



SEPTEMBER 23, 2009

Highlights in this Issue

- | | |
|---|-------|
| ★ MINISTERIAL CANDIDATE IN RESIDENCE & SEPT. 29 OPEN HOUSE | PG. 2 |
| ★ COMING UP IN RELIGIOUS EXPLORATION & HARVEST FAIR NEEDS YOU | PG. 3 |
| ★ CONGREGATIONAL LUNCHEON & NEW SPIRITUAL BOOK GROUP | PG. 4 |
| ★ MEDITATION OPTIONS & CONNECTOR GUIDELINES/DUES DATES | PG. 5 |
| ★ CALENDAR & WORSHIP AT THE MEETINGHOUSE | PG. 6 |



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

I often hear that a significant reward for being a part of our Unitarian Universalist communities is that we are challenged to be our best possible selves. We can be our best selves when we grant ourselves and others the freedom to travel on our unique spiritual paths. We can also be our best selves when we engage in meaningful social justice and community service work.

We can also grow to be our best selves simply by the way we treat one another. How we behave in the regular competitive world might be different than how we behave at First Parish as our best selves? I will never forget when I first began working as a DRE. I was trying to impress a RE committee member and she kept telling me how to improve what I was trying to do. After weeks of this, I broke down in tears. I asked if I'd ever be able to please her, to which she replied, "There is no praise in the real world." I challenged, "Why does it have to be that way?" That interaction transformed us both.

Many years later, that woman had become one of the most positive RE committee members, often complimenting others for their contributions. The RE committee became a source for growth for all of us, an escape from the competitive world where we could explore our too often ignored emotional and spiritual sides. We could get out of our heads and let our hearts come alive, guiding us in our interactions.

I came to Sudbury and met many people who also feel the constant pressures of our competitive society. Being our best selves in our interactions is not often valued in general society, and yet most people know that it is this emotional and spiritual side of life that is most important. As our loved ones age and pass away, we become acutely aware of this. Our possessions are less significant than leaving our loving spirit in the hearts of all that we have touched. That's why our society needs more communities like First Parish. A safe space to escape societal messages and explore the emotional and spiritual sides of ourselves. A place where everyone is trying to be their best self and respecting each other as they would appreciate being respected. A place where we consider how our every word and action affects those around us and strive to make sure that we are putting forth our best words and actions. A place where we feel so inspired by being a part of a healthy and affirming community that we take our best selves out into the real world, spreading love and respect one interaction at a time.

Loving blessings, *Roberta* ♥

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.

Bev Waring volunteers as "Ministerial Candidate in Residence"

We are very fortunate that Bev W. has volunteered to join me and the other members of the staff team to support our collective First Parish ministry. This year you will see Bev joining me in the pulpit and, occasionally, leading worship or co-officiating at rites of passage. She will be facilitating at least two adult programs and, perhaps, participating in the Coming of Age program. The largest undertaking will be helping the Sudbury Interfaith Clergy organize a program tentatively called "Life After 80!" for elders and those who are or who may become caregivers.

As many of you know, Bev is a longtime First Parish member. Not all of you may know that she is well on her way to becoming a Unitarian Universalist minister. After receiving her Master of Divinity degree in May and finishing her two-year internship at the Unitarian Universalist Congregational Society of Westborough in June, all that remains in the long and demanding process is to be credentialed (offered ministerial fellowship) by the Ministerial Fellowship Committee (MFC) of the Unitarian Universalist Association. Then she may be ordained and seek a settled pastorate.

As Bev spends the coming months preparing for an interview with the MFC, she and I have agreed that the kinds of support she can offer will be beneficial to her, to me, and to our congregation. Bev and I are very excited about this arrangement and have started to think of Bev's role as a Ministerial Candidate in Residence. In Bev's words, "I am grateful to be able to continue honing my ministerial skills while spending time doing the reading and writing required by the MFC. First Parish of Sudbury will always be my home congregation, and it feels good to be able to give back to folks who were so instrumental in my ministerial formation."

Katie Lee

Invite friends and relatives to our next Open House

Tuesday, Sept. 29, 6:30-8:00pm

Help to welcome friends, newcomers, and potential newcomers to the First Parish Open House next Tuesday. It will be publicized, but we need your help in letting *the folks in your life* know, so they can come explore whether we might be the faith community they are looking for.

