



NOVEMBER 4, 2009

MAKING MEANINGS
REV. KATIE LEE CRANE

I used to live in a Vermont town where we called the local weekly paper the “Valley Snooze” (Its publishers called it the “Valley News.”) It was a town – far smaller than Sudbury – where if you really wanted the news there was one of two places to get it: Dan & Whit’s parking lot, or the local dump on Saturday mornings.

The news mostly was a snooze, except when it wasn’t. Like this week in Sudbury, when the local weekly, “The Sudbury Town Crier” featured stories about two former local high school students: John Odgren, 19, incarcerated and awaiting trial on the charge of murdering a fellow student, and a 27-year-old Sudbury man arrested at dawn by the FBI and charged with “conspiracy to provide material support to terrorists.” (Thankfully, the familiar faces of two First Parish youth provided a much-needed antidote; they were also featured tolling the Meetinghouse bell as part of the 350.org rally in support of an international Day of Climate Change.)

In one report about the latest arrest, a local business man is quoted as “shocked” that a kid from around here would want to support terrorists. This community, he said, “is the apex of understanding and tolerance.” Really? I’m more in the camp of the paper’s managing editor who wrote: “With all due respect to the folks in Sudbury and other well-to-do communities..., when are you going to wake up?” If we think “stuff like that” happens elsewhere, what planet are we living on? “Stuff like that happens everywhere. Even here.

As a Unitarian Universalist who affirms the inherent worth and dignity of every person, and avows justice, equity and compassion in human relations, and upholds the use of the democratic process, and champions the goal of world community with peace, liberty, and justice for all, these incidents – like so many others – challenge me to examine my values and assess my responses and also my responsibility.

A few years ago, when asked to speak at a memorial service for James Alenson at L-S, I began predictably enough: “We are here to remember James... and what his death means to his family and friends ... and to each of us. We are here to remember what happened here... and that it happened *here*.” But later, I also chose to acknowledge John Odgren and his family: “We are also here to acknowledge that James’ death is not the only tragedy in this story. We must accept that this is tragedy, too, for “Jack” Odgren and for his family.” The latter was not very popular with some listeners, but I could say no other and be true to my religious and personal values.

Now I am frankly wrestling with my response – and my responsibility – to the Mehanna family, to the local Islamic Center, and the Muslims who live in our neighborhoods. I know nothing about the veracity of the charges, but my heart tells me that a lot of local Muslim families will suffer because of this breaking news.

Are you asking yourself some of the same questions? I’m eager to host any conversation about how we live our UU values in the face of the daily news that challenges us. Want to join me in that conversation? Let me know.

Katie Lee

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Worship at the Meetinghouse

Sunday, November 8, 10 am

Rest in the Grace of the World – Music Sunday

First Parish Choir, Noriko Yasuda, pianist, & Ms. Debra Morris-Bennett, Music Director

“When despair for the world grows in me,” says Wendell Berry in his poem *The Peace of Wild Things*, “I rest in the grace of the world, and am free.” We cannot hold off the demands, fears, or the turmoil of our daily lives,” says Music Director Debra Morris-Bennett, so we seek respite and sanctuary in many ways. Berry finds it in nature. Others discover it in meditation. But many find it in music. Today’s worship with music and words is designed to help each of us cultivate a blessed peace within that sustains and restores us.



“The New U” Begins Nov. 8— monthly chats for newcomers and longer-timers.

Join us at 11:45 in the Brackett Room on November 8 for conversation about our life journeys and why we seek a religious community along the way. Learn more about First Parish of Sudbury and about Unitarian Universalism, and help yourself to information about both. “The New U”, and monthly chats to follow, are offered by the Community and Hospitality Committee, and will include Katie Lee Crane, minister; Roberta Altamari, director of religious exploration and youth ministries; and Fran Sharp, community life coordinator. Childcare and light snacks will be provided. For more information email Fran at connect@fpsudbury.org

Sunday, November 15, 10 am

I Brought My Spirit to the Sea: Stories of Transformation from Ferry Beach

Mr. Craig Lentz, Executive Director, Ferry Beach, a UU Camp & Conference Center, Saco, ME

One of the most amazing things about Ferry Beach and other Unitarian Universalist camps and conference centers is that once people get hooked, they are hooked for life. Craig Lentz is most familiar with the transformations that take place at “the beach” as long-timers sometimes call it.

Whenever people gather at Ferry Beach to be in community, or to find peace and solitude, Ferry Beach magic takes over. A miraculous community is created and recreated that has the power to change lives. For a great number of people, Ferry Beach nourishes the spirit in a way that no other place or community can.

Craig hears quite often from people that Ferry Beach is their spiritual home, the place they come to recharge their batteries, the place they can truly be themselves.

Join us to learn more about retreats and the transformations that can take place at a “spiritual home-away-from-home”.

