



## Services in the Meeting House

**Sunday, April 6      Annual Senior High Youth Group – Multigenerational Service**  
**10:30a**

Words speak to us, inspire, guide and nurture our minds during our formative years and beyond. Our winding path through life is a story. Tales written by others appeal as stepping stones across turbulent waters and as antagonistic mountains rearing before us, challenging our assumptions. Join the youth group to explore literature, it's influence on our spiritual and worldly development, and its relation to a broader society.

*Infants–three-years-olds room open on the Parish House second floor.*

**Sunday, April 13      Dreaming Our Escape, Finding Our Home**  
**10:30a**      **Rev. James Ishmael Ford**

James is endlessly fascinated with the myth of Passover and the Exodus, how it probably is rooted in the dream of the Babylonian Exile, and in fact sings deep into the heart of human longing. Today James will explore those currents.

*Young people begin in their classrooms and worship in Chapel.*

**Thursday, April 17      Maundy Thursday Communion Service**  
**7:00p**      **The Reverends of our church assisted by the Deacons**

This evening service celebrates with song and word the historic rite of communion, adapted to our contemporary spiritual culture.

**Sunday, April 20      Every Day is a Good Day: An Easter Meditation**  
**10:30a**      **Rev. James Ford & Cathy Seggel, DRE**

There's an old Chinese spiritual question, posed by the great Zen master Yunmen. After we find wisdom, what? He then answered his own question, saying, "Every day is a good day." Is this feel good nonsense? Or, is there more? And is there a way in which it relates to the deeper currents of the Easter story? Come and hear what James and Cathy think about life, death, change, possibility.

*Child dedications will be celebrated during the service.*

*Infants–three-years-olds room open on the Parish House second floor.*

**Sunday, April 27      Mysteries of the Human Heart**  
**10:30a**      **Rev. James Ford & Rev. Gwen Howard**

James and Gwen will be exploring some of the mysteries of our human identity, of sexuality, and of longing, and of possibility. Gwen is a UU minister and friend of our congregation.

*Young people begin in their classrooms and worship in Chapel.*

**Sunday, May 4      Stories from "The Hidden Lamp"**  
**10:30a**      **Florence Caplow and Susan Moon**

In all religions, women's experiences and voices have been largely hidden. Buddhism has been no exception, but women's teachings can be found from the time of the Buddha onward. Florence Caplow and Susan Moon will share the light of Buddhist women's wit and wisdom with us.

Florence Caplow is a Soto Zen priest, writer, and candidate for the UU Ministry. Susan Moon is a lay entrusted Soto Zen teacher and author of the hilarious "The Life and Letters of Tofu Roshi."



We are a  
Welcoming Congregation

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## S t a f f

- Rev. James Ishmael Ford, Minister
- Rev. Mary Margaret Earl, Community Minister
- Rev. Gene Dyszlewski, Community Minister
- Cathy Seggel, Director of Religious Education
- Frederick Jodry, Music Director
- Posey Kooris, Administrator
- Walter O. Sotelo, Administrative Assistant
- Jenn Nardone, Membership Coordinator
- Jaime Durango, Building Manager
- Paul Webber/John Forde, Evening Security
- Pedro Vasquez/Anderson Correa  
Sunday Building Managers

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- Posey Kooris, Managing Editor
- Susan Fisher, Proof Editor
- Design Consultant, Amy Webb
- Next Deadline: April 15

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## Monkey Mind

Karma is one of those words that have launched into our England language with a vengeance. Mostly people take it in a new age sense, as cosmic pay-back. I suspect the majority of us use the word, when we use it, in that sense, where there is some cosmic zero sum and where if you do good, good will come to you, and if you do bad, well, what's coming is your fault.

No doubt in East Asia there are many who understand karma pretty much this way. The word is from the Indian subcontinent with roots that go way back. People who like etymology suggest it derives from the hypothetical proto-Indo-European "kri" which seems to mean "well made." Karma means different things to Hindus, Buddhists & Jains, and actually within these religions there are minor and major variations.

In most of these traditions there's an intimate connection between karma and rebirth. For instance in classic Buddhist thought karma is all about one's intentions, not actions, and it is those intentions as they arise that create new lives.

I'm just not into post-mortem reanimation. I see no compelling evidence for it, despite the occasional report based on someone's near death experience (near death, as the skeptics point out, not death...) for a life after life, I've never seen an account that makes me suspect it more than wishful thinking. For whatever reason I don't feel a need for another life, this one is quite full enough, thank you.

But, this one is a mystery. And a mystery worth exploring. And, I think there are aspects to karma that are helpful in that exploring.

So, as far back as the Hindu spiritual classic, the Upanishads, karma has an ethical connotation, as the Brihadaranyaka Upanishad tells us, "It is true, a person becomes good through good actions, or evil through evil actions." Now, that understanding, I think worth noting, isn't precisely the cosmic scale sort of thing in new age karma. Rather it is a bit more like that bit of wisdom I've found attributed to "Chinese wisdom," Ralph Waldo Emerson, and most recently to the Seven Habits author Stephen Covey.

