





## Monkey Mind

There I was, sitting at my desk in the office. My eyes itched. I reached up with my right hand and pulled my glasses off my face. Instantly they broke in two, fracturing at the nosepiece. My wife, Jan, always tells me to take my glasses off with two hands. I don't. And I guess this was the consequence.

The next 40 minutes were not nice. I happened to have a pair with a six-year-old prescription in the car, which I went and pulled out of the glove box and put on. Instantly, I should add, making me feel a bit woozy; that prescription was quite a bit different than my current one. In the meantime, Posey Kooris and Jamie Durango, working together, had epoxied the two pieces together, giving me a reprieve – enough time to get to my favorite vendor and a new set of frames.

I've been thinking about those 40 minutes.

A bunch of thoughts. The instant helplessness. I'm one of those people who in my whole life have never lost a pair of glasses. I know totally where they are from the moment I wake up until the moment I go to sleep – on the bridge of my nose. I'm only near legally blind in one eye. The other is simply bad. The discrepancy between really bad and nearly bad causes instant headaches. I'm not totally helpless without them, but it is out there in that general direction. Helpless enough.

And, right after it, I find myself thinking how friends did step in and help. I'm so grateful for friends.

And it led me to a brief rumination on that mystery of our human condition. We like to think we're in control. Okay, I like to think I'm in control. But, in an instant, broken glasses, a bus racing down the street, a stroke, and, well, a different reality about control sets in. Being the master of our fate is at best a fragile thing, and for most of us, most of the time, simply a fond delusion. And, and, we really are part of a web of relationships. And it sure is good when those with whom we are most closely connected like us.

'Tis interesting how we are all graced every now and again with reminders of the fragility of our condition, and how much we, in fact, do rely upon each other. Personally, I prefer it to be broken glasses rather than being run over by a car.

But whatever, however, what a strange ride we are all on, and how joyful that we in fact don't have to go it alone . . .



Rev. James Ishmael Ford, Minister  
 Office Hours: Monday, Tuesday, Wednesday, and Thursday,  
 9:00a-12:00p. Appointments are recommended.  
 min@firstunitarianprov.org  
 James's blog: [www.patheos.com/blogs/monkeymind](http://www.patheos.com/blogs/monkeymind)

## The Lay Ministry and Care Crew

The Lay Ministry and Care Crew help those in the congregation in need of calls, cards, visits, rides to the doctor's office, emergency babysitting, emergency elderly companionship, or meal delivery.

The on-call Lay Minister for November is Rick Richards. Referrals or calls to the church will be passed on to Rick, who will call upon Care Crew Volunteers.

The Lay Ministry Team: Margaret Balch-Gonzalez, Andy Barrett, Pat Gifford, Kate Menard, Rick Richards and Tori Smith

## Deacons' Corner

After some discussion by the Deacons regarding how to help people in our congregation, it was decided that a brief introduction to Rhode Island 2-1-1 would be a good topic for this month's corner. The following, copied from their website, is a brief summation of what they have available:

### What is 2-1-1?

2-1-1 is the fastest and easiest way to get information to deal with a problem or crisis when you need it – 24 hours a day, 7 days a week.

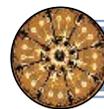
One call gives you access to resources across your community, whether you need to get help – for you, for a family member or for a friend – or want to offer help. No more wrong numbers, no more wasted time trying to find the right person to call. Someone at 2-1-1 will help connect you to the services or information you need: confidentially, for free, in your language.

### Who does 2-1-1 help?

Everyone. Whether you need to find daycare for your child, get financial assistance for a utility bill, find a mental health counselor to help you in a crisis, or connect with any other kind of community service, you'll find all the answers you need by calling 2-1-1.

Or, if you are able to help others by donating your time as a mentor or volunteer or by donating food, clothing, toys, furniture, etc., 2-1-1 is the call to make.

**The Deacons:** David Spremulli, Senior Deacon; Gerry Spremulli, Ruth Arellana, Jacqui Nye, Steve McCloy, Shirley DiMatteo, Keith Brown, Claire Rosenbaum, Tom Getz, Mary Speare



## WHEEL OF LIFE

### Passages:

David Boaz, past parishioner at First Unitarian, died on September 19 at the age of 71 in Salem, Oregon. He leaves his wife, Barbara Stebbins-Boaz, two children, and three grandchildren.





## Spiritual Pathways

### Respect for the Past, in Celebration of the Present, and Hope for the Future

Our gathered community of children, youth, and adults began this school year with gusto. Start-up events included an orientation for over 50 volunteer teachers, an RE Committee–hosted teacher appreciation breakfast, a Senior High Youth Group launch event (led by a youth ministry facilitator), a youth group parent gathering, and more.

