



NOVEMBER 3, 2010



Worship at the Meetinghouse



Remember to set your clocks back!

Sunday, November 7, 10 am

Listening by Heart

Rev. Katie Lee Crane with the Pastoral Associates

Pastoral care-giving is not easy to describe but it is amazing to give and receive. It's about being there. About listening. It is a spiritual practice of mindful attention and affirmation. It's about telling stories. It's about holding another's story with reverence. As Henri Nouwen once said: "Our most important question is not, "What to say or do?" but "How to develop enough inner space where the story can be received." Offering pastoral care is, again in Nouwen's words, "a humble but also demanding task." In some ways, we are bystanders, but it's more than that, we are witnesses to another's life. And all we can do is *be there*. We can't fix it or change it or talk someone out of it. We are simply there to hear someone into a deep sense of their own humanness. This kind of listening by heart has transformative power, not only for the one listened to, but also for the listener. Join us this morning to hear our Pastoral team tell how this ministry of presence has strengthened their own spiritual foundations and carried over into other important relationships in their lives. Hear our own stories of how, in the process of hearing someone into a spiritual insight or out of a spiritual wilderness, we moved along our own spiritual paths.

The Pastoral Associates will be available at Social Hour to speak about their own experiences.

There will be a Hearthside Chat at 11:45

to have a conversation about the day's topic and the issues it raises.

continued on pg. 2

POSTPONED – WE HOPE TO RESCHEDULE AT A LATER DATE

Sunday, November 7, at 3 pm

Take My Hand – a Community Service of Healing and Comfort

★ **HIGHLIGHTS IN THIS ISSUE** ★

- | | | |
|--------------------|---|-------|
| Fri., Nov. 5 | Soulful Sundowns Begin with Worship 7:00 pm | pg. 9 |
| Sat. Nov. 6 | Outdoor Clean Up 9:00-2:00 - all ages welcome | pg. 6 |
| Sat., Nov. 6 | Coffeehouse & Warm Clothes Collection 7:00 pm | pg. 6 |
| Sun., Nov. 14 | Women's Alliance Meets | pg. 7 |
| Now through Dec. 1 | -- Teal Hymnal Drive | pg. 5 |

Worship continued

Share the Plate [Nov. 7](#)

Share the Plate on November 7 will be with Gulf Coast Volunteers for the Long Haul, affectionately referred to as “Long Haul.” Shortly after Hurricane Katrina in 2005, volunteer efforts for Louisiana and Mississippi began through the Winchester MA Unitarian Society and the leadership of Rev. Mary J. Harrington. It quickly led to the formation of a non-denominational, all volunteer, non-profit, tax-exempt organization. Since fall 2005, Long Haul has organized and led week-long Service Trips for volunteers every two months, mainly to the New Orleans area. After the initial trip, it became clear that the conditions in New Orleans, as well as much of Louisiana and Mississippi, would require involvement of volunteers for years to come.

Long Haul has a small budget that comes from donations and special events. There is no paid staff, so 100% of support given to Long Haul goes towards off-setting on-the-ground expenses during trips (accident insurance, van rentals, small donation to the local church that provides housing, etc.) It costs around \$350 per volunteer for such expenses. Adult volunteers are asked to make a \$100 contribution towards meeting these costs, plus provide their own transportation to New Orleans. In keeping with a commitment to bring youth and young adults on the Service Trips, Long Haul underwrites trip costs for younger volunteers.

Long Haul does what it does on behalf of many other caring people who are not able to go in person to volunteer. The commitment is to stay the course and keep returning until the people living in the region have been able to put their lives, homes and communities back together. Each Service Trip has the same story – people tell them how much it matters to them that volunteers continue to show up; the volunteers buoy their spirits and renew their hope and faith in humanity. Like you, Long Haul does not forget our sisters and brothers in Louisiana.