"Sow a thought, reap an action; sow an action, reap a habit; sow a habit, reap a character; sow a character, reap a destiny."

This view of karma makes a lot of sense to me.

Each thought, each action, is more like a brick in the edifice that we think of as ourselves. And out of each thought and actions something is built.

Character. Destiny.

So, if I do something, whatever that something is, it is unlikely it will lead to a simple reaction or response. The universe is too big, and too many things are going on at the same time. Very few things, particularly in our human lives, can be traced to a single action. So, that thought, that action is a thread we add to the weaving of our lives.

By itself, not so much.

Woven into the great fabric, it matters a lot.

Perhaps even for everything.

Fondly,

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 April is Kate Menard. Referrals or calls to the church will be passed on to Kate, who will call upon Care Crew volunteers.

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

## Child Dedications

The next child dedication ceremony will take place at the Easter Sunday service on April 20.

Church members with a baby or smaller child – okay, even a big one – who needs dedicating can contact the church office (401.421.7970).

## Deacons' Corner

We would like to thank everyone who signed up for the home hospitality program, and remind you that, given the shortage of hotel rooms in the Providence area, there is always room for more people to open their homes.

The projects we are working on include:

Selling First Unitarian t-shirts, suitable to be worn to GA for \$15.00 each.

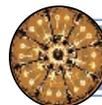
Assisting with the Maundy Thursday communion service on April 17 at 7:00p.

Sponsoring four informational meetings, in May, on the topic of death and dying including the Five Wishes curriculum, Cremation Society, Funeral homes and their potential cremation and burial services and a presentation by the new CEO of the Visiting Nurses Association on hospice and in home care.

Working on creating a program for a group of people who would be trained as health care agents for those people who have no one else to make decisions for them.

Lastly, we discussed using social media. This might be a one day workshop, potentially in conjunction with the Ballou-Channing District, on how to most effectively use social media to contact and expand our congregations.

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



## WHEEL OF LIFE

### Condolences to:

Cathy Seggel and family on the death of her mother Celia Anne Richman on February 27.  
Cynthia Roberts on the death of her mother, Lorraine Roberts on March 5.  
The family of Ethan Dubois member of this church since 2001.

**Congratulations to:** Steve McCloy on the birth of a grandson Cooper Steven McCloy in Salem, MA.



## Spiritual Pathways

### **Spring Balance ~ Budding before Blooming**

It is that time again, one of my favorites. The weeks when the calendar says spring, but the weather may not be quite there, yet. There is a tendency toward impatience, for warmth with our light. I have to remind myself of the delicate dance that is going on, in both work and play arenas.

In our religious education process, spring means back and forth choreography with careful review of curricula, staff, budget, and goals, followed by looking forward to renew and enhance vision and programming. After mindful consideration of foundational elements anchoring our faith development programs for children and youth, we reach the point in our annual cycle when the Religious Education Committee and I seek and assess valuable constituent feedback. We invite volunteer teacher teams to a bagel breakfast, where connections and camaraderie are blended with the gathering of recommendations for the evolution of programming.

This evaluation process comes at a point in the year when we remember to hold up accomplishments as well as challenges. April highlights will include the Senior High Youth Group Service and the annual Coming of Age Boston UU Heritage trip. Spring holidays and recognition services are on the horizon. Even as we recover from winter chores and responsibilities, there is a hopeful feeling in congregational life at First Unitarian. Today, as I write, the Community Food Share Pantry crew prepares for distribution and many of us are working to support a very worthwhile UUA GA'14. What opportunities are there for you and your families to appreciate the fresh buds of our world?

The following words of Rev. Teresa Cooley have inspired me as I seek springtime balance.

*In this time of anticipated spring let us allow ourselves to extend the anticipation—to value the time of budding before blooming, of seeding before sprouting.*

*This is a time of revelation: the revealing of that which is eternal, which we see every year, but still need to be reminded to see it in a new way.*

*There is also the revelation of that which is new. Every spring we encounter something never before seen. It is that very newness which embodies hope and potential for the wholeness which is yet to be.*

*Let us allow spring to unfold slowly that we may appreciate the true mystery of rebirth and renewal.*

Take good care,

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

## April is Interest in Volunteer Team Teaching Month

Some team-teaching opportunities are available next fall for interested adults in the congregation. Our Sunday school is a cooperative venture, with adults who are parents and non-parents sharing their time and gifts with our children and youth. Current volunteers have first choice to remain on class teams.

Spring planning for next fall allows time for teacher teams to meet and be supported by the staff and RE Committee. Each grade has a minimum of four teachers who agree to help on about half of the school-year Sundays. Teachers can stay connected to the adult worship community by attending services on their weeks off and by attending chapel services and appreciation events with other teachers. Our safety policies include having at least two adults in each classroom at all times, signing a Code of Ethics, and conducting background checks.

April is the month when we explicitly seek interest from those who might like to teach. Of course, the RE Committee and I are happy to hear of your interest at any time of year. We look forward to your involvement.

