



Services in the Meeting House

Sunday, September 7 10:30a **A Multigenerational Water Communion Gathering**
James Ford, Mary Margaret Earl, Gwendolyn Howard, Cathy Seggel and Fred Jodry

As we gather together – many returning, a number for the first time – we celebrate through co-mingling water and telling stories and singing. Bring a little water to pour into our communal basin, and one word (okay, or two) that shares its meaning. And if you forget, don't worry; we'll have our trademarked metaphorical water and lots of it . . .

Our Community Collection will be for The Genesis Center. A community based organization in Providence offering a full range of services to immigrants, refugees and low income families.

Childcare for infants–three-year-olds will be open on the 2nd floor of the Parish House.

Sunday September 14 10:30a **Race Matters**
Rev. James Ishmael Ford

Of the many sad events over the summer, the killing of an unarmed black teenager in Ferguson, Missouri, has particularly haunted James. Today he will share some thoughts on the nature of the racial divide in our culture, its dangers, and what we might be able to do.

First day of Sunday school.

Grades K and older begin in the Meeting House for the first portion of the service.

Origins and Play Circle /Pre-K (infants–four years) meet in classrooms on the 2nd floor, Parish House.

Sunday, September 21 10:30a **A Song of the Web of Life**
Rev. James Ishmael Ford

Today James will explore some of the meanings of the seventh principle, our call to acknowledge the web of interdependence.

Young people begin in their classrooms and worship in Chapel.

Following the service we will offer a chance to discuss the sermon topic in a sample "chalice circle," our UU spiritual practice groups.

And don't forget the Annual Ice Cream Social following coffee hour!



Sunday, September 28 10:30a **The Critical Way in Religion: A Celebration of the Humanist Current in Liberal Religion**
Rev. James Ishmael Ford

As the first in a series of sermons exploring the various currents of Unitarian Universalist spirituality, today James will trace the humanist tradition, what gifts it has brought us, what problems it has raised, and what it might mean in the first decades of the twenty-first century.

Young people begin in their classrooms and worship in Chapel.

Sunday, October 5 10:30a **What's Love Got to Do With It?**
Rev. Mary Margaret Earl

A sermon reflecting on the path towards peace, which may be guided by respect more than love.

Young people begin in their classrooms and worship in Chapel.



We are a Welcoming Congregation

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Monkey Mind

This has been quite the summer. After I announced I would be retiring at the end of the church year in 2015, friends in the congregation let Jan & me know they would be interested in purchasing our home in the Oak Hill section of Pawtucket. Without a doubt the most pleasant real estate experience I've ever had, where both sides were concerned for the other. We are now ensconced in a small apartment in Mansfield, MA, a bit farther out from Providence than I like, but a small but significant cut in Jan's commute, and a safe walk around area for Auntie.

As many, perhaps most of us know, after following me for the past quarter of a century, Jan has the last word on where we will be retiring. And that will be the greater Los Angeles area, close to Jan's mom and sister, nephews, nieces, and more cousins than one can shake a stick at. I'm pleased as punch to announce we found a lovely condominium five blocks from the water in the Alamitos Beach neighborhood of Long Beach, in California.

What this has done for me has been to bring into high profile the fact of this transition year. I recall how when Jan and Auntie & I first arrived here in Providence, that vividness to everything, the sparkle of the new. The streets and the houses and, very much, the Meeting House and the Parish House all exquisitely interesting, constantly revealing something new. Well, I'm experiencing something like that now, but more poignant. There is a cast of familiarity, often deep familiarity, but also a sense of how it is also fleeting, passing quickly away.

As I think of all of you, of our time together, and of our time yet together, I find my heart filled and breaking at the same time.

There is much work yet to do. And I'm very excited at the prospects of what it is we can accomplish together in this next year.

And, the preciousness of the moment, the passingness of it all, are more closely with me than has been the case for a while.

It brings to mind those wise words sung into our hearts by Mary Oliver.

*To live in this world
you must be able
to do three things
to love what is mortal;
to hold it
against your bones knowing
your own life depends on it;
and, when the time comes to let go,
to let it go.*

The lessons of the wise heart.



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

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.

Referrals or calls to the church will be passed on to Lay Ministry and Care Crew Volunteers. Please contact Posey in the church office (admin@firstunitarianprov.org, 401.421.7970).