This month, we will focus on gratitude and generosity in our chapel worship services with an enthusiastic crop of seventh-grade worship associates assisting. Each week, the older pre-school group through seventh grade begin the morning with worship, and we light our chalice with respect for the past, in celebration of the present, and with hope for the future, as foundational to our ritual.

In individual classrooms, I am grateful for the positive energy and action in our groups. The fifth-grade Toolbox of Faith group is prepared to lead our involvement in the Rhode Island Buy Nothing Day Coat Drive. The sixth-grade Neighboring Faiths group has the Providence Vedanta Society and will be going to the Providence Zen Center this month. Seventh-graders are picking bushels of apples and sorting food for the First Unitarian Community Food Share Pantry. They will also sell holiday goods for the UU Service Committee. The Senior High Youth Group has already planned an overnight at church and will be taking part in Ballou Channing District events and UUA General Assembly this year.

In the eighth-grade Coming of Age program, 22 families are participating. The parents attended a comprehensive orientation with teachers, 22 youth have been matched with adult mentors, and a mentor orientation was held.

This message comes to you from St. Paul, Minnesota, where I am attending the Liberal Religious Educators Association (LREDA) Board meeting and annual fall conference. This year's theme is Creating the Future Together: Collaborate, Curate. We will hear presenters from the Fahs Collaborative at Meadville Lombard Theological School who specialize in multigenerational faith formation and innovations in technology and spiritual practices. I am happy to be representing our congregation and look forward to sharing what I learn.

Take good care,

Cathy Seggel, Director of Religious Education  
401.421.7970  
dre@firstunitarianprov.org

## Cocoa, Coffee & Tea Drive — Marshmallows Welcome!

### A Special Holiday Food Drive for our Community Food Share Pantry

The cold weather brings more folks to our Community Food Share Pantry each month, and we would like to offer some special warm drinks for our neighbors in need. Please donate any of the suggested items below during the months of November and December; we will need over 250 items to distribute.



Bring donations to Chapel or classrooms as well as the donation barrel in the Atrium.

**Suggested Donations:** Instant or regular cocoa mix, marshmallows, ground regular and decaf coffee in small cans or bags (please, no whole bean), black teas, and herbal teas.

Our fourth-grade teachers and students will coordinate this community food drive.

## It's Time to Welcome a Guest at Your Table!

On Sunday, November 24, we'll open our Guest at Your Table program at our multigenerational Thanksgiving worship service. The eighth-grade Coming of Age class, teachers, and mentors will shepherd this project. The effort will conclude on January 5, when donations will be collected at church.

Each year at this time, friends and families in our congregation participate in Guest at Your Table – a decades-long UU tradition. By bringing home a beautiful Stories of Hope booklet and Guest at Your Table envelope, families and individuals learn about how the Unitarian Universalist Service Committee puts our shared values into action in the United States and around the world. Through a potent combination of advocacy, education, and partnerships with grassroots human rights leaders, UUSC promotes workers' rights, rebuilds sustainable communities, advances civil liberties, and heals people affected by disasters. Through the Stories of Hope booklet, we connect with leaders throughout the world who are working hard for human rights in partnership with UUSC.



In each household, the Guest at Your Table materials are placed in a prominent spot where the household gathers. When family and friends gather to enjoy their blessings, they can reflect on the contributions of these "guests" to the movement for universal human rights – and share generously. Each week, they can choose a different story to read, bringing the guests to life and helping celebrate their own rights.

Sharing our blessings through Guest at Your Table ensures that UUSC's human rights work continues. Since the UUSC is an independent organization that receives no funding from any government or denomination, our support through this program is vitally important. Thanks to the Unitarian Universalist Congregation at Shelter Rock in Manhasset, NY, gifts of \$100 or more are eligible to be matched, dollar for dollar, doubling the impact of our support!

If you miss picking up the Guest at Your Table materials on November 24, you can find them in a basket in the Atrium or contact Cathy Seggel in the church office (dre@firstunitarianprov.org or 401.421.7970).



## Sight Lines

First Unitarian Church of Providence is an engaging, constructive institution. Progress on many fronts has been made in recent weeks.

Planning for the 2014 UUA General Assembly (GA), which takes place in Providence next June, was broadly outlined several months ago at the denominational level, and now many details are being worked out locally. In late September, ministers, DREs, and presidents from the churches in the Ballou Channing District met in Taunton. James and I represented First Unitarian, which is the largest church in the district.

At the Taunton meeting, Rev. Bill Zelazny, the BCD District Executive, announced that the UUA would sponsor a WaterFire during GA next June. This will be an exciting event for the 6,000 to 9,000 attendees who are expected from all parts of the US. Bill Zelazny also announced that a major choral performance led by Fred Jodry will be given at GA. Updates on GA 2014 will be provided as we progress.

