house with three bedrooms in the Concord area (\$1800 or less, immediate occupancy). Excellent local references and their mom is a First Parish member. Call Diana at 978-505-9403.

Housing Needed

Wanted: One-bedroom apartment in the Concord area for an older, single parishioner; quiet, nonsmoking. In-law-type apartment (attached or detached) would be okay. Contact **Bill Mohn** at 978-505-0255.

APRIL 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>Morning Meditation</i>	Monday	9:15 a.m. (not 4/4 or 4/18)
<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>Buddhist Group</i>	Wednesday	9:30 a.m.
Junior Choir	Wednesday	4:30 p.m. (not 4/20)
<i>Yoga for Women</i>	Wednesday	5:00 p.m.
Chalice Choir	Wednesday	5:15 p.m. (not 4/20)
<i>Yoga for Women</i>	Wednesday	6:45 p.m.
<i>Mindfulness Practice in Everyday Life</i>	Wednesday	7:30 p.m. (not 4/20)
Adult Choir	Wednesday	7:45 p.m.
<i>Hatha Vinyasa Yoga</i>	Thursday	9:30 a.m.
<i>Buddhist Group</i>	Thursday	7:30 p.m.
YRUU	Sunday	7:00 p.m. (not 4/17 or 4/24)

Sun Apr 3	10:15	First Parish and You	•	Wed Apr 13	10:00	<i>Food for Life</i>
	7:00	SAC Board Meeting	•		12:15	<i>Sandwiches & Short Story</i>
Mon Apr 4	6:30	<i>T'ai Chi</i>	•		6:30	"Chicken Man" Music
	7:00	<i>Humanists</i>	•	Fri Apr 15	12:30	<i>T'ai Ji</i>
	7:30	RE Council	•	Sat Apr 16	6:30	Newcomers' Dinner
	7:30	<i>Job, A Man for All Times</i>	•	Sun Apr 17	12:30	Nominating Committee
Wed Apr 6	10:00	Food for Life	•		3:00	Needleworkers
	6:30	"Chicken Man" Music	•	Mon Apr 18		Holiday — Office Closed
	7:00	Youth Advisory Committee	•	Tue Apr 19	11:30	WPA Luncheon
Thu Apr 7	7:30	Threshold Choir	•	Wed Apr 20	6:30	Membership Committee
Fri Apr 8	6:00	YRUU Lock-In	•	Thu Apr 21	6:30	Maundy Thursday Service
Sat Apr 9	8:30	New UU	•	Fri Apr 22	7:30	<i>Rise Up Singing</i>
	9:00	Photo Club	•	Sat Apr 23	5:00	First Parish Passover Seder
Sun Apr 10	4:00	Libana Concert	•	Mon Apr 25	12:00	Newsletter Deadline
	6:00	Youth Service Project	•		7:00	Emerson Forum
	7:00	YRUU Parent Discussion	•		7:30	<i>Women's Book Group</i>
Mon Apr 11	6:30	Standing Committee	•	Tue Apr 26	9:30	<i>Women's Book Group</i>
	7:00	Jericho Road Board Meeting	•	Sat Apr 30	6:30	Circle Suppers (off-site)
	7:00	<i>Humanists</i>	•		8:00	Oriana Consort Concert
Tue Apr 12	9:00	WPA Board Meeting	•			
	7:00	Congregational Listening Session	•			

Thank you!

To **Jane Blumberg**, **Alec Walker** and **Craig Nowak** for a wonderful evening for SAC program leaders exploring the roots and wings of our social action work. It was an inspirational evening.

Immigration Issues Being Researched

We are planning our next steps. Currently, First Parish members are researching possible organizations we may partner with. To learn more go to sac.firstparish.org/cms/immigration .

APRIL 2011 NEWSLETTER

**The May Newsletter deadline is Monday, April 25, 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: www.firstparish.org

Ministers' E-Mail:
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Jenny M. Rankin: jrankin@firstparish.org
Margie King Saphier: mksaphier@firstparish.org
Craig Nowak: cnowak@firstparish.org

First Parish in Concord • UNITARIAN UNIVERSALIST

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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 Koplów, 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



for **Spiritual Renewal**

The Wright Tavern Center at First Parish in Concord

An Oasis in Our Busy Lives • April 2011

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

Monday Morning Meditation

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

Monday: March 28-May 23 (not April 4 or 18) 9:15-9:45 a.m.

Tibetan Buddhism

The Buddhist group meets in the First Parish Chapel. These weekly sessions are open to all who are interested in transforming love, compassion and wisdom into action. You are welcome to share the spirit of community at these gatherings regardless of your familiarity with Tibetan Buddhism. Donations are gratefully accepted. 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.

Kundalini Yoga

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

Tuesday: March 29-June 2 9:30-11:00 a.m. \$150/10 sessions

ABC Music Together (0-4)

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. For more information and to register, go to www.abcmusictogether.com. Instructors: **Deb** and **Tom Foote**.

Tuesday: April 12-June 7 9:30-10:30 a.m. or 10:30-11:30 a.m.
Friday: April 8-June 3 9:30-10:30 a.m. or 10:30-11:30 a.m.

