



OCTOBER 21, 2009

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



Roberta Altamari
Director of Religious Exploration
and Youth Ministry

It's that time of year again. Autumn. The leaves are changing and falling. The weather is getting colder and the days are growing shorter and darker. With the seasonal change come changes in mindset and attitude for many of us. Gone are the carefree days of summer and here are too many things to get done in one day. It's easy to get lost in the intense busyness of life this time of year. It's also too easy to get sad or depressed that life has become so much work and stress.

A few moments have helped me minimize the negative feelings that can come with the seasonal changes and seeing the light. One is recognizing that there is value to each season. Enjoying a simple Autumn comfort rituals (eating delicious homemade apple pie and getting my flannel sheets out) helped me realize that this is a season for gathering inward and preparation. Winter is coming and even more time to be inside enjoying a different type of lifestyle, being closer and more intimate with friends and loved ones. Not better or worse than summer, just different.

Another moment that helped me see the positive light was when Katie Lee and I met to plan the intergenerational service we have coming up on November 1st. We were talking about giving thanks and honoring the sunshine of life. It secretly felt counterintuitive to how low I've been feeling to be considering what I'm grateful for and what are the joys in my life. And yet, engaging in these spiritual practices made me feel so much better and happier.

Another counterintuitive action that helped me feel good was taking a moment to help someone else. Sure, I'm tired and stressed and the last thing I'm thinking about is adding anything to my workload. But when I helped a friend who is divorcing move last weekend, it helped me get out of my funk. Knowing that I'm not alone in my life struggles and helping someone else who is going through a harder stage than I'm in let me see the light that my life is moving toward a good place. That I'm lucky in many ways I'm not realizing.

And the best moments that have helped me feel good energy again on these cold and dark days is simply coming to First Parish. How can you not feel good seeing people who are happy to spend time with you? People you share important values and goals with. People who are ready to share a laugh or a cry with you – whatever you need at that time. People who will help you see life from a different perspective and challenge you to appreciate the good in your life and enjoy it fully!

Loving blessings, Roberta ♥

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**Worship at the Meetinghouse**

Sunday, October 25, 10 am

Ms. Nancy Banks

**Moving Beyond the Lightbulbs –
Waking Up to the Possibilities!"**

Martin Luther King called us "to stay awake, to adjust to new ideas, ... and to face the challenge of change". For many of us the challenge can be daunting, but on Sunday we will explore how we as a faith community can wake up to the possibilities of action that are needed today.

Nancy Banks is Executive Director of UU Mass Action Network, a state-based advocacy network that brings the moral voice of Unitarian Universalist values to the public arena in Massachusetts.

There will be a Hearthside Chat at 11:45 to engage in conversation about the day's topic and what it means to us.

Sunday, November 1, 10 am

Rev. Katie Lee Crane & Ms. Roberta Altamari

Sunshine of Life

Katie Lee and Roberta invite people of all ages to explore the spiritual practice of saying "thank you." Inspired by something she read in Douglas Wood's book, *The Secret of Saying Thanks*, Roberta reminds us that "the more we say 'thanks' the more we find to be thankful for." In this service, we will explore a few daily rituals that help us to make time to say "thank you," not just at this time of year, but every day all year long. We will also learn from Lewis Latimer, a Unitarian, who invented the filament in the electric light bulb about the intangible "sunshine of life" that brings light and warmth to our lives on cold and dark days.

No Hearthside Chat today so that we may prepare for the 3:00 service

Sunday, **November 1 at 3:00 pm -- Take My Hand: Community Service of Healing and Comfort**

Rev. Katie Lee Crane, Ms. Beverly W, and Ms. Annmarie A.

This community service, sponsored by the Pastoral Associates at First Parish of Sudbury, welcomes anyone from our surrounding communities to gather for the purpose of naming our losses, sharing stories of love, and reaching out to one another. We are focusing not only on the losses of loved ones, but also losses such as loss of jobs, loss of income, loss of health and abilities.... All the ways we humans sometimes are called to grieve when some change – some loss – is forcing us to let go, to say goodbye to people and expectations and things that felt like "certainties" so that we can move forward into a new reality.

Because so many religious traditions and cultures have rituals to name losses and provide comfort, we, too, are offering a Community Service of Healing and Comfort. Join us at 3:00 pm – and bring a friend. Say simply: "Take My Hand."