For several years, First Unitarian has supported the work of RI Mobile Loaves & Fishes. Our efforts have helped many Rhode Islanders in need. Despite current contract infelicities with the national organization that initiated the MLF program, we are looking for ways to continue this important work.

Budget planning for 2014 operations and phased capital improvements has begun. Sound needs analyses and priority setting are essential steps in the budget-planning process. Input from members and third parties on these matters is vital to successful fund-raising. Your thoughts are most welcome.

Respectfully yours,

Merritt K. Meyer  
 President, Prudential Committee  
 pres@firstunitarianprov.org

## UUA General Assembly Is Coming — And You Can Help!

With General Assembly coming to Providence in June 2014, our church, along with the other UU churches in the Ballou Channing District, can help out now with various tasks. One that we are asking you to help us with is menu collecting. Now, how unpleasant can that be?

When you go out to eat in the next several months, ask for an extra menu and bring it to church. The thousands of UUs from all over the country who are coming to Providence in June (many with families in tow) will be looking for places to eat near the convention center and the Dunkin Donuts Center. We are particularly interested in less expensive, informal restaurants within walking distance. Sometimes people have only an hour to grab a bite before the next workshop, and they need suggestions as to where to go.

It would be even more helpful if you could write a little review of your experience – was the food good, was the service quick, was the place handicapped accessible, would you comfortably bring a child with you, would you go back? If the restaurant is “ethnic,” representing some interesting foreign cuisine, so much the better. Any information that we can share with our guests will be appreciated.

And if you wanted to entertain your children in Providence for a day, a half day, or an hour, what would you do? Is there a playground nearby? Is there a sprinkler park for a hot day, or a fountain? Is there a bus you can take to the Roger Williams Zoo? to the Children’s Museum? Where is a nearby movie theater? Any ideas or suggestions you can share are welcome.

Please give menus and any other ideas to Graham Nye, our local activities coordinator. He will compile them into an information sheet for GA participants.

Thanks for your help in making our guests feel welcome in Providence!

For more information or to volunteer, contact Beth Armstrong (bestar3@cox.net).

## Treasurer’s Report

One of the treasurer’s responsibilities is to chair the committee that develops the annual budget. I have been involved over the past four years in this process as a member of the Prudential Committee and as Assistant Treasurer.



It is not an easy process, as resources are limited. As most of you are aware, 76.1% of our budget is dedicated to the salary and benefits of our staff. Another 12.5% provides for property insurance, utilities, office expenses, and maintenance. Our ministries and programs account for 6.6%, leaving 4.8% to work toward providing our fair share for the Ballou Channing District and the Unitarian Universalist Association (UUA). Currently, we fully fund our obligation to Ballou Channing (\$9,082) but provide only a little over two thirds of our UUA fair share (\$28,680: \$60/member; we have 478 members). In other words, we balance our budget on a shortfall in our support for the UUA.

Our budget is established only after we have completed our Annual Budget (pledge) Drive. Last year, while we increased the total amount pledged by \$16,332, the number of pledge units decreased by 45. We were able to see an increase in the amount pledged because 122 pledge units increased their pledge. It is important that this year we increase the number of pledges made.

– Graham Nye, Treasurer

## Why Do We Support the UUA?

First Unitarian is one of the more than 1,000 UU congregations in the United States that have covenanted to support one another through the Unitarian Universalist Association. The UUA develops and maintains a wide variety of essential programs to support our large faith community, including:

**Ministry and Professional Leadership:** Provides counsel, leadership, and resources for ministers and other religious professionals.

**Publishing:** Deepens and spreads our faith and values through publications.

**Lifespan Faith Development:** Creates lifespan educational curricula, worship materials, and other resources to nurture UU identity.

**Advocacy and Witness:** Promotes social justice values in the wider world.

To support these programs, each congregation is asked to contribute its “fair share.” Our goal is to uphold our covenant with our fellow congregations; however, our approved 2012-14 budget covers only 73% (\$21,023) of our total fair share.



## Community Life

### First Unitarian Post-Halloween Contra Dance

Friday, November 1 from 7:30p to 10:00p

Everyone is invited to a post-Halloween contra dance to be held in the Auditorium of the Parish House. Both beginners and experienced dancers are welcome. We will be joined by the College Hill Contra Dancers.

There will be live music with Michelle Kaminsky and friends. Please plan to join us – come in costume if you wish and bring your dancing shoes.

Admission is \$5 for students and for people in our church family; \$10 for others.

Questions? Call Jim Estey (401.351.1748)

### November All-Parish Supper

Friday, November 8

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.

