



APRIL 14, 2010

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



Roberta Altamari
Director of Religious Exploration
and Youth Ministry

I can't count the number of times in my life when I have been truly grateful to be a part of a Unitarian Universalist community! Nothing feels more comforting during times of transition than to have so many people caring about me. I have been pleasantly surprised to see how many people responded to my last Connector message about me needing to find a new home for myself and my two daughters. And almost all of you said the same thing, "talk to Beth Rust about affordable housing." And thanks to you, I did...

Before talking to Beth, my options as a single mom were way too limited. I knew that going into the process and almost settled for buying an extremely tiny condo on route 9 in Framingham. Yeah, not ideal, but it was all I could afford. And then I spoke to Beth and my world was opened to much better opportunities! Nothing is available in Sudbury right now, but I might be close to getting a nice home right over the line in Marlborough.

I don't want to sound like the "greedy woman living in the cardboard box who always wanted a bigger and better home" that our teens told us the story of during the Youth Sunday service, but I have to admit that we do sometimes deserve better than what our income allows us to get. That's what I learned during our Social Justice trip to New York City. That most people don't choose their poor or working class situation. They just find themselves there and try to do their best. Unless they are one of a lucky very few for whom a fairy godmother comes and magically transforms her life for the better ...

Sure, some of the choices we make during our lifetimes do guide us to where we end up. I often have flashbacks to my dad and I arguing when I was seventeen about my major for college. He insisted that I put my math talents to use by majoring in civil engineering. "But Dad," I declared, "I would hate that. I have to help people." And off I went to school for social work and then transferred to developmental psychology later yielding jobs for most of my life that didn't pay much higher than high school graduates get. When I saw my brother-in-law make about quadruple my salary with the same degree but majoring in computer science, I knew my dad was on to something. But was he right?

There are many people in our world who are like the younger version of me making too little to make a decent life for their families as they work in human services taking care of our children, elderly, and people with disabilities. For a decade, I worked with disabled adults making from 8 to 13 dollars an hour. The work was very important, but the pay was awful. That's when I really lucked out by meeting generous people who rented homes to me for far below the market value. What would I have done without them? I don't even want to imagine! I had friends working 60 to 70 hours a week just to put a roof over their heads and food on their tables.

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First Parish of Sudbury's Pastoral Associates

Annmarie 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.

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Worship at the Meetinghouse

Sunday, April 18, 10 am

Sunday, April 25, 10 am

Numbers...Do They Provide the Answers or Do They Lead to More Questions?

Music Sunday Songs of Hope

Ms. Dawn S.

First Parish Choir, Debra Morris-Bennett and more

We find numbers in our life, our past, our daily life, our future, and our death. We find numbers in our humor, our joy, our sadness, our silence, our health, our anger, and our beliefs. So...where do we start? Maybe at 1? Or at 42? Maybe we should consider 9 billion? Maybe infinity? Maybe zero? There are so many to choose from to consider! So...where do numbers take us on our journey through life? How do they affect us on our journey? Why do they affect us at all?

At a time when many are struggling from the effects of the economy, job losses, family and personal struggles, disturbing tragedies occurring around the world, even the constant rushing pace of life, our Spring Music Sunday on April 25th will offer a collection of pieces expressing the theme of "Hope".

Dawn S. will explore these thoughts and questions about the numbers in our lives. Dawn has been a Unitarian Universalist for about 12 years. She wonders if, during her "unchurched" years, she was really a Unitarian Universalist at heart but didn't know it! She encourages others to take a look at <http://www.uufaq.com/> (Frequently Asked Questions about Unitarian Universalism) to see if they also fall into this category of people!

The choir will offer songs by a variety of composers including Edward Elgar, Christopher Matthews, Lee Dengler, Linda Spevacek, Jonathan Adams and Elizabeth Alexander who give voice to the human need for a sense of hope in our lives. The inspiration for this collection of pieces came from a variety of writings.

