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# First Parish of Sudbury News

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November 25, 2007

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Next E-News Bulletin Deadline: November 28, 2007

Editor: Fran Sharp

Submissions to: [office@fpsudbury.org](mailto:office@fpsudbury.org)

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## Making Meanings

"You don't know how lucky you are," Áine Minogue told me more than once after her guest appearance at our recent Music Sunday, *Celtic Harvest*. She couldn't say enough good things about Debra and the First Parish choir. "We had such fun," she exclaimed, "Debra was so organized." Áine admitted this, though: "Debra gave me the credit for arranging the music for SATB (choral voices); I didn't do it – *she did it all!*"

I think we *do* know how lucky we are, but isn't it wonderful to hear it from a guest? And shouldn't we pause a minute and feel our deep gratitude for the ministry of music we are so blessed to have here?

I heard from you, too. "Beautiful, marvelously woven, deeply spiritual service," from a visitor. "Best service I've been to," from a longtime member. "First UU music service I've attended that managed to be a worship service," from a longtime UU who was visiting. You told me it was healing and nurturing and inspiring. You were grateful for how the words offered a deeper context for the music. You said, "Afterwards I just had to take a walk", and "I spent the entire afternoon in my garden."

Thank you, Debra. Thank you, choir members. These comments are not at all unusual. We heard similar remarks after the *Holocaust Cantata* and *Chichester Psalms* and *Missa Gaia*. You reach our depths with your music.

Tom Hill, clarinetist, wrote:

*Thank you again for having us at First Parish Sudbury, and for creating an atmosphere so earnest and rewarding. It was our first experience in offering such a program in the ecclesiastical setting. And the kind and sincere work of you, your choir and the entire First Parish family certainly made it an uncommonly nurturing and fulfilling one.*

*If you would be so kind, please convey to all involved how much we enjoyed creating and playing within such an enlightened environment. And how inspiring it was in revealing to us the possible blessing of performing in such a way.*

*One of the last things Áine and I said to each other, as we headed for the parking lot, was how reluctant we were to leave the space.*

## Simply Green Gift Swap

Coming December 1

Last month I dreamed... this month it's a reality. A wonderful team of volunteers – including new ideas and energy from our Green Sanctuary Committee – is bringing back one of my favorite seasonal activities.

Here's how it works. You bring lovely things you own but cannot use or do not need to First Parish for re-gifting. (If you don't have anything to contribute, that's OK). Then, you and your family come "shopping" on Saturday, December 1 between 2-4 PM. When you find something that's been donated that would be "just right" for someone on your gift list, you take it. You can wrap the gifts you've chosen and then pack them up in a recycled shopping bag. Everything is reused and recycled. No money changes hands.

We know this is especially fun for children. They can bring things to be offered as gifts and take home gifts for the people they love. We'll even let them shop while parents aren't looking (but other adults are supervising)!

Nobody has to bring a gift to take a gift. If there are gifts left on Saturday, the Simply Green Gift Swap will continue on Sunday. Any gifts not finding their way to new owners will be donated to charity.

Here's what you do:

- Gifts must be things you already have but presumably do not need or want. They should be in good condition – good enough to give to someone *you* love.
- Bring gifts, unwrapped, to the First Parish front foyer (under the stairs in the old Meeting House) from Sunday, November 25 through Saturday, December 1. (We cannot take anything after 10 AM that morning.)
- Bring gift bags, reusable ribbon and paper; bring shopping bags if you have them

As Tracy says: you exchange our Meeting House for the mall; your First Parish friends for crowds and salespeople; spending time for spending money; joyful giggles for tantrums; and a pat on the back for *being green* instead of a kick in the b—t or a hit in the wallet for gas guzzling! Join us. Bring a friend. Bring lots of friends.

*Katie Lee*

**Seekers of the Light**



*More Than Sunday*

*Life is religious whenever we make it so.*

*-Sophia Lyon Fahs*

I remember (and maybe some of you do, too) going to church on Sunday, “passing the peace” (shaking your neighbor’s hand and saying, “Peace”) with some kid from school, only to have that very same kid be mean to me the next day. Somehow, I felt such people either weren’t paying attention to the message or chose to ignore it. “Peace” and a whole lot of other good lessons never got beyond that one hour in church. We need more than Sunday.

