

SUNDAY SERVICES

Sunday, September 6 10:00a **Rev. James Ishmael Ford**

BALLAD OF TOM JOAD: Reflecting on the Dream of Equity in Human Affairs

When Woody Guthrie saw John Ford's version of the Grapes of Wrath, he thought it contained a message that even people who didn't have the quarter it cost to see it needed to hear. Today James will reflect on that message.

Nursery and Toddler Rooms open.

Sunday, September 13 10:30a **Cathy Seggel, DRE, and Rev. James Ishmael Ford**

DROP WITH A DREAM: The Gathering of the Waters

Today's intergenerational Welcoming Service will feature our tradition of gathering the waters. If you've collected some water from your backyard or travels, please bring it. If you forget, we'll have some "metaphorical water." Be prepared to share a brief, brief word about what you bring back with you.

Registration for the new Church School year begins at 9:45a in the Parish House and continues during Coffee Hour.

Childcare for our youngest children (birth to age 3) in the Parish House during the service

Sunday, September 20 10:30a **Rev. James Ishmael Ford**

FAITH IN A CHAIR: On the Nature of Covenantal Relationships

What does it mean to belong to a covenantal community? And, for that matter, what is a covenant, and what's the difference between that and a contract? James will explore the spirituality of relationship.

Young people in grades K and older begin in the Meeting House, then go to the first session of Sunday School classes.

Origins, Play Circle, and Preschool classrooms are open.

Sunday, September 27 10:30a **Rev. James Ishmael Ford**

STANDING ON THE SIDE OF LOVE: On Doing What You Believe

Our faith tradition is very much about doing what one believes. James will explore some of what it means when liberal religion's faith—that is, its rubber—hits the road.

Today's offering will be dedicated to the building project of Wat Thormikaram, the Khmer Buddhist Society of New England.

Following the service, our Social Justice Ministry will have a table at Coffee Hour where you can learn more about how we are engaged here in Providence and in the world and how you can get involved.

Young people begin in classrooms and worship in Chapel.

Sunday, October 4 10:30a **Rev. James Ishmael Ford**

FILTHY LUCRE: A Consideration of Purity in Religion

James noticed that about the only time he talks about money from the pulpit is during the annual members' stewardship campaign. He thinks that's too bad, as there are some important things for us to think about in our relationship to money as individuals and as members of a spiritual community.

Following the service, our Stewardship Ministry will have a table at Coffee Hour where you can learn more about how we relate to money and finances as a spiritual community and how you can participate in this important ministry.

Young people begin in classrooms and worship in Chapel.

The Monthly Newsletter for

The First Unitarian Church of Providence
Corner of Benefit and Benevolent Streets

ALL PARISH EVENTS

All-Parish Supper – September 11

Church School Registration begins

September 13 from 9:45a

Ice Cream Social September 13, 1:00p–3:00p

Church School begins September 20

I N S I D E

| | |
|-----------------------------------|----|
| Monkey Mind | 2 |
| Spiritual Pathways | 3 |
| Sight Lines | 4 |
| Community Life and Heritage | 5 |
| Spiritual Development | 7 |
| Social Justice | 9 |
| Church Calendar | 11 |
| Back Page: Wholly Rollers | 12 |

S T A F F

Rev. James Ishmael Ford, Minister

Cathy Seggel, Director of Religious Education

Frederick Jodry, Music Director

Rev. Christana Wille McKnight,
Community Minister

Posey Kooris, Administrator

Walter O. Sotelo, Administrative Assistant

Katy Killilea, Membership Coordinator

Jaime Durango, Building Manager

Paul Webber, Evening Security

Jose Urena, Sunday Building Manager

N E W S L E T T E R

Posey Kooris, Managing Editor

Susan Fisher, Editor

Carol Pentleton, Designer

Path to Membership Class

Saturday, October 10, 9:00a 12:00p

Thinking of becoming a member? The Path to Membership class is for anyone interested in learning about membership, Unitarian Universalism, and our congregation. At the end of the class, you'll have the opportunity to become a member.

Registration is required by Sunday, October 4.

Contact: Katy Killilea, Membership Coordinator (mem@firstunitarianprov.org or 401.421.7970)

Wheel of Life



On the Move

Best wishes to Don and Sara Slate who moved to Sarasota, Florida in June.

Condolences

To Ann Daum and her family on the death of Ann's husband, Dr. Stanley Daum on May 30. Stan was a member of the church since 1964.

Healing Thoughts

To Ann Daum as she recovers from an injury due to a fall.

Hats Off!



To Helen Haynes for another year of emergency phone coverage while the office was closed for summer break in late July and early August; and

To our Summer Sunday Service speakers: Ryk McIntyre, Rick Richards, Heather Vail, David House, Wendy Oliver, Lachlan Franquemont, Pete Peterson, Ted Martin, Ralph and Sally Caruso, Claudia Ford, and Erik Resly



I hope all have had lovely summers. Ours certainly was full. I feel rested. I feel energized. And I know I'm raring to get going.

