

THE SUNDAY NEWS

First Parish in Concord, 20 Lexington Road, Concord, MA 01742

February 15, 2015

This Week

Sun., Feb. 15	Sunday Service at 10:00 11:30 Contemporary Vocal Ensemble 11:30 Membership Team Meeting 11:30 Reproductive Justice Meeting 11:30 Sunday Forum
Tue., Feb. 17	Newsletter Deadline 7:00 Amnesty International Meeting 7:30 Denominational Affairs Committee
Wed., Feb. 18	9:30 Buddhist Group 4:30 - 9:30 First Parish Choirs 6:30 Reverence for Life Meeting
Thu., Feb. 19	7:30 Buddhist Group 7:30 By Your Side Singers
Fri., Feb. 20	7:00 Jewish Awareness Group
Sat., Feb. 21	1:00 Challenges of Care Giving
Sun., Feb. 22	Sunday Service at 10:00 11:30 New to UU Orientation 4:00 Social Action Reflection Group

Next Meeting House News deadline: Tuesday, February 17.
Please keep article length to 100 words and submit to Rachel Baker at rbaker@firstparish.org.
Be aware that all items (including contact information) posted to the *Sunday News* or *Meeting House News*, or on First Parish-related email lists, may be published.

Parish Notes

Pastoral Care

“Being There for Each Other through the Changes in Life.” The February Pastoral Care Lay Minister is Diane Clapp. Diane can be reached at d.clapp@comcast.net or 781-257-5025.

Bill Claybrook Photography Exhibit

Please take a moment to enjoy Bill Claybrook’s photography exhibit hanging in the Suzanne Altshuler Gallery.

Diversity Committee Meeting Today

The Diversity Committee will meet today at 11:30 a.m. in the Ripley Room. All interested in helping make First Parish a more welcoming and diverse place are encouraged to attend. Feel free to bring a lunch!

Membership Team—Today at 11:30 a.m.

The new and revitalized Membership Team has come together! All are welcome to meet on the third Sunday of every month through June. We will be thinking creatively about how to be the most welcoming congregation we can be. We will step up to do the actual work of welcoming new people on the path toward membership. Would you like to be present at the Welcome Table during coffee hour to answer questions about the congregation? Would you like to learn how to lead a visitors reflection circle? Curious about how to get involved? Come join us on today from 11:30 a.m. to 12:30 p.m.

Finding Meaning through Reflection in Later Life

This six-week program sponsored by First Parish’s “First Tuesday Group (65+)” is based on the book *Lasting Words*, by Claire Willis, who led a Sunday Forum at First Parish this fall. The book focuses on spiritual issues of common concern, suggesting questions for reflection through discussion and writing. The group will take the form of guided conversations, using the book chapters as springboards for reflection. Discussion will be facilitated by Sue Dobbie and Virginia Taylor. We will meet on six consecutive Thursdays from 1:00 to 2:30 p.m. beginning February 26 and continuing through April 2. Sign up for this program on the clipboard in the front office next to the volunteers’ desk, or by contacting Sue Dobbie at 978-501-6969 or susandobbie@gmail.com.

Coping With the Challenges of Caregiving Workshop Saturdays, February 21 and February 28, 1:00 – 3:00 p.m.

Providing care for a family member is an age-old act of kindness, love and loyalty. You may be caring for an aging parent, disabled spouse; or a child with a physical, mental or addiction disorder. With the right help and support, you can be a good caregiver without sacrificing yourself in the process. Please join others who are faced with this challenge, so that we may support each other and learn some valuable skills to help make the task a little easier. In this two-session workshop, (Saturdays, February 21 and February 28, 1:00 – 3:00 p.m.) participants will learn how to tame their own stress response; helping to control stressful caregiving situations before they arise by using a variety of cognitive (thinking/doing) approaches along with a number of intuitive (self-hypnosis, autosuggestion, and imagery conditioning) techniques. You’ll learn how to disarm that part of the personality that triggers anger, frustration, resentment or any other health threatening response to stressful events, as well as how to reframe our view of events so that they become objective challenges rather than destructive distractions. Lou Fackert will facilitate the workshops. She has extensive experience in counseling, education and training, teaching emotionally disturbed children and teens, those with developmental disabilities, mental illness, addiction disorders and homelessness. She developed and leads groups, Caregiver Supports, Stress Management and Crisis Prevention. To sign up contact Fred Van Deusen fredvandeu@gmail.com 978-369-0435. There is also a sign up sheet next to the Volunteer Desk in the First Parish front office.

New to Unitarian Universalism Orientation Sunday, February 22, 11:30 a.m. to 12:30 p.m.

Participants will learn about the rich history of our Unitarian Universalist faith, gain an understanding of congregational polity, and better understand the role of the UU principles and sources in our values-driven religious movement. Child care is available. R.S.V.P. to rbaker@firstparish.org by Wednesday, February 18.

New to First Parish in Concord Orientation Sunday, March 8, 11:30 – 12:30 p.m.