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

Deacons' Corner

Save the Date! November 8, 9:00-2:00 p

The Deacons are sponsoring a Regional Social Media Workshop that will focus on using social media (Facebook, Twitter, iPhones, etc.) for church growth and for building community within our church. Learn to stay in touch with people with similar interests and to make plans on the run. Help us let the world know about all we have to offer. The workshop will be followed periodically by small group practice sessions.

In May, the Deacons sponsored four sessions on end of life issues including the 5- Wishes program and speakers from the Visiting Nurses Association discussing hospice and home care, the Cremation Society, and the Funeral Consumers Association. The 18-20 people who attended are now well-educated consumers. Some may even have taken the suggested field trips to visit three funeral homes and may have selected one with which to plan ahead. Based on interest, the Deacons may offer the series again this coming year.

In addition, the Deacons will continue to work with the Caring Committee on plans to meet the needs of the congregation for support in times of illness or other crisis, will sponsor Communion services several times during the year, will gather information from the congregation on some new social activities to sponsor to generate fun and bring people together, and will continue with our calls.

We look forward to helping make this last year with James a fabulous one for everyone.

The Deacons: Ruth Arellana, Senior Deacon, Kate Bowden, Keith Brown, Sally Caruso, Shirley DiMatteo, Tom Getz, Sharon Kernan, Steve McCloy, Mary Speare



WHEEL OF LIFE

Condolences:

To the family and friends of **Margaret Balch Gonzalez** whose brother Robert, member of the church since 2007 died on April 13.

To the family and friends of **Doris Stephens**, member of the church since 1958 and member of the Women's Alliance, who died on June 20.

To the family of **Kimberli Gray** on the death of her father Roscoe Leonard Stoops on July 1.

The family and friends of **Neil Bakker**. Former Unitarian Universalist minister and member of First Unitarian since 1996 who died on August 11.



Spiritual Pathways

The whole universe is based on rhythms. Everything happens in circles, in spirals.
- John Hartford

I have been thinking about spirals, ever since I saw Amy Webb's design for our beautiful church banner in June. Our lives certainly move in that way, up and down, around and around. This summer has been no exception for me. The opening ceremony for my favorite season was UUA General Assembly in our own town. I began my term as President of Liberal Religious Educator's Association, worshipped, studied and consulted. It was an overwhelmingly happy time, full of music and friendship and professional satisfaction. There were seven senior-highers among our contingent, with two seniors bridging to young adulthood. A special moment in the history of our congregation. Another highlight for me was connecting with townspeople who were not attending the convention. They were impressed with the kindness of our crowd. Some have promised to come to our church. Let's be on the look-out. I trust that we will be spreading our "love reaching out" energy in many ways, moving forward.

In July I was able to float to a favorite island for Lifespan RE Week, accompanied by a gaggle of us from First U. We soaked in the message of a "full week faith," living in an intentional, welcoming, learning community. It was energizing, relaxing and full of new ideas.

Next, I spent time with my children and swam in the ocean as much as possible.

It was not all a day at the beach. This summer, we have all been immersed in the downward spiral. Surrounded by injustice, oppression, violence, climate crisis, illness, loss and anxiety, it is challenging to find hope and opportunity. Now, there is the ramp up to late summer activities, school, other labors and events. For many, pauses in work and responsibilities are coming to an end. It is a predictable cycle. There is much to process, more to learn, even, to grieve. The good news is, we can do this together.

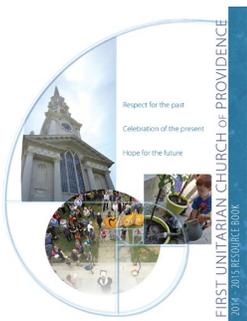
I have been comforted this summer by the wisdom of many colleagues and friends. A small excerpt, here, from Rev. Meg Riley:

We are all grappling with the edges of the power of love. I believe in love. And I also believe in luck. I was also lucky to be born with privilege of class and race and nationality, and seeing how that plays out in the world convinces me that life is fundamentally not fair. Fairness is not built into the world. Creating fairness is something people have to choose day after day. Love calls us to do that work. Fairness is not about luck -- it's about a collective commitment to love, a love so big that it holds everyone.

Our spiral of respect for the past, celebration of the present and hope for the future is upon us. I look forward to our evolving ministry together.

Take good care, Cathy

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



First Unitarian Resource Guide for 2014-15

Copies of our annual Resource Book have been mailed to member households. This guide includes a congregational calendar, information about our staff, about membership, about programming for children, youth, and adults, and opportunities to connect and participate, and much more. The Resource Book (with post-publication corrections!) is also available on the church website (www.firstunitarian-prov.org).