**6:15p Potluck Dinner:** Please bring a dish to share that serves at least eight people. You can bring a main dish, a vegetable, a salad, or a dessert.

**7:45p Program in the Auditorium: Women and Children in the Syrian Conflict**

As the conflict in Syria continues to ravage the Syrian nation and its people, its women and children are often innocent victims. What are their circumstances and how can they survive?

Our speaker is a dynamic social activist, Nadia Alawa, a woman of Syrian origin, who is the President and Founder of NuDay Syria. This nonprofit organization collects and sends humanitarian aid and supplies to Syrian women and children, many of whom are struggling to survive without their husbands and fathers in refugee camps outside of Syria or in their own Syrian communities. NuDay sends medical supplies, infant formula, clothing, and nonperishable food and also provides clean drinking water in several villages.

Come and hear Alawa's experiences and inspiring stories and learn about how we might be able to help support her efforts. Sponsored by the World Affairs Committee.

Reservations for the dinner are strongly requested. Please fill out the tear-off form in the Sunday *Meeting House Times* and put it in the collection plate, see Jim Estey at Coffee Hour, or call the church office in advance (401.421.7970). Childcare for infants and children to age 10 will be available for parents that request in advance; call Jim Estey (401.351.1748).

### Saturday Social Supper

Saturday, November 2 at 5:30p

The November Supper will be co-hosted by Dee Reynolds and Jane Hale at Dee's home in Warwick.

For reservations and menu planning, contact Shirley DiMatteo (shelly-dimatteo@cox.net or 401.861.1537) to indicate number of people and what you would like to bring.

The December 7 Supper will be held at the home of Mel Shelly and Shirley DiMatteo.

### Thanksgiving Dinner with Fellow UUs

Thursday, November 28, 1:00p–4:00p

Members, friends, and their families are invited to join other First Unitarian members and friends in the celebration of Thanksgiving on Thursday, November 28. We will gather for conversations, games, and appetizers at 1:00p and will plan to eat dinner around 2:00p.

All will share in providing and serving the food. There is a suggested donation of \$3/adult, \$1.50/child (maximum of \$10/family) to cover the turkeys and incidentals.

Ann Boyd, Nori Duncan, and Mary Frappier are organizing the dinner this year.

You can sign up with Nori during Coffee Hour in November (or call her at 401.475.1678) to reserve your space and coordinate your food contributions. You can also call the church office (401.421.7970) to reserve a place.



### The Women's Alliance

#### Monthly Program

Monday, November 4

Business Meeting: 10:30a

Program: 11:00a followed by lunch (\$9)

**Speaker:** A Member of the Institute for the Study and Practice of Nonviolence

The Institute's mission is to teach, by word and example, the principles and practices of nonviolence and to foster a community that addresses potentially violent situations with nonviolent solutions. It aims to build Dr. Martin Luther King, Jr.'s ideal of the nonviolent Beloved Community. The Institute is the only organization in the country to serve both victims and perpetrators of violent crime. The Institute utilizes trainings in prisons and schools, street outreach, hospital response to violent crime, employment services, and enrichment activities. Working with law enforcement and hospitals, it has helped to reduce the homicide rate in Rhode Island over the past ten years.

Non-members are always welcome to join us for our monthly programs and luncheon.

#### Your Eastside Marketplace receipts benefit Camp Street Ministries

The Women's Alliance collects receipts from Eastside Marketplace for the Camp Street Ministries. Deposit ESM receipts in the collection box on the table in the Atrium near the Haynes Room.

#### Gourmet Coffee on sale in the Atrium

The Women's Alliance sells delicious organic gourmet coffee each Sunday during Coffee Hour. We offer several varieties of both beans and ground coffees from New Harvest Roasters, including a bolder decaf: French Roast.

Your purchases help the Women's Alliance support community charities and church projects.

### December All-Parish Supper

Friday, December 20

**Aurea presents *A Child's Christmas in Wales***

Our after-dinner program will be a special holiday celebration featuring the Aurea Ensemble's presentation of *A Child's Christmas in Wales* by Dylan Thomas. This beloved story will be narrated by popular Rhode Island actor Nigel Gore, with musical interludes of old English carols and holiday chamber music from earlier times. Our own Fred Jodry (voice and harpsichord), Chris Turner (harmonica), and a string quartet led by Charles and Consuelo Sherba will perform. Heavily discounted tickets available for those who attend the supper.



## Community Life

### Newcomers' Café

*Every Sunday during Coffee Hour*

If you're new to First Unitarian, please come by our Newcomers' Café, where I look forward to welcoming you. It's a great place to meet people in a less daunting setting than the regular Coffee Hour. Held in the elegant and intimate Paneled Parlor (just beyond the fireplace in the Parish House), the Café offers coffee, goodies, and fellowship and is hosted by a rotating cast of church members who will also be happy to answer your questions and introduce you to others in our community.