People of all ages are welcome. There will be light snacks, and staff and lay leaders to talk with newcomers. Please help to spread the word!

Out of work? Downsized? Furloughed?

Changes like these are more than a financial and emotional drain; they exact a spiritual toll as well. If you'd be interested in gathering with others to speak about what happened or where you are right now, Katie Lee would be happy to host that gathering. Then, as has happened in the past, if the group wishes to continue for networking, fellowship or support, you can take it from there. Interested? Call or email Katie Lee at minister@fpsudbury.org

Still time to pack up some help

To help a child living at a family shelter, bring a new backpack with school supplies to the collection bin in the lobby through Sept. 30.

Keep it under wraps, please

If you have the flu or any contagious illness, please avoid coming to worship services or meetings. Let's help each other stay healthy.

Coming up in Religious Exploration:

A brief Spirit Play Orientation for families of children ages 4-10 will be on Sunday, Sept. 20 at 11:15 after the worship service, for the last 15 minutes of class. Find out why we do things the way we do! It's inspiring and important to know.

R.E. Volunteer Orientation for those interested in volunteering on Sunday, Oct. 4 at about noon (right after the community potluck during Social Hour). Find out the basics that you need to know to have a safe and rewarding experience as an R.E. guide. Childcare is available if you let Roberta know by Saturday, Oct. 3 at 5pm.

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, 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). Roberta can match you with your perfect job. To explore your options and sign-up online, paste this link in your browser http://www.surveymonkey.com/s.aspx?sm=o8xmhnbfntldjvMsTX97g_3d_3d

RE wish list includes a few CD players for use in our R.E. program. If you have a working older model to spare, please consider donating it.

Announcement about Announcements

Many of you expressed your disappointment with our experiment when we gave announcements at the end of the worship service. Although we will not continue this particular experiment, we *will* keep trying to find ways to get the word out to as many people as possible about the things that are important to our community. There's no "perfect" solution. But bear with us, please, as we seek something that will work for most of us most of the time. We welcome your suggestions, your feedback, and your help. Currently we are seeking a Sunday morning volunteer to collect and post detailed, time-sensitive announcements in a visible spot in the Parish Hall. The Announcer will urge people to check this board each week. Also, please check the website and The Connector – each has as much information about what's happening at First Parish.

Honoring Rev. Dr. Doris Hunter Retirement Party Sept. 26.

All are welcome at First Church in Belmont UU, 404 Concord Road, Belmont from 4:00-6:00 pm. Please bring notes, letters or memorabilia for a memory book for Doris..

Habitat House Dedication Sept. 27

A great opportunity for the Sudbury community to come together to celebrate an amazing accomplishment, made possible in part by the hard work and dedication of many members of our own congregation! Dutton Road, Sudbury, (corner of Pratts Mill Road). Tours begin at 2:00; ceremony at 2:30. Park & take the shuttle bus from the community center at 40 Fairbank Rd. For more details on the home, which includes a Memorial to George McQ, and photographs, see <http://www.sudburyhabitat.org>.



Help Make Harvest Fair Oct. 17 a Fundraising Success

Did you know that The Harvest Fair is one of the biggest fundraisers for First Parish? And that one of the biggest profit centers is the Jams and Jellies and Bake Table stocked with home made goodies from YOUR kitchens? While you are harvesting your gardens, please don't forget to make an extra dozen jars of your favorite concoctions for sale.

The Fair is Oct. 17 from 10:00-4:00. As usual, we will need lots of volunteers to do a variety of tasks. Sign up sheets are in the Parish Hall. If you have questions, please contact Sherri, Beth, Mary Ellen, Elaine, Jan H., or email office@fpsudbury.org.

To Greet, Tell the Right Ginny

Correction: If you can help out and be a **Greeter** on occasion, please contact Ginny S. (not one of those other Ginnys)



Congregational Potluck Lunch Sunday, Oct. 4

Join us for a joyous potluck lunch in the Parish Hall at 11:30 after Sunday service on Oct 4. This will be a great chance for you to catch up with old friends, meet some new friends, and get excited about the year ahead at First Parish.

