
First Parish of Sudbury News

September 23, 2007

Volume 19, No. 6

Next E-News Bulletin Deadline: Sept. 26, 2007

Editor: Fran Sharp

Submissions to: office@fpsudbury.org

Next Newsletter Deadline: October 10, 2007

Making Meanings

Magic happens around here. I don't mean the Merlin-kind or the Harry-Potter-kind, I mean the random-acts-of-kindness-kind, the senseless-acts-of-beauty-kind.

Consider, for example, the beautiful quilted banner hanging at the top of the stairs in the foyer at First Parish. When someone asked where it came from, the response that came back read:

We at Sudbury Fairies Inc. are so glad that you are pleased by the banner hanging at First Parish of Sudbury. It was our pleasure to contract with one of our fairies to have this made for you. We hope it is inspiring, and centering....

Wishing you all a wonderful year of exploration, growth, and service,

The Fairy Godmother

*Sudbury Fairies Inc.
Making Magic Happen*

Some people think things slow down around here in the summer. Not true. Worship is a bit more informal. And there are a few less meetings. Our tenant, Sudbury Extended Day, takes a summer vacation. But there is still plenty happening. We do not take the summer off!

Take, for example, those 12 Summer Worship Services. We worship at the Meeting House every Sunday, year 'round. The Worship Associates Group leads our summer program. Its three coordinators, Carol, Fran and Judith, started organizing early last spring. We held a workshop for all summer preachers in June. More than sixteen "preachers" planned and delivered diverse and remarkable worship services. (I say *more than* because some were ensemble efforts.) They were educational. They were challenging, sometimes provocative. They were fun and spirit-lifting. They were meaningful and meaning-making. But the preacher is not the only one who has a part in making a Sunday worship service. It also took a Worship Host, one or more musicians, the breakfast makers & servers and the childcare providers. Just like September to June, it takes a whole team to offer a worship service on a Sunday morning. Then there were the folks who were "on call" all summer. Did you know that, as part of their volunteer effort, the

Pastoral Associates monitor the minister's phone line all summer and are the first responders to pastoral concerns and emergencies. Even though I was the minister in residence and on call for nine of the twelve weeks of our summer programming, I didn't have to monitor the phones several times daily. The Pastoral Associates did it for me. What a gift! They responded to calls and, when needed, alerted me or another UU minister on call when I was on vacation.

Then there were the walk-about folks. Because our building is not occupied as much or as often, someone volunteers, *every day*, to walk around the entire building at night to ensure that all doors and windows are shut and all is secure. Mostly these are your elected Trustees and members of the Building Committee.

And there's the watering and weeding team. A whole bunch of volunteers lovingly tend our Memorial Garden through the summer. It was a dry summer. And it's a BIG garden.

This summer was a milestone year. After eight years as our treasurer, Jan P retired and handed over the reins to Carol H. It would have been enough to ask Carol to learn the ropes, but we also changed the computer software we use for accounting. That meant a lot of CHANGE. And a lot of data entry. Did you know that Peter R— now a freshman at Carnegie Mellon University — volunteered many hours doing data entry as Carol and a bevy of other financial wizards and computer gurus made the transition happen and made it look easy (it wasn't).

Perhaps committees didn't meet as often, but volunteers were hard at work, planning new initiatives, plus improving and fine-tuning existing practices. Your Trustees held a retreat together where they strategized, dreamed, and set congregational goals for the year. And then there is your staff. It's true, the office is closed during the summer and we each keep less predictable hours at the Meeting House, but we're still on the job. Oh, each of us took at least two weeks' vacation, but much of the time we were planning and working on projects to prepare for this new year.

And there are those fairies! They just come from all over, and, well, magic happens. It happened all summer. It happens all year long. For all the magic, and for all the faithful work and planning and dreaming, we say thank you from all of us to all of you. Our blessings overflow.

Katie Lee

Seekers of the Light



What I Learned on my Summer Vacation

Looking into the warm and cool waters of my summer, I'm sure some reflections are distorted, but beautiful nonetheless. Here are a few...

