



week following SUNDAY, AUGUST 23, 2009

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**MAKING MEANINGS**

**REV. KATIE LEE CRANE**

Last year I read the books. Michael Pollan’s *In Defense of Food*, Barbara Kingsolver’s *Animal, Vegetable, Miracle*, and the Lappés’ *Hope’s Edge: The Next Diet for a Small Planet*. I even tried a recipe or two and, for this “I hate to cook” cook, they turned out all right.

This year I walked the talk. I decided to take a CSA share (Community Supported Agriculture). I’d actually taken one a few years ago, but I always had to throw away veggies we didn’t eat. It felt like a waste of money. So it felt a little financially foolish to try again. Until my epiphany: it’s not just about our household’s vegetable budget; it’s about our family *investing* in local agriculture. Not only does my family get local veggies, but we support the team that grows them – the family that lives not so very far away. Not only can we feed ourselves, but we can share what we get with our grown kids and our friends.

You need to know that I’m one of those people who used to say “lips that touch beets never touch greens, swiss chard, kale (thingy), turnips, parsnips and the next revelation – these things not sure about the turnips and



those people who used to say “lips that touch beets never touch greens, swiss chard, kale (thingy), turnips, parsnips and the next revelation – these things not sure about the turnips and those people who used to say “lips that mine!” And that went for beet (isn’t that an ornamental much, much more. Then came can taste really good (OK, I’m parsnips yet).

So next I challenged myself to find ways to use every vegetable we received, even the ones I was sure I did not like! Imagine me picking up my small (they call it small, anyway) box of veggies and coming home each week to find it overflowing with beets and their greens, swiss chard (with various colors of stems), and kale (really, a LOT of kale). Oh, and did I mention that was mostly what we got for those first, many cold and rainy weeks of summer!

Well I went to my cookbooks. (First, I had to dust them, they hadn’t been touched in years). Each week I’d make a list for each vegetable. *Moosewood’s* cold buttermilk borscht. *Vegetarian Epicure’s* Chłodnik. Scarlet Salad (beets and red cabbage) from a little book called *Learning to Eat Locally* and, the *pièce de resistance*: roasted beets with potatoes, chevre, and arugula. Yum, that one was the hit of the summer!

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Now I have the beginnings of my own cookbook filled with recipes we've tried and liked. Everything from Arugula to Zucchini. Who would have thought that we'd have tried eight kale recipes, or braised fennel, or Swiss Chard Pie? Who would have dreamed I have yet NOT to like a single one of them! Who would have believed that there were rarely veggies to give away?

Eating locally and eating well has become my spiritual discipline for the summer. Everything about it "feeds" my spirit as well as my body. Monday I pick up the veggies and then, with the reverence I'd usually reserve for meditation or prayer, I'd sort and wash and store each vegetable. Then I'd plan the week's menus. Each day, something different, something delicious.

In the process I rediscovered cooking and the joy of eating truly fresh food. It's a good mental and, sometimes, even physical workout. The food is delicious and I haven't felt this good in years.

Not only was I proud of the meal on the table, I was proud of making a commitment to live more consistently with my values. And, along with paying attention to what matters, I've discovered that my summer "spiritual practice" has also raised some provocative questions: Am I using more resources – water, electricity? What will I do when the fresh veggies and fruit stop coming? Can I keep up this practice when I have evening meetings four nights a week?

So there you have it. That's what I did on my summer vacation. I had a conversion experience and now I'm an evangelist. How about you?

Can't wait to see you soon. Until then, eat well, eat locally!

*Katie Lee*

**Ingathering Worship Service**  
**Water Ceremony September 13 at 10:00**



Don't forget to bring a small amount of water (real or imaginary) from special places you have visited this summer (or wish you had). All the waters will be joined, blessed, purified and used throughout the year for child dedications and other ceremonies.



**New Office Hours**

Starting Sept. 14 the office will be staffed Monday through Friday from 9:00-Noon. Our Congregational Administrator Donna Scalcione invites you to drop by and say hello.

**First Parish of Sudbury's Pastoral Associates**

Annamarie Allen, Audrey Kipp, Polly Meltzer, Bruce Porter, Fred Pryor, Paul Reising, Dawn Shilts  
*In the event of a pastoral need, please call any of these Pastoral Associates.*

**R.E.flections by a chaliceD.R.E.amer**

Roberta Altamari  
Director of Religious Exploration  
and Youth Ministry

As I write my first column of the new year, I wonder about your summer. Did you get a chance to relax and rejuvenate? Did you enjoy some nice time away with your loved ones? I look forward to hearing your stories in just a few weeks.

Even though people often associate summer with fun times and vacations, summer can also be a time of year when people have to cope with life's challenges and tragedies. This summer, a number of First Parish loved ones passed away. No matter what time of year it is, life continues to move forward bringing us both joy and hardships.

A few of you already know that I progressed through the final stages of divorce this summer. It certainly hasn't been one of my easiest or happiest summers. And yet, with the love and support of my family and friends, I'm feeling hope for the days and years to come.

Shortly after the divorce news was going public, I was invited to join the Spirit Play Task Force for a weekend away at Martha's Vineyard. I've never been there before and I couldn't resist going. I also knew a weekend away would give me some much needed respite. But I got far more than that. I was filled with the spirit of community and connection.

The weekend away reminded me what First Parish is really about. Community and connection! While the Spirit Play Task Force is most well known at First Parish for their tireless efforts to lead one of the best programs I've seen in my RE work, they do much more. Like many other groups here, they offer sincere community to those around them. Whether it is a funny moment that distracts you from your troubles or a loving friend who will listen to your story or someone ready to lend a helping hand for whatever you need, their actions make a big difference in supporting us through our rough days.