At General Assembly, we elected a new president, Peter Morales, and decided the language of our Principles and Purposes was good enough to not revise, at least for a while yet. As you may know, I supported the other candidate for president. But while I did have a preference, I was confident that, whoever was elected, our national leadership would be in good hands. Peter has promised to try and visit with us this year and share his vision for the Association. I'm very much looking forward to his time with us. Details to be announced as they come clear.

As you may know, I also was a supporter of the proposed new version of the Principles and Purposes, which was rejected by, if I recall, eight votes. (Do we discern a pattern here?) But, again, I like what we have, and while I thought the tweaks of the draft were an improvement, I feel the old and now current language a pretty accurate description of how we Unitarian Universalists stand in the world.

Particularly in both the proposed draft and in the original language, I feel we've captured the spiritual genius of that stance, which is our generally held sense of how the individual is precious beyond comprehension and, at the same time, how that individual - that is you and I - are woven completely out of one another and the world itself. Our spiritual insight, hardly unique but very much ours, is that we are part of a web of relationships, and our spiritual work is to bring that intuition and how we act in the world as one thing. For me, that stance and that action is love. Our spiritual project is about the manifestation of love, toward one another and toward the world.

In support of this, the UUA and our General Assembly have endorsed a new program. It's called, I think very appropriately, Standing on the Side of Love. As it has been originally conceived, it is about focusing on taking this faith of ours to the streets, focusing on a few areas in particular. Most important among these are marriage equality, racial harmony, and immigrants' rights. I'm very taken with this and I'll be exploring how I see this, and how you might, in a conversation at our inaugural Friday Night Potluck and Program on September 11. There are details for that elsewhere in this newsletter. I hope you will mark it in your calendar and come. We have much to talk about.

See you at the Meeting House,



Rev. James Ishmael Ford, Minister
Office Hours: Monday, Tuesday, Wednesday, and Thursday, 9:00a -12:00p Appointments are recommended.
min@firstunitarianprov.org





A Summer of Inspiration, an Autumn of Promise

My spiritual practice includes an annual ritual. It involves holding on to warm summer feelings while gathering momentum for the fresh energy of fall. This season, I had the good fortune to have some playtime with family and friends, as well as quality time filling my spiritual well, in the presence of close colleagues and fascinating religious leaders.

In late June, I listened to Rabbi Sandy Sasso deliver the Fahs lecture at General Assembly in Utah. She is the author of some of my favorite children's books, like *In God's Name* and *God In Between*. Just as the lecture's namesake, Sophia Lyons Fahs, Sandy has a message which affirms that children of all ages have innate spirituality, living in recognition of the sacred. People also need religion and its language in this case, UUism as the container or anchor to hold and articulate that spirituality. In other words, spiritual development must educate the mind and touch the soul. I agree.

Then, in mid-July, I was blessed to spend seven days on Star Island soaking in the talks of Rev. Meg Barnhouse. The theme for this year's R.E. week was "Seeds for Growing a Spirited Life." There, I found new appreciation for the nurturing of souls that are passionate, persistent, and faithful. After years of experiencing intentional UU community at Lifespan RE Week on Star and many attempts to share the conference and its magic, a new opportunity has surfaced. I encourage everyone to visit the website www.starweek.com and listen to the recorded theme talks and read the daily newsletter for a taste of what I have eaten.

Now, in August, I am back in the office, preparing for a church year that is chock full of support and resources for individual and community health and growth. Volunteer teachers, Coming of Age mentors, and parents will be oriented; classrooms and supplies readied; and curricula organized and polished. As new and returning families gather this fall, I encourage you to find your own opportunities for satisfying involvement in congregational life. There are places waiting for you in our shared ministries of social justice, stewardship, community life, and faith development for children, youth, and adults.

Please visit, call, or email to connect with me and to share your ideas and energy. It will be good to see you on Homecoming Sunday,

Cathy Seggel, Director of Religious Education
401.421.7970
dre@firstunitarianprov.org
Office Hours: Monday Friday and Sunday

First Unitarian Designated an Anchor Congregation for Young Adult and Campus Ministry

At UUA General Assembly in Salt Lake City this past June, our church was, again, awarded five-year Anchor Congregation status; we were one of the first congregations designated when the program was introduced in 2004. The Anchor Congregation program recognizes UU societies across the continent that have made a substantive commitment to young adult and/or campus ministry. The award is aimed at institutionalizing strong, congregationally based young adult and campus ministry programs, which serve as models to other congregations seeking to do young adult and campus ministry. It will be important to keep this program healthy and growing through the years ahead.



Schedule of Opening Events

Sunday, September 13

9:45a Church School Registration begins in the Atrium (registration will continue during Coffee Hour)

10:30am Homecoming/Water Communion Multi generational Worship Service in the Meeting House
Origins (Birth-2 years) and Play Circle (2-3 years) classrooms will be open for our youngest children.