Dawn lives with her family in Sudbury. They have been renovating an 1847 farmhouse with the goal of "bringing it back to life".

Also integral to this peaceful and uplifting service will be three beautiful pieces for clarinet and piano offered by Noriko Y. (piano) and Hunter B. (clarinet). They will be performing selections by Brahms, Schumann and Poulenc.

Come and let this offering of music and readings wash over you and experience a renewed sense of hope both as individuals and as part of a hope sustaining community.

There will be a Hearthside Chat at 11:45 am in the Brackett Room to have a conversation about the day's topic and the issues it raises.

There will be no Hearthside Chat today

Share the Plate on April 18 with Walk for Hunger/Project Bread. see pg.6

Coming up in Religious Exploration:

Faith in Action projects for kids, families, and everyone!

a special Easter basket

Last chance to donate items to make our "Easter Basket" for the animals at [Buddy Dog Animal Shelter](#). Items they need for the Cats & Kitties:

Dry and/or canned cat and kitten food (yummy), Cat litter, Toys and play things (fun!), Blankets (to snuggle in), Meat flavored baby food (for kittens & finicky eaters), Newspaper to line cages (and keep the cats up on current events); and Wild bird seed (to welcome viewing entertainment). Items they need for the Dogs & Puppies: Canned dog food (the solid type is preferred by buddy dogs), Science Diet dry dog or puppy food (so there are no upset tummies), Collars (for the well-dressed dog), Leashes (yeah! - time for a walk), Toys (fun!), and Milkbones and/or treats (snack time).

Change for change!

Our children and youth are hosting a new project for the months of March and April ~ a change collection. [Your pennies and other change can make a difference!](#) At our Children's Annual Meeting in February, they voted to collect money for Haiti Relief and a local animal shelter. When you bring in your donation, you can choose which charity your donation is helping.

Save The Dates!

[Saturday, April 24th from 6 to 8pm: Earth Day intergenerational potluck dinner and clothing swap.](#) Celebrate the joy of recycling by bringing your clothing you no longer want to First Parish to trade with others as we also enjoy a nice potluck dinner together. Reduce, reuse, recycle!!

[Saturday, May 1st from 7 to 9pm: Intergenerational screening of the movie, "Young at Heart",](#) which is about is about a group of singing senior citizens as they prepare for and then perform a concert with a repertoire consisting of songs by the likes of Coldplay, Sonic Youth, and James Brown. The movie is PG has sad scenes (such as the death of a choir member), but their amazing performances and inspiring story celebrates the unbreakable bonds of friendship and the life-affirming power of music!

[...continued from page 1](#)

There are also many people like the current version of me. Making a much more reasonable living at almost middle class standards, but as single moms trying to make ends meet on one salary. Without the aforementioned luck of running into generous friends willing to reduce the rent, I am struggling with a market rent apartment. Without family who has really helped me out this year, I would be going into major debt just to have food and a home for my girls. What about people like me who don't have family or what a long term affordable solution. Definitely both types of people could use a helping hand to make a better life for their families. Both types of people are doing meaningful work for our community, but are struggling because the economic injustice of our capitalist society devalues work that really helps the people who most need it.

Talking to Beth, I've learned so much more about affordable housing options for people like me. I am so impressed that she gets to bring to life our Unitarian Universalist values in such a meaningful way ... doing social justice work as a profession. When people like Beth work tirelessly to bring affordable housing programs to people like me, I feel extremely grateful personally and very inspired as a fellow Unitarian Universalist to also do what I can to bring our social justice values to life.

Her work led me to wondering who else at First Parish is doing social justice work as part of their professional career. I know a few more, but I'd love to know all of them. And are there any ways that we as individuals or as a community can support their important work? Let me start out by saying thank you and publically applauding your excellent work!

Roberta ♥



Please Remember to Enter and Remain in the Sanctuary in Silence for Sunday Worship

Please note:

From the Board of Trustees...