First Parish of Sudbury's Pastoral Associates

Anmarie A, Audrey K, Polly M, Bruce P, Fred P, Paul R, Dawn S

In the event of a pastoral need, please call any of these Pastoral Associates.

Coming up in Religious Exploration:

Faith in Action projects for kids and families

On October 12th, we hosted our first Social Justice Sunday of the year. We learned more about global warming, about the need to go back to 350 parts per million of CO2 (now at 385 ppm and increasing), and 350.org. The kids brainstormed ways to keep "saving the earth" as part of the 350.org awareness project and beyond. All children and youth are invited to First Parish on Saturday, October 24th at 10AM to help toll the bell 350 times for the opening of the 350.org Energy Rally to take place on the Sudbury Town Green. Please come!

TempoTime: a music and movement program for parents and their children ages 1 to 5 on specific Friday mornings at 10am. The next gathering is Oct. 30. Please tell your friends and neighbors about this wonderful opportunity.

Second Fridays – Second Chances: an interfaith support group for people who are divorced or divorcing. Meets at 7:30pm on Friday Nov. 13 and Dec. 11

Explore how you can help in our Religious Exploration program. See options and sign-up at http://www.surveymonkey.com/s.aspx?sm=o8xmhnbfntldjvMsTX97g_3d_3d

Fight for Justice -- Welcoming Congregation Committee Seeks Additional Activists

What's the Welcoming Congregation Committee? That's our diverse group of activists whose special interest is the civil and human rights of gay, lesbian, bisexual and transgender persons. Since 1994, this committee has garnered a long list of accomplishments. Current projects are one-time, short-term and ongoing.

Won't you join us and do what you can? For more information, please contact Donna Scalcione at office@fpsudbury.org

Hello from Afghanistan

I've been meaning to write you guys back at the First Parish of Sudbury for a while. Firstly, I just wanted to thank everyone there for the care package you sent some months ago. I apologize for not writing sooner to thank you all. I really appreciate your thoughtfulness.

I've been in Afghanistan over 10 months now, with only two more months scheduled to go. It's been a really interesting experience. Suffice it to say, I've learned a lot about myself. Part of what allowed me to take something positive from this experience was the fine religious education I received at First Parish.

So, really, I'm writing to say thanks to all of the people at First Parish. If you could pass this note on to them with my thanks for their thoughts, I would really appreciate it - especially those who made such nice cards for me. I put them up in my "B-hut" (Army slang for the shacks we live in), and after the long days here in Afghanistan, they are a welcome sight.

I should be around Sudbury sometime in mid to late December. With your permission, I'd love to get the opportunity to talk to some of the kids there about my experiences, and how important I think it is to keep an open mind and be a "seeker" of knowledge - the kind of attitude you can learn in a town like Sudbury, and a place like First Parish.

Warmest regards,
1st Lieutenant Colin A.

Oct 24. event

On the weekend of Oct. 24 and 25, First Parish will participate in the International Day of Climate Change. We will toll our bell around 10 am on the 24th for the opening of the 350.org Energy Rally to take place on the Sudbury Town Green. Check the bulletin board in the Parish Hall and visit <http://www.350.org/people/faith>

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Are You Ready to Reduce Your Carbon Footprint (Even More)?

An Adult Program Offering: The Carbon Consciousness Group

Come check out the “Carbon Consciousness Group” that meets one Thursday evening a month to discuss reducing one’s carbon footprint at home and in our towns. It’s a great opportunity for discussion including such topics as lowering home energy usage, home insulation, gardening, vegetarianism, the Transition Initiative, local food, Community Supported Agriculture, Community Supported Fishery, feasibility of using wind power, solar energy, photovoltaics for our homes, geothermal home heating systems, local and state politics, 350.org, raising chickens, the bottle bill and more.

But, it’s more than discussion. They support and help one another to consume less, drive and fly less, and generally use fewer resources. They have attended energy fairs and lectures, viewed films, and read books between meetings.

The group meets in the Brackett Room from 7:30 to 9:ish on a Thursday evening. They decide their next meeting date by polling the group. They have a couple of planned events coming up—attending Climate Action Day, and going as a group to view “Food, Inc.” in Concord. For information about the group and about upcoming activities, please contact Leslie L or by calling her at home.