Participants will hear from the ministerial team, staff and lay leaders, find out how to become engaged in congregational life at First Parish, and have the option to sign the membership book. Childcare available. R.S.V.P. to rbaker@firstparish.org by Wednesday, March 4.

Women's AM/PM Book Group

Our new plan is to discuss both the January and February books on February 23 and 24, the regular dates for February discussions. The schedule will be:

Monday, February 23

7:30-8:30 p.m.—My Beloved World

8:30-9:30 p.m.—Main Street

Tuesday, February 24

9:30-10:30 a.m.—My Beloved World

10:30-11:30 a.m.—Main Street

The Standing Committee Needs Your Input!

Please fill out this brief anonymous survey (link below). Your answers will help us evaluate ourselves. If you'd like to discuss anything further, feel free to add your contact information at the end. Please submit your feedback by February 20. <https://www.surveymonkey.com/s/W3ZXRBO>.

Nominations for the First Parish Nominating Committee

The Standing Committee is looking for people who would like to be considered for nomination to the Nominating Committee (NomCom). There are two upcoming openings. We are looking for people who are "connectors" and like to participate in many aspects of church life. This year we have a specific need to have people with a strong sense of the workings of the current Standing Committee. The primary function of the Nominating Committee is to solicit and nominate candidates for any open positions on the Standing Committee and openings for the Treasurer, Clerk and Moderator positions. The term is three years, with an option to serve two consecutive terms. The NomCom meets monthly on Sunday mornings, and the time commitment is two to three hours a month. Please let us know by Sunday, February 22, about people who might be interested in and qualified for these positions by contacting Patty Popov at ppopov@nichols-pratt.com or 978-369-1990.

Women's Parish Association WPA Luncheon Meeting

Enjoy a delicious meal and an interesting program at the Women's Parish Association's luncheon meeting on Wednesday, February 25. Social time: 11:30 a.m. Lunch: Noon, followed by the program—Cuba, a place so near and yet so far away has been a fascination for many people over the years. First Parish members who have travelled to Cuba will give a slide presentation of their various visits as general tourists and visitors to a music festival. Cost of the luncheon is ten dollars. Contact the office or Dian Pekin at Pekindc@comcast.net by February 22, to make reservations and to communicate food requirements. All women and men are cordially invited!

Children's and Youth News

This Week, February 15 — February Vacation

No Regular RE

9:50 a.m. – Regular Class, Babies-Preschool

10:00 a.m. – Service

Next Week, February 22 — February Vacation

No Regular RE

9:50 a.m. – Regular Class, Babies-Preschool

10:00 a.m. – Chinese New Year Service

Andrea Sheffield and her team from Wah Lum Kung Fu will perform a traditional Lion Dance in the Sanctuary at the beginning of service. In lieu of regular RE classes, children will be invited to the Parish Hall where Andrea and her team will offer an interactive program of drumming and martial arts.

4:00 p.m. – 8th Grade – OWL in the Emerson Room

Social Action

Reproductive Justice—Today at 11:30 a.m.

Are you interested in learning more, or becoming more actively involved in Reproductive Justice? Today we will be discussing our spring events to help raise awareness about inequalities still faced by women. For questions or more information, please contact Lora Venesy at venesy@comcast.net.

Amnesty International Group 15 Meeting

Tuesday, February 17, 7:00 p.m.

AI Group 15 meets regularly on the third Tuesday of each month from 7:00 to 8:30 p.m. in the Ripley Room at First Parish in Concord. Our next meeting is Tuesday, February 17. In addition to signing letters and petitions in support of human rights activists and prisoners of conscience worldwide each month, we also focus on several other issues, including solitary confinement in Massachusetts, the death penalty in the United States, and global violence against women. We welcome all to join us in February and beyond. If you'd like more information about Group 15, please contact Kathy Taylor, the group's coordinator, at Kly.taylor@gmail.com or 781-718-7640.

Consider Joining the Social Action Reflection Group!

Next Meeting on February 22

Consider joining the Social Action Reflection Group (SARG)! SARG is a fellowship for discussion of the moral and spiritual basis for social action. Next meeting is from 4 p.m. to 6 p.m. on February 22, in the Parlor. SARG will use *A Path Appears*, by Nick Kristoff and Sheryl WuDunn as the take off point for this month's exploration. Read the book and be a part of this. For more information, contact Mark Richards mark@upriverministries.org.

Investing Your Values Discussion

Wednesday, March 8, from 9:00 to 9:45 a.m.

Come to this discussion on how we invest with our values. Bethany Lowe, Director of Social Action, will lead us in a discussion of how we balance our desires to see a return on our investments and invest in companies that promote our personal values. We will not seek to inform how you invest, but ask you to examine how your current investment philosophy does or does not reflect your values. We will not provide investment advice, though resources on how to invest with your values will be provided. All are welcome. Coffee, tea and light snacks will be available.

Rev. Howard Dana's email: hdana@firstparish.org

Rev. Marion Visel's email: mvisel@firstparish.org

Brian Chenowith's email: bchenowith@firstparish.org

Church Office—978-369-9602

Visit our website at firstparish.org