Notice of Equity Fund Use

Pursuant to the Equity Fund Policy, the Board of Trustees hereby notifies the members of First Parish of Sudbury that, during the May 3, 2010 Board meeting, **the Trustees will be voting on whether to use funds from the Equity Fund to address issues related to the elevator** that were raised during the state inspection.

While it is important to address the issues raised concerning the elevator, the elevator is safe to use as evidenced by the fact that the inspector did not shut down the elevator and has given us until December 2010 to address the issues.

As always, all are welcome to attend the Board meetings. This matter will be discussed at the Board meeting on May 3rd, from 7:00-7:20 pm, in the Library.

From the Landscape Committee...

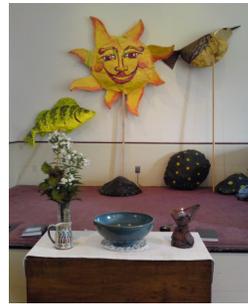
Memorial Plants for Spring Planting:

Now is the time to consider whether you wish to plant a shrub, tree, or ground cover to remember a family member who has passed away. The deadline for Spring planting in the Memorial Garden is May 31. If you miss that deadline, you can arrange for Fall planting (deadline October 1).

If you need further information about Memorial plants or the Memorial Garden, call Marge L.

Memorial Book Entries and Ash Interment

in the Garden can be done at any time with the approval of the Landscape Committee. There is a fee for this service and certain rules apply. Call the First Parish office for a copy of the "Memorial Garden Rules and Intent" and brochures about the Garden.



**Saturday, May 1st – Earth Day Festivities
Join Katie Lee for the River Ritual, Parade & more**

Katie Lee will lead an expedition of people of all ages from First Parish to the May 1st Musketaquid Earth Day Celebration in Concord. Events begin at 10 am with the River Ceremony at the Lowell Road landing on the banks of the Concord River where people of all ages launch the Earth floats they've created on the Concord River accompanied by music from Voices for the Earth.

As the floats make their way downstream, our First Parish contingent will join others walking in the Earth Day Parade through Concord Center. We'll parade with giant puppets and a diverse group of musicians, dancers, masked and costumed children, plus floats created by local organizations.

After the parade, there will be art activities for children, entertainment, food, and information tables from local environmental organizations. First Parish people will gather in the Meetinghouse parking lot at 9:15 where we will carpool (of course!) to the event. We expect some will return to First Parish after the Parade and others will return later in the afternoon. (Katie Lee says she'll be the last one leaving!) If you plan to join the expedition (or would like to), please sign-up with Katie Lee so we will know how many carloads of us there will be and she can plan accordingly. Hint: You may want to make or bring your own puppet or wear your Green Man costume! For full details about the festivities sponsored by Emerson Umbrella, see <http://www.emersonumbrella.org/musketaquid/earth-day/>

P.S. **Sudbury Residents:** Don't forget: April 18-24 is Sudbury Earth Week and this year's Annual Roadside Cleanup is Saturday, April 24 (rain date May 1). Plastic trash bags will be given out at Town Hall between 9-Noon. The DPW will pick up litter-filled bags you leave along the road. All citizens are encouraged to participate in the cleanup of streets and public areas.



4th Tuesday Lunch April 27

Join us at Noon on April 27 for our next 4th Tuesday lunch in The Commons when Judy H will talk about her experiences learning to be a Docent for the Museum of Fine Arts...the rigors of the training and some of the delightful experiences.

Contacts:

Minister: Rev. Katie Lee Crane - minister@fpsudbury.org
Ministerial Candidate in Residence: Beverly Waring – office@fpsudbury.org
Music Dir.: Debra Morris-Bennett – musicdir@fpsudbury.org
Dir. of Religious Exploration & Youth Ministry: 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

Thank you!

Thank you to Pam S-C who spent many hours organizing and properly boxing our First Parish archival materials. Such a gift!

Thank you to all those who helped paint benches and rake, weed, prune and sweep the outdoor areas on Sat. April 11 and to the Landscape Committee for organizing Clean Up Day.