There will be a Hearthside Chat at 11:45 to have a conversation about the day’s topic and the issues it raises.

First Parish of Sudbury's Pastoral Associates

Annamarie A, Audrey K, Polly M, Bruce P, Fred P, Paul R, Dawn S

In the event of a pastoral need, please call any of these Pastoral Associates.

Share the Plate – Center for Family Connections.

November is National Adoption Month, so on Music Sunday, November 8, we will share the plate with the Center for Family Connections (CFFC). Many lives are touched by adoption: the children who are adopted and the adults they become; the woman who gives birth to a child whom she cannot rear and her extended family; the foster parents (sometimes multiple families); the adoptive parents and their extended families and, often, many caring professionals who help children find families who are able to rear them in loving, healthy, safe homes.

CFFC serves families and children whose whole lives are touched by adoption, foster care, divorce, and other complex family issues. As adoptions increase – including trans-national and trans-racial adoptions, as well as adoptions of older and special needs children – and as our nation restructures the welfare system, there is an increasing need to provide education, training, and clinical resources to families and professionals.

Center for Family Connections is an educational and clinical resource center that specializes in the developmental, structural, and systemic issues related to adoption, foster care, kinship, guardianship, as well as the people with whom they are connected.

CFFC is a 20-year-old non-profit organization based in Cambridge, Massachusetts where a core team of diverse professionals not only work with the families themselves, but also works with judges, lawyers, psychiatrists, psychologists, social workers, marriage and family therapists, teachers, clergy, journalists, and other media experts as well as legislators and policy makers.

Dr. Joyce Pavao, founder and CEO, has been developing models for treatment and training for over 25 years. Her ground-breaking work emphasizes the importance of training and larger system consultation to all who live and work in the world of blended families. She also

espouses a model that affirms that certain behaviors – that some may be tempted to label or pathologize – are completely normal in the context of the framework of adoption or other blended families. She is best known for success with what she calls “brief/long-term therapy,” short-term, intermittent help sometimes over the course of many years. This successful model is designed to meet the needs of families at different developmental stages in a positive and healthy manner. Our minister, the Rev. Katie Lee Crane, serves on the CFFC Advisory Board. For details, see: www.kinnect.org/

Coming up in Religious Exploration:

TempoTime: Tell your friends and neighbors about this fun music and movement program for parents and their children ages 1 to 5 The next gathering is Friday Nov. 13 at 10:00 am.



Second Fridays – Second Chances

Do you know someone who might like to join an interfaith support group for people who are divorced or divorcing? Invite them to come at 7:30 pm on Friday Nov. 13 and Dec. 11

Find out how you can help in our Religious Exploration program. Talk with Roberta or go to http://www.surveymonkey.com/s.aspx?sm=o8xmhnbfntldjvMsTX97g_3d_3d

Nov 14 (new date) Outdoor Clean Up Day at First Parish



Come join other First Parish folks to help cleanup the grounds and Memorial Garden before the snow flies (again). Bring your kids, rakes, tarps, blowers etc. for a morning of caring for our outdoor spaces. Come for as long as you can. Pizza and salad will be served at 1 pm for all. Rain/snow date: Sunday Nov. 15, 1 to 4 pm.

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Program Council Report

From Susan S and Dawn S, Trustees

The First Parish Program Council kicked off the year with an enthusiastic meeting on Oct. 13. The Council, which includes two members of the Board of Trustees and representatives from each of First Parish UU program committees, gathers to coordinate activities, information, and budget. This year, the Council is also helping brainstorm and execute strategies to address the long-range concerns raised by the Board of Trustees (see the Oct. 7 article in *the Connector*.)

The two main issues we want to address this year are: growing our membership and becoming fiscally sustainable. These two issues are interdependent and there are many ways of looking for solutions. And so we brainstormed, and we practiced *thinking outside the box*.

Our brainstorming fell into four general categories: Income, Fundraising, Outreach and Growth. Under "income" we talked about ways to increase the income we get – both from pledging and from rentals. The fundraising discussion included ideas for new events, as well as suggestions for improving our current fundraisers. We all agreed that we want more people to know about the terrific things happening at First Parish of Sudbury UU; to achieve this we need more and better outreach. The outreach discussion covered both communications within the congregation and marketing to the wider community. We talked about conventional means of reaching out, as well as new ones such as Facebook and YouTube. By publicizing First Parish as we pursue these actions we can help grow our membership.

You can see our list of ideas on the Program Council webpage at <http://fpsudbury.org/wiki/FirstParishCouncil/>. Take a look and see if you find something you are passionate about. Or feel free to suggest other ideas, especially if it demonstrates *your* passion.

The next meeting of the Program Council is Tuesday, Nov. 10, (dates are also on the calendar at www.fpsudbury.org). Watch for news about where these ideas take us next.