To learn more about teaching opportunities, look for RE Committee members during Coffee Hour or contact Cathy Seggel in the office (dre@firstunitarianprov.org or 401.421.7970).

## Deep Gratitude

I am very grateful to this congregation for your outreach as I have cared for my mother over the last years and overwhelmed by the outpouring of love and support upon her death.

Your cards and gifts made a big difference to me and my family. I feel held and supported.

Thank you, Cathy

## This is your year! Time to sign-up for General Assembly & Star Island

There are wonderful opportunities for individual adults or youth and families to attend UU gatherings this summer. These settings, like Star Island in July and UUA General Assembly in Providence in late June -- are wonderful ways to nurture your spirituality while having fun and making connections with Unitarian Universalists from far and wide.

For lots of helpful information about UUA GA, please consult ([uua.org/ga/](http://uua.org/ga/))

I particularly draw your attention to the fabulous program being offered during Star Island Lifespan Religious Education Week, July 13 to 20. This year's overall theme is Evolution, Devolution, Revolution: On Church, Change, and Choosing a Full Week Faith.

This summer treat is a perfect way to enjoy a magical, beautiful island experience that is relaxing, inspirational and fun! There is plenty of time to explore island treasures, sing, play and rest. New friendships are forged and relaxing rejuvenation happens. I am so looking forward to being there, on staff, as the Resource Room/Porch Chats Coordinator and I hope that many of you will join me and my husband, Norm and several First Unitarian Providence friends.

There is funding available for first-time attenders and others.

Please contact me soon for details and help in navigating registration and funding. Or, talk with folks like Cynthia Rosengard, Sadie Swayze, Ellen Anderson or Adele Andrews who have fallen in love with Star. Cathy (dre@firstunitarianprov.org)





## Sight Lines From the President

The transition of seasons from winter to SPRING is most welcome. It is a season of revitalization. Appropriately, it is also the time of First Unitarian's annual budget drive. The connection between funding and our church's vitality is plain. In order to sustain our multifarious ministries and to maintain the facilities that make our work effective, adequate funding is a prerequisite. Discussion about our needs and priorities and how to generate the funds to address them should proceed unabashedly.

In recent years, annual funding campaigns at First Unitarian were deemed "successful." In each of those years total pledges were greater than in the previous year. The church was able to operate without major cuts in services. Success, however, can be measured in many ways. The church may have met its funding targets, but those targets were to fund "bare bones" budgets. Those budgets did not include full funding of our fair assessment to the UUA, and much-needed work on our facilities was deferred.

In order to continue normal operations, income from the property fund, a trust established decades ago to help pay for maintenance and repair of facilities, was not used solely for its stated purpose. Rather, much of that income was used to bridge operating shortfalls. In the short term, this expedient move works without much adverse impact on facilities. If continued for many years, however, this practice of deferred maintenance becomes apparent and a very costly way to operate.

Each year brings new funding challenges. The fiscal year 2014-2015 is no exception. This year the church is inaugurating the Race to 300, which will culminate in 2020, the 300th anniversary of the first gathering of our congregation. This year we are working hard to broaden participation in the campaign by increasing the number of pledges. We also seek to fund: full operations, improved maintenance of facilities, and our full share for the UUA. In addition, and more daunting, we seek to start weaning ourselves from dependence on the property fund to help pay for operations.

To date, results for the current annual funding campaign give rise for some optimism. In UU churches with demographics very similar to ours the average annual gift per pledge unit is about 45% higher than at First Unitarian. Hopefully, this is a short-term anomaly. Initial pledges at First Unitarian this year show a strong percentage increase per pledge above last year's level of support. If each of us contributed our fair assessment, finances for our church would be strong, and our ministries would flourish. Our world would be a bit better.

For generations the church has enjoyed broad support from the congregation and its friends. All who are concerned about the church are most grateful for that support.

Respectfully yours,

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



## Treasurer's Report The Budget Process



April is the month when we begin to develop the budget of the next fiscal year. First Unitarian's fiscal year begins on July 1st and the budget is established by a vote of the congregation at the Annual Meeting, held in June.

The budget process is begun when the Treasurer and the Church Administrator prepare a draft budget based on current employment costs, Prudential Committee priorities, estimated increases in insurances and utilities, and estimated income from rentals. This is brought to the Budget Committee comprised of representatives of the four ministries, the Senior Minister, the RE Director, the Church Administrator, the PruComm President Elect, the PruComm Strategic Planner, and the Assistant Treasurer. The Treasurer acts as Chairperson of the Budget Committee.

The Committee schedules three meetings to review the draft and to develop a balanced budget considering the results of the Annual Budget Drive, available funds from the endowments and requests from the four ministries. Over the past few years the budget proposal has had to be reduced to meet the available income.

The requests from the ministries have been frozen at the same level for at least four years. The budget has been balanced by limiting our UUA assessment (not giving our full share). This year we made the commitment to fully fund our Ballou Channing District assessment (\$19 per voting member). The Budget Committee submits a proposed budget to the PruComm at their May meeting and when approved it is presented at the Annual Meeting for approval by the voting members of the congregation.