The opening Fahs quote means that living our faith is not confined to a time or place, but is everywhere, at every moment, awaiting our awakening. Our congregation is the anchor of faith development; it is not the ship, nor the sea.

Many of us find it difficult to get anchored at First Parish as often as we’d like. Parents of very young children are one such group. Sleep schedules, inclement weather, illness—all of these can make it hard to get to church. Then there’s separation anxiety, and perhaps a host of other concerns about leaving your child in RE. While there is no substitute for “face time” with your community, there are ways to connect. And I’m excited to be working to offer a new one—an online Chalice Circle for parents of young children. If you are a parent of a young child, you will soon be receiving information about the Young Family Online Chalice Circle and how to join. If you are not on our address and/or e-mail list and would like information, contact me at [reducation@fpsudbury.org](mailto:reducation@fpsudbury.org). I will also be developing a weekly R.E.-news. If you do not have children and would like to be on that list, contact me at the above address. Let’s keep developing our faith beyond Sunday and finding new ways to connect.

*Love, Tracy*

**First Parish of Sudbury’s Pastoral Associates**

- |                |              |
|----------------|--------------|
| Annmarie Allen | Bruce Porter |
| Audrey Kipp    | Fred Pryor   |
| Linda Lamenza  | Dawn Shilts  |
| Polly Meltzer  |              |

*In the event of a pastoral need, please call our minister or any of these Pastoral Associates.*

**People We Care About**



*This column seeks to share news (happy, sad, exciting events) of our lives so that we may support each other as we travel this road together. May it be so.*

*This Column is not available on our website version. Please contact Fran Sharp in the office for information.*

*If you have news for this column, send it to the First Parish Office. ([office@fpsudbury.org](mailto:office@fpsudbury.org))*



**We have become an interspecies congregation** with the addition of Musi, the Breakfast Club’s new red betta fish. Musi is the name of a river in Indonesia, which makes him, according to the group, a Theravada Buddhist fish (which also honors their *Neighboring Faiths* curriculum). The Breakfast Club will share his care between its members (each class member taking him home for a week at a time), building shared responsibility in the group and literally “taking RE home” in living form! Thank you, Musi, for the lessons you teach.



**Holiday  
Worship at the  
Meeting House**

Sunday, December 2, 10 am  
**I'm dreaming of a \_\_\_\_\_ season**  
Rev. Katie Lee Crane

Katie Lee will ask us to “fill in the blank.” Some of her own responses include: meaningful, simple, environmentally sensitive, uncluttered and de-commercialized. And that’s just for starters. We are kicking off the season the day before with a Simply Green Gift Swap which – if there are still gifts to be had – will continue after the worship service in the Parish Hall along with opportunities to “Undecorate the Christmas Tree,” make gift bags for people in local prisons, learn about “green” decorating and more.

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

Sunday, December 9, 10 am  
**Wake up! Wake up!  
A Festival of Revelry**  
with Tom Kruskal and the Hop Brook Dancers, the First Parish Choir, and many other revelers

It's our annual celebration of the season filled with ancient myths about the cycles of dark and light and death and life, told in song and dance and story. This is always a festive and participative worship service for people of all ages. And as always, we will reenact ancient rituals originally designed to bring back the sun and ensure the rebirth of the natural world. We'll try to lure back the sun. We'll dress like animals hoping to bring good luck. We'll make noise and stomp and jump to wake up the sun. This year, however, we will also explore a uniquely modern story by asking this question: who needs to wake up, exactly? Maybe it's us.

Sunday, December 16, 10 am  
**Every Reason to Hope**  
Rev. Katie Lee Crane

Katie Lee says that it was hearing Frances Moore Lappé (author of *Diet for a Small Planet*) and Paul Loeb; it was reading Bishop Desmond Tutu and Vaclav Havel that revived her ability to sustain hope when, too often, these feel like hopeless times. Join her as she explores what it means to hope as some of these luminaries understand hope.