If you've been around the church for a while, this is a great place to help new folks get acclimated. Contact me to sign on as a café host.

– Jennifer Nardone, Membership Coordinator (mem@firstunitarianprov.org)

## Transylvania Partnership Church News

### Szentegyhaza's 20-Year Anniversary Celebration

On September 29, our partner church in Szentegyhaza, Romania, celebrated its twentieth year as a congregation. According to Attila Tomas, correspondent at a local newspaper, the jubilee "was celebrated by an enthusiastic group of about 200 people in the garden of the Unitarian Church." The guest speaker was Unitarian Bishop Balint Benczedi Ferenc.

The Rev. Kelemen Szabolcs, minister of the Szentegyhaza church, addressed the gathering, emphasizing that they are a strong congregation and that they "are dreaming of building a church. This church has to come from the roots of our soul. They have tried many times to integrate us into other religions, but we stand strong. In the last 150 years, many Unitarian churches were built in Transylvanian towns and



*Rev. Kelemen addresses the gathering.*

we can do the same." Rev. Kelemen called the 20-year anniversary "a coming of age experience. Being together for twenty years is not only an honor but a responsibility that must be undertaken."

After the ceremony the congregation blessed a kopjafa (a carved wooden ceremonial pole like the one in our Memory Garden) and a memorial plaque with the names of previous ministers. Members of the congregation contributed an inscribed cloth with their names on it that was sewn together to form a Memorial Cloth.

All in all, the 20-year celebration was a great success. Rev. Kelemen commented that our presence was felt through the reading of the letter sent from our congregation, signed by our president, Merritt Meyer.



*The two presidents of the congregation display the Memorial Cloth. Behind them is the new kopjafa.*



*Participants gather for the celebration. In the background is the new bell tower that contributions from First Unitarian helped to construct.*

## An Invitation from the Transylvania Partner Church Committee

*Thursday, November 14 at 7:30p*

For those in our congregation who share our interest in the Hungarian culture of our partner church members, the Transylvanian Partner Church Committee invites you to join them on November 14, when the Hungarian State Folk Ensemble will perform at 7:30p in Roberts Hall on the campus of Rhode Island College.

Tickets may be purchased at [www.ric.edu/pfa/orderinfo.php](http://www.ric.edu/pfa/orderinfo.php).

Please contact Nori Duncan (nori.duncan@gmail.com) if you are interested in car pooling from the East Side.

## Our Coffee Hour Co-op Needs YOU!

Our Coffee Hour is a cooperative effort with donations from our congregation of baked goods, brownies, cookies, fruit, cheese and crackers, sandwiches, coffee cake, and more. These donations can be homemade or store-bought. Each Sunday we need eight people bringing donations that serve 24 each.

To sign up, go to the Co-op table next to the goodies table in the first parlor during Coffee Hour.



Look for the bear on multigenerational Sundays like November 3 and 24. You'll find a special Kid-Friendly Foods table with donations from the RE Committee and parents.

## Visit the Atrium Bookstore

The Atrium Bookstore is open each Sunday during Coffee Hour. You'll find a broad selection of books of interest to churchgoers. Subjects include religious liberalism, daily meditations, and social activism. There also are books for children. Among the wide range of authors are poet Mary Oliver, Zen master Thich Nhat Hanh, and writers from First Unitarian, including the latest book by our minister, James Ford, *If You're Lucky, Your Heart Will Break*. Profits go to supplement the church's annual operating budget.

---

### HATS OFF TO...

---

#### Our Coffee Hour providers last month:

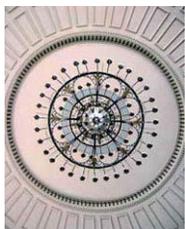
Dee Reynolds, Tony Allen, Nancy Ferrazza, Paul Hossfield, Lucille Riccitelli, Mary Frappier, Shirley DiMatteo, Kate Colby, Nori Duncan, Brett Summers, Elissa Emerson, Paul Almeida, Sarah Cappelli, Lisa Rose, Heidi Vazquez, JuPong Lin, Tiffany Hogan, Roberta Groch, Spence Hobbs, Susan Weston, Betty Finn, Lynne Fazzi, Gaby Petruck, Gerry Spremulli, Steve McCloy, and all of you who brought something in to surprise us.



#### Find Us on Facebook!

First Unitarian's Facebook page is loaded with updates, useful links, photos, and more!

Type "First Unitarian Providence" in the search box and check it out!