Spiritual Pathways Religious Education Program

Registration for the 2014-15 Spiritual Pathways Religious Education Program

Annual enrollment for our religious education program for children and youth begins in September, on Homecoming Sunday, September 7. The registration form can also be downloaded from the church website (www.firstunitarianprov.org) and mailed or emailed to the church office. Please note: Families must register each year.

Schedule of Opening Events

Sunday, September 7

10:30a - Homecoming/Water Communion:
A Multigenerational Worship Service
Childcare for infants to 3-year-olds open on the 2nd floor of the Parish House.
Registration for Sunday School begins before church and continues during coffee hour in the atrium.

Thursday, September 11

6:30p - Teacher Orientation in the Parish House Atrium and classrooms.

Sunday, September 14

10:30a - First Sunday school session
Grades K and older begin in the Meeting House for the first portion of the service, leaving with teachers for classes. Nursery/Toddler & Pre-K begin in classrooms.



The new Church banner carried by Rosie Dean and Victoria Ezikovich at General Assembly.



Sight Lines

Dear all,

I have taken the reins of leadership from Merritt Meyer this year and will serve as your new president. It is going to be an interesting year at First Unitarian as we prepare to say goodbye to James and continue on our path to increased financial security for our beloved physical plant and our important programming. Balancing the two is a challenge faced by churches all over the country and in every denomination, but the older buildings in New England pose special issues, and ours is no exception.

The summer for me included two weeks spent with Unitarian Universalists: along with many of you, I attended GA in Providence. Ten of us served as delegates and wrestled with issues that face us all. It was for me a fascinating process and offered many insights into our local congregation's ways of being. I also spent a week, as we usually do, at Star Island, attending the International Affairs conference in July, where I serve as music director for the week. Stew and I get to share the island with about 300 people, most of whom are UUs from one church or another across the country, and the conversations are fun and instructive. I always come back with thoughts about changes I would like to see First U Providence consider

Mostly I do not think about things I want to change; instead I think about how much of what we are and what we do I want to maintain. More important than money to our continuity and preservation, is our people. We have at this time a relatively large congregation, and it is vital and healthy. As a church, we are gradually getting younger, and our young members are beginning to get involved on the most important levels. This is crucial to our future. We have a fantastic group of people on our Prudential Committee and I am so happy to be able to say that; I look forward to working closely with them this year as we make the decisions that must be made, to ensure our strength and vitality continues in this period of transition.

There will be opportunities in the coming months to think about whether you want to serve on a ministerial search committee; watch for those announcements from the Nominating Committee. There are always activities that welcome all to join, from the knitting group, Food Pantry volunteering, Amnesty International letter writing, lawn parties, Friday night Parish Suppers, helping out in the Spiritual Pathways program for children, youth, and adults, garden clean-up, and don't forget my special favorite, singing in the choir. And so much more. There is a special niche for you at First U. – just look around and find it. You are always welcome to try something new at the church.

I am honored to serve as president of such a wonderful organization. I believe that most of the world's problems, and those of the church as well, can be solved or at least alleviated, by better communication. That said, my email is (bestar3@cox.net) and my phone number is (401.253.7987). I welcome your input, I really do. Talk to me!

Peace and love,

Beth Armstrong
 President, Prudential Committee
 pres@firstunitarianprov.org

Appreciation for Gifts and Bequests

From time to time, the church receives special contributions from members and friends who want to ensure the ongoing vibrancy of First Unitarian. Such gifts are often the result of planned giving, by which a member earmarks monies for the church in his or her will.

First Unitarian gratefully acknowledges the benefactors whose estate gifts to the church show their love of this congregation. In the past year, a bequest was received from the estate of Leah Sayer, who had been a member of the congregation since 1952.

If you are considering leaving a bequest to the First Unitarian Church in your estate planning, you will find helpful information on our church website (www.firstunitarianprov.org/get-involved/giving.shtml).

Community Collections 2014-15

The Community Collections for this Church year will be:

September 7 The Genesis Center - A community based organization in Providence offering a full range of services to immigrants, refugees and low income families.

October 19 The Girl Effect - A First Unitarian Social Justice program that gives to charities that support education and jobs for women and girls.