Seeking Volunteer for One-Time Projects

The organizational work has been done, FPS archival materials are boxed and there is a list of contents for each box, but help is needed to make a master list so anyone can find the right box as needed. If you can help, please call the administrator.

Also needed is someone to take charge of the FPS Lost & Found...to display the collected items at Social Hour and help people find what they lost. If you are can do this project, please contact office@fpsudbury.org or phone 978 443 2043.

Next Coffeehouse Saturday, May 8 at 7:00 pm

Don't miss the fun at the next Coffeehouse on the Rocky Plain. Come as a patron or join the volunteer staff for the emerging extraordinary folk singer/songwriter Dan Cloutier Band, the MIT wonder Levi Schmidt and the LSRHS phenom The Deadly Styles.

See Judith C, Leslie L or anyone on the Coffeehouse task force (Marc K, Terry Lt, Suzanne W, Leslie B, Maria vB, Reed or Dawn S, Kelly S and Tom Y). Come check out our poster display for more information. Our goal is to hold a Coffeehouse every two-to-three months with an ever changing, always new experience. **We welcome your ideas and input at our next meeting on April 21 at 7pm in the Library.**

At our premiere Coffeehouse on March 27 the crowds braved high waters and detours to reach FPS because they knew they were in for a treat, and what a treat it was! The evening began with our very own, long-time member Leslie B with her lovely duo, Ergo Canto, enthusiastically followed by The Dawn Kenney band, full of toe tapping, fun strumming bluegrass. Patrons enjoyed numerous treats while they laughed and sang along with the band. The Parish Hall was full of sparkling party atmosphere, and the home baked savories and sweets were delicious!

Here's what some fans had to say about the evening: "a LOT of fun...awesome musicians ...the Parish Hall felt transformed and the music we heard - Dawn and her guys - were really good...the chocolate bundt cake rocked my world-fantastic...a congregation of generous and zealous bakers." The hall was filled with wonderful light and lively music.

The volunteers agree that the fun they had creating the coffeehouse was reflected in the guests' and performers' uplifting experiences. An enormous thank you to all the people who were so supportive in their generous lending of tables, endless baking, energetic helping to move, clean and preparing the space for the performance. We could never have done it without you. So come on down and join us to plan future events.



Faith in Action News

4th Annual UU Advocacy Day Wednesday, April 28 from 10:00-2:30

Join with other Unitarian Universalists to make a difference. Meet at 25 Beacon Street, Boston, UUA headquarters, train, eat lunch, walk to the State House and visit state Senators and Representatives. The issues chosen by survey of UUs are homeless prevention, climate change, and the health disparities between rich and poor. UU Advocacy Day is sponsored by *UUMassAction* with the UU Urban Ministry.

RSVP to reserve your \$10 lunch to 617.835.5426 or nancy.banks1@verizon.net or www.uumassaction.org. UU Mass Action is supported by the Fund for UU Social Responsibility, UU Service Committee, UU churches and members.

Walk for Hunger Sunday, May 2

Your First Parish team is limbering up, getting new walking shoes, and generally raring to go. It is not too late for you to join as a walker or contribute to our effort. Any member of the team will be glad to accept cash or checks. Or go online and make your tax-deductible contribution to www.projectbread.org/goto/fpsudbury. The Walk for Hunger raises money for Project Bread which in turn donates money to food banks all over the Metro West and Boston, including our own Sudbury Food Pantry. Our goal this year is \$10,000.00 so please be as generous as you can. Sherri C, Beth R, and Roger C are on the walking team.

CORRECTION: A few Connectors ago, an article about **Furnishing Options in Marlboro**, a non-profit organization that accepts donations of furniture/household goods which are then given to those in need of turning a room into a home, had the wrong phone number. The correct phone number is 508-485-5051 Ext. 245. Furnishing Options is still in need of donations which have been great demand. Thanks to all who have made donations already.