## Spiritual Development

### The Five Wishes Program

*Sunday, November 3, 12:15p*

Many of us have living wills and medical powers-of-attorney. But many have not thoroughly thought through exactly our end-of-life issues, especially not with other family members. Nor do we have all that information in one document. In the first two-hour session, we will review the parts of the Five Wishes document and discuss our interpretations of the key concepts. Paul Brule, church member and Rhode Island lawyer, will talk about specifics for Rhode Island law. Every adult should have this comprehensive end-of-life document. Please join us for the opportunity to complete yours. Five Wishes is published by Aging With Dignity, a private, nonprofit organization.

Registration is required through the church office ([admin@firstunitarianprov.org](mailto:admin@firstunitarianprov.org) or 401.421.7970).

Leaders: Ruth Arellana and Paul Brule

### Talk-Back Sundays

*November 3 and 10, 11:30a*

Have you ever wanted the opportunity to discuss the Sunday sermon with other members of the congregation? This month we launch Talk-Back Sundays – a pilot initiative with the goal of providing a space to have rich, meaningful conversations about the week’s message. On designated talk-back weeks, discussions will begin directly after service in the Meeting House and will last approximately 25 minutes. We hope to see you there!

### Call for Child Dedications

*Sunday, December 1*

Child Dedications for members of the church will be celebrated during the worship service on December 1. If you would like to have your child(ren) dedicated, please contact Cathy Seggel ([dre@firstunitarianprov.org](mailto:dre@firstunitarianprov.org))



### Donate Flowers for Sunday Services

Flowers at the pulpit each Sunday are donated by members and friends in honor or memory of a loved one. Donors are acknowledged in the order of service. Whether the flowers are a florist’s arrangement or picked from a garden, people always comment on how they brighten the pulpit.

Jacqui Nye will be glad to explain how you can provide an arrangement and to schedule your donation. Your flower offering will be greatly appreciated.

Contact: Jacqui Nye ([funjac@hotmail.com](mailto:funjac@hotmail.com)) with “Sunday Flowers” in the subject line



### Benevolent Street Zendo: An Ongoing Zen Meditation Group

*Every Monday at 7:00p*

Benevolent Street Zendo is a member community of the Boundless Way Zen Sangha, an interfaith Zen community that maintains close ties with the Soto Zen Buddhist Association and the American Zen Teachers Association.

Everyone is welcome. Brief instruction available at 6:45p.

Leaders: Jan Seymour-Ford and James Ford ([benevolentstreetzen@gmail.com](mailto:benevolentstreetzen@gmail.com))

### Innate Wisdom and Compassion Meditation

*Every Wednesday at 7:00p*

This drop-in group offers guided meditations of wisdom, love, and compassion. These practices are adapted from Tibetan Buddhism into new forms that can touch the hearts and minds of people from all backgrounds and faiths, to help each of us bring out the best in ourselves, within our relationships, and in our service and social action.

No previous meditation experience required. You can visit our website for a preview of the practices with Benefactors ([foundationforactivecompassion.org/audios-videos-texts](http://foundationforactivecompassion.org/audios-videos-texts))

Contact: Ken Bent ([kenbent@cox.net](mailto:kenbent@cox.net))

### UUMen

*Sunday, November 10 at 7:00p*

**Topic: Epiphanies and Creativity**

Chris Belleau will host us at his new glass studio in East Providence (about eight minutes from the church at 32 Curtis Street; if you need a ride or don’t know how to find the studio, a car pool will leave the church at 6:45p). Chris wants to explore the creative process. With any luck, his glass-blowing furnace will be alight.

For more information, contact Chris at (401.486.3120 or [gonzoglass@aol.com](mailto:gonzoglass@aol.com)).

### Reimagining Religion

*Tuesdays, November 12 & 26, 7:00p*

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.

Leader: Tom Hall ([tw2nd@aol.com](mailto:tw2nd@aol.com))



## Social Justice

### Annual Buy Nothing Day Winter Coat Exchange

Drop off contributions through Sunday, November 24 at the church  
Distribution Day: Friday, November 29

On November 29 – the busiest day in the American retail calendar and the unofficial start of the international Christmas shopping season – thousands of activists and concerned citizens in 65 countries will take a 24-hour “consumer detox” as part of the seventeenth annual Buy Nothing Day, a global phenomenon that originated in Vancouver, Canada. Some see it as an escape from the marketing mind games and the frantic consumer binge that has come to characterize the holiday season and our culture in general. Others use it to expose the environmental and ethical consequences of overconsumption.

In Providence, as part of International Buy Nothing Day, a winter coat exchange will again be held on the lawn of the State House directly across from the Providence Place Mall (rain location: Gloria Dei Lutheran Church, 15 Hayes Street, Providence).