- From an unknown man on the corner of Haight and Cole Streets in San Francisco—Thank someone for being beautiful and you will brighten not only their day, but also their life.
- From Carmel Beach—Saltwater and sand are great equalizers. Borzois and billionaires look just the same as mutts and migrant workers when wet—scruffy!
- From the City of San Francisco—It's so much easier to be better than we are. People's recycling barrels are twice as large as their trash barrels, which are the same size as their compost (!) barrels.
- From the Café Gratitude—Serving up affirmations with your food may be a little awkward at first, and perhaps a little cheesy, but makes you feel good in body and spirit.
- From the cable car in San Francisco—Ride hanging onto the outside post at the very front, and you'll be scared but you'll get the best trip. Love that hill down to the bay!
- From the Monterey Peninsula—Breathtaking beauty and heartbreak can exist in the same place at the same time. Is it harder or easier to be sick where the view is so gorgeous?
- From Trouble, my sister's cat-- Purr and softly head-butt someone when you need something from them—don't cry.
- From the redwoods in Muir Woods—There is unspeakable beauty and we know it when all hush in its presence.

Love, Tracy

First Parish of Sudbury's Pastoral Associates

Annmarie Allen Polly Meltzer
 Audrey Kipp Fred Pryor
 Linda Lamenza

*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 in the web version—please contact the office if you need further information.

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

Curious about Spirit Play—what the folks between the ages of 5 and 12 do most Sundays at First Parish during their Religious Exploration time? Come observe! Anyone who wishes is invited to observe a Spirit Play session. Just let Tracy know of your interest and we'll schedule a time for you to visit. We want everyone to be able to witness the magic.

Peacemaking Workshops Begins Sept. 30

A daunting task? Yes—but we must start somewhere. On Sunday, Sept. 30 at 11:30 in the Brackett Room, a group studying Peacemaking, a UU Congregational Study/Action Issue, will meet to discuss the first of many pertinent topics on how we humans might wage peace instead of war.

This first of nine sessions throughout this year, will explore the west's and moderate Islam's willingness to recognize the importance of working together for and maintaining an enduring peace worldwide.

Our distinguished guest, Dr. Malik K, of the Islamic Center of Boston, will speak to us of Islam and peace.

Topics of the other Peacemaking sessions can be found on the FPS website, and on the Faith in Action bulletin board in the Parish Hall.



Worship at the Meeting House

Sunday, September 23, 10 am

With Principle and Purpose

Rev. Katie Lee Crane

This Sunday Rev. Crane will launch a conversation about Unitarian Universalist (UU) Principles and Purposes, their history, their role in congregations like First Parish, and the practice of periodically re-examining these statements.

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

Sunday, September 30

Worship at 10 am; Workshop at 1 pm

The Secret of Music

Mr. Matt Meyer

Percussionist Matt Meyer will lead the morning worship service and offer an afternoon Drumming & Spirituality Workshop beginning at 1 pm. During worship, Matt promises to tell us "the secret of music." (What is it about music? It is so universal and so elusive. What other part of our life is so deeply personal and yet, so public. There is a mystery there, there is some kind of secret.)

Today's service will be an intergenerational exploration of music and the mysteries that surround it. What does music ask of us and our spiritual community? Why does it move us so profoundly? What can we learn from this powerful reminder of something so much larger than ourselves?

Several of us have seen and heard Matt ignite congregations of ALL ages and all sizes (like 4,000+ at General Assembly). Our experience suggests that you really don't want to miss this special experience. Both the worship and workshop will be participative and children will be welcome. Bring a guest.

Matt Meyer is a graduate of the Berklee College of Music and has studied abroad in Cuba, Ghana, and Central America. Matt has lead workshops for dozens of UU congregations including General Assembly in 2006 and 2007. He plays percussion for several bands around Boston, as well as teaching private lessons and workshops for schools and churches. Matt is active with the UU Young Adult movement and is always seeking new and better ways to combine music, spirituality and social justice work.

Sunday, October 7, 10 am

Whose Bodies Matter?

Songs and Reflections by Emily Melcher

No matter how we understand ourselves as sexual beings, no matter where we find ourselves on the gender spectrum, no matter how we are differently-abled (for we all are), this service invites us to recognize our bodies, and those of others, as beautiful and sacred.