Haiti Night at FPS Friday, May 21 at 7 pm

Listen to Haitian music. Nosh on Haitian food. Meet our guests, Serge P-E and Alix C, natives of Haiti, who will tell us about their homeland – a little about its history and a lot about conditions now. Alix will show photos from a recent visit to Haiti following the earthquake.

Spearheaded by our Faith in Action team, First Parish is hosting this FREE EVENT for the general public on Friday, May 21st at 7:00 pm as a benefit to raise money and awareness about the situation in Haiti. While there is no admission fee, guests will be encouraged to donate to any of three organizations helping Haitians rebuild their homes and their lives: Partners in Health, Habitat for Humanity, and/or UUSC (Unitarian Universalist Service Committee).

Each of these organizations has partners on the ground helping Haitian people move forward in the aftermath of a natural calamity that buried this already poor and struggling country. Circle the date now. Watch for details in the weeks to come.

Freedom Summer: A Civil Rights Journey Georgia and Alabama, July 10–17

Join us for one week that could change your whole life! This inspiring, intergenerational experience will take you to sites of significance in the U.S. civil-rights movement. Participants will meet and hear directly from some of the courageous people who worked to desegregate schools, register new voters, and bring an end to racial discrimination in the United States. Come see where history was made, hear the stories of those who were there to witness it, and learn about the progressive, nonviolent organizing techniques used by civil-rights activists and how they are still being used today. Cost is \$800 per person. For more information or to download a flyer or application, please visit www.uusc.org

Everything You Wanted to Know About Islam but Were Afraid to Ask

Open House at Islamic Center in Wayland Saturday, May 15. Details on Parish Hall bulletin board and at openhouse@icbwayland.org



Women's Alliance Annual Meeting May 2 and Retreat May 14-16

All women are warmly invited – no previous attendance at any Alliance event necessary. The Alliance Annual Meeting and potluck supper will be held on Sunday, May from 5:00-8:00 pm in the Commons.

The Alliance 23rd Annual Weekend Retreat is May 14-16. Relax. Renew. Revive. Time for spiritual reflection, alone-time and being with others. Time to nap, walk, talk, laugh and sing. Pick up a Retreat brochure in the lobby or contact office@fpsudbury.org or call 978-443-2043 for details. You'll be glad you did.

Our Own Peg E Releases 2nd CD May 22

All are invited to Peg's CD release party on Saturday, May 22 at 7:30 pm in the Parish Hall. There will be good things to eat and drink and her new CD, *Living Will, Living Well*, will be available to buy. Peg will sing many songs from the CD, and one or two from *Danish Modern*. Her son Stephen, an accomplished songwriter and keyboard player, will also perform--with Peg and on his own. Please RSVP to pegidy@verizon.net



All Welcome at Bev's Ordination May 23

Everyone's invited on Sunday, May 23 at 3:00 pm for the ordination of Beverly Waring to the UU ministry in the Sanctuary, followed by a reception in the Parish Hall. Kindly RSVP to office@fpsudbury.org if you'll need childcare.



**Save Visitor's
Parking Spots for
Sunday Visitors
Please – Thanks**



Sign up for 2010 Summer Services

10:00 worship, 9:30 light breakfast

From Sunday June 20-Sept. 5, we offer lay-led worship services in the air conditioned Commons. Summer services cover a wide range of topics and are a little more informal than the rest of the year. The diversity of styles and themes is rich and stimulating. Prior to the service, we gather for breakfast "nibbles" and conversation. Childcare is offered each week. All are very welcome. We hope you will join us.

If you are interested in participating in a summer service, as a worship host, leader, musician, provider of pre-service breakfast "nibbles" or childcare provider, here's who to contact:

Speaking or Hosting:	Reed S or Sue W
Music:	Judith C
Breakfast Nibbles:	Darlene S
Childcare:	Fran Sharp

A sign up board will also be in the Parish Hall on Sunday's. The schedule is posted at <http://fpsudbury.org/wiki/Public/SummerServices2010/>

"Spring Training" for Summer Services Volunteers

The Worship Associates Group will offer training and practice for Summer Services skills. Tentative date: May 18, 7:00 pm. Please let Sue W know if you might like to attend.