Tuesday, September 15

7:00p Teacher Orientation in the Parish House (Atrium and classrooms)

Sunday, September 20

9:30a Youth Music Ensemble (YME) Kick-off in the Parish House Auditorium
Bring voices and instruments (that you can already play) to begin a new year of making music and raising spirit. Open to young singers and musicians in grades 3 and older or by permission of director Marcia Taylor. Parents must accompany young people to sign up.

10:30a First Day of Sunday School
Grades K-7 begin in the Meeting House for the first portion of the service, then go to their classes
Origins (Birth-2 years), Play Circle (2-3 years), and Preschool (3½-4 years) begin in classrooms.

For program details, maps, and calendar, please see the *2009-2010 First Unitarian Resource Book* mailed to households, go to our website at www.firstunitarianprov.org, or contact Cathy Seggel in the church office (401.421.7970 or dre@firstunitarianprov.org).



The Joy of Giving

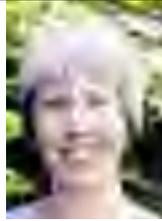
This church year, the Stewardship Committee will be communicating with you about church finances in more far-reaching ways than the annual fund drive. Our purpose is to raise awareness of the role that your contributions play in all of the wonderful things that this congregation is able to do. We know that for some people the annual fund drive is the only time that they hear anyone talking about the role of money in the life of our church, and if that is the case, then the decisions made during the canvass can be reactive, setting up a false separation between the act of giving and the joy which that giving helps to create in our community.

Every single penny of your contribution is incorporated into a careful process of setting priorities and goals. Nothing here happens by magic. Every dollar makes a difference in what we as a community are able to do, and as we learned during the budget process for the current fiscal year, missing a few dollars means missing out on a few things that we might have been able to do.

We will communicate in ways that we hope are enlightening and inspiring, sharing the joy of what you have made possible. We hope that you will open your minds and hearts to this experience and be reminded how important you are to this community.

-The Stewardship Committee:

John Simmonds, chair; Neil Bartholomew, Carol Drewes, Susan Fisher, Rev. James Ford, Herb Fried, Jack Irwin, Justin Larson, Cy O'Neil, Graham Nye, Rick Richards



We often speak of summer as a time for rest and relaxation - vacations are uppermost in our minds. But as an avid gardener, summer finds me working very hard, but in different ways than during other seasons. For me, it is a time to tend and nourish the garden - watering, weeding, mulching, and, sometimes, I admit, spraying to ward off pests. All of this culminates in the fall harvest, when my husband, Bill, and I happily eat the many wonderful fruits and vegetables we have tended together over the summer.

Summer also gives us the chance to tend to our spirits in different ways than in other seasons. We may read, go to Star Island or concerts, retreat to the Fundy Coast of New Brunswick (Bill's and my spiritual home), or take long, leisurely bike rides. Or pull weeds. We then return in the fall spiritually rested and ready to delve into our church life anew.

Our church has so much to offer to each of us.

To explore all the myriad offerings of the church, I invite you to attend the upcoming ministry fairs. Rather than one big fair as in past years, this year each ministry will have its own "day in the sun." Explore how to get involved in Social Justice programs (which include Amnesty International, the Food Pantry, Transylvania Partnership, Village Bank, and Wholly Rollers, to name just a few) on Sunday, September 27. The Development and Finance Ministry will hold their fair on Sunday, October 4, when you will learn about how to participate in Buildings and Grounds, Finance and Investment, and Stewardship.

On Sunday, October 18, find out more at the Spiritual Development Fair, which will include information about Adult and Youth Religious Education, Chalice Circles (Small Group Ministry), Music, and Worship. Last, but not least, the Community Life and Heritage Fair on Sunday, October 25, will highlight the many ways we have to connect and reconnect within our community, ranging from Friday night suppers and Saturday evening potlucks to Women's Alliance events. The Deacons and Lay Ministers will also participate in this final fair.

Our active, vibrant community offers so many ways to learn about and support each other on our spiritual paths. I look forward to talking, singing, and worshiping with all of you throughout this year.

Martha Rice Sanders, President
pres@firstunitarianprov.org



What's This?

Can you identify this detail from our campus?
No prizes for a correct answer, just the secret thrill of being a sharp observer!

(photo by Richard Boober)





Community Life and Heritage

Welcome Back All-Parish Supper

Friday, September 11

Note the early date - before Homecoming Sunday. Please sign up early in September. Everyone, young and old and in-between, is invited to join us for the All-Parish suppers.

5:45p Social Hour Bring hors d'oeuvres to share and/or wine for your own party if you wish.

6:30p Potluck Dinner Please bring a dish to share that serves at least eight people. You can bring a main dish or, alternatively, a vegetable, a salad, or a dessert.