Please bring a main dish, side dish or dessert; bread and drinks will be provided. Just drop food off in the kitchen before the service, and it will get heated up and set up by volunteers. After a worship service to nourish your spirit, enjoy some great food to nourish your body and wonderful conversation to feed your soul! There will be some kid-friendly activities, too. Any questions, contact Ginny D., Kelly, Ruty or Nina or leave a message at office@fpsudbury.org

Bulletin Board Sampler

Check out the Parish Hall bulletin boards for more details on these and other events:

Wanted: adoptive families for special needs and older Chinese orphans

"Healthy Relationships & Teen Sexuality"
Jo Patterson, Community Educator for REACH Beyond Domestic Violence, to discuss dating violence, warning signs, how to promote healthy relationships Oct. 5. Also LS will hold a public meeting about the newest teen risk survey Oct 7.

"Wading Through the Morass That Is Healthcare Reform" with Judy D., healthcare specialist of the MA League of Women Voters, and other panelists Oct. 14, 19, & 29.

"Homelessness: An Intersection between Medicine and Politics" with Dr. Jessie Gaeta Oct. 25 by The League of Women Voters of Sudbury

UUA organizational changes and UUA Advocacy and Witness action items

See also more on Gulf Coast Recovery Efforts and UUMassAction events, UU B&Bs...and more!



Go Deeper with a New Spiritual Book Discussion Group

Are you looking for ways to go deeper in conversations about spiritual matters? Do you want to share your views and hear the views of others without the distraction of juggling coffee and social hour noises and interruptions?

Anmarie A. and Bev are planning a three session discussion group focusing on a book with a spiritual theme. As we narrow down the book choice (to be announced in the next Connector) we are looking for feedback, so please weigh in – would you be interested in such a group? If the schedule was every other week for three sessions would you be most likely to attend on Monday evening from 7–9 (starting Monday, Oct. 26), on Friday evening from 7–9 (starting Friday Oct. 23) or on Saturday morning from 9–11 (starting Saturday, Oct. 24)?

Please email Bev W or leave a message at the First Parish office to express interest with information as to what days are possible and impossible for you.

Gulf Coast Recovery Efforts Continue with Your Help

After more than 4 years only about half of the rebuilding work is done but you can still join with other volunteers Oct. 11 – Oct. 17 to set up libraries, tutor children and do art projects, paint, garden and rebuild houses and churches. This trip is sponsored by Gulf Coast Volunteers For the Long Haul, an all volunteer, non-profit, tax-exempt organization started at the Winchester Unitarian Society. For more information or to sign up, contact Trina Heinisch at trinah2.0@gmail.com or visit www.longhaulvolunteers.org or see the bulletin board article posted in the Parish Hall.

UUMassAction empowers UUs to be a voice for justice, human rights and social change in MA. Call Exec. Dir. Nancy Banks at 617.835.5426 or email at nancy.banks1@verizon.net or see the bulletin board article posted in the Parish Hall.

Want to Meditate?...One Way...or the Other...or Both?

Buddhist Meditation Begins Again Oct. 1 Thursdays 1:00-2:30

"...we are in the early stages of waking up as a culture to the potential of interiority, to the power of cultivating awareness and an intimacy with stillness and silence. We are beginning to realize the power of the present moment to bring us greater clarity and insight, greater emotional stability, and wisdom." - Jon Kabat-Zinn



This group provides a setting to learn about and to practice meditation and, for those who are interested, to receive support for the development of a regular meditation practice at home.

Together we will explore fundamental aspects of the Buddhist teachings, as they apply to our own experiences of everyday life. These meetings are open to people with little or no experience in meditation as well as to experienced practitioners -- anyone who is simply curious and would like to come check it out is most welcome. Let friends and family know, too.

Laine G, group facilitator, has been a student of Buddhist teachings for 19 years and taught meditation in various settings. She has studied and practiced in the Zen and Vipassana traditions.

For more information call Fran or Laine or see the article on the Parish Hall bulletin board.

Evening Meditation Anew Begins Oct. 6 Tuesdays 6:45-7:45

Some may remember the Wednesday night meditation group that met several years ago. This opportunity for peaceful meditation and contemplation is being revived every Tuesday (with some holiday exceptions) in the Brackett Room, from 6:45pm to 7:30pm.