November 23 First Unitarian's Mobile Loaves & Fishes/Harrington Hall - Monthly prepared food distribution from First Unitarian to the homeless men at Harrington Hall in Cranston.

December 24 First Unitarian Community Food Share Food Pantry - Monthly client choice food pantry at First Unitarian.

January 25 The Transylvania Partner Church who shares a partnership with First Unitarian.

February 15 Therapy Missions - a non-profit organization that sends occupational and physical therapist volunteers to places in the world where such services are scarce or non-existent.

April 19 The George Wiley Center - An organization in Providence that advocates for the rights of the poor and working poor.



Many people from our congregation taking part in UUA General Assembly.



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

September All-Parish Supper

Friday, September 12

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: "Reflections from the Summer of 2014"

Our after dinner program will include a brief overview of what's been happening at our church in recent months and about our future.

We will hear from Stew Armstrong, representing Beth Armstrong, President of our congregation. He and Cynthia Rosengard, President-elect will describe and provide highlights of the UUA General Assembly which was held in our own city of Providence from June 25-30. They will also discuss issues in our congregational life.

Our main speaker will be Rev. James Ford, who will share some of his adventures at GA. His main reflections will be about his ministry with us and what he believes we might want to look at and work on during our final year together. Please plan to join us to renew old friendships and make new ones.

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 who request in advance; call Jim Estey (401.351.1748).

October All-Parish Supper

Friday, October 17 (one week later than usual)

Our after dinner program will feature Prof. Wendy Schiller, from the Political Science Dept. at Brown University. Wendy is an exciting and provocative speaker. Her talk will be about the current condition of the American political system as reflected in the issues, dynamics and candidates of the upcoming November election campaign. National, state and local politics will be discussed. Don't miss this timely presentation.

Saturday Social Supper

September 6 starting at 5:30p

The September Social Supper will be held at the home of Ruth Arellana in Riverside.

People new to the church are encouraged to attend; it's a very nice way to meet others from our church family. For reservations, contact Shirley DiMatteo (shelly-dimatteo@verizon.net, 401.861.1537) with the number of people in your party and what you would like to bring.

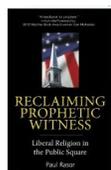
The October 4 Social Supper will be hosted by Dee Reynolds.

Announcing the 2014-15 UUA "Common Read"

The 2014-15 UUA Common Read is "Reclaiming Prophetic Witness: Liberal Religion in the Public Square" by Paul Rasor. In this important book, leading UU theologian Paul Rasor dispels the myth that conservative Christianity is the only valid religious voice in national debates on social policy. Showing that religious liberals are more numerous than many realize. Rasor calls them to embrace their prophetic heritage and bring their religious convictions to bear on the issues of our time.

A Common Read invites participants to read and discuss the same book in a given period of time. The UUA Common Read can build community in our congregations and the UUA by giving diverse people a shared experience, shared language and a basis for meaningful conversation. A discussion guide will be available by October 1.

Interested? Contact Cathy Seggel (dre@firstunitarianprov.org)



HATS OFF TO ...

The Deacons for organizing an extremely successful Bed & Breakfast fundraiser during General Assembly. And to all the people who opened their homes for out of town guests. Special thanks to Jacqui Nye who was the contact organizer. The program brought in \$18, 205. for the church.

General Assembly Delegates: Beth & Stew Armstrong, Norm Seggel, Merritt Meyer, Wendy Oliver, Cynthia Rosengard, Lisa Sampson, John Simmons, Eleanor Anderson and Shelley Stephenson.

General Assembly Volunteers: Graham Nye, Peter and Chiara Van Erp, Jess Dolan, Judy Bowden, Cynthia Rosengard, Anne Connor, Michael Currier, Brian Paradis, Nancy Green, Emily Bruce, Janet Bralove, Judy Knilians, Jon Lax, Janice Okoomian, Jackie Wheelock, Claudia Ford, Elissa Emerson, Vikki Bristlin, Steve Carmody, Carolyn Sammon, Len Cabral, Emma Lyons, Emma Corbin, Carol Giliberto, Erica and Dominic Napolitano, the Senior High Youth Group, and all of those who helped in many ways. Plus those who helped at Waterfire Witness and joined in the Choir. And our Religious Educator Cathy Seggel.

Nori Duncan with assistance from **Martha Cussler** and **Carol Giliberto** in coordinating the Empty Bowls project for General Assembly. And to all who contributed to this project both by making bowls and filling in at the booth. The project brought in approximately \$7,500. for the Rhode Island Coalition for the Homeless and Riverwood Mental Health.