Emily Melcher is a singer/songwriter and candidate for UU ministry. She is particularly interested in the intersection of psychology, creative expression and spirituality, and plans to focus on spiritual renewal in congregational life. She attends Andover Newton Theological School, and has recently completed her internship at First Parish in Bedford, MA. Her collaboration with Katie Lee and Tracy on a Mass Bay District workshop on intergenerational worship last year led her here.

You can expect to see her around quite a bit this year, along with her husband, Anders.

Sunday, October 14, 10am

Who me? Not me!

Rev. Katie Lee Crane

Doesn't it seem that we've come a long way in acknowledging and addressing our homophobia? Don't you want to celebrate that Massachusetts sanctions gay marriage and get on with other issues of the day? Well, of course it's not that easy and there still *is* a long way to go. Katie Lee will explore some of the subtle and not-so-subtle ways we (at best) don't understand and (at worst) judge unfairly those whose gender identity, and/or sexual orientation seems "different."

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

Sunday, October 21, 10am

Right-Relations as a Spiritual Discipline

Rev. Katie Lee Crane

Sixty-two years after the United Nations Charter took effect, we review its promise and today's reality. Katie Lee asks "What if we actually lived this way?" and explores right-relations as a spiritual discipline. Hearthside chat will follow at 11:45 am.

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

Who, Me? I'm Not Homophobic!

Workshop Series beginning Oct. 28

Well, maybe you are. Just a little. And maybe I am too. It's hard to get away from it. The negative message about gay, lesbian, bisexual and transgender people comes at us all, sometimes quietly, and sneaks into our unconscious minds. And no one is immune – gay or straight.

So...what can you DO? We suggest that you take a challenging and safe workshop series that explores the effects of homophobia in our lives. Peg E and Mary McC will co-lead the workshops. We hope you will make the decision to fit this workshop into your already-busy life. You'll be glad you did.

**The workshop will take place in four sessions:
Sundays from 6-8pm in the Brackett Room:
Oct. 28, Nov. 4, 11, 18**

Think nobody needs more information on homophobia? Although there has been significant legal progress, especially in Massachusetts, homophobia and heterosexism are still alive and well in this congregation, in MetroWest, this state and across the nation. The oppression has become more sophisticated. As oppression has changed in nature, so our resources for dismantling it must change. Join with others, gay and straight, and take this workshop. Reach for your higher self and know you'll have good company on the journey.

For details or with questions, contact Peg E, Mary McC or Donna S –members of The Welcoming Congregation Committee, which is composed of people of all sexual orientations and works to further the goals of the denominational Welcoming Congregation Program, which are:

- ◇ to make our church a place where all people, regardless of their sexual orientation, are comfortable and welcome;
- ◇ to encourage dialogue and trust between individuals;
- ◇ to integrate lesbian, gay, bisexual and transgender life issues into church programs, activities and structure, and
- ◇ to promote a change in homophobic attitudes within our community and society.

How can you register? By emailing Donna S, signing up on the WCC bulletin board in the Parish Hall, or by contacting Fran Sharp in the First Parish office.

September 30

**Come together to worship and celebrate
featuring Matt Meyer "Artist of Percussion"**

10:00am

Worship Service:

The Secret of Music, with Matt Meyer

11:15-1:00

Community Potluck Lunch (see p.8)

1:00pm

Village Worship and Workshop:

Drumming and Spirituality Workshop

Matt Meyer is all about *magic*. He calls himself an "artist of percussion" and professes knowledge and experience in Latin-jazz, Brazilian folk, funk, Hiphop and pop. He is a graduate of Berklee College of Music and has studied in Cuba, Ghana, and Central America.

Matt will bring his considerable talent and energy to First Parish on September 30. He will lead worship in the morning and offer a drumming workshop in the afternoon. We heartily encourage you to invite your family, friends and neighbors to both or either. The public will be warmly welcomed to both morning worship and afternoon Village Worship and workshop.