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

Sunday, December 23, 10 am  
**Family Holiday Service**  
Ms Tracy Duncan

Invite your family and friends to join us in for Christmas worship to celebrate this season of light, mystery and wonder. We will have the (now) traditional story of the first Christmas on-the-spot tableau, as well as stories and music to stir the spirits.

This multigenerational service (in past years held at 5pm on Christmas Eve) is participative and especially welcoming to families with children of all ages.

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**PLEASE NOTE:  
THERE WILL BE NO 5 PM SERVICE ON CHRISTMAS EVE**

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Monday, December 24, 7 pm  
**Christmas Eve Candlelight Service**  
Rev. Katie Lee Crane

Join us for carols and candlelight, readings and reflections on this season of layered traditions celebrating midwinter, the birth of Jesus, new light/new life, joy and hope. This service is a quiet, meditative service to help us center ourselves, make ready, and focus on the reasons for the season. **People of all ages are welcome to worship at this service.** There are no children's programs nor is childcare provided.

Tuesday, December 25, 10 am  
**Christmas Day Service**  
Rev. Katie Lee Crane & friends

Join our minister and friends by the fire for an informal time of carols and stories and sharing on Christmas Morning.

Sunday, December 30, 10 am  
**Worshipping with our Neighbors**  
First Parish in Wayland hosts Framingham & Sudbury

It is our annual holiday tradition to share this last service of the calendar year with our neighbors. This year our hosts are the good folks at First Parish in Wayland. The service begins at 10am. There will be no worship service at First Parish of Sudbury on this day.



*GreenSprouts...  
from the seeds of change*

We use compact fluorescent bulbs with a timer--just be sure to get dimmable compact fluorescents, available online.

- Bridgett H

**Faith in Action News**

**Undecorate The Christmas Tree** The holidays are fast approaching, and that means it is time to “Undecorate The Christmas Tree”. The tree is decorated in the Parish Hall, and it is your privilege to “undecorate” that tree. Every year, for over a decade, our parish has received the names of MetroWest children who could use our help to make their Christmas holidays more joyous. We receive the names from the Framingham Department of Social Services (DSS). You “undecorate” the tree by plucking the name of a child or two from our tree and buying them new item(s) as a Christmas gift. All presents must be brought to the Parish Hall no later than December 16<sup>th</sup>. However, The DSS would appreciate receiving the gifts a week earlier – on December 9<sup>th</sup>.

All presents must be newly purchased items. Complete details are in the Parish Hall but one thing to remember is to never leave a present unattended there (except for the morning BEFORE a Sunday service). Our building is used for many functions and by many organizations. Unattended presents may be moved around, and may be damaged or misplaced.

If you would like to participate in this holiday service project but don't like to shop, I will be accepting monetary donations which I will use to buy gift certificates for some of the older teens. If you have any questions call or e-mail Sherri C.

**Habitat for Humanity volunteer orientation** Habitat for Humanity is planning to build a home on the corner of Pratt's Mill Road and Dutton Road in Sudbury. Ground breaking is planned for the Spring of 2008.

Individuals wishing to volunteer at the local level with Greater Worcester Habitat for Humanity can learn about the organization and opportunities to help at an orientation **Wednesday, November 28 at 7:00 p.m.** The orientation will be at The Goodnow Library in Sudbury. Volunteers of all skills and abilities are needed to see this project to completion. The organization has lots of work to do before construction begins, so even if you can't swing a hammer, your skills are needed.

Greater Worcester Habitat for Humanity is an independently-operated affiliate of Habitat for Humanity International with a mission of building simple, decent, affordable homes for low-income families in the Greater Worcester area.

**Caroling and Fellowship at “The Farm”** Caroling Night at the Northeastern Correctional Center (The Farm) in Concord will be held on Friday, December 7th from 7 - 9 p.m. For many years, newcomers and old-timers from the community have gathered together during the holiday season to join with inmates in singing carols and sometimes songs written by the men themselves.

Following the traditional program of holiday music and a message of the season, inmates and townspeople visit while enjoying refreshments. If you are interested in participating in this festive and heartwarming evening, please contact Carol J by November 30<sup>th</sup>.