[Sunday, November 14, 10 am](#) *Justice Sunday - Ethical Eating* Rev. Katie Lee Crane

In 2008, the Unitarian Universalist Association chose Ethical Eating: Food and Environmental Justice as a four-year Congregational Study/Action Issue (CSAI). Since then, UU congregations in the US and Canada have engaged in a multitude of projects, educational conversations, and activities to increase awareness and change behaviors. People have changed their eating habits and their buying habits. They’ve prepared cookbooks and lobbied; taken field trips and hosted local farmers’ Community Supported Agriculture programs. Today at First Parish of Sudbury we will worship and work with these issues. We will consider how mindful eating can be a spiritual practice. Our bodies are, after all, sacred vessels of life. We will also look beyond ourselves, our families, even our communities, understanding that every food choice we make effects the interdependent web of all existence: the treatment of animals, the ways we use grain, the unequal distribution of food throughout the world and so much more. As we prepare to give thanks for the food we eat and the blessings we enjoy, we pause briefly to understand that what we eat is not only crucial to our body’s health, it is also central to a sustainable global community.

Today is a [Justice Sunday](#).
We will continue to explore the topic during Social Hour
where there will be opportunities to learn more
and consider personal, family, and congregational initiatives.

Worship continued

Sunday, November 21, 10 am

Music Sunday – A Renaissance Reflection

**Ms. Debra Morris-Bennett and the First Parish Choir
with special guests, Solstice Sakbuts**

This year, David Lindsey and Alan Johnson playing tenor sakbut and Leslie Havens playing bass sakbut, will join Debra and the First Parish Choir to bring us a selection of 16th and 17th century Renaissance music. In selecting the choral pieces for this service, Debra wanted to offer a spiritual respite from the “noise” or today’s complex world. What she discovered, however, as she explored the music more deeply, were familiar themes that not only reflect the complexities of the 16th century world but also suggest mirror reflections of the complexities of our own world: world-weariness contrasted with our longing for wholeness, goodness, and vitality; the urgency to live well and fully in the face of inevitable death.

In this music-filled worship service, listeners may rest in the beauty of the music and reflect on the ever-present human condition that spans the centuries.

Interfaith Community Thanksgiving Worship

Sunday, November 21 at Memorial Congregational Church at 4:00

Join members of the Sudbury Interfaith Clergy Association and guests from the greater MetroWest communities for an Interfaith Community Thanksgiving Worship at Memorial Congregational Church in Sudbury on Sunday, Nov. 21 at 4:00 pm. To participate in the Interfaith Community Children or Adult Choir, call Cathy Meyer at Memorial Congregational Church or email her at memorialmusicdirector@gmail.com. Adults will rehearse together at 3 pm on Sunday, November 21 immediately before the service.

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.



More Mashia

For those who’d like to hear some/more of Rodney Mashia’s music (our worship leader on Oct. 24) go to

www.reverbnation.com/rodneyashia

Making Meanings BY REV. KATIE LEE CRANE



Holy moments. I'm just back from a weekend *filled* with holy moments. Sometimes it was the light. Sometimes it was the company of friends... sometimes the lake... or shared memories. Sometimes it was the laughter; other times, tears. For the 32nd consecutive year, I met three college friends for our annual "Ladies' Weekend." We met in Ohio in 1965. Though we all now live in New England, we rarely see each other at other times of the year. Rituals like this are holy. And the collection of moments we share is like the assorted shells you discover at the beach. I collect images. Some are finely detailed in my mind and heart; others are digitally recorded on my camera.

One of my friends asked: "What *is* spirituality, anyway?" Holy moments capture its essence, for me. It is feeling alive and connected. It's breathing in not only the present moment, but the shared history. Those first moments when we meet... and the ones when we part. The stories we tell. The walks. The talks. The silliness. If you ask me, this is the essence of life.

Anima – breath of life – animation. *Spiritus* – spirit – inspiration.



Was it simply a gathering of longtime friends? Yes. Was it also a spiritually nourishing experience? Yes!

We lost two of our mothers this year (each of our mothers belonged to all of us). Now all of our parents are gone. It is a holy moment to hear a now-grown daughter remember her mother. And a holy moment to share our collective loss. It was another such moment to see photos of the newest grandchild, "Mag-pie," her great-grandmother's namesake and legacy to the future. Weddings. Births. Graduations. Losses. Endings. More weddings. Babies. All are part of the patchwork of life's holy moments. Even planning what we'll wear to the May wedding of one of "our" daughters.

