



JANUARY 12, 2011



Worship at the Meetinghouse

Sunday, January 16, 10 am
Nothing is Black and White

Rev. Katie Lee Crane

In honor of the birthday of Martin Luther King, Jr., Rev. Katie Lee Crane speaks from personal experience about the great racial divide in the 1950's and 1960's, about the role of Unitarians and Universalists during the Civil Rights era and about her own real-life awakening to the racial chasm then and now.

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

Sunday, January 23, 10 am
The Virtue of Giving

Roberta Altamari

Roberta will share with us her 2003 Mass Bay District Landreth Award winning essay and then encourage us to consider what wonderful and amazing things can happen when we give freely and with love. When we take expectations and responsibilities out of our giving exchanges, real transformation can begin for all people involved.

Sunday January 30, 10 am
What Comes Next?

Ms. Laura Graham, Ministerial Settlement Representative for the Mass Bay District

With our settled minister retiring we are beginning a transition which will include welcoming an Interim Minister next year while we search for a new settled minister. Ms. Laura Graham will join us this morning to talk about the opportunities and possibilities (along with the anxieties) that come with this kind of major transition in the life of a congregation and to launch the process officially. Ms. Graham is a member of First Parish in Concord and an active leader in district affairs. She will have a major role in the morning worship service which will be somewhat shorter than usual so that, immediately following worship, she can address the congregation in an open forum in the Sanctuary. Following Social Hour, Ms. Graham will meet with the Trustees and Nominating Committee to outline and launch the succession planning process.

Today we share the plate with the Healing Garden. See pg. 7 for details.

★ **HIGHLIGHTS IN THIS ISSUE** ★

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Roberta Altamari
Director of Religious Exploration
and Youth Ministry

Everyone I've seen lately, friends and strangers alike, have been wishing me Happy New Year. While I know that some really mean the wish and others are just saying it because that's the thing they do this time of year, it's really gotten me thinking about "happiness." What is happiness and do I have it in my life? How do we get to be one of the happy ones?

I look back on the recent months and see many happy moments. I don't have to look back any farther than the Family Christmas Eve service to remember being filled with much happiness. It was easy to feel good with our baby Jesus and his beaming smile, an adorable runaway cow, a Chinese Mexican shepherd, a proud young man carrying our star, true multigenerational community, and beautiful angels all over our sanctuary. The good feelings for me continued at a Christmas Eve celebration with my family and with a wonderful Christmas morning with my daughters. I would soon need these happy memories to get through some sadder moments.

I also don't have to look back any farther than Christmas to remember feeling alone and sad. My girls left mid-morning on Christmas Day to travel with their dad. I was home by myself and despite a few dinner invites from friends, spending Christmas without family felt awful. It was also the 15th anniversary of the year my grandfather died on Christmas Eve from an unexpected heart attack. I couldn't seem to get that overwhelming Christmas Eve out of my mind.

We all have really sad moments in our lives. Some people feel comfortable talking about them, but many of us don't. I was raised in a family where we didn't talk about our problems. I learned messages such as, "Speak only if you have something good to share. No one wants to hear about your problems." Fortunately, I've met some people in my adult years who have taught me the value of sharing feelings, talking about our bad days, and being a whole person.

When Kelly and I were talking about her miscarriages, she told me that some of her friends were surprised to hear how freely she would tell people that she had miscarried. And yet, the more people she told, the more people she met who also had miscarriages (or other childbearing struggles). Many people don't want to talk about their personal tragedies, and yet there is great healing and connection in knowing that you aren't alone. That's what happened in the classic story *Buddha and the Mustard Seed*. Buddha tells a boy dealing with the loss of a loved one that he will find healing once he can find a home in their village that has not had to deal with death. The boy couldn't find a home because every family had suffered in one way or another, but the boy did find comfort in meeting so many kind people.

To me, that's an important part of our community here. As the Director of Religious Exploration and Youth Ministry, I often get to be the staff person seen sharing fun and joy. I love to role model how to celebrate the pleasures of life. But I deeply know that our community must also make room to support and care for each other on our darker days. Hard moments will unfortunately come for each of us, but know that we all will be there with loving hearts and helping hands when they do. We can cry together, mourn together, and just be sad together ... knowing that our happy memories and the love we have for each other is what will help us survive our hard challenges.