Again, I would stress that the development of the Budget can not be completed until all pledges are received. It is extremely important that every household in the congregation pledges to the best of their ability. Unless we have full participation it is impossible to fully provide the programs which will move our Church ahead.

Graham Nye, Treasurer



### 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!



## Community Life

### April All-Parish Supper

*Friday, April 4, 2014 (note the date: a week earlier than usual)*

Everyone, young and old and in between, is welcome at these monthly gatherings of members and friends of the congregation.

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

**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 - The Politics of American Health Care.

Our speakers will be RI Lieutenant Governor Elizabeth Roberts and Bryant University Political Science professor Richard Holtzman. Both are recognized experts in the field of health care policy, and are articulate and thought provoking speakers. There are few issues in American politics today that are causing greater controversy and confusion for Americans than Obamacare. Why are the politics of US health care so contentious and difficult? How have RI citizens responded to the Affordable Healthcare Act? What are its strengths and weaknesses? Join us for this timely and important discussion and analysis of US health care.

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 Suppers

*April 12, 2014 starting at 5:30p (note the second Saturday)*

The April Social Supper will be hosted by David and Doris Bridgehouse in Smithfield.

People new to the church are always encourage to attend; it is a very nice way to meet others from our church family.

For reservations, contact Shirley DiMatteo (shelly-dimatteo@verizon.net or 401.861.1537) with the number of people in your party and what you would like to bring.

The May 3 Supper will be held at the home of Mary Frappier in Providence.

## May All-Parish Supper

*Friday, May 9, 2014*

The after dinner program: “A Concert by the GNOMES”

We will welcome the GNOMES, an exciting, popular and talented group of folk singers and instrumentalists who will perform a concert of traditional musical tunes from all over the world. The GNOMES play an eclectic blend of world folk fusion music and they play it fast with energy and with soul. The band members include some of Rhode Island’s finest musicians including Phil Edmonds (Irish whistle, accordion), Cathy Clasper-Torch (fiddle, keyboard, vocals), Mike Fischman (guitar, mandolin, banjo, vocals), Peter Breen (bass, vocals) and Matt Niebels (percussion). You won’t want to miss this great show.

## Be Part of Our First May Breakfast

May Breakfast is a welcoming, long-standing Rhode Island tradition. This year, First Unitarian will host a breakfast on May 17. **Rebecca Alberg, Jim Barfoot and Mary Frappier** are looking for at least 20 others to join them to make it a reality. All proceeds will go to support the **Rhode Island Coalition for the Homeless**.

If you would like to cook, decorate, organize, or be a part of the crew for a couple of hours on May 17, talk to Rebecca, Jim, or Mary at Coffee Hour or call Rebecca (401.231.4104).

## 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 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 be happy to answer 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 Jenn Nardone (mem@firstunitarian-prov.org) to sign on as a café host.

## Our Coffee Hour

April showers won’t spoil our coffee hours this month thanks to the generosity of those in our church community bringing delicious contributions for our enjoyment. Our Coffee Hour is a cooperative effort organized by The Women’s Alliance with donations from our congregation of baked or bought goodies such as brownies, cookies, fruit, cheese and crackers, sandwiches, coffee cake and more. In order to feed the ravenous crowd each Sunday, we need 8 people bringing donations that serve 24 each. Sign-ups are preferred in order to plan for each upcoming Sunday. Sign up in the first parlor during Coffee Hour and go home with a reminder so you won’t forget.

Look for the bear! On multigenerational Sundays like April 6 and 20, you will find a special “Kid Friendly Foods” table in the front parlor with donations from the RE committee and parents featuring treats just for kids.




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### HATS OFF TO...

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**Parents of the 8th grade Coming of Age class** for their hard work planning, cooking and presenting a very successful Pasta Supper fundraiser.

**Members of the RE Committee** who have been working to assist on Sundays.

### Our Coffee Hour Providers last Month:

Anne Connor, Tony Allen, Eve Tobin-Caron, Spence Hobbs, Diana Cole, Liz Palter, Anne Calderella, Paul Almeida, Shirley DiMatteo, Gerry Spremulli, Karen Boulanger, Tom Getz, John Dooley, Victoria Dalstra, Roberta Groch, Nori Duncan, Nancy Doolley, Betty Finn, Jean Plunkett, Dee Reynolds, Nicole Weeks and all of you who surprised us.



## Community Life

### Last Path to Membership Class this Church Year

Saturday, April 12 9:00a-12:30p

If you are interested in learning more about Unitarian Universalism and First Unitarian Church and seeing if membership is for you, please join us for our last Path Class of the regular church year. This session will be led

by the Rev. James Ford, Jennifer Nardone, Membership Coordinator and Cathy Seggel, Director of Religious Education. You are encouraged to bring your questions – and your appetite, as a light lunch will be provided during the class.