It promises to be a memorable experience. Matt claims that "when the congregation is wrapped up in the sounds of the drum, fully absorbed in the readings or moved to their feet by inspired group rhythm-making, there is a magic that happens...." And someone who experienced this kind of worship first-hand said this: "His drumming skills share both the most delicate sensitivity to an outright *shout* of spiritual release and exultation."

After our morning worship service, all are invited to join in a community potluck lunch in the Parish Hall. See page 8 for more about the potluck.

Then from **1:00-1:45pm**, our "Drumming and Spirituality" Village Worship will begin in The Commons. This will be a chance for people of all skill levels to participate in hands-on rhythm-making. We will experience the spirituality of community music-making through different activities, stories, games and discussions as well as look at how rhythm and music intersect with Unitarian Universalist values. Then, those who wish are welcome to stay for...

1:45-3:00pm Drumming & Spirituality Workshop with Matt: This workshop is recommended for ages 12 and up, although younger children are welcome. (A quiet activity corner will be available for children who may prefer to play during the discussion portion of the workshop.) Bring your own drum if you have one. For those who don't, enough will be provided.

Women's Alliance Upcoming Potlucks/Meetings

Hello all You Wonderful Women -- Just a reminder that you are ALL welcome at any Women's Alliance event. The next three coming up are all very casual potluck suppers (bring what you can—store-bought or homemade—just be sure to COME:

1. Tuesday, Sept. 25 at the home of Dawn S.,
NOTE: If you are able, please park behind Town Hall and walk down. *If you need to park in their small driveway, please call Dawn to reserve a space.*
2. Thursday, Oct. 25 at the home of Maria von B
3. Sunday, Nov. 25 at the home of Sue C, Sudbury. NOTE: If you are able, please park across Rte 20 at the real estate office and walk over. *If you need to park in their small driveway, please call Sue to reserve a space.*

Remember - you can bring your kids, even at the last minute. Child care will be provided - no RSVP needed.

The Women's Alliance is ALL the women at First Parish of Sudbury. For more information, contact President Donna Scalcione.

The Little Things We Do**We Love Dogs!**

We love dogs, honest we do. We've even had our very own minister dog at First Parish who provided wonderful pastoral care to people of all ages. But we're also aware that there are times when a beloved dog on- or off-leash can pose risks to others' health and safety. Some folks have allergies, others are frightened, and still others of any age may be a little unsteady on their feet and a just a bit wary of a frisky dog knocking them off balance.

What works best for us at First Parish is this. Only working service dogs are invited to worship with us and to join our fellowship time following the worship. (This is simply because the assembly is too large to guarantee safety.) But on other occasions – at smaller gatherings or other events, for example, dogs are more than welcome when 1) the dog's person thoughtfully checks with those gathered to see if everyone feels comfortable and safe with the dog present, 2) the dog arrives and leaves connected to its person by a leash. (In between, well-trained dogs often entertain, or nap, or both.) Of course, if any objections are expressed the owner will graciously find a safe place for the dog during the event.

Bottom line: it's not ok in worship or coffee hour but, in many other situations, if it's ok with everyone present, it's ok.

Welcome Emily Melcher

On October 7, Emily Melcher will lead worship when Katie Lee is in Vermont officiating at a wedding. Some of you have already met Emily and her husband Anders at one of our worship services. Both are divinity students at Andover Newton Theological School.

Emily describes herself as a singer/songwriter and candidate for UU ministry. For many years before divinity school, Emily was an active lay leader at First Unitarian Society of Madison, Wisconsin. Now she has volunteered – yes volunteered! – to assist Debra, Tracy and Katie Lee at several worship services throughout the year. She says this of her vision for ministry:

I hold my creative work and my ministry equal to and necessary for one another. I love congregational life, and have significant ministerial gifts in the areas of singing, writing, preaching, teaching and pastoral presence. I have a deep and abiding interest in the intersection of creativity, psychological growth, and spiritual deepening, and am comfortable working with others in that intersection. My creative work is integrative, transformative work of depth rather than breadth....

While we cannot lay claim to Emily's time or talent beyond her occasional collaborations in the Sanctuary, I know you join me in extending her a warm welcome.