After any rain storm, there will be a rainbow waiting. Walking through the storm makes us appreciate even more the next time we get to see the sun and light again. Know that we will still be there ready to enjoy that with you as well.

Warm and loving blessings on your happy and sad days,
Roberta

First Parish of Sudbury's Pastoral Associates
Audrey K, Polly M, Fred P, Paul R, Dawn S
In the event of a pastoral need, please call any of these Pastoral Associates.

Coming up in Adult Religious Exploration

Book Group to launch on February 2 Read Kushner's *Overcoming Life's Disappointments*

There's still time to sign up! The about-to-be launched First Parish Book Group will meet at 7:30 pm on Wednesday, Feb. 2 to discuss Harold Kushner's 2006 book, *Overcoming Life's Disappointments*. Kushner has written a compelling book about how people deal with the realization that their lives will not turn out as they may have hoped. And he uses Moses as a prime example. Here was a leader with a passion for social justice, a commitment to the struggle for national liberation, and an earnest desire to reconcile law with compassion. Yet he also was a conflicted human who knew frustration, longing, and regret, especially about the price his family paid for his successes.

To indicate your interest, please email Katie Lee at minister@fpsudbury.org.

Fruitful Darkness -- an exploration through Interplay and SoulCollage

Saturday, January 22 from 9:30 to 3:30 pm, led by CC King and Pam Swing
For men and women...in the Commons at First Parish
Deadline to register is Jan. 17. Latecomers welcome if space available.
Cost: \$85.00. (First Parish members/friends' cost is \$65.00)
To register or ask questions, email ccking.interplay@gmail.com or pam.swing@gmail.com

We come together to bring awareness and ease to the mystery of seasonal dark on earth and within ourselves. The recurring rhythm of darkness offers a time for letting go and renewal. Drawing from two intuitive processes -- Interplay and SoulCollage -- we will explore the place of fruitful darkness within ourselves. When there is a deep quietness in nature, what does your spirit/body/soul crave? Can we get a peek at what may be already incubating within, waiting for the return of the light to grow?

InterPlay is a creative practice that reconnects us with the wisdom of our bodies. It is rooted in movement, play, voice, and community. SoulCollage is an intuitive personal art form of creating collages that embody an aspect of your soul.

Sign Up Today

Soul-Searching – two mini-retreats – February 6 and 20 from noon to 2 pm

Registration deadline is January 18; at least 8 participants needed for each retreat.

On Sunday, Feb. 6 and Sunday, Feb. 20, Katie Lee will facilitate a mini-retreat following the day's worship service for those who register in advance. Participants will delve more deeply into their own faith formation. The two sessions (each different) will contain opportunities for spiritual self-discovery. More specifically, these retreats are designed to help each participant discern where they are in their own faith development and, perhaps, where they want to be now or go next. For more information, or to register, call or email Katie Lee at minister@fpsudbury.org.

An invitation to join an Interfaith Book Club

"I believe that it is important for us to come together with honesty and without judgment and to share what our faith means to us. I believe that it is important to listen to what others have to say and to work together for the good of humanity," says Shaheen Aktar who invites all members and friends of FPS to join the Interfaith Book Club that will meet Feb. 6, March 13, April 10, May 15 and June 26 from 11:30 to 1:00 pm at Temple Shir Tikva, Route 20 in Sudbury, across from the Islamic Center. The current book is [At The Entrance To The Garden Of Eden](#) by Yossi Klein Halevi. For further information about the Interfaith Book Club, contact shaheenakhtar500@yahoo.com.

Let Your Voice Be Included

Have you filled out your assessment of the ministry of First Parish from September 2009 to the present yet?

It's easy on line or ask the administrator to send you a paper copy. Your anonymous participation will help us evaluate the many programs and activities at First Parish, as well as the professional and lay leadership which make our ministry possible.

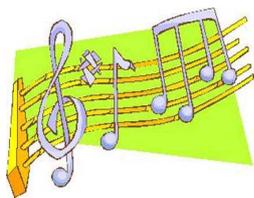
Click this link or type it into your browser:
<http://www.zoomerang.com/Survey/WEB22BNY6NCZ3K/>

The deadline is February 1. Friends of the Parish, teens and children are also invited to participate.