Not related to General Assembly:

Hats Off to Mary Frappier for emergency phone coverage during summer vacation when the church was closed.

Atrium Bookstore

The bookstore is open every Sunday during the regular church year at coffee hour. Besides the books that we get from the UUA's own Beacon Press and Skinner House, we have begun to offer books from Skylight Paths Publishing, an interfaith publisher of various faith traditions. And don't forget: We also carry books written by several church members and by our own minister.



Community Life

Welcome Back Ice Cream Social!

Sunday, September 21 after Coffee Hour (12–2ish)

It is that time of year again! Come to our Ice Cream Social to celebrate the start of the new church year, enjoy some music, eat some ice cream, say hi to some old friends and meet some new ones on

the front lawns. Bring a picnic or buy a hot dog as a pre-ice cream lunch.

Invite a friend! We'll see you there!

Sponsored by the Religious Education and Membership Committees



Welcome, Newcomers!

If you are new to the First Unitarian community, I look forward to welcoming you as we begin a new church year. Our Newcomers' Café is open every Sunday in the Paneled Parlor just beyond the fireplace in the Parish House. Please come by and say hello. I'll be happy to answer any questions and introduce you to others in our community.

I look forward to meeting you! – Jennifer Nardone, Membership Coordinator

Newcomers' Café

Every Sunday during Coffee Hour

Held in the elegant and intimate Paneled Parlor, the Café is hosted by a rotating cast of church members and offers coffee, goodies, and fellowship. If you're new to the church, this is a great place to meet people in a less daunting setting than the regular Coffee Hour. If you've been around for a while, this is a great place to help new folks get acclimated.

To sign on as a café host, contact: Jennifer Nardone, Membership Coordinator (mem@firstunitarianprov.org)

Welcome New Members

Stephanie Gorton and Paul Murphy



Paul and Stephanie recently moved to the East Side of Providence from New York City. Paul is an engineer with Deepwater Wind, an offshore wind farm development company, and Steph is a freelance book editor and MFA student. Both are thrilled to have joined the community at the First Unitarian Church!

Path to Membership Class

Saturday, October 25, 9:00a–12:30p

The Path to Membership class is for anyone who is interested in membership in the church or who just wants to learn more about Unitarian Universalism and First Unitarian. This session will be led by our minister, Rev. James Ford, and the Membership Coordinator, Jenn Nardone. A light lunch will be served.

If you have questions, please come by the Newcomers' Café or email Jenn Nardone.

Registration is required. Registration forms are in the Newcomers' Café and on the Membership Board in the Parish House hallway. Or call the church office (401.421.7970). Please register by Monday, October 20. Childcare will be provided if requested by Monday, October 20.

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

Our Coffee Hour Co-op Needs YOU!

Our Coffee Hour is a cooperative effort organized by the Women's Alliance with donations from our congregation of baked goods, brownies, cookies, fruit, cheese and crackers, sandwiches, coffee cake, and more. These donations can be made at home or bought at a store. Each Sunday we need eight 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 you'll go home with a reminder so you won't forget.

The Women's Alliance September is Membership Recruitment Month

Since 1882, the Women's Alliance has been an independent society of dues-paying members whose purposes are to support the First Unitarian Church and its denomination, serve the community, local and at large; and provide friendship, support, and spiritual and cultural stimuli for its members. In May of 2014 the Alliance voted to become part of the Church rather than being independent. Historically the role, function and activities of the Alliance will not be altered; but will be continued with mutual consent.

The Women's Alliance Monthly meetings from October through June feature a variety of speakers and a catered luncheon. Other activities include fundraisers to provide financial donations to the church and local charities that support women and families. As well as providing a tea at different nursing homes, a garden project partnership with the Tockwotton Courtyard Residents engages the Memory Unit residents in the love and care of plants and flowers.

Another activity of the Alliance is maintenance of the Parish House Parlors. This year the Alliance completed a long overdue goal of renovation to the Paneled Parlor.

Find out more at the Alliance Coffee table in the Atrium during coffee hour and pick up a membership packet if you are interested in joining.

Paneled Parlor Wall Covering Sale

There are 2 unused rolls of grass cloth wall covering from the Paneled Parlor renovation that are available for sale. They would be perfect for an accent wall in your home. There are several partial rolls that will be saved for maintenance. Please contact Posey in the church office (401.421.7970, admin@firstunitarianprov.org) for the cost of the 2 rolls if you are interested.