**Have Your Next
Get-Together
Here!**

Consider renting space at First Parish for a family or friends get together: Discounted rates for pledgers...wine and beer approved...convenient parking...great sound & video systems...And you won't have to get *your* house ready for company! Call 978-443-2043 or email office@fpsudbury.org

Up-Coming Events

-  Tuesday, April 27 – 4th Tuesday Lunch & Discussion at Noon in the Commons. More on page 5.
-  Sunday, April 25 – Life After 80 2-4 pm. More on page 10.
-  Sunday, May 2 – Walk for Hunger in Boston. More on page 6.
-  Sunday, May 2 – Women’s Alliance Annual Meeting and potluck supper 5-8 pm in the Commons. More on pg.7.
-  Saturday, May 8 – Coffeehouse Fundraiser for FPS 7:00 pm More on page 5.
-  Universalist Convocation 2010 May 14-16, Rochester, NY. Keynote: Rev. Morrison-Reed, “Dragged Kicking and Screaming to Heaven.” Details at nmuc.org/Convo
-  Fri-Sun. May 14-16 – Women’s Alliance Retreat. More on page 7.
-  Friday, May 21 – Haiti Night 7:00 pm More on page 6.
-  Saturday, May 22 – Peg’s CD party 7:30 pm. More on page 7.
-  Sunday, May 23 – Bev’s Ordination 3:00 pm. More on page 7.

Low Carbon Diet Groups - A Challenging Adventure Towards Sustainability

About a year ago a small group of five responded to Sustainable Sudbury’s Global Warming Café and met to use the “Low Carbon Diet 30 Day Program to Lose 5000 Pounds” workbook by David Gershon as a guide. They measured home electricity use, quantified gasoline use by recording miles driven or flown over the past year, and began to understand the steps that were feasible to take as an action plan to reduce CO2 output. Some things were easier than others. Having a free energy audit from NSTAR Electric, changing to CFL light bulbs and buying a power

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strip to turn off electronics when not in use didn't cause as much angst as thinking about trips they really wanted to take. Setting up a clothesline instead of using the dryer was not something that everybody had time for. Setting down the thermostat was more painful for some than others. But they each continued taking small steps. One member who installed energy efficient windows recycled the old ones by giving them to another member who used them as cold frames to start garden seeds. One member recycled a large collection of vinyl records via www.freecycle.org. One member who lived in Stowe organized her own Global Warming Cafe for that community.

The group found a common interest in learning and doing more about healthy, environmentally sustainable foods and so read and discussed In “Defense of Food” by Michael Pollan. Three members joined a CSA to obtain fresh fish from Gloucester and others explored a dairy coop to get milk and eggs from Central MA. They watched the movie “Food Inc.” and added two new members for the now expanding group. They attended a panel discussion on Concord’s efforts to enhance local sustainable agriculture. The newest agenda is to continue discussions on food-related information and actions while expanding reading on the topic of atomic energy including “Power to Save the World: The Truth About Nuclear Energy” by Gwyneth Cravens.

As one member said, reflecting back on this year of small steps, “I know that I have learned many new things and changed an evolving number of small habits, all of which has me moving in the right direction toward a more sustainable lifestyle.”

If you are interested in learning more about the group that meets here at FPS or in beginning one of your own, feel free to contact Leslie L at thy42@comcast.net



Please Remember to Enter and Remain in the Sanctuary in Silence for Sunday Worship

HELP PROVIDE A SAFE NEW HOME

The Sudbury-Wayland-Lincoln Domestic Violence Roundtable

Cordially invites you to participate in

A Virtual Shower for Shelters

Sunday, May 2 through Sunday, May 16

Unwrapped gifts may be delivered to

Goodnow Library
21 Concord Road
Sudbury, MA

Lincoln Library
3 Bedford Road
Lincoln, MA

Wayland Public Library
5 Concord Road
Wayland, MA

All gifts will be donated to clients of
REACH
Voices Against Violence
The Second Step

For further information: Karen Cohen 978-779-2226 Marilyn Ellsworth 978-443-5752

SHOWER FOR SHELTERS NEEDS LIST

We respectfully request that all items be new and unwrapped.