The survey takes approximately 10 - 20 minutes, depending on the number of programs in which you have participated. If at all possible, please complete the survey on line. In addition to the paper we will save, the results of the survey will be available much more quickly.

Thanks (in advance) for your participation.

-- Dotty R, Ellen B, Rob K and Eliza K (Board liaison)



The Coffee House on the Rocky Plain presents Camille Breeze, John Boehmer and Jon McAuliffe Saturday, January 22

Camille Breeze emerged on the Boston-area acoustic music scene in 2004. Combining her musical theater background with her love of a cappella, pop and roots music, Camille has been called "the sultress of song" and "a local treasure." Camille brings her powerful vocals and stirring storytelling to audiences throughout New England as a solo act as well as in collaboration with singer/songwriter John Boehmer and the duet Ergo Canto. For three years Camille was the host of the Cape Coffeehouse and she has opened for Don White and Vance Gilbert. Her debut CD *In Love* was released in Feb. 2010, and contains covers and original songs about love, loss, lust, and redemption, spanning the last 75 years.

Jon McAuliffe is a singer/songwriter who was first encouraged in that endeavor by Joni Mitchell while she was still an unknown. He began performing in 1965 in Virginia while still in his teens. There he shared stages with blues singer Doug MacLeod, future New Traditionalist Emmylou Harris and others. By 1971 Jon had recorded his first album for Warner Bros. with the band Thirty Days Out (both albums were reissued on CD last summer). Jon has worked with artists as stylistically divergent as The Cars, Andy Pratt, The J. Geils Band, Tim Hardin, Capt. Beefheart, The Beach Boys, George Carlin, Patti LaBelle, Buskin & Batteau, Guy Clark, Les Sampou, and more. Jon's forthcoming solo CD, produced by Seth Connelly, will be released in the spring.

Our January 22 show will also be 'Warm Clothes, Warm Hearts' night. Just bring any gently used jackets, coats, gloves, mittens, and hats to our show and they will be distributed to those in need at area homeless shelters.

Doors open at 7:00 pm, music at 7:30 pm. General admission is \$12. Student admission (with valid high school or college ID) is \$8. Homemade apple pie, cakes and cookies will be available for purchase. Proceeds will benefit First Parish of Sudbury and The Music School project in Cusco, Peru.



4th Tuesday Lunch Jan. 25 at Noon

Tuesday Noon Lunches begin again! Are you determined to eat healthier, get a handle on managing your weight, understand more about the nutritional benefits of all those fruits and vegetables?

Please join us at Noon on Jan. 25 in the Commons for an informative talk by Registered Dietitian Joan S B, well known in her field and an entertaining speaker. She has authored several books on health and nutrition and is a Clinical Associate Professor at Boston University. Bring your own brown bag lunch and be prepared to enjoy a stimulating hour!



Transgender Equality Discussion January 26 at 7:30

Come to FPS Wednesday, Jan. 26 at 7:30 pm when the Welcoming Congregation Committee will host speakers from MassEquality and the Interfaith Coalition for Transgender Equality on the topic of *Passing the Transgender Civil Rights Bill in Massachusetts: What It Means and What Must Be Done to Get It*. No one deserves to be fired, refused work, denied housing, education or credit, or suffer harassment or violence just because of who they are -- but transgender and gender non-conforming people in Massachusetts routinely face all of these for transitioning from one sex to another, or simply for defying expectations of what a 'normal' man or woman looks like. For more details contact Donna Scalcione, 978-443-2043

Sign Up Now for In-Home Dinners 2011



In-Home Dinners have been a First Parish activity for many years – for good reason – they are fun! They are a wonderful opportunity for long-term and newer members and friends to become better acquainted.

We always need people to host. It isn't difficult – just ask one of last-years hosts, or call Sue C. Remember that we're all looking forward to great conversation and community rather than an immaculate, Martha-Stewart-inspired house!