Please register by Sunday, April 6, by filling out a registration form, which you can find on the membership bulletin board in the Parish House, in the Newcomers' Café, by calling the church office (401.421.7970), or by emailing Jenn Nardone (mem@firstunitarianprov.org).

### The Paneled Parlor Renovation

After many, many years of looking unfinished, our paneled parlor will be renovated thanks to the Women's Alliance. Part of the responsibilities of the Alliance is the maintenance of the three parlors in the Parish House. Renovation of the paneled parlor has been a dream of the Alliance for a long time. This year, the House Committee of the Alliance selected a contractor from 3 who bid on the project and the work will begin June 9. The project was given approval from the Prudential Committee and the project will be financed from the Women's Alliance Endowment.

### Easter Desserts from the Women's Alliance

Orders accepted until Sunday, April 13. Pickup desserts on Easter Sunday, April 20.

It is again time to choose a delicious dessert to top off your Easter dinner. There are three new desserts, along with three old favorites. Each will be freshly made by the Alliance and can be picked up after church on Easter Sunday. You can order your dessert at the Alliance table in the Atrium. Three of the choices are gluten free (\*).

**Chocolate Cream Mousse Verinne**(\*) – A verinne is a dessert served in a small cup. Ours will be done in clear plastic cups, but if you have decorative glasses or demitasse cups that you would like filled with our delicious Chocolate Mousse, we can do that. This is one of the prize-winning recipes in the First Unitarian chocolate recipe contest.

8 for \$26, 6 for \$22, 4 for \$18

**Grape Pie** – A rustic pie crust filled with a mélange of grapes covered by a nut streussel topping—colorful, delicious and unusual.

Serves 8...\$20

**Hummingbird Cake** – A pineapple-banana-spice cake with a delicious cream cheese frosting, decorated with dried pineapple ring flowers – the essence of a spring dessert. Popular because it is delicious and serves many, and it also freezes well.

Serves 16 easily...\$35

**Praline Pecan Torte** – A light, lightly spiced cake with a praline crust and whipped cream toppings. When served at an Alliance lunch, Posey Kooris said, "This just might be the best dessert I have ever eaten!"

Serves 8-10...\$30

**Walnut Nutroll Cake with Chocolate Ganache Frosting**(\*) – A flourless cake rolled with a smooth nut-cream filling and covered with chocolate. It is hard to believe that this is flourless!

Serves 12...\$35

**Yogurt Cardamon Panna Cotta with Raspberry/Strawberry Sauce or Fresh Orange topping**(\*) – The rich creamy panna cotta, paired with your choice of a raspberry-strawberry sauce or with fresh oranges scented with orange flower water. This is the perfect light dessert to serve after a big, festive meal.

8 for \$26, 6 for \$22, 4 for \$18

## Women's Alliance Programs

### The Women's Alliance

Monday, April 7, 2014

Business Meeting: 10:00a (Note: new time this month)

Program: 11:00a followed by a luncheon (\$10) at noon  
Source-Direct Coffee

Speaker: Ana Mallozzi, New Harvest Coffee  
New Harvest was founded in 2000 by Rik Kleinfeldt and Paula Anderson. Originally located in a drafty shed on the site of the old Washburn Wire factory in Rumford, New Harvest now calls Hope Artiste Village in Pawtucket home.

Ana Mallozzi is the Director of Wholesale and Education at New Harvest Coffee Roasters. She is in charge of making wholesale customers happy, teaching people all about coffee and espresso, and overseeing quality control at the roastery.

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

### Antiques & Uniques – An Indoor Yard Sale

Saturday April 26 – 10:00a-2:00p

Put aside things for donating to the Alliance Indoor Yard Sale in April. We are looking for household goods, small working appliances, toys, furniture, dinnerware, kitchenware, domestics, hard cover books, art, etc. Vintage clothing and accessories only please. Better items will be sold in a separate room as Parlor Specialties.



You can arrange for pick-up and storage now until the sale by calling Janet Downing Taylor (401.751.7969) or email (jdtaylor39@verizon.net) or Dee Reynolds (401.272.0880) or email (deereynoldsprov@gmail.com).

Save and bring paper and plastic grocery bags to the Alliance Table in the Atrium.

### Gourmet Coffee 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.

### Support for Camp Street Ministries

Your Eastside Marketplace grocery receipts can benefit the programs at Camp Street Ministries. Bring them to the collection box at the back table of the Atrium near the Haynes Room. The Women's Alliance passes them on to Camp St. Ministries.



## Community Life

### Welcome Our Newest Members!

On Sunday, March 9, the congregation recognized 9 new members with a ceremony of covenant and welcome. Look for them at church and add your personal greetings.



**Ju-Pong Lin** has been marginally involved with Unitarian Universalism for many years and decided she needed to become a bonafide member. She is a video and community performance artist and teaches interdisciplinary art at Goddard College (yes it's in Vermont, and it's low-residency, so she travels 4 times a year to Vermont). Her son, Mica, is in the Coming of Age program, and her older son, Chi, is studying at Evergreen State College. Ju-Pong is back in school studying Environmental Studies and is very interested in raising awareness of environmental justice and climate change.