7:45p Program in the Auditorium: An Evening with Rev. James Ishmael Ford

Our after-dinner program will give us an opportunity to connect once again with the people in our church community - both old friends and new. We will also hear a brief report of the UUA General Assembly (GA) meetings in Salt Lake City from our President, Martha Rice Sanders.

The main speaker will be our minister, Rev. James Ford, who will reflect on his experiences at GA. James was intrigued by a new UUA program for congregations presented at GA called "Standing on the Side of Love," which focuses on things like marriage equality, race relations, immigration issues, and more. He will discuss this program and ask us to think about whether it might have some relevance for our church community. Questions and comments will be welcomed following his talk. What a great way to start our church year! Please plan to come.

Reservations are strongly requested. Please fill out the sign-up slip in the *Meeting House Times* and drop it in the collection plate. Or call the church office in advance at 401.421.7970.

Childcare for infants and children up to age 10 will be available for parents who request it.

Contact: Jim Estey (401.351.1748)

Sundae Ice Cream Social

Sunday, September 13, 1:00-3:00p, in the church parking lot

Grab your family and friends and head to the church parking lot for our "Sundae" afternoon ice cream social. We'll have cold drinks, brownies, and lots of ice cream! Joe's Backyard Band will be playing. Everyone is invited. Please plan to come! (Note: in the event of rain, the Ice Cream Social will take place in the Parish House.)

Parking Lot = Party Spot: If you park in the church lot on Sunday, September 13, you'll need to move your car by noon, or park somewhere other than the church parking lot that day. Musical equipment and ice cream will be getting set up for the 1:00p Ice Cream Social. Thanks for your cooperation!

Your hosts: The Fellowship, Membership, and Religious Education Committees

Saturday Socials

Saturday, September 26

These Saturday evening potluck suppers are for adults, except where noted. Newcomers, old-timers, and in-betweeners who would like to meet new friends in the congregation are all welcome to participate.

In the East Bay . . .

Host: Carol Adams
145 Narragansett Avenue
Riverside, Rhode Island
6:00p Social Hour
7:00p Dinner
Please bring your own beverage.

In the West Bay . . .

Host: Janet Noble
41 Shawomet Avenue
Warwick, Rhode Island
6:00p Social Hour
7:00p Dinner
Please bring your own beverage.

Space is limited and reservations are required. For reservations, menu planning, and directions for both dinners, call Carol Adams (401.433.4365) in advance.

A Message from the Fellowship Committee

We look forward to an expanded fellowship program this year and to more people getting to know each other better. We are experimenting a bit with the balance in our programs. One area is the All-Parish Friday Night Suppers, where we will try for more family-friendly, upbeat, and/or interactive programming. This is not to exclude the high-quality performance and thought-provoking presentations that have characterized these popular events. They will still be very much in the mix. We will solicit your feedback periodically throughout the year and also look forward to your comments at any time.

There will be two Saturday Social Suppers in members' homes most months. Many hosts have already signed up, but there are still openings. If you would like to host, even if you live "off the beaten path" or your space is on the smaller side, please contact Carol Adams (carol.adams6@cox.net or 401.433.4365). See the sidebar for September's Suppers and future dates.

Round the Table Dinners (RTT) are scheduled for December 5 and April 24. These are seated dinners for seven to ten people with shared responsibility for the menu. Sitting around one table for the evening encourages a deeper level of conversation than is possible at the larger events, and participants consistently express enthusiasm. More details to come.

Be sure to check out the Ice Cream Social (with a band!) on September 13. The Fellowship Committee is cosponsoring this celebration of the start of our new church year with the Membership and RE committees. Details are elsewhere in the newsletter.

Do you have ideas for a Friday night program or additional fellowship events? Please contact any member of the committee at the phone numbers in the church directory or at Coffee Hour after church - we try to remember to wear our orange name tags.

In Fellowship,

Carol Adams, for the committee:
Jim Estey, Mary Frappier, Janet Noble,
Dave Spremulli, Gerry Spremulli



Save These Dates

Saturday Social Suppers and Round-the-Table Dinners

October 24, December 5 (RTT), 2009

January 23; February 27, March 27, April 24 (RTT), May 29, June 26, 2010

October All-Parish Supper

Friday, October 16

Program: The Best of Atwater and Donnelly

The talented and popular folk artists Aubrey Atwater and Elwood Donnelly will return for a performance of American and Celtic folk songs, a cappella pieces, hymns, dance tunes, and original works. They have chosen their best and favorite numbers to perform and will encourage audience participation. Their career as a team stems back to the 1980s when they were part of our church family, and they are excited to be performing for us again. Don't miss this outstanding musical event!

Coffee Hour Co-op!

Our Sunday after-service Coffee Hour is a cooperative effort. Whether you like to bake or not, you can help. You can bring in home-baked or store-bought goods - or cheese, crackers, and fresh fruit are welcome alternatives. Six to eight people are needed each Sunday to bring in goodies to keep up with the ravenous crowd.

We need providers for September and October. Sign up and we'll send you home with a reminder so you won't forget!