Please respond to Sue C or the office 978 443 2043 office@fpsudbury.org with the following information:

- Host or guest?
- First and second choice dates:
 - o Saturday, January 29,
 - o Sunday January 30 - dinner
 - o Sunday January 30 – after-church brunch
 - o Friday February 4
- Do you want to attend a family dinner, or one for just adults?
- If you are a guest, how many of you are there?
- If you can host (and thank you already!!!), how many people can you host – not including you.
- Do you have any allergies or issues that I need to know about as I compile dinners? (For example, are you allergic to cats, do you have a hard time with steps...)



**Faith
in Action
News**

**Here's how YOU can participate in
the Water Conservation Project**

There are many ways for members and families to participate in the First Parish Water Conservation Project. The Conservation Project leaders heard your feedback and are now offering more ways for you to participate.

You can, as we have been advertising since the beginning of this project, commit to using 10% less water than your average use over the past two years (2009-2010).

An exciting new option is that if you have already installed low flow shower heads and other water saving devices and are careful about not over-watering your lawns and gardens, you may qualify for special recognition. If your water bills in 2011 demonstrate that you have used an annual average of less than 55 gallons per day per person in your household, you will be recognized as a "Super Saver".

If you would like to share your favorite conservation tips with members of the congregation, you can sign up as a "Conservation Mentor".

If you are willing to post a "Conserve" sign in your yard, you can sign up as a "Conservation Advocate" and we will provide you with a small lawn sign.

If you reside in a condo, apartment, or for other reasons cannot meter your own water use, you can still participate by pledging to take "Actions to Conserve Water".

No matter how you chose to participate, your decision will help protect the flows in our local rivers and hopefully save money by reducing your water bills.

For more information, contact Tom A at tba1959@comcast.net
or Roberta Altamari at dre@fpsudbury.org.

CORRECTION: The author of the poem in Katie Lee's Jan. 3 *Connector* column was Denise Levertov. This information was inadvertently left out.

This space deliberately left blank.

Seeking Your "Faith Inspiring" stories

Katie Lee and Roberta are seeking inspiration from your stories about the times you felt your Unitarian Universalist values come alive at home or out in the larger community. Faith formation, spiritual development, and religious awakenings can happen for us liberals anytime and anywhere. We would love to hear your inspiring story. If we would like to share it during a service, we would ask your permission to do so and invite you to decide who shares it. Please send your stories to us at DRE@fpsudbury.org.



So What? Sew Buttons. Our pew cushions need someone to sew buttons back on. Can you help? Please contact Donna in the office.



The Women's Alliance Seeks Rummage

If it fits into a paper grocery bag, we want it for our April 30 Jumble Sale!

- household goods
- toys & games
- office supplies
- clothing for all ages
- books (no textbooks, no magazines).

Any item that is clean, in good repair and fits into a paper grocery bag will help the Women's Alliance. If you cannot save your donations at home, contact Donna at the office to make a drop off plan.

Share the Plate January 30 with Healing Garden

Since the Healing Garden opened in 2001 we have served more than 1000 people from 50 communities throughout Massachusetts. Our geographic base is primarily central MA including Concord, Acton, Stow, Littleton, Bolton, Harvard, Fitchburg, Lowell, Shirley, Carlisle, Sudbury, etc. We provide therapeutic services and educational programs to people with breast cancer, approximately 300 clients in an average month. Our services include Acupuncture/Therapeutic Massage/ Reiki/ Shiatsu; Group/Individual/Couples/Family Counseling; Expressive Therapies: Art, Dance, Music and Writing; Gardening; Meditation/Visualization/Clinical Hypnosis; Nutritional Counseling; Yoga and Exercise Classes. We offer these support services in a safe and comfortable setting in the midst of eight acres of lush gardens and tranquil woods, affording many opportunities for quiet reflection and calm, focused healing.



See the Bulletin Board in the Parish Hall to the right of the Kitchen for opportunities for spiritual growth, education, and entertainment, as well as updates from the UUA (Unitarian Universalist Association) and our Mass Bay/Clara Barton District, as well as news from the wider community.

Our own **Dawn S** will speak at Congregation Beth El, 105 Hudson Road, Sudbury on "The Life and Times of Randy Shilts – A Sister-in-Law's Perspective" on Friday, Feb. 17 at 8:00 pm. Everyone is welcome. Dawn presented this talk last summer at FPS, so this is your opportunity to catch it if you missed it before. Further details are on the bulletin board.