*GreenSprouts...  
from the seeds of change*

When it was time for a new washer, we got a front-loader which saves water and electricity.  
- Carolyn and Gabe

Write or call Fran in the office with your “GreenSprout”. What do you do now that's more ecologically friendly than the way you did it before? Help others by sharing your good ideas!

**Looking Ahead – save the dates!****Winter Series: This I believe**

This winter we will hear the stories of people – contemporary and historic – whose values have shaped the ways they live their lives. Some of those stories will be our own. If you are a fan of the National Public Radio series called “This I Believe,” you know that ordinary people – like us – are invited to share something about the “personal philosophies and core values that guide our daily lives.” Katie Lee, Alorie P, and Sheila D are coordinating a series inspired by the radio series. Our “this I believe” stories will be nested in worship services during January and February.

**Sunday, February 3  
Stories from New Orleans**

Rev. Marta Valentin had just moved to Louisiana, called to serve the First Unitarian Universalist Church of New Orleans. Then Hurricane Katrina hit. Marta and her partner lost everything. The church was too badly damaged to use. This is how she *started* her ministry with this congregation. What they managed to do during the next two years is painful, awesome and nothing short of amazing. Join us to hear the stories first-hand.

### **Reviewing our Principles & Purposes**

Your Thoughts Wanted!  
by Donna S

Every 15 years, each Unitarian Universalist has an opportunity to suggest ways to reshape our Principles, Purposes, Sources, and Statements of Non-Discrimination and Freedom of Belief; these appear as Article II of our Unitarian Universalist Association (UUA) By-laws. Why revisit this? Because we believe that, as things change and as we know more, our principles must change and adapt accordingly. These are not fixed doctrines; they are ever-evolving moral, ethical, spiritual, and personal guidelines for how we live both as individuals and also how we covenant to live in community with each other.

The UUA Commission on Appraisal will be conducting this review now and for the next several years. How? The first step is a comprehensive review by the member congregations of the Association. Should the wording be changed or not? Should something be deleted or added? Are they just fine the way they are? *Your* thoughts are wanted. The Commission on Appraisal is asking what *you* think.

In October, Katie Lee and I held three open meetings to gather thoughts. If you missed them, you still have the chance to take a serious look at Article II of the Bylaws of the UUA and submit your thoughts to me via email (I can send you some thought-provoking questions as a guide)...or, if a sufficient number of you are interested, Katie Lee may hold another session during the daytime.

Remember, there is no need to reach consensus. This is an invitation to engage thoughtfully in a process intended to bring forth your best discernment. Your personal suggestions will be sent to the Commission on Appraisal which is gathering ideas from every participating UU around the globe. Any proposals to amend Article II that result from this review will go to a future General Assembly for *preliminary* approval by a majority vote; if approved, the proposed amendments will then go before the following year's General Assembly, where they will require 2/3 vote for *final* adoption.

To get your brain in gear, below are a few of the questions and statements made during the October meetings. For purposes of this article, I have condensed them into sentences that reflect parts of the whole. *Our Principles comfort us and stir us, but they should be more poetic, more active, less abstract. We should eliminate a separate section for Sources and add an 8<sup>th</sup> Principle that says, "Ours is a living tradition that draws from many sources including but not limited to..." The interdependent web belongs as the first principle; all others flow from it and are more coherent and meaningful in its context. Are the Principles directed to*

*UUs or to those outside of the denomination? Does talking actually change another's viewpoint or actions or does it only help one define one's own faith? Why do we need a list of Sources? The Principles are enough. We should include in the Sources the 200+ years of our own UU history and experience, our story and our inspirational leaders. Revise the phrase "living tradition" so that it's clearer to non-UUs, e.g. say "continuing tradition" instead. The declared sources are notable for the absence of the teachings of Islam, Buddhism, Hinduism and probably others. There is no reason to name some and not others. How does the UUA and/or the UUA President speak for each of us? What is the balance of power between the UUA and its member congregations? We make it clear that members have the freedom of belief and are not required to adhere to any particular religious interpretation, but we do less well articulating the relationship between a person's beliefs and how she behaves as a member of our community, in relationship with others.*