**Maureen Urban** lives in Johnston, RI and is originally from White Plains, New York. She moved to Rhode Island six years ago with her husband. She worked for a number of years in Human Services, and is now a full time stay-at-home Mom to her wonderful son, Kyle. She looks forward to growing with this amazing community!



**Nova Quinn and Kevin Proft** relocated to Providence from San Francisco over 2 years ago to be closer to family. They moved into the building directly across the street from the church and could not resist the resounding bells, stunning architecture, thought provoking sermons, or the relentless social justice agenda and caring community of the church. Kevin works part time at RISD and part time coordinating community outreach programs for EcoRI News or planning outdoor adventures for the Sierra Club. Nova spends her days with children of all ages in the Lincoln Public Schools, practicing communication and language skills. Gardening, reading, bike riding, and communing with friends and family fill their weekends.



**Michael Grabosky and Stefanie Sevcik** met in Providence where they both came for education. Michael, from Medfield, MA, has a degree in Painting from RISD and Stefanie, from Medford, MN, is completing a PhD in Comparative Literature at Brown. They have traveled extensively since they met and are excited to continue their journeys together after their marriage in Bemidji, MN on 4/14/14. They will be spending next year in Dijon, France, but they are excited to find a spiritual place to call home in the First Unitarian Church of Providence.



**Kelly Baraf** lives in Pawtucket with her husband Arthur, a high school principal at The MET School, and her two children, Mazie (5) and Piper (2). She is a clinical social worker/therapist. She came to RI from Colorado 6 years ago, but is originally from Ohio, and is proud of her midwest roots. Kelly loves mountain biking and snowboarding - but hasn't quite figured out how to do those here in RI. She also loves to sing and hopes to join the choir someday.



**Spencer Knarr and Erica Boffi**



**GENERAL ASSEMBLY** JUNE 25-29, 2014  
 PROVIDENCE RHODE ISLAND  
 THE ANNUAL MEETING OF THE UNITARIAN UNIVERSALIST ASSOCIATION OF CONGREGATIONS

### General Assembly (GA) news

Reminder: if you want to go to General Assembly in June – in PROVIDENCE! - and I certainly hope that you do, it's well worth it. It's time to register on line at (uua.org). Go to the GA page.

If you want to serve as a delegate from First Unitarian (we can send up to 10 delegates) or you are in need of financial aid (in the form of reimbursement), there is a form in the church office to fill out. We don't want anyone to miss this great opportunity for financial reasons. You can register for the whole convention (June 25-29) or for a single day.

If you have questions about what your kids can do, contact Cathy Seggel (dre@firstunitarianprov.org) – she has lots of answers. Children entering 9th grade and younger get in free; older teens go for half price.

GA Planning Committee: Beth Armstrong, Stew Armstrong, Bob Cox, and Graham Nye

### GA Service Project: "Empty Bowls"

You can participate in this "Empty Bowls" project even if you don't plan to attend GA. The service project will raise funds for McAuley House and Housing First, while showcasing the issues of hunger and homelessness at a booth in the Exhibit Hall. Attendees will engage in conversations about homelessness with volunteers from the two organizations, and they will be encouraged to make a donation and take home a handmade bowl representing the empty bowls of hungry people in Rhode Island and around the world. The booth will also have a presence at GA Waterfire, with the general public as audience and potential donors. So what can you do to help? Make or decorate a bowl, or more than one! Buy a handmade bowl to donate, or donate one you already own. Persuade an artist to donate a bowl. Organize a group to make bowls together. Children are welcome to make bowls to donate.

If you have questions or suggestions about ways to encourage bowl donations, please contact Nori Duncan (nori.duncan@gmail.com).



## Spiritual Development

### Donate Plants for the Easter Sunday Service

If you would like to give plants in memory or celebration of a loved one for our Easter Sunday service on April 20, please look for the form in the Sunday Meeting House Times. There is a requested donation of \$20 per name. Donors can take the plants at the end of the Easter Sunday service.



To order plants, fill out the form that you will find as an insert in the Meeting House Times and bring it to the office, put it in the offering plate or contact Posey Kooris in the church office (admin@firstunitarianprov.org or 401.421.7970).

### Conversations about Our Human Condition: Death and Dying continues...

*Thursdays, April 3, April 17 and May 1 from 7:00-8:30p*

Let's try to tame a scary topic: Death. Dying. No one is exempt from it, yet so many of us carefully avoid the topic -- too morbid, too scary, too anxiety-provoking. Let's practice that conversation and explore what's meaningful and important to you during three more Thursday evening sessions 7:00-8:30p on April 3, April 17 and May 1.

Registration requested, contact Susan Weston (401.678.6994, susanbweston@gmail.com).

### Talk-Back Sundays

Do you want to have rich, meaningful conversations about the week's sermon with other members of the congregation? On April 13 we will be discussing "Dreaming Our Escape, Finding Our Home." All talk-backs will begin directly after service in the choir room and will last approximately 25 minutes.