Contact: Janet Downing Taylor at the Coffee Hour Bakers Table in the Front Parlor any Sunday during Coffee Hour.

A First Unitarian Bed and Breakfast Program?

Are you interested in a new way to become more involved with the church? Starting up a B&B program here seems like a delightful venture that would also raise money for the church. Many UU churches have a B&B program, and Providence seems an excellent place to have one, too. There are lots of parents who want to visit their children studying here (or hoping to study here) and we have WaterFire drawing visitors in the spring and summer months, plus many other attractions in our beautiful city.

How it works: People in the congregation sign up to host visiting UUs for overnight stays in their home. Hosts, who provide a bedroom and breakfast, enjoy getting to know fellow UUs from around the country and the world. The guest fees are paid to the church.

Contact Ginny Fox (ginfox32@yahoo.com).

The Women's Alliance

First Mondays monthly, beginning October 5

The Women's Alliance is unique among the organizations of the First Unitarian Church of Providence: it is an autonomous society of dues-paying members. Dues are \$20 annually. Our meetings are open to all, held on the first Monday of the month, and feature exceptional speakers and wonderful lunches.

The Alliance was established on January 23, 1882, and incorporated November 19, 1904; its purpose is to support the church and its denomination, serve the community both local and at large, and provide friendship and spiritual and cultural stimuli for its members.

Among its activities, the Alliance:

- sponsors monthly free lectures
- provides luncheons at a cost of \$9
- maintains and furnishes the three Parish House parlors
- offers internet sales of used books
- offers weekly sales of fair-trade coffees at prices lower than retail outlets
- conducts annual holiday food sales
- financially supports the First Unitarian Church
- supports selected charities with annual donations
- hosts an annual tea at Tockwotten Home
- donates hymnals for church use honoring deceased members

We invite women who can attend the monthly Monday meetings, at least on occasion, to join us.

Contact: Alliance President Nancy Libby Fisher (401.751.4298 or nancylibbyfisher@aol.com)

The Knitting Connection

Every Tuesday, 7:00p

Join other knitters in the congregation for an evening of knitting and conversation. Share your techniques, skills, and ideas. Beginners are always welcome!

Contact: Julie Meyers (kelmey@cox.net)

Two Gardens

Several years ago, Carrollyn Grace, Nancy Weiss-Fried, and Helen Haynes spearheaded the initial brick project for our Meditation Garden outside the southeast corner of the Meeting House. Members and friends bought bricks that were inscribed to honor or remember a loved one; the sale of these bricks, which were incorporated into the walkway through the garden, made possible the landscaping and plantings of this beautiful and peaceful space.

Now it is time to beautify the entryway to the Atrium. The drainage on the slope outside the Atrium is inadequate - mulch and soil are constantly lost when it rains. This situation depletes church funds and diminishes our environment and the welcoming appearance of a major congregational passageway.

Some funding for the erosion-prevention project is available from a previous fundraising project. To complete the funding needed, additional bricks are being offering for placement in the Meditation Garden.

When you buy and inscribe a brick, you

- create a permanent commemoration of your part in our community
- help complete the walk in our First Unitarian Meditation Garden
- help build an erosion-prevention wall and patio for our Atrium entryway

Bricks are \$100 each. For information on inscription length and to order a brick, please call the church office at 401.421.7970.



Spiritual Development

Continuing Programs

Unless otherwise noted, all programs meet in the Parish House and registration is not required. New participants are always welcome. For more information about a particular program, please contact the person(s) identified in the program description.

Benevolent Street Zendo: An Ongoing Zen Meditation Group

Every Monday at 7:00p

Boundless Way is an interfaith Zen community, maintaining close connections with the Soto Zen Buddhist Association and the American Zen Teachers Association. (All three of its senior teachers, including our minister, James Ford, are also Unitarian Universalists.)

Everyone is welcome. Brief instruction will be available to those who come at 6:45p.

We are a member community of the Boundless Way Zen Sangha; for more information, visit www.boundlesswayzen.org.

Contact: Jan Seymour-Ford and James Ford (benevolentstreetzendo@gmail.com)

Reimagining Religion

Second and fourth Tuesdays, September 8 and 22, 7:00p

In his autobiography, *Wrestling with God*, Lloyd Geering observes that the longevity of the Judaeo-Christian theological tradition has resulted from its brilliant mythological description of the human condition. "But because we have now moved into a radically new age and express ourselves in a non-mythical medium," he argues, "it has now become necessary to enunciate a completely fresh world theology, . . . drawing appreciatively from all religious traditions . . . in the light of our new knowledge of the universe."

Reimagining Religion is an ongoing attempt to employ the best recent scholarship in coming to grips with issues raised by radically new developments in the study of religion and, thereby, achieving a fuller appreciation of what religious literacy entails in the twenty-first century.