If you would like to add your thoughts on Article II, send them by email to [dscalciione@verizon.net](mailto:dscalciione@verizon.net) or leave a copy of your feedback at the First Parish office. If you'd like to attend a daytime meeting, notify our Administrator, Fran Sharp. I strongly encourage you not to miss this opportunity to let your voice be heard. That, after all, is one of our Principles: *to affirm and promote the democratic process.*

### **The Little Things We Do...Milestones**

by Katie Lee Crane

Almost every week, we pause during our worship service to share joys and celebrations, concerns and sources of suffering or sadness with one another. This is a ritual that is deeply meaningful to many including and especially our children who are learning the value of sharing and of feeling the resulting community support.

We see this as a time of community prayer – some traditions call it the *prayers of the people*. This kind of sharing is often deeply personal. Now that the children also have milestones nearly every week, it is especially important that we model the kind of sharing we are teaching them. When they hear someone use this time for routine announcements or for long stories that limit the time for others' sharing, they ask why the grown-ups are allowed to do what they are encouraged not to do. Please be mindful of the purpose of this time of sharing and let it be, indeed, the prayers of our community.

You may choose to share publicly by either standing in your place or coming forward to place a stone in the bowl. You may also come forward to place a stone in the bowl and not share publicly. Others choose to use this time for private reflection. There are many ways to pray, these are only a few of the ways we do it at First Parish.

**Tuesday Lunch****Fourth Tuesdays – Speaking of Faith  
Nov. 27: “The Body’s Grace”**

Join Katie Lee, Tracy, Fran and others who drop in for lunch every Tuesday in The Commons. Most weeks it’s a wide-ranging conversation about ... whatever.

Each fourth Tuesday, we offer a focused conversation and, this year, listen to the popular podcast "Speaking of Faith," hosted by Krista Tippett. Each podcast lasts approximately 50 minutes. We'll eat our own brown-bag lunches, and craft while we listen and, then for those able to stay a little longer than an hour, we'll continue our conversation about the topic of the day.

On Tuesday, November 27 we will meet at 11:30am, and listen to a recording of “The Body’s Grace” American Public Media’s host of *Speaking of Faith*, Krista Tippett, interviews author and yoga teacher Matthew Sanford. He has been a paraplegic since the age of 13. During their conversation Sanford shares what experience has taught him about the strength and grace of our bodies even in the face of illness, aging, and death. This poignant and powerful conversation offers an unusual take on the mind-body connection. Join us in The Commons at 11:30. Bring your own lunch. Listen together and then we’ll have our own conversation.

**The Little Things We Do...Being Scents-itive**  
by Fran Sharp

One of the little things I’ve been doing lately is sneezing, sniffing, and rubbing my eyes. You see, I am mildly allergic to scents—perfumes, colognes, and after-shave lotions. And, it seems that I’m not alone, and that more and more people I talk to react to scents as well. At different times of the year, when allergies to other inhalants, like dust, pollen, and mold are more prevalent, that’s when even a little bit of perfume will trigger a stronger reaction in me. This fall I’ve had times when scents in the sanctuary during worship services, and at coffee hour, and meetings have left me unable to participate fully.

What would be wonderful, for me and others who are even more scents-itive, would be if no one wore a scent when gathering together at First Parish (and other public settings). But, we can’t control that. What we can do is ask you to consider skipping the scent, but also asking you to understand that if you do choose to wear something perfumed, I will need to move and sit where I can breathe freely. Or, depending on the circumstances, I may need to ask you to move elsewhere. Thanks for your understanding.

**December 1: Join us for  
A Simply Green, Simply Wonderful Day****10am: “Green” Tree Decorating**

Help decorate our tree in the Parish Hall on the morning prior to the "Simply Green Gift Swap" from 2-4. Bring materials to make ornaments. The theme is green--ornaments made from natural materials or household materials suitable for converting into decorations and that would otherwise be discarded. For example: pine cones, alder berries, cranberries, rose hips, egg cartons--be creative. Come for this time of family fun when children can help make decorations and hang them on the tree. The tree, a supply of materials, and on-site coordination will be provided by the Green Sanctuary Committee. Come and see that holiday decorations can be fun to make, attractive, and environmentally friendly.