In this year at First Parish of Sudbury when we examine our own spiritual practices along with how we live our faith in the world, I encourage you not to overlook the sometimes extraordinary – but mostly ordinary – holy moments that are, indeed, spiritual experiences. Remember them, capture the images in your mind and heart (or, maybe) your camera. Hold them with reverence and gratitude. Place them on the altar in your heart. Make it a spiritual practice.

Pause each day to collect your holy moments.



Blessing, Katie Lee

Coming up in Religious Exploration

Social Justice projects for kids, families, and adults!

Starting Halloween Sunday and continuing for two weeks into November, we will be collecting sweets and other treats for Birthday Wishes (a non-profit group that hosts Birthday parties for children in homeless shelters across the state). Please share any surplus Halloween candy (that doesn't have nuts and/or Halloween decorations).

Other items that Birthday Wishes needs include:

- disposable cameras,
- wrapping paper,
- gifts for kids 3 and under
- gifts for boys 10 to 18

The collection box is in the hall outside the Commons. Thank you for any donations you can share!

Religious Exploration Wish List:

A clean and good condition sofa or love seat in a plain color of tan, maroon, or blue.

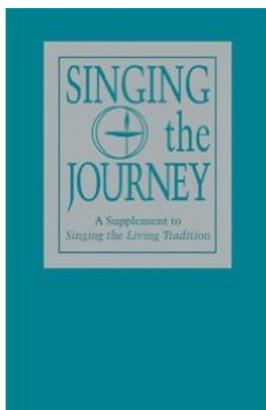
A preschool table and 4 to 6 matching chairs

If you have anything we are wishing for, please contact Roberta today.



Taking Care of Our Home

This is our sacred, shared community. Please be respectful of all rooms, spaces, and property at First Parish. Leave everywhere in our home nicer than how you found it and remember to treat our shared property as you would want your most precious space to be treated.



“Teal” Hymnal Drive ~ You buy ONE, We get TWO

Ever found yourself looking for one of those teal paperback hymnals in your pew when everyone has already started to sing? Well we just don't have enough to go around. But, worry no more.

If you buy one hymnal (for a mere \$18), First Parish will get one donated through a generous anonymous offer. This offer is good until December 1.

So please send in your donation of \$18 payable to First Parish, attn: Debra Morris-Bennett. Thank you.



Annual Fall Outdoor Clean Up Day 9-2 Sat. Nov. 6.

Come spend a morning or a couple of hours with the Landscape Committee getting our Churchscape ready for winter. We'll be raking leaves, picking up sticks and moving mulch, so bring rakes, tarps, wheelbarrows, old plastic sleds, leaf blowers etc. Kids, bring your parents; parents, bring your kids for a fun family project. We'll break for a pizza party for all.



The Coffee House on the Rocky Plain presents Tom Smith Saturday, Nov 6 at 7:00 pm

The Coffee House on the Rocky Plain announces its second-season kick-off with Tom Smith, the brilliant singer-songwriter, joined by his daughter Mally Smith. Tom interweaves old folk songs with his original songs that are reminiscent of the very best of the old school folk tradition. Presenting an easy-going and engaging style, Tom's roots are in the 60's Cambridge folk scene. Tom has performed at concerts, folk festivals, coffee houses, and schools throughout the Northeast US. His monthly folk music blog, "The Kitchen Musician" can be viewed at TomSmithMusic.com. The Boulder Coffeehouse, Colorado tells us that he "brings a rich and deep portfolio of well-crafted songs delivered in fine, tastefully understated fashion and with a dry wit guaranteed to put a smile on any face."

Keeping it in the family, emerging indie artist, Mally Smith will join her father. Mally will remind you of a young Shawn Colvin, combining original songs, well-chosen covers and tasteful guitar, with a voice that will capture your heart.

The Drewbadour, a local singer-songwriter, opens the show at 7:30pm. Drew Stevens writes and performs beautiful, touching love songs, as well as extremely clever and amusing songs. You may know him as the host of the Maynard Public Library open mike "Unplugged", the first Thursday of each month.

Doors open at 7:00pm, music at 7:30pm. 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 Sudbury and The Music School project in Cusco, Peru.