Still Time to Help with First Parish’s Oral History Project

Help unearth the treasure trove of history about this wonderful congregation! Do you have stories to tell? Would you like to “interview” a longtime member? Could you discover the issues of the day and what was it like then compared to now? To volunteer, call or email the office.



All Women Invited Oct. 25

All women of the parish are automatically members of the Women’s Alliance and are warmly invited to the potluck supper and brief meeting Sun., Oct. 25 in the Brackett Room, 5-8 pm for a relaxing, casual evening of food, conversation and community.

- Susan C, Alliance President

New Email Lists Tells What the UUA Board and Committees Are Doing

Most of the information is available on the UUA web site www.uua.org but it can be hard to know what is posted and when. The Openness Implementation Committee is pleased to introduce a new announcement-only email list that will let you know what ideas are being worked on, what committee and staff reports have been submitted, what actions the board is considering, and other information you tell us you want.

Subscribe to the list by going to <http://lists.uua.org/mailman/listinfo/uua-updates> Comments or questions may be sent to <mailto:uuacomment@me.com>



Musicians
of the
Old Post Road

**Concert at First
Parish of Sudbury,
Saturday, Oct. 24,
8:00 p.m.**

A HAYDN CELEBRATION

\$25 general admission, \$20 seniors & students
Children ages 7-17 with an adult admitted free
Tickets at the door or ask Marge & Bruce L or
from website www.oldpostroad.org Lively and
expressive works from Haydn's London period,
including Piano Trio No. 30 in F Major, Cantata
Arianna a Naxos, and his charming settings of
Scottish and Welsh folk songs for voice and
instruments. At intermission, the audience will
participate in Haydn's Musical Dice Game. -- *With
mezzo-soprano Pamela Dellal*. There will be a
post-concert reception with light refreshments by
members of the First Parish of Sudbury.
Musicians of the Old Post Road is a non-profit,
period instrument chamber music ensemble
performing music of the baroque, romantic and
classical eras throughout eastern Massachusetts
in historic buildings. Their outreach presentations
have reached more than 3,200 area students.

From The Harvest Fair Committee

A Big Thanks to all those who helped with a very
successful Harvest Craft Fair. Once again, the
Bake Table sold out, the Jams and Jellies were
almost gone, Lunch wonderful, the Magic Show a
big hit, and Raffle Ticket sellers did a great job.
Our attendance was up from last year and early
reports show a healthy return. AND, we have an
opening on the Committee as Jan H is retiring
after 6 years on the job. Thanks to Jan for all his
help. Anyone interested in joining the committee
should contact Sherri C, Beth R, Mary Ellen F, or
Elaine J.

Contacts:

Minister: Rev. Katie Lee Crane- minister@fpsudbury.org
Ministerial Candidate in Residence: Beverly W –
office@fpsudbury.org
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Bulletin Board Sampler

Check out the Parish Hall bulletin boards for more
details on these and other events:

**Chalice Circles – New Member sign up until
Oct. 23.** To learn more, go to our website
<http://fpsudbury.org/wiki/Public/ChaliceCircles/> -
or call the office.

Transforming Our Whiteness:
A Workshop for White Members
of UU Congregations
Sat., Dec. 5 First Parish Church, Arlington



CALENDAR

for the complete and up-to-date listing, visit
www.fpsudbury.org...news/events...calendar

October

- 21 Quilters
- 22 Choir Rehearsal
- 22 Mindfulness Meditation
- 24 Concert: Musicians of the Old Post Road
- 25 CHC Meeting
- 25 Women's Alliance Potluck & Meeting
- 25 Youth Group
- 26 Spiritual Book Discussion Group
- 26 Spirit Play Task Force
- 27 4th Tuesday Lunch & Discussion
- 27 Pastoral Associates Group
- 27 Tuesday Night Meditation
- 28 Quilters
- 29 Mindfulness Meditation
- 30 TempoTime
- 30 Youth Group Halloween Party

Next Connector deadline Oct. 28 at 5:00
for Nov 4 edition

November

- 1 Youth Group
- 2 Trustees
- 3 COA Workshop
- 3 Committee on Ministry