"Sources: A Unitarian Universalist Cantata" written by Rev. Kendyl Gibbons (words) and Rev. Jason Shelton (music) will be presented on Jan. 30 at 3:00 pm at the First Church in Roxbury, 10 Putnam Street, to benefit Unitarian Universalist Urban Ministry. (Snow date is Feb. 6). 65 singers from the Unitarian Universalist Musicians Network - Greater Boston Coalition, drawn from ten participating congregations, are joining forces to produce this event. They will be joined by children from Roxbury and Concord. "Sources" explores the six sources of Unitarian Universalist faith and its promise for the future. For more than 200 years, the UU Urban Ministry has worked to engage faith communities and transform individuals through education, service, and advocacy programs. UUUM programming focuses on services to at-risk youth and families in crisis. Tickets for "Sources" are \$20; \$15 for students and seniors. Tickets are available through the UU Urban Ministry (<http://www.uuum.org>) or email rcrocker@uum.org.



**Enjoy Soulful
Sundowns
every Friday night
at 7pm**

with First Parish of Sudbury
Unitarian Universalist

*Exploring the
intersection of arts,
social justice, and
spirituality*

***It's all about
connection
and inspiration!***

*Each Soulful Sundown Friday will be spent doing one of the
following:*

- ♥ *Sharing interactive, meaningful worship together*
- ♥ *Viewing and discussing films which challenge us to search for meaning behind the flickering images on the screen*
 - ♥ *Exploring social justice and working together for change*
 - ♥ *Engaging in a fascinating discussion about human sexuality*

♥ *Bring a friend!*

All are welcome (need not be a member of First Parish to attend)

The Magic Lantern: 13 Conversations about One Thing

On Friday, January 14 at 7pm, we will view and discuss *13 Conversations about One Thing* as part of The Magic Lantern film series with Dr. Jonas Barciauskas & Rev. Katie Lee Crane. The "one thing" that prompts 13 different conversations is happiness, and in this drama from writer-director Jill Sprecher, a superb cast (including John Turturro, Amy Irving, Matthew McConaughey, Clea DuVall and Alan Arkin) circles all the big questions about happiness, how to find it and how to hold onto it. The characters' stories meld in a gorgeously shot and inventively edited style that creates a breathtaking sense of heightened realism.

An Old Fashioned Potluck with Grace

On Friday, January 21 at 7pm, we will host a potluck dinner. Join us for good food and conversation by candlelight as we simply enjoy some time together. Please bring your favorite grace, blessing, or poem to share.

continued on next page

What Messages about the Birds and the Bees Are We Teaching?

On Friday, January 28 at 7pm, we will enjoy our second in our Birds & Bees All Grown Up series. We will view two sexuality education videos targeted for teens, one that is shown in conservative Christian churches and one that is shown in the Unitarian Universalist Our Whole Lives program. We will not criticize either video, but will use them to inspire discussion about what we believe about human sexuality and what messages do we want to be teaching our own children and grandchildren. (This is not just for parents of our teens, everyone interested is welcome.)

Paper clips: It began as a lesson about prejudice ... what happened next was a miracle!

On Friday, February 4 at 7pm, we will view and discuss a documentary called Paper Clips. This is a repeat of a November Soulful Sundown that was so popular that everyone wanted to do it again so they could bring some friends. "When Tennessee's Whitwell Middle School began studying the Holocaust as a way to learn about intolerance and diversity, they started collecting paper clips to help them visualize the vast numbers of victims murdered by Hitler's Nazi regime. As word spread online and in the media, paper clips poured in by the millions from all around the world." First Parish member, Julia Dixon Eddy was the editor of the film and will share some of the behind-the-scenes inspiring moments.

The Magic Lantern: Doubt

On Friday, February 11 at 7pm, we will view and discuss *Doubt* as part of The Magic Lantern film series with Dr. Jonas Barciauskas & Rev. Katie Lee Crane. In this Oscar-nominated adaptation of John Patrick Shanley's Tony-winning play, Sister Aloysius (Meryl Streep) begins to have doubts about doting priest Father Flynn (Philip Seymour Hoffman), who seems to have become overly involved in the life of a young African American pupil. But Flynn isn't the only one she doubts. Is she overreacting to the situation, or is there truth behind her convictions.