First Unitarian’s participation is being organized by our fifth-grade class. If you have a coat/s to give, please drop off your contribution at the church no later than Sunday, November 24.

Volunteers are needed to help at the November 29 Distribution Day. If you are interested, contact Greg Gerritt (401.331.0529 or gerritt@mindspring.com) or Phil Edmonds (401.461.3683 or philwhistle@gmail.com).

## Legislative Advocacy: Organizing a Letter-Writing Campaign

A three-part series with Rev. Gene Dyszlewski

### Part 2: Communicating with the Center Right

Thursday, November 7, 7:00p

During the marriage equality campaign, members of First Unitarian were in the forefront of advocacy, including letter writing, phone banking, and personal meetings with legislators. Many of us were faced with the challenge of having to communicate with a socially conservative legislator. In most cases we did quite well, and the campaign was a success. We will be facing the same people in the Rhode Island legislature in 2014. Let’s change the world again!

Save the date for the final session: Part 3: Thursday, February 6 – Taking Action: Implementing a Faith-based Campaign

Registration preferred.

Contact: Rev. Gene Dyszlewski (edyszlewski@cox.net)

## Knitting for a Better World

Every Tuesday, 7:00–9:00p

Come join fellow knitters for a casual evening of knitting and conversation. Work on your own project or join in one of our many group efforts: hats, socks, mittens, scarves, and more for local groups in need of warm clothing and for our own Mitten Tree come winter.



Beginners are always welcome. We have plenty of yarn and needles to get you started.

## Join Us for Our Monthly Knit-In

Sunday, November 10, 12:15 to 1:30p

Would you like to learn to knit? Are your knitting skills a little rusty?

Knitting for a Better World, the knitting group at First Unitarian, will hold its first monthly knit-in on Sunday, November 10. No matter your age or ability, join us for light refreshments and knitting. No registration required.

Contact: Kathy Ahlquist (katherine.ahlquist@gmail.com)

## First Unitarian’s Food Share Pantry Volunteer at Our Food Pantry

Distribution Day: Monday, November 18

The biggest social justice program at First Unitarian is the Food Share Pantry. It takes many volunteers to keep the program going! Volunteer with your van or truck to transport food from the RI Food Bank to the church, or volunteer for a shift on Distribution Day:

Set-up: 2:00p–3:00p

Shopping with clients: 3:00p–5:00p

Restock, recycle, and clean up: 5:00p–6:00p

Contacts: Martha Manno (Mmanno7@comcast.net), Amy Webb (amy.webb7@verizon.net), or Nori Duncan (nori.duncan@gmail.com)

## The Pantry Is Open to All

You probably know that volunteers at First Unitarian run a very well attended food pantry. But did you know that members of the congregation who are in need are also welcome to take part and receive food? You do not have to be receiving government help or otherwise demonstrate need. Just come to the church after 2:30p on the third Monday and fill out a brief registration form.

## Log Your Community Service Hours with the Food Pantry

Our Food Pantry is an opportunity to use your employer-paid volunteer/community service time from your job. We can fill out any necessary paperwork for you. This also goes for high school or college youth who need community service hours.

## Your Recycled Magazines = Food for the Food Pantry

Donate your high-interest magazines for others to purchase for just 50 cents to \$1. Popular categories are science, gardening, kids’ magazines, handyman, *National Geographics*, cars, yoga, fishing, cooking, craft, foreign affairs, current events, and personal improvement, to name just a few. No catalogs, please.

Last year this program raised close to \$370 for our Food Pantry.





## Social Justice

### Standing on the Side of Love: We're Working to End Homelessness

*Monthly Meeting, Thursday, November 14 at 7:00p*

When General Assembly comes to Rhode Island this June, the proceedings will shine a light on the wonderful organizations that work against homelessness in our state. The Standing on the Side of Love Committee is taking a lead from this urgent need. To focus our work against homelessness, we are creating a partnership with the Rhode Island Coalition for the Homeless (RICH).

RICH is composed of individuals and organizations that provide direct help and service to people in need and is dedicated to creating "comprehensive and cooperative solutions" to the homelessness problems. The Coalition addresses this work "through advocacy, education, collaboration, technical assistance, and selected direct services."

The First Unitarian community responded with energy and commitment to the legislative and community work called for in bringing marriage equality to Rhode Island, showing that we have the commitment and the talent to influence social policy. Our partnership with RICH offers us similar avenues – writing, rallying, organizing, and speaking truth to power.

We hope you'll join us in this important work, and help us create coalitions and working groups with other organizations and faith communities in Rhode Island. We can speak with one voice to end homelessness!

Please join us at the Standing on the Side of Love meeting on November 14. There's a lot of good work to be done with good people.