Contact: Tom Hall (401.647.2925 or twh2nd@aol.com)

Spiritual Cinema

Third Sunday, September 20, 7:00 - 9:00p

According to producer/director Stephen Simon, "Some of the best movies made each year go virtually unseen." This is because they are either short films or films that the distributors feel lack box-office draw (not enough violence, explicit sex, etc.). Now Simon and others are making these films available on DVD through Spiritual Cinema Circle.

This year's program will start with a series of short films ranging from the comedic to inspiring. Come join us for a relaxing evening.

For more information, visit www.spiritualcinema.com

Contact: Marilyn Eanet (401.433.1299 or meanet@cox.net) or Maureen Johanson (508.557.1173)

Upcoming Programs

Here is a preview of new, single-session programs being offered this fall, beginning in October. Registration is not required unless otherwise noted.

What's Up with All the God Talk?

A Discussion for Theists, Atheists, and Agnostics

Thursday, October 15, 7:00 - 8:30p

In the middle of the twentieth century, it was possible for a Unitarian minister to lose her or his job for using the word God in the pulpit. Not twenty years ago, our current minister, James Ford, was approached by concerned members of the congregation he was serving who asked him to be more circumspect about being an atheist.

This evening James will make a brief presentation, to be followed by a discussion of the issues of God-talk in contemporary UU congregations.

Contact: Rev. James Ford

Yoga for Anxiety and Depression

Tuesday, October 20, 7:00p

Anxiety and depression go hand in hand. Anxiety revs you up and burns up your energy, leaving you depleted and depressed. Simple and effective yogic techniques can help ease anxiety and elevate your mood.

In this two-hour class, you will have an opportunity to learn about a basic yogic model of human energy that has a strong correlation with Western understanding of physiology. Come and experience the effects of calming and nourishing practices.

Teacher Karen Lee is a registered yoga therapist and owner of Breathing Time Yoga.

Registration requested but not required.

Contact: Karen Lee (401.421.9876)



More Upcoming Programs

A Principled Life: A Conversation about the UU Principles

Thursday, October 29, 7:00 - 8:30p

The conversation will begin with a brief overview of the current version of the UU Principles, with particular focus on the assertions about the worth of the individual and our being part of an interdependent web through the lens of the call to a free and responsible search for truth and meaning.

We will then launch into a discussion of what these principles might actually mean for us as contemporary Unitarian Universalists.

Contact: Rev. James Ford and Cathy Seggel, DRE

Mr. Toad's Wild Ride through the History of Unitarian Universalism

A Film, Talk, and Discussion

Thursday, November 19, 7:00 - 8:30p

Our session will begin with a 20-minute film depicting the history of Unitarianism, Universalism, and Unitarian Universalism, produced by the UU Congregation in Rockford, Illinois.

James will then spend about 20 minutes rebutting the film. This will be followed by, we expect, a lively discussion about various aspects of the history of Unitarian Universalism.

Contact: Rev. James Ford



UUMeN

Second Sunday, September 13, 7:00 - 9:00p

Topic: What Do Men Need?

This is the sixteenth year that First Unitarian's UUMeN's group has been meeting together for fellowship, discussion, and the building of a liberal spiritual community of men. Facilitation of our meetings is shared by the members.

We will reconvene on September 13. After an extended check-in covering our lives this summer, we will consider the question of what men need. Two themes in our discussion will be "being alone" and "coming together."

All interested men are welcome; please join us.

September facilitators: Phil Smith (401.699.4029) and Jim Estey (401.351.1748)

Gaia's Hearth CUUPS (Covenant of Unitarian Universalist Pagans)

First Thursdays monthly, starting September 3, 7:00 -8:30p

Gaia's Hearth was formed to promote:

- Networking among Pagan-identified UUs and providing outreach of Unitarian Universalism to the local Pagan community
 - Providing educational materials on Paganism for our home congregation, First Unitarian Church of Providence, and the general public
 - Promoting interfaith dialogue, based on Earth- and nature-centered religious and spiritual perspectives
 - Encouraging greater use of music, dance, visual arts, poetry, story, and creative ritual in Unitarian Universalist worship and celebration
 - Providing support for Pagan-identified UU religious professionals and ministerial students
 - Fostering healing relationships with our mother Earth and all her children
- Meetings are open, and everyone is welcome.

Contact: Artemis Ezikovich (nimuix@cox.net)

Beginning in October . . .

First Unitarian Women's Chorus

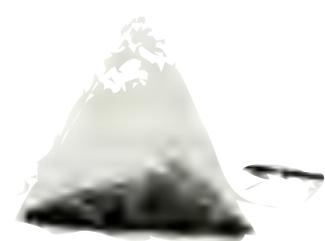
Sundays, October 11, 18, 25, November 1, 8, 15 at 12:00 noon

This is an opportunity for women of all ages (including teens) to get together to sing. Director Beth Armstrong has many years of experience singing in and directing choruses of all types, and special experience with women's voices. She also has a vast collection of songs that are accessible not only to the experienced vocalist, but also to the beginner.