Women's Alliance Coffee Sale

Coffee Lovers can rejoice - The First Unitarian Church Women's Alliance Coffee Sales are back. The Alliance purchases its gourmet coffees locally from New Harvest Coffee Roasters located in Pawtucket, RI. Because of its close



proximity to the church, New Harvest will deliver their freshly roasted coffee just a few days before Sunday service. The Alliance only sells Organic Coffees. The selections are regular and decaf both ground coffee and beans. Coffee sales are in the Atrium at the Women's Alliance table.



Spiritual Development

A Successful Summer Program

This summer's services featured a wide variety of interesting speakers and beautiful music. Thanks to Rick Richards, Rita Rossi, Ryk McIntyre, the Transylvania Partner Church Group primarily Betty Finn, Jim Curtis, Richard Boober, Jim Carberry, Cynthia Rosengard, Carol Steinberg and Jerry Rubin

for their stimulating talks; and to Lynda Gulley, Claire Rosenbaum, Neil Bartholomew, the Gray Matter Trio, An Hoeyberghs, Janice Okoomian, Michael Cappelli, Chris Sanzo, Tricia Kammerer and the StrongHouse Quartet for the wonderful music.

September Celebrates the Month of Peace



Peace Art Exhibit at the First Unitarian Church Atrium Gallery

This lovely exhibit of local artists work is displayed in the Parish House Atrium Gallery. Opening Friday, September 12 at 5:00p, plus Gallery Night Thursday, September 18.

Peace Walk

Saturday September 20, 4:00 to 6:00p

Highlight of Peace Month. Walk from the Memorial Green at WaterPlace Park to Union Station Plaza (beyond the Wall of Hope).

Volunteers are needed for many events statewide. See the full calendar and to volunteer (www.thepeaceflagproject.org).

Chalice Circles

Facilitators Meeting: Sunday, September 14 after church in the Haynes Room

Chalice Circles – Small Group Ministry program – fulfills the need for intimacy and spiritual growth of members in our large faith community. Small groups of eight to ten people enhance connections and provide an avenue for religious growth and spiritual meaning.

Most groups meet twice a month for two hours in the Parish House or in a member's home. Group members are asked to commit to eight or ten sessions.

Chalice Circle Sampler

On Sunday, September 21 there will be an opportunity to experience a brief Chalice Circle sampler after church and to sign up for the fall session, depending on space availability.

For more information contact Registrar Janet Downing Taylor (jdtaylor39@verizon.net).

New Program: Tai Chi

Tuesdays starting September 23 from 7:00-8:30p

Sean Connor would like to start a Tai Chi class for Beginners to Advanced. Children to Seniors. All inclusive. Instruction and Performance.

Please see Sean in the back pew immediately after Sunday service or contact him by email (seanconnor@cox.net).

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.

Continuing Programs:

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, September 9 & 23, 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, September 14 from 7:00-9:00p

The new church year begins! Welcome back.

Let's talk about what we did this summer, what we learned, what good things happened to us. It will be a full check-in. After that, let's look at GRATITUDE with a guided meditation followed by sharing of the sources of our gratitude. A "Spiritual Warrior" says: When we no longer take life for granted we become grateful for everything that we have.

For further information, contact Steve McCloy (dadzone43net@aol.com)



Social Justice

Neighborhood Social Justice

Sunday, September 7 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 to learn more about our work and perhaps to contribute some ideas of your own. Come this month and help us elect new officers.

First Unitarian Mobile Loaves & Fishes/Harrington Hall

Tuesday, September 2, noon to 7:00p

This month, as always, we could use your help -- whether time, goods or money -- with carrying our monthly Mobile Loaves & Fishes mission. On the first Tuesday of every month, volunteers deliver, food, clothing and respectful companionship to the men of Harrington Hall, a homeless shelter in Cranston.

To donate and/or sign up for shifts*, stop by the NSJC-MLF table in the atrium after the Sunday service. Or go online anytime at (www.SignUpGenius.com/go/10C0B4FA5A728A5F49-mobile/18167481).

Since Harrington Hall may shelter some sex offenders at times, children under 18 are not allowed there, but they are more than welcome to come to our church at 12:00p to prepare sandwiches, or at 3:00p to collect clothes and help to load food & clothes in the cars.