**Village Worship for First Parish
and Our Friends and Neighbors
for 2007-08**

Everyone is welcome to come and to bring friends & neighbors to our relaxed, alternative, experiential worship services for all ages!

- ◇ **Drumming and Spirituality** with inspiring percussionist, Matt Meyer. September 30 at 1:00. After the worship, Matt will offer a workshop that is open to all, and especially appropriate for ages 12 and up.
- ◇ **A Celtic Harvest Celebration**, Saturday, November 3, 4:30 p.m. Join our earth-centered worship to honor the turning of the sacred wheel of the year.
- ◇ **Ways the World Prays**: Celebrate the World Day of Prayer together by experiencing the many ways humans have found to pray. Saturday, March 8, 4:30 p.m.
- ◇ **Why is this night different from all other nights? A Passover Seder**: The story of Passover is an ancient story with something new to tell us. We will tell it the way our Jewish friends and neighbors do—by celebrating a Seder on Saturday, April 26.



Harvest Craft Fair – new Raffle this year

We need YOU! Please bake, put up jams and jellies, attend, and/or help out at our 106th Annual Harvest Craft Fair on **Saturday, October 13th**. And you can help us get the word outside the First Parish Community and increase attendance.

Every year this is the time to prove than many hands really do make light work. Each hour you volunteer earns about \$50 for First Parish! The volunteer sign-up sheets are at church every Sunday after service. And you can call Mary Ellen For Carolyn L to volunteer. We have already staffed the kitchen and have enough soups, thanks to prompt responses!

But we ALWAYS need more baked goods and Jams and Jellies. We sell out as much as we make! This is our biggest fundraiser that targets beyond our membership.

There are many tasks during setup up (Friday, 12th from 3:30 pm til 7pm) and all day Saturday, from 7:30am until clean-up is done. Helpful children and families are particularly appreciated during set-up. There are tasks for strong backs and for those who need to sit. Ones for those who are social and for ones who just want to quietly help. Ones for those who like to make change and for those who don't. When it comes to setup and clean-up, helping for even just an hour can make a huge difference. Co-chairs and other experienced folk are always on-hand to help you find a task. During the fair we have a schedule for staffing the admission's booth, Bake and Jams & Jellies tables. Time slots are for 2 hours.

Clean-up is critical, because we need to return the SED and Brackett rooms to their "original" conditions before we leave Saturday, and your co-chairs are pretty tired by then. After cleanup, adjourn to somewhere with your co-chairs for pizza and libations.

Call your friends, tell your neighbors, pick up flyers the end of September to post where you work, at schools, etc. We want everyone to come! It is the most fun, best food day of the fall. The Fair features almost 70 original crafters displaying items including art, blown glass, jewelry, quilts, wood carvings, pottery and hand-painted silk items. Our famous lunch of homemade breads and soups is always a big draw. We average over 600 attendees, even more on sunny weekends. Many people come from outside the church community as vendors and attendees. Juried artisans pay a flat fee for their space. First Parish charges a \$3 admission for persons over 12, sells the lunch and beverages, and sells baked goods, jams and jellies provided by YOU. The Meeting House Preservation committee also has their products available, which benefit the building.

This year we have added a raffle. The crafters donate items and we will run an hourly raffle, for which you must be present to win you choice of items from the basket of goodies. Whether or not you can help out at the fair, please take the time to come for a delicious lunch and to see the beautiful hand crafted items.



Green Tips

Each month in the newsletter, the Green Sanctuary team will suggest a monthly 'what you can do' tip on being a greener—that is, more ecologically-minded--Earth citizen. We welcome your input.



Now what does this sign have to do with being ecologically-minded? Plenty when you are traveling! I am sure all of us "green people" who have stayed at hotels or motels in the last few years have been frustrated with having all our bathroom towels, facecloths, soap and even drinking glasses changed daily by housekeeping staff personnel, when we do not want this to be done since it is not eco-friendly. This even occurs in some hotels or motels that indicate towels and facecloths will only be changed if left on the floor. I think in this case the staff believes they are doing us a favor, though actually they are wasting water, using fossil fuel energy and creating more carbon dioxide when our towels, facecloths and drinking glasses are washed daily. In some places bed sheets will unnecessarily be changed too often. One guaranteed solution is to leave the "Do Not Disturb" sign on the outside of your doorknob for the full duration of your stay.