Music reading is not required, so this is a good chance to grab your mom, your best friend, or your daughter and come to church to sing just for the joy of it. If the group chooses, it's possible that the chorus will sing in a Sunday service.

Join us on all or any of the Sundays. Advance registration is requested.

Contact: Beth Armstrong (bestar3@aol.com)



Social Justice



First Unitarian Is an Official Welcoming Congregation

It's official! In June, First Unitarian was awarded Welcoming Congregation status from the Unitarian Universalist Association, just in time for our participation in the Pride Parade. A group of us decked out a rented pick-up truck with rainbow-colored posters. Then more than 20 of us had a great time marching and dancing in the parade, showing the community that we welcome all.

The Welcoming Congregation symbol is displayed next to our name on the list of congregations at the UUA Web site, so visitors searching for a BGLT-friendly congregation will find us.

Stay tuned for announcements about Welcoming Congregation's plans for the coming year, including:

- Installing a Welcoming Congregation banner on our building, with a celebration and press coverage
- sponsoring a workshop on transgender issues
- hosting a photo exhibit celebrating BGLT (bisexual/gay/lesbian/transgender) families
- community outreach activities
- creating a brochure about our Welcoming status, and including the Welcoming Congregation symbol on our church Web site, stationery, and other brochures
- collaborating with the new UUA program "Standing on the Side of Love"

Contact: Brian Paradis (617.827.2335 or briananddeacon@comcast.net)
 Michael Currier (617.680.6083 or mcurrier@gmail.com)
 Jan Seymour-Ford (401.305.5361 or seymourford@gmail.com)



Volunteer at the Community Food Share Food Pantry

Third Monday, September 21

The Community Food Share Food Pantry serves needy people in the Providence area. The number of people who depend on our pantry is increasing due to the weak economy. Our "Grocery Store" is set up in the Atrium on the third Monday afternoon of each month.

Volunteering for the Food Pantry is a rewarding experience. You can help with setup, be a personal shopper to help clients select food items, or, of course, work clean up (we particularly need volunteers for the late afternoon).

If you would like to help or would like more information, we'll be delighted to hear from you.

Contact: Elesa Amand (401.253.9602) or Martha Manno (508.761.7009)

Have you heard about 2-1-1?

The Community Food Share (CFS) Committee is spreading the word to our clients and helpers about the national Dial 2-1-1 program that can efficiently link people with community service programs in their area. One call gives you access to resources across your community, whether you need to get help for yourself, for a member of your family, for a friend - or if you just want to give help.

Who does 2-1-1 help? Everyone. You can find daycare, get financial assistance for a utility bill, find a mental health counselor to help you in a crisis, donate your time as a mentor, or connect with any other kind of community service - all by dialing 2-1-1.

Dialing 2-1-1 is free, confidential, available 24 hours a day, offers multilingual/TTY services.

Pamphlets and other sources of information about Dial 2-1-1, in English and Spanish, are available on the CFS shelves in the Resource Room. For more information about 2-1-1, call or visit: www.211ri.org in Rhode Island; www.mass211.org in Massachusetts; www.211ct.org in Connecticut.

Justice



Social Justice Ministry Committee Fair

Sunday, September 27 at Coffee Hour

If you're wondering what First Unitarian is doing to make the world a better place, here is your chance to find out. At Coffee Hour after the church service on Sunday, September 27, the Social Justice Ministry will have a program fair.

We currently have 13 committees doing social justice work, ranging from local to global projects. Come browse during Coffee Hour to learn more about what the committees are doing and see if you're interested in getting more involved in any of our good works.

We're proud of the work we're doing on behalf of First Unitarian and want to share it with you. Come talk to us while you're enjoying your coffee.

Contact: Julie Meyers, Prudential Committee Liaison to the Social Justice Ministry

Habitat Work Group

Third Saturday, September 19

The First Unitarian Habitat Work Group has been working for several years with the Providence chapter of Habitat for Humanity of RI (www.habitatprov.org/). The Providence chapter usually has several houses under construction. Volunteers of all skill levels are welcome the only requirement is a willingness and ability to do physical work and a minimum age of 16.

Contact: Peter Van Erp (401.351.4881 or petervanerp@cox.net)

The Peace Flag Project

UN International Day of Peace, Sunday September 20, 3:00p

First Unitarian's Ginny Fox and the Peace Flag Project are sponsoring the sixth annual celebration of the UN International Day of Peace. The event will take place on Sunday, September 20 and is free and open to the public. From 3:00 to 5:00p, there will be activities for adults and children, including making Peace Flags and Pinwheels for Peace. Throughout the event, there will be performances by storytellers, dancers, and singers from India, Latin America, and Africa.



And First Unitarian will be there! Through Anne Connor's efforts, we will offer Voter Registration at the event; and our Tuesday night Knitters Group will be sharing their crafting wisdom.