And...



Warm Clothes, Warm Hearts Support Live Music & Help Those Less Fortunate in Our Community!

You can drop off your warm clothing items at our Nov. 6 Coffeehouse on the Rocky Plain, and at WUMB Member Concerts through mid-January. Please make sure all items are in good condition.

Quote to Ponder

You will be cared for, and will be called upon to care for others.

- Michael Durall in his book The Almost Church Revitalized, as an example of a good mission statement.

People We Care About

deliberately left blank



Women's Alliance Invites All Women Sunday, Nov. 14

The Women's Alliance invites all women to a brief business meeting and pot luck supper from 5:30-8 pm on Sunday, Nov. 14 at the home of Carolyn L. No RSVP needed. Newcomers and all, drop in and enjoy good food and stimulating conversation with new or long-time friends. For more details, call the office.

EDITOR'S NOTE:

Next Deadline is 5 pm Nov. 10
for the *Connector* coming out Nov. 17
Send to office@fpsudbury.org or call administrator at 978-443-2043



Help First Parish Find Renters

FPS has rented space to yoga groups, poetry lovers, inner peace seekers, test prep. students, spiritual dancers, musicians, singers, and a whole host of others who've enjoyed our wonderful spaces. If you know of an individual or organization that is looking for rental space (for a one-time event or ongoing) please let them know that we have a variety of spaces available at reasonable rental fees, and suggest that they call the office for details at 978-443-2043 or email office@fpsudbury.org. Or you can let the office know of your idea and someone from FPS will contact them. Thanks.



Please bring your used toner and ink cartridges to the FPS

office. We get \$2 in free office supplies for each one we recycle at Staples. Any type. Any size. Thanks!



An Easy Way to Pay Your Pledge

Remember – you can pay your pledge through automatic withdrawals from your checking or savings account. It's easy!

To get started, ask for a form from the office or from Roger C, our Assistant Treasurer

Are You Ready to Usher?

- Would you like to find a simple, task-focused way to support First Parish?
- Would you like to have your children participate in an important First Parish function?
- Would you like to support our congregation when you're at First Parish already?
- Would you and your family like to offer a warm friendly welcome to visitors and worshippers?

You'd get detailed instructions and a defined work period (9:15-11:15 am). You can sign up for one Sunday per year, occasional Sundays or regularly. You can be paired with an experienced teammate to fold the programs, set up the sanctuary, welcome and hand out programs before the service, collect the offering during the service, tidy up the sanctuary and count the collection after the service. To sign up or for more details, contact Ginny D, Nancy M or the office.

? Who's a UU ?

Out of the nearly 4.5 million adults in Massachusetts, slightly over 18,000 are members of a Unitarian Universalist congregation (not counting the Church of the Larger Fellowship membership). That means that for every Unitarian Universalist in the state, there are more than 250 adults who are not UU. Have you considered inviting some of your un-churched friends and relatives to visit First Parish and learn what we are all about?



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

News from the Wider-Community

Job Opening: From time to time the office receives information about local job openings. Currently ScerIS, Inc. in Sudbury seeks a Telemarketing Representative. The office has details.

HOPEsudbury Telethon and Auction from noon to 10 pm on Sat., Nov. 6 on Sudbury TV/Comcast 8/Verizon 31, or go to www.sudburytv.org for live stream access.

Assistant District Attorney to Speak on Bullying and Cyber Bullying: Prevention in Schools and Communities, Monday, Nov. 15 at 7:30 pm Curtis Middle School Auditorium, 22 Pratts Mill Road, Sudbury. Free and open to the public

Massachusetts has a new bullying law! Nina Pomponio, Assistant District Attorney at Cambridge Juvenile Court and Prevention and Education Coordinator at Middlesex Partnership for Youth, will review this new law with an emphasis on when bullying, which is prohibited but not a crime, becomes criminal. Also, this presentation outlines when off-campus behavior creates a hostile environment at school, infringes on students' rights and/or disrupts the education process. Strategies to prevent bullying and protect targets from aggressors in schools and communities will be given. In addition, Sudbury Public Schools will present how they are addressing this new law. For more information, contact Elizabeth Messina at 781-790-1029 or at esmessina@aol.com



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

with First Parish of Sudbury
Unitarian Universalist
327 Concord Rd. Sudbury
978-443-2043

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

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

Starts November 5

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

Bring a friend!