For more information call Nancy C/George S, Bruce L, Carolyn L, or Tom Y.

**1:00pm: Free Lunch** (for all who have made a reservation with Katie Lee by Nov. 25)**2:00-4:00pm: Simply Green Swap & Shop**

What can you do? (call the office if you can volunteer, or, for reservations for lunch)

- Bring reusable gift items to First Parish between 11/25 and 12/1 (by 10am).
- Join the Set-up crew 12/1 10-noon
- Join the Staffing crew 12/1 2-4 (help with wrapping, shopping, etc)
- Join the Staffing crew 12/2 during coffee hour
- Join the Clean-up crew 12/2 at noon on Sunday 12/2.

What else?

- SWAP & SHOP
- Bring the kids
- Bring the neighbors and grandma
- Come for lunch (it’s free, but reservations are required)

**Women—Alliance Potluck this Sunday**

The next Potluck—appetizers and desserts only--(with brief meeting) for all women of First Parish of Sudbury—members, friends, guests is planned for this Sunday, Nov. 25 at the home of Sue C in Sudbury.

Childcare will be on-site. No need to RSVP - just drop in and be among friends for a relaxing evening.

See you then, Donna, Alliance President



## Green Tips

Each month in the newsletter, the Green Sanctuary team will suggest a tip on being a greener—that is, more ecologically-minded--Earth citizen.

We welcome your input.

### Stop Junk Mail & Credit Card Offers

**Myth:** Junk mail is an unavoidable part of modern day life and, while annoying, has nothing to do with energy consumption or the environment.

**Fact:** The national recognition of global climate change resonates with many different businesses and communities. The environmental impact of junk mail has garnered more interest and attention in recent years due in part to the following statistics: More than 8 million tons of trees are consumed annually in the production of paper catalogues alone; deforestation contributes between 20% and 25% of all carbon pollution; and, the average adult in the U.S. receives 41 pounds of junk mail a year. Over 62,000,000,000 pieces of junk mail are produced each year.

**Energy Saving Tips:** There are a number of services provided to help you stop receiving junk mail. Unfortunately most now charge for this service, from \$1 up. To stop the mailing of paper catalogues for free, go to [www.catalogchoice.org](http://www.catalogchoice.org). To stop junk mail coming to your home, check out [www.greendimes.com](http://www.greendimes.com), [www.41pounds.org](http://www.41pounds.org), and/or [www.stopthejunkmail.com](http://www.stopthejunkmail.com). Each offers a slightly different service, cost, and set of benefits.

See also Privacy Rights Clearing House, Fact Sheet 4, Reducing Junk Mail: <http://www.privacyrights.org/fs/fs4-junk.htm> revised May 2007. (Not fully checked out.)

There is an opt-out single phone number (free) for getting rid of credit card offers from the three major credit bureaus, which is important for financial privacy/security. It is: 1-800-5OPT-OUT (888-567-8688).

A web site that looks good (only partially checked out), up-dated Nov.1998, is several pages long with info and many recommendations, has the self-explanatory title: "Do-it-yourself: Stop junk mail, email and phone calls" is at: <http://www.obviously.com/junkmail/>

So, before the holiday season gets into full swing, give yourself and the planet a gift: fewer catalogues and less junk mail, fewer credit card offers, and more!

Bruce L & Carolyn L, Co-chairs Green Sanctuary Committee, thank the Appalachian Mountain Club's Conservation Action Network for some of this information.

### What are we, First Parish of Sudbury, for?

How would you characterize this particular UU congregation?

What is our congregational identity?

Why should your friends and neighbors join us?

These questions are at the top of people's minds in the Community and Hospitality Committee, the Board of Trustees and the Committee on Ministry.

We know we have something wonderful to offer, but what is it? If we want to spread our message far and wide, we need to know what that message is. And when we ask everyone to contribute energy and money in support of First Parish, just what about it is most worthy of our support?

You will have opportunities to help answer these questions – in several ways.

The Committee on Ministry (our shared ministry) is preparing a questionnaire to find out what we think we are for. Watch for it.