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: April 6-June 8 5:00-6:15 p.m. or 6:45-8:00 p.m.
Fee: \$160/10 sessions \$19/drop-in

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: April 6-April 27 (not April 20) 7:30-9:00 p.m.
\$30/3 sessions (drop-ins welcome)

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. It offers gentle low-impact exercise to reduce stress, enhance optimal health, and simply create a sense of joy in our lives. Instructor: **Mae Pagan**

Friday: April 15, May 20, June 10 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 T'ai Chi form. This is an ongoing class that includes new and returning students. Instructor: **Sue Wood**

Monday: April 11-June 6 6:30-8:00 p.m. \$120/8 sessions

Concord Area Humanist Group

The Concord Area Humanists will meet on the Wright Tavern Sunporch.

Monday: April 7 7:00-9:00 p.m.

The Concord Area Humanists will meet in the Emerson Room.

Monday: April 14 7:00-9:00 p.m.

For general inquiries, contact **Pat Everett** at pne@aol.com

Food for Life: Nutrition and Cooking Classes

National Cancer Institute research shows that as much as 50 percent of cancer risk may be related to diet. These three remaining two-hour classes will present nutritional information and easy recipes that are designed to prevent and survive cancer. Class topics are *How Foods Fight Cancer* — the right food choices make a real difference; *Fueling Up on Low Fat/High Fiber Foods* — fiber helps remove toxins, chemicals and hormones from the body; *Discovering Dairy and Meat Alternatives* — biological effects of various proteins, growth factors and carcinogens and possible substitutes; *Cancer Fighting Compounds and Healthy Weight Management* — immune-boosting foods, antioxidants, phytochemicals. Participants will sample tasty dishes loaded with immune-boosting nutrients, and will have access to Food for Life/Cancer project materials and discussion/question forums. Instructor: **Kathryn Shane**

Wednesday: March 30; April 6, 13 10:00 a.m.-12:00 p.m.
\$60/3 sessions

II. Creativity As A Spiritual Path

These classes are offered throughout the year.

Sandwiches and Short Story

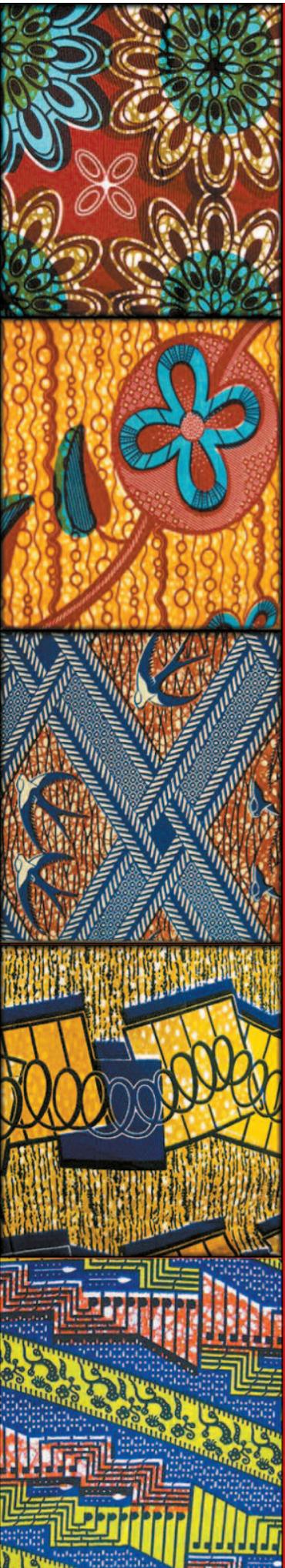
- Bring lunch and enjoy an hour of discussion with **Rev. Gary Smith** about the short story choice of the month. April's story is "Sheep May Safely Graze," by Jess Row. All stories can be found in *PEN/O. Henry Prize Stories*, edited by Laura Fuman; Anchor Books, 2010, pb \$16.

Wednesday: April 13 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: April 22, May 20 7:30 p.m.



LIBANA

GLOBAL MUSIC ENSEMBLE

GLOBAL MUSIC, CONNECTING CULTURES

Internationally acclaimed Libana takes its name from a 10th century Moorish woman, who was a poet, philosopher, and musician, symbolically representing women's creativity and vision throughout time. Presenting music, dance and story from the Balkans, the Middle East, Africa, Asia, South America and Europe, Libana's music and dance go directly to the heart, inspiring audiences with wonder in the commonality of the global community.

LIBANA IN CONCERT IN CONCORD, MA

Join us for a special Sunday afternoon spring concert as LIBANA performs with the First Parish Concert Series and shares stories, music and dance from recent travels.

LIBANA IN CONCERT: RETURN FROM INDIA, SUNDAY APRIL 10, 2011 at 4:00pm
At First Parish in Concord, 20 Lexington Rd., Concord, MA

Tickets: General: \$18 advance / \$20 at-the-door

Seniors (65+) and Children (under 12): \$16 advance / \$18 at-the-door

Please purchase tickets online at libana.com

libana.com [facebook.com/libanamusic](https://www.facebook.com/libanamusic) twitter.com/libanamusic myspace.com/libanamusic





OMIG
BROADWAY!
A Simply Divine Musical

**Created and directed by
Tom and Sue Beck**

with a guest appearance by Rev. Gary Smith

THREE PERFORMANCES:

**Friday, May 13, 8:00 PM
Saturday, May 14, 2:00 PM
Saturday, May 14, 8:00 PM**

in the Parish Hall

Tickets \$25

at coffee hour or from First Parish Office, 978-369-9602

**\$5 contributed to Legacy Fund for Ministerial Interns
in honor of Gary Smith**