PAPER GOODS AND CLEANING SUPPLIES

Kleenex, Paper Towels, Toilet Paper
Bathroom and Kitchen Cleansers
Floor Cleaners & Laundry Detergent
Mops, Sponges, Pails and Waste Baskets

ADDITIONAL ITEMS

Calling Cards
Stationary and Stamps
Books and Toys

TOILETRIES

Disposable Razors
Hair Products
Deodorants
Toothpaste and Toothbrushes
Mouth Wash

Diapers (Any Size)
Feminine Hygiene Products
Shower Curtains and Liners
Dental Floss

LINENS

Towels and Face Clothes
Blankets, Pillows, and Comforter Sets
Twin Size Sheets

UNDERWEAR

Bras – All Sizes
Underwear and Socks for Women and Children

MONETARY DONATIONS OR GIFT CARDS

Stop and Shop, Hannaford's, Target, CVS, Walgreens

HOUSEHOLD ITEMS

Dinnerware (Place Settings for Eight)
Silverware and Glassware
Serving Dishes

Pots and Pans
Bake Ware and Casserole Dishes
Small Appliances (Mixers,
Toasters, Blenders)

LIFE AFTER 80!

~ *LIVING WELL IN THE LATER YEARS OF LIFE* ~



A series for people in their 80s,
approaching 80, and their caregivers

sponsored by:

First Parish of Sudbury Unitarian Universalist, St. Elizabeth's Episcopal Church,
Congregation Beth El of the Sudbury River Valley and Sudbury Senior Center

~ FIRST IN THE SERIES ~

Sunday, April 25 2-4pm
at the Sudbury Grange

326 Concord Ave, Sudbury (next to Town Hall)

Dr. Dennis McCullough
physician and author of

*My Mother, Your Mother:
Embracing "Slow Medicine," the
Compassionate Approach to Caring
for your Aging Loved Ones*

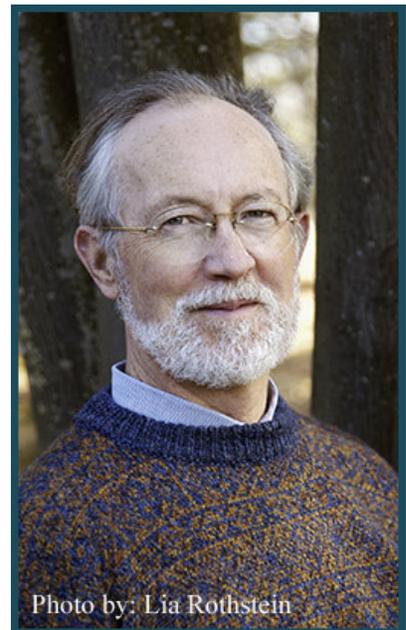


Photo by: Lia Rothstein

“a plan for understanding, for caring,
and for living well in the later years of life”

Free admission. For more information: www.fpsudbury.org 978/443-2043



**Want to learn more about water conservation?
Hoping to use less water (and spend less)???**
JOIN First Parish's Water Conservation project!

Last fall, First Parish won a grant from the Rivers Stewardship Council to try to reduce water usage in participating households in our congregation by 10%! With your help, we plan to keep a log of 2010 household water usage and compare it to the average usage for the years 2006 – 2008 (2009 was too wet a year for realistic comparison.)

If you already indicated that you're interested, please check in with Sue C again to make sure we still have you on the list. (Thanks, and sorry for the inconvenience!)

Now What???