Here's what to expect: people will enter quietly, take a seat and settle into the peace and quiet. There may be soft music playing. At some point, around 7:00, a

leader will offer a reading and then we will meditate in silence until about 7:20, then come back from our meditative time, perhaps with more soft music.

If you need to come late or leave early, that's okay, just do your best to come and go quietly.

The start and end times are deliberate so that folks can come early to the Meetinghouse for meditation prior to other meetings that begin at 7:30. If anyone wishes to stay past 7:30 to greet one another and chat, the Brackett Room will be available.

If you have questions, please contact Bev or Fran Sharp at connect@fpsudbury.org

The Connector Is Published Alternate Weeks. Note Submission Guidelines & Deadlines

Submissions about First Parish news and events should be sent "ready to go," succinctly worded in an upbeat and enthusiastic style, to office@fpsudbury.org. Congregational Administrator Donna Scalcione is this year's editor. Other items of interest may be included or posted on bulletin boards as space permits. See complete guidelines at www.fpsudbury.org/News/Events/newsletters/Connector submission guidelines.

Deadline	Publication Date	Weeks covered
Wed., 09/30/09 at 5:00 pm	Wed. 10/7/09	10/7-10/21
Wed., 10/14/09 at 5:00 pm	Wed. 10/21/09	10/21-11/4
Wed., 10/28/09 at 5:00 pm	Wed. 11/04/09	11/04-11/18
Wed., 11/11/09 at 5:00 pm	Wed. 11/18/09	11/18-12/02



CALENDAR for complete listing
see www.fpsubury.org...news/events...calendar

September

28 at 7:00 Spirit Play Task Force
29 at 6:30 Open House at First Parish

October

1 at 1:00 Buddhist Meditation
4 at 11:45 Congregational Potluck Lunch
5 at 7:30 Board of Trustees
6 at 6:45 Tuesday Night Meditation
6 at 7:00 COA Introduction
6 at 7:30 Committee on Ministry
7 at 7:00 Quilters
8 at 1:00 Buddhist Meditation
17 at 10-4 Harvest Craft Fair

Sudbury Residents - Get Up To \$3,000 For Home Repairs

The Sudbury Housing Trust is accepting applications for the Small Grants program to help Sudbury residents make repairs and alterations to their homes for safety and health reasons, and there is no obligation to repay the funds. Contact Program Administrator Beth Rust for more information at 978-639-3388 or pick up an application at the Sudbury Senior Center or from <http://sudbury.ma.us/documents/dl/4185/SmallGrantsProgram.pdf>

Free Singing Group UU Church, Wakefield

Join in the free fun on the third Friday of each month at 7:30 pm. Singers and instrumentalists of all ages are welcome to this informal and spirited evening. Bring a copy of *Rise Up Singing* if you have one.

Rev. Maddie Sifantus leads this evening of contemporary and traditional folk songs, spirituals, hymns, rounds and chants in special fellowship. For more information, call 781-245-4632.



Worship at the Meetinghouse

Sunday, September 27, 10 am

Wrestling with the Devils

Rev. Katie Lee Crane

Coincidentally, two holy observations from two different religious traditions fall on September 28: Dussehra, a popular Hindu celebration commemorates Lord Rama's victory over the ten-headed demon, Ravana; Yom Kippur is the annual Day of Atonement for Jewish people around the world. Dussehra climaxes a nine-day festival; Yom Kippur is the culmination of the ten Days of Awe that constitute the Jewish High Holy Days. In very different ways – and from two distinctly different religious traditions – we explore religious observances that remind us that part of being human means that there are times when we must “wrestle with the devils” in our own lives”

These holy days, while they may not be from our own traditions, provide an invitation to explore for ourselves the universal questions about good and evil, repentance, and redemption.

There will be a Hearthside Chat at 11:45 to engage in conversation about the day's topic and what it means to us.

Sunday, **October 4**, 10 am

The Art of Racing in the Rain

Ms. Beverly W

Navigating through life's ups and downs can be as perilous as racing in the rain. This Sunday, in a sermon inspired by a book with the same title, written by Garth Stein, we will look at the lessons that can be learned from race car drivers. Is there an art to racing in the rain? What are the parallels between controlling the steering wheel and directing our own lives? How do we describe the “lost races,” integrate the lessons and go back to drive another day?

There will be a Hearthside Chat at 11:45 to engage in conversation about the day's topic.