Service Trips to the Gulf Coast

Like many people who were shocked, horrified and sickened by what was happening to the residents of the Gulf Coast – both during and after Hurricanes Katrina and Rita, and the flooding of New Orleans – a group of socially-concerned people, led by Unitarian Universalists from the Mass Bay District, decided to reach out.

And like many who wanted to help in those desperate circumstances, they sent money, supplies and volunteers. It quickly became clear that recovery in the region was going to take at least a decade, given the scope and magnitude of the damage to homes and neighborhoods, businesses and communities. The original group didn't have the massive financial resources needed to aid the recovery, but they did have each other and the desire to help.

After their first trip in Nov. 2005, they began organizing week-long relief trips. Once at a work site, the volunteers put themselves completely at the service of the residents. They ask, "What does help look like to you?" Then they do everything in our power to do exactly that.

Today, the Gulf Coast Volunteers for the Long Haul work with all religious denominations, participating in their efforts, and also do freelance gutting and rebuilding. Their purpose is to restore a little bit of control and hope to the people they meet and serve. Though volunteers generally have a deeply meaningful experience, organizers point out that "the trip is about them, not us."

And, they say, "We are in it for keeps; for as long as it takes."

- Are you interested in exploring opportunities for yourself, or for a team from First Parish?
- The next trip is scheduled for December 6-12 and there will be more after that.
- Imagine how an experience like this could change your holidays!

For more details see www.longhaulvolunteers.org.

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Clips from the Bulletin Board

(Complete info available in Parish Hall)

MetroWest Free Medical Program Needs Your Help

While our nation is debating changes in the health care system, thousands of people in Massachusetts don't have access to the health care that they need today. The MetroWest Free Medical Program, hosted by Congregation Beth El in Sudbury and First Parish Church in Framingham, will provide free medical care to more than 1200 of our metrowest neighbors this year. Volunteers are needed to support this vital service - the program welcomes licensed physicians, nurses and social workers, and other health care professionals who can provide patient care during our Tuesday and Thursday evening programs. Not a medical professional? The patient registration desk or set-up crews can use your help, too. Off-site volunteer opportunities also exist. Consider offering your assistance with marketing, website, or tax preparation, or host a "friend and fundraiser" in your home. For more information, to volunteer, or to make a financial donation for the medical supplies that volunteers need, please contact Kim Prendergast, Program Manager, at kim.prendergast@gmail.com or 617-470-1632.

Get Trained: Social Networking for Social Justice

Nov. 14, 2009 from 9:30 to 1:00 at First Parish in Framingham, cosponsored by the UU Service Committee and UU Mass Action. Curious about Facebook? Want to Twitter? Ready for YouTube? Network with other Social Justice Committee members as you learn about new medial tools that can help you spread the social-justice message and inspire your congregation. Join the Unitarian Universalist Service Committee for a training to learn about these tools. RSVP to Nancy Banks at nancy.banks1@verizon.net or call 617.835.5426.



Save the Date to Celebrate Dec. 13 Alliance Holiday Gathering

Women of First Parish, save Dec.13 from 4-7 for the Women's Alliance Holiday Open House--. (Location to be announced later but guaranteed to have plenty of parking).

All the women of First Parish are warmly welcome. Come, even if you have never been to an Alliance event before. This is NOT a business meeting; it will be a potluck, but only hors d'oevres, desserts and beverages are being requested. Watch for more in upcoming Connectors.



Katie Lee away Nov 11-16

Kate Lee will join her UU ministerial colleagues in Ottawa for a convocation to learn, explore, exchange ideas, and revitalize. This is a time for intellectual exploration and spiritual nourishment.

During Katie Lee's absence, Beverly W, Ministerial Candidate in Residence, will provide ministerial services and support the Pastoral Associates.

You Can Help the UUA

Participate in the Unitarian Universalist Association (UUA) congregational poll Nov. 15 – Feb. 1 to decide whether to admit a revised draft Statement of Conscience on Peacemaking to the final General Assembly (GA) agenda for 2010 and which proposed congregational study/action issues for 2010-2014 will be admitted for 2010. Comments and suggested amendments to the draft Statement may also be made online during the same time period. Go to www.uua.org/csw.

The Unitarian Universalist Association is seeking people to help test the current website, UUA.org, and provide feedback on a new home page design. Testing will be conducted in Cambridge on Nov. 3, 4, and 5 with tests at 9:30, 10:30, 11:30, 2:00, 3:00, and 4:00. Participants will receive a \$25 gift card. If you are interested, email Deborah Weiner, Director of Electronic Communication, at DWeiner@UUA.org.