1. Indicate that you want to be part of this study. Sign up at coffee hour, or talk to Sue C or Tom A or email the administrator at office@fpsudbury.org
2. Enter your water usage for 2010 on the First Parish web page. Once you indicate that you'd like to participate, **First Parish will contact the Sudbury Water District for you and will enter your 2006 – 2008 usage rates for you.** *If you're not in Sudbury, contact Sue for help in finding your past useage!*
3. Try several of the water conservation hints and consider purchasing a rain barrel. See <http://www.nerainbarrel.com>. *Place your order by June 2 for pickup at church on Saturday June 5* from 9 - Noon!
4. Reap the benefits and remember that the water rates are going up in 2010!

Thanks!

Sue C and Tom A

FPS Calendar April 14, 2010 to May 8, 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<p><u>Apr 14</u> 7:00p Rental 7:00p Quilters 7:30p Retl Yoga</p>	<p><u>Apr 15</u> 1:00p Meditation 7:30p Choir</p>	<p><u>Apr 16</u> 8:45a Web Com 4:30p Rental 6:30p Rental</p>	<p><u>Apr 17</u> 9:00a Reserved for Fran</p>
<p><u>Apr 18</u> 10:00a Worship Service 11:45a Rental: Dancers 11:45a Hearthside Chat 11:45a The New U 11:45a Landscape Com. 11:45a Faith in Action 4:45p Rental: Dancers 6:30p Rental</p>	<p><u>Apr 19</u> 7:30p Finance Committee</p>	<p><u>Apr 20</u> 7:00p Rental 7:30p Worship Associates</p>	<p><u>Apr 21</u> 7:00p Rental 7:00p Quilters 7:00p Rental: Sudbury Dems 7:00p Coffeehouse TF 7:30p Rental: Yoga</p>	<p><u>Apr 22</u> 1:00p Meditation 7:30p Choir</p>	<p><u>Apr 23</u></p>	<p><u>Apr 24</u> 8:30a Choir Rehearsal 8:30a Music Sunday Rehearsal 6:00p Earth Day intergenerational potluck and clothing swap</p>
<p><u>Apr 25</u> 10:00a Music Sunday Worship Service 11:45a Rental: Dancers 11:45a CHC 2:00p Life After 80 4:45p Rental: Dancers 6:30p Rental 7:00p Youth Group: Earth Day Party</p>	<p><u>Apr 26</u> 6:00p Rental: Yoga 7:30p SPTF</p>	<p><u>Apr 27</u> 12:00p 4th Tuesday BYO Lunch & Discussion 7:00p Rental 7:00p COA meeting 7:30p Pastoral Associates</p>	<p><u>Apr 28</u> 7:00p Rental 7:00p Quilters 7:30p Finance Committee 7:30p Rental: Yoga</p>	<p><u>Apr 29</u> 1:00p Meditation 6:30p Human Resources Committee 7:30p Choir</p>	<p><u>Apr 30</u></p>	<p><u>May 1</u> 9:00a COA rehearsal & breakfast 9:00a Mass Bay Dist Spring Conference 7:00p Intergenerational movie screening of "Young at Heart"</p>
<p><u>May 2</u> 10:00a Worship Service-Coming of Age 11:45a Hearthside Chat 11:45a Rental: Dancers 12:00p Youth Group celebration of COAgers 4:45p Rental: Dancers 5:00p Women's Alliance Annual Meeting/Potluck</p>	<p><u>May 3</u> 12:00p Rental: SED 6:00p Rental: Yoga 7:00p Board of Trustees</p>	<p><u>May 4</u> 7:00p Rental</p>	<p><u>May 5</u> 7:00p Rental 7:00p Quilters 7:00p Coffeehouse Task Force 7:30p Rental: Yoga</p>	<p><u>May 6</u> 1:00p Meditation 7:30p Choir</p>	<p><u>May 7</u> 7:00p prep for coffeehouse</p>	<p><u>May 8</u> 9:00a Meeting to review trustee responsibilities 1:00p set up/clean up pm 2:00p Rental: Girl Scouts 7:00p Coffeehouse on the Rocky Plain fundraiser for FPS</p>