Also, mark your calendar for the last Talk-Back Sunday of the church year on May 18 - 8th Grade Coming of Age Service.

### A Social Gathering For Young Adults: Meet & Munch

*Sunday, April 13 at 12noon in the Moon Room*

This meet and greet is an interest gathering session for a potential ongoing group of twenty and thirty-somethings who are new to First Unitarian or have been attending for awhile.

For more information: contact Cathy (dre@firstunitarianprov.org) or Jenn (mem@firstunitarianprov.org) in the church office - 401.421.7970.

### Art in the Atrium

In April Gail Brule is exhibiting both old and new works of wood, recent paintings, and custom sewing. It is a retrospective show of her 30+ years since graduating from RISD, an exhibition of her multifaceted work from oil paintings to watercolors to sculptural pieces in wood and textiles.

In May we will have a guest textile artist, Bonnie Platzer, showing her tapestries in Gobelin weaving and other techniques.

For more information please contact: Chiara van Erp at: romano-vanerp-design@cox.net

### 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) 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)

### 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)

Contact: Ken Bent (kenbent@cox.net)

### Reimagining Religion

*Tuesdays, April 8 and 22, 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 (twh2nd@aol.com)

### UUMen

*Sunday, April 13 from 7:00-9:00p*

TOPIC: Grimm fairytales, like dreams, are weird, often shocking, and usually entertaining. Story-teller Burr Harrison will tell an obscure Grimm tale at our next meeting and then we'll open it up for discussion and see what grabs your attention in the story. Please join us and hang out, listen, and talk.

Facilitator: Burr Harrison (burr\_harrison@yahoo.com)



## Social Justice

### Standing on the Side of Love



The SSL committee is excited about its partnership with the Rhode Island Coalition for the Homeless. RICH is composed of individuals and organizations that provide direct help and service to people in need "through advocacy, education, collaboration, technical assistance, and selected direct services..."

Committee members met with Jim Ryczek and other staff from RICH to work out our strategy for the legislative year. There are some bills that affect the homeless community, and we'll be organizing letter-writing campaigns, lobbying, and other actions to speak out for justice. There's room for all degrees of time commitment in this important work.

We at First Unitarian worked hard on the successful campaign for marriage equality in Rhode Island, and we can bring that same energy and dedication to the problem of homelessness. We hope you'll join us to help create coalitions and working groups with other organizations and faith communities in RI. We can speak with one voice to end homelessness!

### Neighborhood Social Justice

*Sunday, April 6 at 12:15p*

The Neighborhood Social Justice Committee takes on projects to lighten the load of low income and homeless Rhode Islanders. Please join us – on this and every first Sunday of each month – to learn more about our work and perhaps to contribute some ideas of your own.

### Delivering Food & Clothing to Harrington Hall Shelter for Men

*Tuesday, April 1 (no foolin'), noon to 7:00p*

The date of our monthly trip to Harrington Hall is fast approaching, and we're looking for volunteers to join us in this always-rewarding endeavor. As we have the past several months, we'll be preparing, loading and leaving from First Unitarian, using our own cars.

Visit the NSFC/MLF table in the Atrium during Coffee Hour for details and to sign up for one of three shifts: noon-1:00p - sandwich crew; 3:00-5:00p - clothing organizers and supply loaders; 5:00-7:00p - delivery crew.

Donations of food, clothing (clean and lightly worn) and cash donations are always welcome anytime. Contact Joe Salvatore (joesuu@gmail.com) for details.

### From The Girl Effect Task Force

We are happy to announce donations of \$4500 to three separate groups that focus on girls' education. These funds were raised at the December Holiday Sale and the September Plate Collection. Girls' education is increasingly recognized as one of the most effective ways to intervene in the cycle of poverty and improve the lives of girls and subsequently their families. The three groups we have chosen for this year's donations are:

- (1) \$1500 to buy books for 20 girls at Heshima Kenya, Education and Empowerment for Refugee Girls. Based in Nairobi, Kenya, "Heshima Kenya" identifies and protects orphan or separated refugee children and youth at a live-in school setting. (<http://www.globalgiving.org/donate/836/heshima-kenya>)
- (2) \$1500 for scholarships through The San Lucas Toliman Scholars in Guatemala. This will allow three junior high and three high school girls to continue their education when parents can't afford school fees, tuition. First Unitarian's own Steve McCloy does medical volunteer work at The San Lucas Mission. (<http://sltscholars.org/ProjectInfo.htm>)
- (3) \$1500 for scholarships to girls at the Sophia Academy, Providence, RI, a non-profit organization that provides gender responsive and academically rigorous environment for middle school girls. It is the only middle school in Providence focused specifically on girls who face economic inequities and have a high risk of repeating the cycle of poverty that has ensnared many family members. (<http://sophia-academy.org/make-a-gift/>)

Polly Walker, Marilyn Eanet and Martha Manno

### Healthy Farms, Healthy Families: A Town Hall Forum

*Thursday April 3, 2014 7:00 - 8:30p*

Come to learn more about the issue of antibiotic resistant bacteria and the connection to overuse of antibiotics in livestock production. Join us for an evening of food, education and empowerment and to show your support for Food & Water Watch's Healthy Farms & Families Campaign!