New MetroWest Support Group and Speaker Training Opportunity

Greater Boston PFLAG (Parents & Friends of Lesbians and Gays) is happy to announce a new support group in Framingham. MetroWest PFLAG will meet the second Sunday of every month beginning Sunday, Nov. 8 at First Parish Church, Framingham

Greater Boston PFLAG will offer a one-day speaker training on Saturday, Nov. 14 at the First Parish Church in Bedford. Parents and family members as well as LGBTQI people are encouraged to attend. PFLAG provides speakers for middle and high schools, religious, community and corporate organizations since 1993. Everyone has a story! Learn how to tell yours in a relaxed, comfortable setting. Making schools and communities safe, welcoming and inclusive starts with you! For questions or to register: info@gbpflag.org or call (781) 891-5966.

Visit www.350.org to see how you can help support a strong climate treaty at the United Nations talks in December.

Supermarket Shopping Service And Caregiver Support for Senior Sudbury Residents

The Sudbury Senior Center offers a free supermarket shopping service for senior residents who can't get their own groceries. For more information, to volunteer, or to request assistance with shopping, call 978-443-3055.

In collaboration with BayPath Elder Services, the Center will offer a free six-week education and support group for caregivers Wednesdays, Nov. 18 to Dec. 23. Topics include: balancing work, family and caregiving; strategies for replenishment; building a support network; setting boundaries; and asking for help. Care services are available for care recipients while caregivers are attending the group. To register call 508 573-7200 or the Senior Center at 978-443-3055.



Recycle E-Waste Nov 14

For a donation of \$5 and up, you can safely recycle almost any electronic device with a cord: keyboards, laptops, servers, microwaves, audio equipment etc. at Memorial Congregational Church, 26 Concord Rd., Sudbury from 9-3.

Angels to Host Santa, Donate Gifts & Remember Those in Military Service

If you know a Sudbury family that might like holiday gifts for the children, please ask the family in question first, then email sudburyangels@comcast.net

In addition The Angels are taking names and addresses of any Sudbury service man/woman who is away from home serving their country this holiday season and would appreciate cards and packages to let them know that they are not forgotten.

Also, The Sudbury Angels are sponsoring Santa's ride through the streets of Sudbury to wave and greet children young and old Saturday, December 5. For details on these programs and more, go to www.sudburyangels.org



**Looking for
a Great Place
for Your Next Family,
Friends or Work
Get Together?**

Consider renting space at First Parish:

- Reasonable rates
- Wine and Beer approved
- Comfortable clean rooms
- Great sound & video systems
- Convenient parking
- And you won't have to get *your* house ready for company!

Contact Donna, our administrator,
978-443-2043 or email office@fpsudbury.org

**Need Help with Before-School
or After School Childcare?**

Check out Sudbury Extended Day, right here at First Parish. SED offers nurturing and enriching programs for children in grades K-8, including special programs on Early Release Days, some school holidays and vacations during the school year. Call 978-443-5829 and speak with one of their knowledgeable and experienced staff. You won't be disappointed...and you'll be helping First Parish maintain income from leased space as we provide a home for a valuable community service.

Contacts:

Minister: Rev. Katie Lee Crane- minister@fpsudbury.org

Ministerial Candidate in Residence: Beverly W –
office@fpsudbury.org

Music Dir.: Debra Morris-Bennett – musicdir@fpsudbury.org

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Roberta Altamari – dre@fpsudbury.org

Community Life: Fran Sharp – connect@fpsudbury.org

Administrator and Newsletter Editor: Donna Scalcione –
office@fpsudbury.org

Office: 978-443-2043 Web address: www.fpsudbury.org



CALENDAR

for the complete and up-to-date listing, visit
www.fpsudbury.org...news/events...calendar

November

- 4 Quilters at 7:00
- 4 Financial Future Group at 7:00
- 5 Mindfulness Meditation at 1:00
- 5 Choir at 7:30
- 7 Memorial Service for Dot Carboni at 1:00
- 8 Music Sunday Worship Service
- 8 The New U: discussion for newcomers and longer-timers too at 11:45
- 8 Landscape Committee at 11:45
- 8 Youth Group
- 9 Spiritual Book Discussion Group at 7:00
- 9 RE Committee at 7:30
- 10 Tuesday Night Meditation at 6:45
- 10 Program Council at 7:00
- 11 COA Boston daytrip
- 11 Quilters at 7:00
- 12 Choir at 7:30
- 13 TempoTime at 10:00
- 13 Divorce Support Group at 7:30
- 14 NEW DATE Outdoor Clean Up Day 9-2
- 15 NEW Rain date for Outdoor Clean up 1-4
- 15 Youth Group
- 16 Finance Committee at 7:30
- 17 Tuesday Night Meditation at 6:45
- 17 Worship Associates at 7:30
- 18 Quilters at 7:00

**Next Connector deadline Nov. 11 at 5:00
for Nov 18 edition**