The housekeeping staff is then obliged to never enter your room until you leave, and they will be delighted to have one less room to do. Now your towels, facecloths, soap, drinking glasses, which you probably change weekly at home, will be left alone. If you need toilet paper, or soap, just stop by the front desk and ask for it and in most cases they can hand to you then or deliver later. Of course, if you want your bed made you will have to make it yourself, just like at home.

All this will provide other benefits. There will be far less likelihood things will be stolen from your room. You will have more privacy. Your arranged piles of papers will not be re-arranged. For these benefits I personally prefer the slight additional inconvenience as we found in ten different hotels and motels this year across USA and overseas.

Happy traveling, Bruce L

News from the Faith in Action Team

Share the Plate Each month, we “Share the Plate” by donating one-half of a Sunday collection with an organization that provides services that match our Unitarian Universalist values. On September 30, we will support ***The Elizabeth Stone House***, which was founded in 1974 in Jamaica Plain, MA by a group of former mental patients and other community women. The Stone House provides both residential and community-based services and is run by women, for women. It is an environment where families heal and where women grow and reclaim control over all of the decisions which affect their lives. The community-based services include a 24-hour hotline, education, nurturing and outreach groups as well as programs for family empowerment, personal economic planning and business opportunities. The residential programs include a Therapeutic Community, a Battered Women’s Program and a Transitional Housing Program. Their residential program is unique in providing women the ability to stay with their children while receiving support and treatment for mental health issues.

In August, the Stone House had a devastating fire and this special housing program has had to be closed temporarily. They are in urgent need of financial support to repair and rebuild their residential program. Please join us in generously supporting this agency. www.elizabethstonehouse.org.

Join a Visitors Team Once a month, Carolyn L and Judy D visit with Nate, an inmate at Norfolk prison. They find that mentoring Nate through his pre-college courses is at least as rewarding to them as it is to him. If you would like to join them or if you simply want more information about this supportive, educational and fulfilling relationship, contact Judy or Carolyn.

We need some additional volunteers age 16 and over to help at the ***Framingham Civic League***, where hot meals and bagged lunches are provided to about 60 folks on Saturdays. First Parish provides 2 volunteers on the 3rd Sat. of each month (and the 5th Sat., if there is one) to assist Dee S with meal setup and food preparation. Volunteers arrive between 9:30-10:00 and work until 11:30. Dee’s biggest area of need is in food prep. She receives generous donations of fresh vegetables and fruit and typically needs help chopping and packaging them for the refrigerator or freezer before they spoil. Dee tries to use as many fresh veggies and fruit as possible in her meals but she just can’t keep up with all the chopping! She has a Cuisinart to help with this task—thanks to the generosity of our own FiA team. Tom R organizes the volunteer schedule. If you would like to help or have questions, check in with Tom or Ginny D. Your assistance provides a valuable service to our local community and you’re home by noontime. Dee is a lively Framingham UU, so we always have a fun time together. Please join us!

Back to School Thanks! Sandra’s Lodge sends a heartfelt thank-you for the many backpacks that First Parish and HOPEsudbury have donated to the children at the shelter. For the fifth year, we have outfitted every child in the shelter with a new backpack full of school supplies to help them start the school year- just giving them a little of what all the others in their classes have.

Café Decadence and Starbucks, while supporting this drive for three years, have significantly contributed this year, making this one of our most successful collections. Thanks again for your support.



Getting Ready for the Holly Fair!

Saturday, December 8, 2007

Time has a way of flying by and the Holly Fair will be here before you know it. This FUNdraiser depends on the efforts of First Parish members and friends for everything we offer for sale. Beginning in October, we will be meeting on Tuesday afternoons from 1:00 - 3:00 pm (following the brown bag lunch) to work on various exciting and fun projects that we have planned. No special talent is required! This year we will also meet on Monday evenings from 7:00 - 9:00 pm in the Commons. The quilters will be there alongside us as we work on our various crafts for the Holly Fair. Come and enjoy spending some time together either working on one of our planned projects or on your own creative and meaningful works of art. Our work together will intermingle with our words and camaraderie. We look forward to seeing you! Look for more details about the Holly Fair itself in upcoming newsletters or contact Cilla Ror Dawn S.