This event is co-sponsored by Food and Water Watch, First Unitarian Social Justice Ministry, Rhode Island Sierra Club, and Viva Mexico. Contact Gus Fuguitt, RI Food and Water Watch organizer, ([gfuguitt@fwlocal.org](mailto:gfuguitt@fwlocal.org) or 608.354.2036).

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

*Distribution Day: Monday, April 21*

The biggest social justice program at First Unitarian is the Food Share Pantry. It takes many volunteers to keep the program going! Volunteer for a shift on Distribution Day:

Set-up: 2:00p–3:00p, Shopping: 3:00p–5:00p,  
Restock, recycle, and clean up: 5:00p–6:00p.

Contacts: Martha Manno ([Mmanno7@comcast.net](mailto:Mmanno7@comcast.net)), Brian Paradis ([briananddeacon@comcast.net](mailto:briananddeacon@comcast.net)), or Nori Duncan ([nori.duncan@gmail.com](mailto:nori.duncan@gmail.com))

### Join Us for Our Weekly Knitters and Monthly Knit-In

*Every Tuesday at 7:00p or Sunday, April 13,  
12:15 - 1:30p*

We invite anyone interested in learning to knit to join us for our last Knit-In of this church year, on Sunday, April 13, 12:15p. As always, you can learn, share, support or join our knitting community every Tuesday night at 7:00p. All are welcome.

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

### Mitten Tree

It's been a long winter, and our mitten tree has provided warmth to our friends in need. Thank you to all who contributed their freshly knitted, newly purchased or gently used warmings. Sadly, we did not reach our goal of 300 hats. We hung just over 100 hats on our tree, along with mittens, gloves, scarves, socks and a few shoes, and provided hats to the Y'All Come Community Lunch.

As the warmer weather brings lighter clothing, and you get ready to put away your winter accessories, please put aside any you won't be needing, and send them to the church. You will help give us get a head start on our collection for next year.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<p><b>1</b> NSJC Harrington Hall Food Delivery 12:00-7:00p</p> <p>Lay Ministry 7:00p Knitting for a Better World 7:00p</p>	<p><b>2</b></p> <p>Prudential Committee 6:30p Meditation 7:00p</p>	<p><b>3</b></p> <p>Conversation on Death &amp; Dying 7:00p Worship Comm. 7:00p Healthy Farms 7:00p</p>	<p><b>4</b></p> <p>All Parish Supper 5:45p Program 7:45p</p>	<p><b>5</b></p>
<p><b>6</b> Sunday Service 10:30a at 12:00p History Comm. Mentor/Mentee at 12:15p Neighborhood SJ</p>	<p><b>7</b> Women's Alliance 11:00a</p> <p>Zendo 7:00p</p>	<p><b>8</b></p> <p>Budget Comm. 6:30p Reimagining Religion 7:00p Knitting for a Better World 7:00p</p>	<p><b>9</b></p> <p>Meditation 7:00p</p>	<p><b>10</b></p> <p>Deacons 5:30p Standing on the Side of Love 7:00p Worship Comm. 7:00p</p>	<p><b>11</b></p>	<p><b>12</b> Path to Membership Class 9:00a-12:30p</p> <p>Saturday Social Suppers (Doris &amp; David Bridgehouse)</p>
<p><b>13</b> Sunday Service 10:30a at 11:30a Talk Back at 12:00 Young Adults Meet at 12:15p Knit-In UU Men 7:00p</p>	<p><b>14</b></p> <p>Zendo 7:00p</p>	<p><b>15</b></p> <p>Budget Comm. 6:30p Knitting for a Better World 7:00p</p>	<p><b>16</b></p> <p>Finance Comm. 6:00p RE Committee 6:45p Meditation 7:00p</p>	<p><b>17</b></p> <p>Maundy Thursday Service 7:00p Conversation on Death &amp; Dying 7:00p</p>	<p><b>18</b></p>	<p><b>19</b> Habitat Work Day</p>
<p><b>20</b> EASTER SUNDAY SERVICE 10:30a</p>	<p><b>21</b></p> <p>Food Pantry 2:00p-6:00p</p> <p>Zendo 7:00p</p>	<p><b>22</b></p> <p>Reimagining Religion 7:00p Knitting for a Better World 7:00p</p>	<p><b>23</b></p> <p>Meditation 7:00p</p>	<p><b>24</b></p>	<p><b>25</b></p>	<p><b>26</b> Womens' Alliance Indoor Yard Sale 10:00a - 2:00p</p>
<p><b>27</b> Sunday Service 10:30a Chalice Circle Facilitators 12:00noon</p>	<p><b>28</b></p> <p>Zendo 7:00p</p>	<p><b>29</b></p> <p>Knitting for a Better World 7:00p</p>	<p><b>30</b></p> <p>Meditation 7:00p</p>			