And the Community and Hospitality Committee wants you to put Saturday, January 12, on your calendar for a family potluck supper at which we'll lead your thinking in this direction. It won't require any mental heavy lifting, just some conversation around the table to pull thoughts together. There may even be some games.

The Board of Trustees is comparing our Religious Exploration program (for all ages) with the programs of nearby congregations, to determine what is special about ours. Why should families with children or youth, or adults looking for spiritual growth choose First Parish of Sudbury?

Ask Ginny Sor any other members of the groups mentioned above for more information or to share your thoughts.

**Do you know a graphic designer?** Tracy is seeking the services of a professional graphic designer for the creation of a display and materials to reach out and grab the attention of our "captive audiences"—parents who have children in the building for non-RE activities and events. Perhaps some of these folks would like to try our faith community—they just don't know us. (i.e. We're only a building to them.) If you know of a designer who might be interested, please contact Tracy at [reducation@fpsudbury.org](mailto:reducation@fpsudbury.org) (While *pro bono* would be nice, we don't expect it!)

**Getting Ready for the Holly Fair**  
**Saturday, December 8, 2007**

10:00am-2:00pm

The tradition of the Holly Fair is a delightful way to swing into full gear for the holiday season with a strong sense of extended family which many people of First Parish enjoy as much as the purchases they make. It's a cheerful little homegrown affair, but we really need lots of help for all of this.



**Crafts and Gifts** We are in great need of donations to sell at our Crafts and Gifts table, and would also love to see you at our Workshops: Mondays 7-9pm and Tuesdays 1-3pm in the Commons

**Homemade Goodies.** First Parish cooks are just famous for their scrumptious creations. Please find the time to bake some cookies, create a pie, put up some jams or jellies, or whatever your specialty may be, to make our Goodies Table a real treat. We'll also need cookies for our Cookie Walk.

**Homemade Soups and Breads.** First Parish cooks are really famous for their wonderful soups and breads for the luncheon. Please see or call Elaine J to add your special homemade soup or bread to the luncheon menu.

**Gifts Again.** This requires only the effort to search your cupboards or closet shelves. Bring your unwanted (by you) but "giftable" items for our Gifts Again Table. They may be just what someone else cannot pass up!

**Greens.** We'll be having our annual Greens Workshop on Friday, Dec. 7th at 9:00. Please make a mental search of your yard now for greens to contribute then.

Thanks from Cilla R and Dawn S, Co-chairs

**Buddhist Meditation and Practice Group**

December Drop-In Sessions

Thursday, Dec. 6, 13, 20: 1:00-2:30pm in The Commons

Do you anticipate feeling frazzled, frenzied, and anything-but-meditative in December? One of the benefits of meditation is that it will help you to be calmer, more focused, and to be present. (Think of this as a "present" to yourself.)

The group will be led and facilitated by First Parish member Laine G, who has been a student of Buddhist teachings for 17 years and has taught meditation in various settings. Over the years Laine has studied and practiced in the Zen and Vipassana traditions. Join Laine, Susan McK and Fran Sharp, for a meditative respite from the hustle-bustle in December. Our time together will include a little instruction, and a little discussion, and some sitting meditation.

In January the group will begin again, also on Thursdays from 1:00-2:30pm. Regular attendance is requested. For more information contact Laine, or to sign up for the group beginning in January, contact Susan, or Fran.

First Parish of Sudbury Unitarian Universalist

327 Concord Road, Sudbury, MA 01776

978 443-2043, fax: 978 443-4391

Website: [www.fpsudbury.org](http://www.fpsudbury.org)

Office hours: Monday - Friday 9:00am to 1:00pm

We embrace diversity and, as a Welcoming Congregation, are intentional about welcoming the presence and participation of gay, lesbian, bisexual, and transgender persons in all aspects of congregational life.

Minister:	Rev. Katie Lee Crane	email: <a href="mailto:minister@fpsudbury.org">minister@fpsudbury.org</a>
Director of Music:	Debra Morris-Bennett	email: <a href="mailto:music@fpsudbury.org">music@fpsudbury.org</a>
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