## Neighborhood Social Justice

### NSJ Monthly Meeting

*Sunday, November 3 at 12:15p in the Haynes Room*

The Neighborhood Social Justice Committee takes on projects to lighten the load of low-income and homeless Rhode Islanders, including operating the Mobile Loaves and Fishes food-delivery truck once a month (see below). If you'd like to learn more about our work – and contribute some ideas of your own – please join us at our monthly meeting on the first Sunday of each month.

### Mobile Loaves & Fishes

*Wednesday, November 6 at Open Table of Christ, 1520 Broad St., Providence.*

You can support this vital interfaith mission by donating money, food, clothing and/or, of course, your time.

To learn more, bring donations, or sign up to help, visit the NSJC/MLF table in the Atrium during Coffee Hour, or contact Joe Salvatore (Joesuu@gmail.com).

### Land Rights Class Continues

*Sundays, November 3, 10, 17 & 24 at 12:15p*

Is U.S. emancipation complete? Slaveowners at least had to provide bed and board, whereas today's workers are on their own for that, and many suffer super anxiety as they work long hours for bare survival wages at jobs that might disappear overnight. Come discuss the causes of poverty and learn about the non-band-aid democratic remedy of American economist Henry George. This class will meet for seven sessions.

For more information, see Cathy Orloff at the NSJC table during Coffee Hour.



## Sunday Community Collections

Our Community Collection on October 6 to support the Girl Effect ([www.girleffect.org](http://www.girleffect.org)) took in \$1,570. Thanks to all who contributed so generously.

This month's collection, on November 24, will go to support Mobile Loaves & Fishes.

## Habitat for Humanity Work Day

*Saturday, November 16*

First Unitarian's Habitat Work Group volunteers once a month with the Providence chapter. Volunteers of all skill levels are welcome; the only requirements are a willingness and ability to do physical work and a minimum age of 16.

Sign-up is required as space is limited.

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



## "Y'All Come" Community Lunch Postponed

*New date: Saturday, February 22, 2014*

Because of several other events for the homeless this fall, we and our colleagues at Beneficent Church have decided to postpone the "Y'All Come" Lunch to February, skipping the holidays months, already filled with many events and food distributions.

Thank you to everybody who signed up the for October event. We hope to see you all involved for February. Sign-up sheets will be available again in January.

For more information contact: Chiara Romano, [romano-vanerp-design@cox.net](mailto:romano-vanerp-design@cox.net)

## Save the Date: Annual Write-a-thon for Human Rights

*Sunday, December 15, 1:00–5:00p*

The Global Write-a-thon is the world's largest letter-writing event in celebration of International Human Rights Day. The Providence celebration, an Open House suitable for young people and families, is held at First Unitarian and sponsored by the World Affairs Committee assisted by the Providence chapter of Amnesty International.

Contact: Marcia Lieberman ([marcia.lieberman@gmail.com](mailto:marcia.lieberman@gmail.com))

November 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1  Contra Dance 7:30–10:00p	2  Saturday Social Supper (Reynolds/Hale)
3 <b>DAYLIGHT SAVINGS</b> Sunday Service 10:30a <u>at 12:00p</u> Mentor/Mentee History Comm Membership <u>at 12:15p</u> Neighborhood SJ Five Wishes Land Rights	4  Women's Alliance 11:00a   Zendo 7:00p	5    Lay Ministry 7:00p  Knitting for a Better World 7:00p	6  Mobile Loaves & Fishes at Open Table of Christ in Providence  Prudential Committee 6:30p  Meditation 7:00p	7    Legislative Advocacy 7:00p	8    All Parish Supper 5:45p Program 7:45p	9
10 Sunday Service 10:30a <u>at 11:30a</u> Talk-Back <u>at 12:15p</u> Knit-In Land Rights  UU Men 7:00p	11    Zendo 7:00p	12    Reimagining Religion 7:00p  Knitting for a Better World 7:00p	13    Worship Committee 7:00p Meditation 7:00p	14    Deacons 5:30p  Standing on the Side of Love 7:00p	15	16  Habitat Work Day
17 Sunday Service 10:30a <u>at 12:15p</u> Land Rights	18  Food Pantry 2:00p–6:00p   Zendo 7:00p	19    Nominating Committee 7:00p  Knitting for a Better World 7:00p	20    Religious Ed Committee 6:45p Meditation 7:00p	21	22	23
24 Sunday Service 10:30a <u>at 12:15p</u> Land Rights	25    Zendo 7:00p	26    Reimagining Religion 7:00p  Knitting for a Better World 7:00p	27    Meditation 7:00p	28  Church Office Closed    Thanksgiving Day Dinner Social Hour 1:00p Dinner 2:00p	29  Church Office Closed	30