By the way, we are looking for another co-chair or two. Please do not be shy. Call us and we can discuss it. It is a fun a relatively easy fair to coordinate. Many hands make light work.

Youth Program Planning Meeting

Sept. 23 from 11:45-1:30. Brunch included.

All Jr. Youth (grades 7 & 8), Senior High Youth, and youth-friendly adults (Hooray for youth-friendly adults!) are invited to a working group to plan the first two youth activities for this year. We are beginning the year by empowering the youth to create their own program, with facilitation from adults. Lots of ideas were generated at the brainstorming session last spring, so let’s gather and turn some into reality. All dreamers and planners wanted! No long-term commitment required.

From the Trustees and Community and Hospitality Committee by Ginny S, Clerk

Why would five of us spend a whole Saturday at the end of the summer in a UU workshop? And why did we come back totally energized and enthusiastic? Because this Mass Bay District leadership development event was superbly led, with much participation and many eye-opening insights. And it was free thanks to Katie Lee and Tracy having led a spring workshop!

The topic was "Sharing our Gifts" – understanding how to go about creating a vibrant congregation in which volunteers feel enlivened in their roles, in which all ages work together, in which newcomers are invited into appropriate *niches*, and grow into leadership positions. We learned not to use bad words such as "recruit," and "permanent committee," but to use "task force" and "intergenerational". We practiced "deep conversation" with strangers, through which we can truly come to know each other. We considered how each generation's perspective on volunteer service has been shaped by their historical context.

We considered the value of turn-over in committees, avoiding burnout and bringing in fresh ideas and energy. We tried out the idea of letting traditions die and letting new projects bubble up. (Who will run the service auction? Maybe no one!)

We learned how happy a nearby congregation is with their paid membership coordinator, who takes a significant load off the membership committee and provides valuable continuity in contact with old-timers and newcomers alike.

The Community and Hospitality Committee, the Program Council and the Trustees are already putting some of these concepts into practice. We hope everyone will stay after the service on Sept. 30 for a potluck lunch, a community-building event. We hope to make it easier for Your good ideas to come to fruition. What form of service would make you feel spiritually nourished? How would you like to contribute to the life of this faith community?

Nourish your body, soul and spirit— all in one day!

Congregational Potluck on Sunday, Sept. 30

We had so much fun at our congregational potluck in June that we just couldn't wait to have another one! Join us for a potluck lunch after the service and just before both the peace-making session and Village Worship Drumming workshop. (Read lots more about the service, the session and the workshop on pages 3 and 4). Share some good food, visit with your old buddies and meet some new friends. We'll provide drinks; you bring a salad, side dish, finger foods, dessert, bread, etc. The offerings at our potlucks are always a mystery but the food is always delicious! And in keeping with our pledge to be "green" this year, we ask that you bring your own plates, napkins and silverware so we won't need to use too many paper products.



The 2007 UU New England Conference

On Oct. 27, in Worcester, there will be a grand opportunity for any Unitarian Universalist to experience the same sort of exciting, inspiring gathering that we have had in our district. The UU New England Conference will be like a local, one-day General Assembly, with a focus on "Strengthening Lay & Professional Leadership."

It will cost \$85 per person before Oct. 10 and \$100 per person after Oct. 10, so check out the details at the Mass Bay District web site (<http://www.mbdoua.org/>), decide quickly and make your reservation.

For more information, contact Fran Sharp in the First Parish office.

First Parish of Sudbury Unitarian Universalist

327 Concord Road, Sudbury, MA 01776

978 443-2043, fax: 978 443-4391

Website: 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: minister@fpsudbury.org
Director of Music:	Debra Morris-Bennett	email: music@fpsudbury.org
Director of Religious Education:	Tracy Duncan	email: reducation@fpsudbury.org
Administrator:	Fran Sharp	email: office@fpsudbury.org
Chair, Bd. of Trustees:	Celia H	
Treasurer:	Carol H	