I returned home feeling loved and connected and knowing that life can be very good. I returned eager to start our new year together building on these most important qualities. What can we do this year to build our spirit of togetherness for everyone who comes to First Parish? and interconnection? and love? It will be wonderful to find out! and I know first hand that doing so will enthusiastically bless our members as they celebrate life's glorious moments and lovingly support them as they travel through the darker days. Together, we bring to life that old saying, "A sorrow shared is only half a trouble, but joy that's shared is joy made double."

Loving blessings, Roberta ♥

**Coming up in Religious Exploration:**

Stay tuned for future editions of the Connector and the FPS website for news about many exciting programs happening this Fall in Religious Exploration. Also, save the date for our RE orientation and lunch on Sunday, September 20th from noon to 2pm. This is not just for parents and/or volunteers. This is for everyone at First Parish to come together and celebrate Religious Exploration and learn more about the amazing plans we have for the coming year!



YOUR help is always needed in our Religious Exploration program. We have a wide variety of roles and one of them is perfect for you. Roles range from creative and richly rewarding (like helping lead our Spirit Play class) to easy and not on Sunday mornings (like helping with Youth Group or being a Coming-of-Age mentor). Contact Roberta today and she will be happy to match you with your perfect job. If you want to explore your options and sign-up online, take the volunteer survey at this link ...

[http://www.surveymonkey.com/s.aspx?sm=o8xmhnbfntldjvMsTX97g\\_3d\\_3d](http://www.surveymonkey.com/s.aspx?sm=o8xmhnbfntldjvMsTX97g_3d_3d)



### Backpack Drive Aug. 25-Sept. 30

Bring a New Backpack with School Supplies for the children at Sandra's Lodge.

Bring it early, in time for start of school! Collection bin is in the meetinghouse lobby August 26 through September 30.

Sponsored by the Faith in Action Team of First Parish of Sudbury and HOPEsudbury

First Parish and HOPEsudbury are again teaming up to provide backpacks for children living in Sandra's Lodge, one of three Emergency Family Shelters operated in Waltham by the Middlesex Human Service Agency, Inc since 1999. There are 67 homeless families living at the shelters. Besides supplying the residents with basic shelter and meals, Sandra's Lodge, Hestia House, and Olivia's Place provide services of case management and housing advocacy. These services enable the families to move forward in attaining a more self-sufficient lifestyle.

## Help Wanted...Will you be an usher?

Being an usher on Sunday morning is an enjoyable way to meet and greet people as they come in for services. You do have to arrive at around 9:20 to fold the orders of service, put up the hymn numbers, set out microphones, and so on, but these are not onerous tasks, and complete instructions are provided. Usually you sign up to usher three times in the entire year, which is not very much time to put in. *You can find people to trade Sundays* very easily if you need to do that, and there is a good list of substitutes.

Will you step forward in support of First Parish and make lighter work for everyone? Do you have questions about ushering? Please email Alorie.



### Mum Sale Saturday, Sept 19 and Sunday Sept. 20

The Landscape Committee's Annual Fall Mum Sale will again benefit the landscaping at the Habitat for Humanity build in Sudbury. Although the proceeds from last year's sale broke all records, it still wasn't enough to cover all the costs. So...we are doing it again.

Volunteers are needed to help set up on Friday the 18th and on both days of the sale. Please contact Marge if you can help.

Please order (and pay) for your mums in advance to be sure to get the colors you want. An order form is on page 5; in the meetinghouse lobby and on line at <http://fpsudbury.org/wiki/Public/WhatsHappening>. Tell all your friends and neighbors that they can get beautiful locally grown mums and support Habitat by coming to the sale.



### September

- \*12<sup>th</sup> at 11:00 Memorial Service for George McQueen
- \*13<sup>th</sup> at 10:00 Ingathering Sunday/Water Ceremony
- \*14<sup>th</sup> at 7:30 Board of Trustees
- \*19<sup>th</sup> & 20<sup>th</sup> at 10:00 Mum Sale
- \*20<sup>th</sup> at Noon RE Orientation
- \*20<sup>th</sup> at 3:00 Open House
- \*26<sup>th</sup> at 2:00 Memorial Service for Margaret G (Ginny S's mother) at First Parish in Wayland
- \*26<sup>th</sup> at 4:00 Retirement Party for Rev. Dr. Doris Hunter at First Church in Belmont UU  
More details in the next *Connector*.



# FALL MUM SALE



Sponsored by First Parish of Sudbury  
Landscape Committee

**When:** Saturday, September 19, 2009 10AM – 2PM  
Sunday, September 20, 2009 10AM – 2PM

**Where:** First Parish of Sudbury parking lot

**Purpose:** All proceeds go to fund purchasing landscape materials for the Habitat for Humanity Dutton Road Sudbury Duplex Home Project

Mum Colors Available: purple, fuchsia, burgundy, pink, white, orange, yellow, bronze

**Price:** \$7 each for beautiful, large, locally grown mums...\$65 per group of ten mums

If you live in Sudbury, plants can be delivered to your home for an additional delivery charge of \$10.

## Order Form

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

Phone \_\_\_\_\_ Delivery (\$10) Yes No

Mum Color	Quantity	Price
Delivery in Sudbury (\$10)		
Total		

Prepayment (by check) is required to hold your order. Please submit payment with your order by September 13. Make checks payable to First Parish Sudbury. Completed order forms may be either:

1. left in the First Parish office (Landscape Committee Sept 09 Mum Sale folder)
2. mailed to Helga

Order forms may be downloaded from our website: <http://fpsudbury.org/wiki/Public/WhatsHappening>