At 5:00p, there will be a brief program, followed by a silent Walking Meditation, the traditional highlight of the program. The Walk will be led by interfaith clergy, including Rev. James Ford, and community leaders and will conclude with interfaith prayers for peace.

If you'd like to help, there are plenty of volunteer opportunities. Please consider contributing your time and ideas.

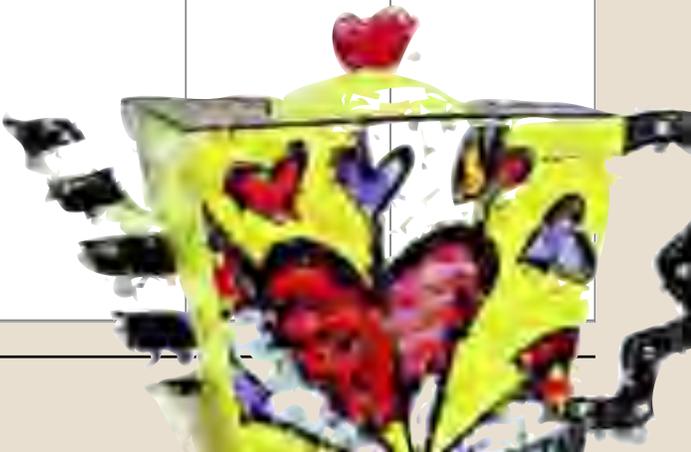
Contact: Ginny Fox (401.453.8281 or ginfox32@yahoo.com)



September 2009

"Find something you're passionate about and keep tremendously interested in it." -Julia Child

This Month

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|--|--|--|----------------------------------|--|
|  | | <u>1</u> Knitters 7:00p | <u>2</u> Prudential Committee 6:00p Fellowship Committee 6:30p | <u>3</u> Gaia's Hearth 7:00p Stewardship Committee 7:00p | <u>4</u> | <u>5</u> |
| <u>6</u> Summer Sunday Service 10:00a | <u>7</u> LABOR DAY Benevolent Street Zendo 7:00p | <u>8</u> Reimagining Religion 7:00p Knitters 7:00p | <u>9</u> Religious Education Committee 5:30p Worship Committee 7:00p | <u>10</u> Social Justice Ministry 7:00p | <u>11</u> Parish Supper 5:45p | <u>12</u> |
| <u>13</u> HOMECOMING Sunday Service 10:30a Ice Cream Social 1:00-3:00p UU Men 7:00pm | <u>14</u> Benevolent Street Zendo 7:00p | <u>15</u> Teacher Orientation 7:00p Knitters 7:00p | <u>16</u> | <u>17</u> Stewardship Committee 7:00p | <u>18</u> | <u>19</u> |
| <u>20</u> Sunday Service 10:30a Sunday School starts 10:30a Spiritual Cinema 7:00p | <u>21</u> Food Pantry 4:00p Benevolent Street Zendo 7:00p | <u>22</u> Reimagining Religion 7:00pm Knitters 7:00p | <u>23</u> | <u>24</u> | <u>25</u> | <u>26</u> Leadership Retreat |
| <u>27</u> Sunday Service 10:30a Social Justice Ministry Fair 11:30a | <u>28</u> Benevolent Street Zendo 7:00p | <u>29</u> Knitters 7:00p | <u>30</u> Executive Committee 7:00p | | |  |

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Wholly Rollers' Paul Hossfield: Meeting the Challenge

Thanks to all the members of the congregation who donated funds for MS on behalf of the 2009 Wholly Rollers, a program of First Unitarian's Social Justice Ministry.

Wholly Rollers raise funds for the National Multiple Sclerosis Society and cycle in the annual Rhode Island MS fund-raising events. This year, Wholly Rollers raised \$2,640 to help support scientific research to find a cure for multiple sclerosis and to provide services for Rhode Islanders with MS. Over 900 MS 150 Bike Tour riders raised more than \$700,000.

Paul Hossfield is our most active Wholly Roller (he also sings regularly in the adult choir). Since 2006, Paul has cycled in two MS 25-mile Quick Rides and three MS 150-mile Bike Tours. "The biggest challenge is fund-raising I tend to be shy," says Paul. Nonetheless, he was the top fund-raiser for the 2009 Wholly Rollers. Paul raised \$1,245 nearly half of the team's total!

"What's most rewarding," Paul says, "is sharing the mission of the MS Society with the church, making it to the end of each of the two days, and the camaraderie of the riders." Paul is also reducing his carbon footprint. "Today I commute from home to work and church on my bike. Depending on my mood, I cycle when the temperature is above 35 or 40 degrees and it's not actively precipitating when I depart."

Paul will be 60 when he rides his fourth annual MS 150 Bike Tour next June. He advises others who are considering next year's two-day MS 150 event to "be sure to train. And believe in yourself. Those two get me to the crest of each hill."

For more about Wholly Rollers, visit www.silversmithing.com/whollyrollers/.

Contact Greg Kniseley (mkniseley2@cox.net or cell 351-0358).