Soulful Sundowns will return March 4th with special guest Rev. Mark Harris leading a talk about classism, more Magic Lanterns, and a spring equinox celebration.

EMERGENCY CLOSING INFORMATION

Find out if worship and other events at First Parish are cancelled:

By phone—check the recorded message at the First Parish number, 978-443-2043.

First Parish website -- Go to www.fpsudbury.org. The front page will show any closing.

WBZ Radio website -- Go to www.wbz.com, click on "School Closings from the WBZ Storm Center" button, click on "Religious" and scroll down to look for "First Parish of Sudbury."

By radio -- Listen to 1030 AM *WBZ Storm Center* at :05 and :35 past the hour for cancellation of our [Sunday worship service only](#). NOTE: Other events cannot be listed. If you think a meeting or event might be cancelled, please contact the meeting leader.

The Connector is a publication of First Parish of Sudbury Unitarian Universalist, 327 Concord Rd., Sudbury, MA 01776

We are a diverse and welcoming community of spiritual seekers; we strive to learn together and support one another as we celebrate life's important moments and serve the larger community.

Submissions to *The Connector* go to Administrator at 978-443-2043 or office@fpsudbury.org by 5:00 pm on Wednesdays.

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

Music Director Debra Morris-Bennett: musicdir@fpsudbury.org

Director of Religious Exploration Roberta Altamari: dre@fpsudbury.org

Community Life Coordinator Bev Baker: connect@fpsudbury.org

Copies of selected worship services are available on our Website, in print in the foyer, or on a CD recording from the office

Web address: www.fpsudbury.org Phone: Office 978-443-2043, Fax 978-443-4391

Deadline is 5 pm Wed., Jan. 19 for the *Connector* coming out Wed., Jan. 26.

Send to administrator office@fpsudbury.org or phone 978-443-2043

FPS Calendar Jan 12 to February 5, 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			Jan 12 7:00p Rental	Jan 13 1:00p Mindfulness Meditation 7:30p Choir	Jan 14 7:00p Chalice Circle 7:00p Soulful Sundown film	Jan 15
Jan 16 10:00a Worship 11:45a Hearthside Cht 4:45p Morris Dancing 6:30p Rental	Jan 17	Jan 18 7:00p Rental 7:00p Quilting	Jan 19 7:00p Coffeehouse Task Force 7:00p Rental	Jan 20 1:00p Mindfulness Meditation 7:00p Rental: Sudbury Dems 7:30p Choir	Jan 21 7:00p Coffeehouse Prep 7:00p Soulful Sundown potluck	Jan 22 9:30a Fruitful Darkness Workshop 7:00p Coffeehouse on the Rocky Plain
Jan 23 10:00a Worship 11:45a Hearthside Cht 11:15a NOAH rehearsal 11:45a CHC 4:45p Morris Dancing 5:00p Jr High OWL 5:30p Women's Alliance meeting 6:30p Rental	Jan 24 7:00p RE Com	Jan 25 12p 4 th Tues Lunch & Discussion 7:00p Rental 7:00p Quilting 7:30p PAG	Jan 26 7:00p Rental 7:30p Welcoming Congregation Public Program: Transgender Civil Rights-all welcome	Jan 27 1:00p Mindfulness Meditation 7:00p Carbon Consciousness 7:30p Choir	Jan 28 7:00p Soulful Sundown discussion	Jan 29 10:00a Rental: Wilkinson Memorial Service In Home Dinners
Jan 30 10:00a Worship 11:15a NOAH rehearsal 11:45a & 4:45p Morris Dancing 5:00p COA 6:30p Rental 7:00 Youth Grp. In-Home Dinners	Jan 31 7:30p OWL Parents meeting 7:30p WAG	Feb 1 7:00p Rental 7:00p Quilting	Feb 2 7:00p Rental 7:30p Book Group	Feb 3 1:00p Mindfulness Meditation 7:30p Choir	Feb 4 In-Home Dinners 7:00p Soulful Sundown film "Paper Clips"	Feb 5 12:00p Rental