There are three shifts:

noon-1:00p - sandwich crew;

3:00-5:00p - clothing organizers and supply loaders;

5:00-7:00p - delivery crew.

Contact Joe Salvatore (joesuu@gmail.com) for details.

Standing on the Side of Love

This year, the Standing on the Side of Love committee is focusing on the issues of homelessness. We have created 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 "through advocacy, education, collaboration, technical assistance, and selected direct services..."

We at First Unitarian have brought great energy and dedication to social justice issues, and there are many ways we can work on homelessness. It can be as simple as showing up after Sunday services to write advocacy letters. For those with time and dedication, it could even include lobbying legislators. In between these poles, there may be rallies and organizing and other work. There's room for all degrees of time commitment in this important work.

We hope you'll join us to help create coalitions and working groups with other organizations and faith communities in Rhode Island. We can speak with one voice to end homelessness! Please be on the lookout for messages from the Standing on the Side of Love committee.



Knitting For a Better World

Every Tuesday from 7:00-9:00p

Come join fellow knitters for a casual evening of knitting and conversation. Work on



your own project or knit for one of First Unitarian's social justice projects-- our own Mitten Tree, the homeless served by the Mobile Loaves & Fishes truck, or immigrant families in Olneyville through English for Action. Drop in any Tuesday evening. Beginners are always welcome. We have plenty of yarn and needles to get you started.

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

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

Distribution Day: Monday, September 15

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) 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: science, gardening, kids' magazines, handyman, Geographics, cars, yoga, fishing, cooking, craft, foreign affairs, current events, and personal improvement, just to name a few. No catalogs, please. Last year this program earned close to \$370. for our Food Pantry.

Habitat for Humanity Work Day

Saturday, September 20

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 with Peter Van Erp (401.351.4881 or petervanerp@cox.net) as space is limited.



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|--|--|--|---|---|
| <p>31 Last Summer Worship Service 10:00a</p> | <p>1 LABOR DAY Church Office Closed</p> <p>Zendo 7:00p</p> | <p>2 First Unitarian Mobile Loaves & Fishes 12:00-7:00p</p> <p>Lay Ministry 7:00p Knitting for a Better World 7:00p</p> | <p>3</p> <p>Prudential Committee 6:30p Meditation 7:00p</p> | <p>4</p> | <p>5</p> | <p>6</p> <p>Saturday Social Supper (R. Arellana)</p> |
| <p>7 Homecoming Worship Service 10:30a</p> <p><u>at 12:15p</u> Neighborhood Soc. Justice</p> | <p>8</p> <p>Zendo 7:00p</p> | <p>9</p> <p>Reimagining Religion 7:00p</p> <p>Knitting for a Better World 7:00p</p> | <p>10</p> <p>Meditation 7:00p</p> | <p>11</p> <p>Teacher Orientation 7:00p</p> | <p>12</p> <p>All Parish Supper 5:45p Program 7:45p</p> | <p>13</p> |
| <p>14 Worship Service 10:30a Sunday School begins <u>at 12:15p</u> Chalice Circle Facilitators</p> <p>UU Men 7:00p</p> | <p>15</p> <p>Food Pantry 2:00p - 6:00p</p> <p>Zendo 7:00p</p> | <p>16</p> <p>Knitting for a Better World 7:00p</p> | <p>17</p> <p>Meditation 7:00p</p> | <p>18</p> <p>Peace Art Exhibit Galley Night</p> | <p>19</p> | <p>20</p> <p>Habitat Work Day</p> <p>Peace Walk 4:00-6:00p</p> |
| <p>21 Worship Service 10:30a</p> <p><u>at 12:00p</u> Ice Cream Social Chalice Circle Sampler</p> | <p>22</p> <p>Zendo 7:00p</p> | <p>23</p> <p>Tai Chi 7:00p</p> <p>Reimagining Religion 7:00p</p> <p>Knitting for a Better World 7:00p</p> | <p>24</p> <p>Meditation 7:00p</p> | <p>25</p> | <p>26</p> | <p>27</p> <p>Leadership Retreat 9:00a-12:00p</p> |
| <p>28 Worship Service 10:30a</p> <p><u>at 12:00p</u> Coming of Age Parent Orient.</p> | <p>29</p> <p>Zendo 7:00p</p> | <p>30</p> <p>Tai Chi 7:00p</p> <p>Knitting for a Better World 7:00p</p> | | | | |