On Friday, November 5 at 7pm, a worship service called "The Little Things Add Up!"

On Friday, November 12 at 7pm, view and discuss *The Soloist* as part of The Magic Lantern film series.

On Friday, November 19 at 7pm, view and discuss a documentary called Paper Clips with special guest Julia Eddy.

On Friday, November 26 at 7pm, sexuality discussion in our Birds & Bees All Grown Up series.

On Friday, December 3 at 7pm, a worship service called "Making Merry Meaningful."

On Friday, December 10 at 7pm, view and discuss *Babbette's Feast* as part of The Magic Lantern film series.

On Friday, December 17 at 7pm, travel to the residence of homebound seniors to spread some musical Christmas cheer.

On Friday, December 24 at 5pm and 7pm, gather together for our wonderful Christmas Eve services.

For more information, see our website at www.fpsudbury.org or contact Roberta at DRE@fpsudbury.org or 617-872-5145.

FPS Calendar Nov 3, 2010 to Nov 27, 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Oct 31	Nov 1	Nov 2	Nov 3 2:00p Rental: Girl Scouts 7:00p Rental	Nov 4 1:00p Mindfulness Meditation 7:30p Choir 7:30p Harvest Fair Committee	Nov 5 7:00p Set up for coffeehouse 7:00p Soulful Sundown Worship	Nov 6 9-2 Outdoor Fall Clean Up – all ages welcome 2:00p Rental 7:00p Coffeehouse on the Rocky Plain
Nov 7 10:00a Worship Service 11:00a Fall Cleanup rain 11:45a Hearthside Chat 11:45a Morris Dancing 11:45a Faith in Action 2:00p Rental 4:45p Morris Dancing 5:00p Jr. High OWL class 6:30p Rental 7:00p Sr. High OWL class	Nov 8 7:00p SPTF 7:30p Committee on Ministry	Nov 9 1:00p AUUA meeting 7:00p Rental 7:00p Quilting 7:00p Program Council 7:30p Town Center Task Force	Nov 10 7:00p Rental	Nov 11 1:00p Mindfulness Meditation 7:30p Choir	Nov 12 7:00p Chalice Circle 7:00p Soulful Sundown Magic Lantern film "The Soloist"	Nov 13 2:00p Rental: Princeton Review
Nov 14 10:00a Worship Service 11:45a Hearthside Chat 11:45a Morris Dancing 12:00a FPS Staff Mtng 2:00p Rental 4:45p Morris Dancing 5:00p Coming-of-Age class 5:30p Women's Alliance meeting & potluck offsite 6:30p Rental	Nov 15 7:00p Our Whole Lives parent meeting 7:15p Chalice Circle	Nov 16 3:45p Daisy Troop 7:00p Rental 7:00p Quilting 7:30p Worship Associates Group	Nov 17 7:00p Rental	Nov 18 12:00p Mindfulness Meditation 6:30p Choir	Nov 19 7:00p Soulful Sundown Be the Change film "Paper Clips"	Nov 20 10:00a Rental: Law of Attraction Group 1:00p Rental: Skinner Family Child Dedication 2:00p Rental: Princeton Review
Nov 21 10:00a Music Sunday 11:45a Morris Dancing 11:45a Welcoming CongCom 11:45a CHC Newcomers Gathering 2:00p Rental 4:45p Morris Dancing 5:00p Jr. High OWL class 6:30p Rental 7:00p Sr. High OWL class	Nov 22 7:00p RE Committee	Nov 23 12:00p 4th Tuesday BYO Lunch/Discuss 7:00p Rental 7:00p Quilting 7:30p Pastoral Associates Group	Nov 24 THANKS-GIVING DAY 7:00p Rental	Nov 25 1:00p Mindfulness Meditation 7:00p Carbon Consciousness	Nov 26 7:00p Soulful Sundown The Birds & Bees All Grown Up activities	Nov

blank page I couldn't delete