



## Services in the Meeting House

### Sunday, October 5 What's Love Got to Do With It?

10:30a

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.*

### Sunday, October 12 Salted With Fire: A Meditation on a Liberal Spirituality

10:30a

Rev. James Ishmael Ford

James believes the first and seventh principles taken together speak to a grand intuition that runs a common thread through contemporary Unitarian Universalism. He often speaks of the political consequences of these insights. Today he will talk about how it informs a mature spiritual life.

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

### Sunday, October 19 Julia & Samuel: Tale of 19th Century Unitarianism

10:30a

Rev. James Ishmael Ford

Julia Ward Howe and Samuel Gridley Howe might be the original power couple. They were also active Unitarians and their religion definitely influenced their lives. Come and hear the details.

*Our Community Collection this Sunday will be for the Girl Effect. A First Unitarian Social Justice program that gives to charities that support education and jobs for women and girls.*

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

### Sunday, October 26 The Critical Way in Religion: A Celebration of the Humanist

10:30a

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, November 2 All Souls: A Multigenerational Service (Daylight Savings)

10:30a

Cathy Seggel, DRE & Rev. James Ford

There are a cluster of cultural holidays over these past days; Halloween, All Saints and All Souls. Cathy and James think All Souls captures the theme common to them all. Come and see what you think.

*Please bring a picture of a loved one/s who have died for our table of remembrance.*

*We will also be recognizing our newest members this Sunday!*

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



We are a Welcoming Congregation

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## Staff

- Rev. James Ishmael Ford, Minister
- Rev. Mary Margaret Earl, Community Minister
- Rev. Gene Dyszlewski, Community Minister
- Rev. Gwendolyn Howard, 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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- Next Deadline: October 15

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## Monkey Mind

I was driving down the highway. While the radio was on to my favorite local NPR station, to be honest I wasn't really listening. Then I caught a fragment of a sentence, from a Boston doctor who was observing there were more docs on one floor of his hospital, I didn't catch where, than in the entire country of Liberia. By the time I focused in on the story it was pretty much over. The only other part I caught was that he was going to Liberia to help with the Ebola crisis, and in preparation, he and his wife had just updated his will.

Every once in a while I find myself thinking about heroes. Mostly being annoyed at how the word is stretched to near meaninglessness by people obsessively referring to victims as heroes. As if there is some taint in being a victim, and that the fix is to substitute the word hero. When the anniversary of 9/11 passed, I caught a bit of that misuse. Again. There were many, way too many victims on 9/11. And there were some heroes. They need not be conflated, except when they are genuinely both. Anyway, this conflation has become a small soapbox I occasionally climb up on.

Of course language is mutable. Language is dynamic and changes over time. My favorite example is how in the King James Bible the word "prevent" means to "precede" not "stop" as in contemporary English. On the other hand, I do not think every shift or change in the meaning of words is a tragedy as some of my friends appear to believe.

That said, I do feel one should be cautious re-purposing the use of words. If for no other reason than giving a word a new meaning or emphasis can easily confuse people rather than clarify some matter, the presumed desired consequence of that shift. Against this background I find myself thinking about heroes and the heroic life, and feel there's something for us in considering using "hero" in a way that it hasn't been much of late.

According to the online version of Merriam-Webster, a hero is, in its first definition, "a person who is admired for great or brave acts or fine qualities." It throws in as secondary definitions "someone who is greatly admired" and the "chief male character" in a play or story. The historic part references the older use of divine or figures in Greek and Roman mythology.

Running through all the usages over time is a focus on personal traits, those fine or noble qualities. And it is that which captures my imagination. Particularly, as I consider how the word "athlete" was used by early Christian ascetics to describe practitioners of their spiritual discipline. I've always liked that usage, somehow slightly from left field.

And now I find myself thinking of our contemporary spiritual disciplines of presence, both to our environment and within our beings. What I have come to call "sit down, shut up, and pay attention." I believe anyone who tries this "turning the light inward" as one sage put it, for any sustained time knows that keeping it up can be hard.

And here's where heroic comes in. An authentic spiritual life is not all beer and skittles. It takes discipline and perseverance. It is definitely counter-cultural, as it demands a constant presence in a culture that is pretty much all about distraction.

A genuine spiritual life is heroic in the sense of those qualities of nobility and perseverance that move us out of the ordinary. And yet, at the very same time, it is something accessible to all of us. Sort of an ordinary heroism.

Finding the extraordinary within the ordinary.

Our call as people on the way of heart and authenticity.

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)



## Deacons' Corner

The Deacons held their first meeting and got off to an enthusiastic and energy-packed start. They are currently coordinating several fall events. One of them is the "Social Media Workshop," see bottom of this page for details. The more people attending, the more connected we will be.

For those who enjoy Communion, Communion Services are scheduled for November 23 and Maundy Thursday, April 2, 2015. If you have never attended and wonder how UUs could possibly have communion, please mark those dates on your calendar and join us.

Plans for the church Thanksgiving dinner are underway. We hope to expand the schedule and make it a more relaxed event. However, for that to happen, we need more volunteers working in shifts to set up, serve, and organize activities after the meal. The turkey is provided, but the rest of the meal is potluck. There is a small donation to pay for the turkeys. Watch for signups at a later date.

After the holidays, the Deacons will also sponsor another series of speakers on end of life issues. Please watch for that announcement.

Finally, the Deacons will solicit ideas for more social activities to bring our members together more frequently. Please let us know what activities might be of interest to you and others in the congregation.

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

## UU Social Media & Membership Growth Intensive

Saturday, November 8, 2014 -  
 9:00a to 3:00p at First Unitarian  
 Church of Providence



Open to Unitarian Universalist leaders from across New England, this day-long training on social media and membership growth is designed to help clergy, staff and volunteer leaders adapt their communication, outreach and visitor greeting strategies for today's increasingly digitally connected world. Peter Bowden, raised in our congregation, now speaks nationally on issues related to UU growth, media and innovation.

Learn more about this event and register on Peter's website (<http://leadingcongregations.com>)



## Spiritual Pathways

### *We blessed our backpacks. What's next?*

Autumn in our congregation and in our region is a time of beginnings. Our faith development program has had orientations, start-up face to face meetings, conference call and video chats. The opening weeks of worship and classes has been energetic and filled with the promise of opportunities and change. I am happy that there have been many new faces and plenty of returning souls, this fall.

One of my openers was the quarterly gathering of chaplains and religious life affiliates at Brown. There, we shared our stories and imagined interfaith collaborations. I am honored to sit with that group and was glad to meet the new Muslim Chaplain, Adrian Wood-Smith. His words resonated with me as he described of our work as "tending to hearts." He spoke of the intersections of "faith, learning and practice." I shared that our UU living tradition calls us to be lifelong learners and to serve the mutual goals of individual transformation and the interconnectedness of all life. Not a light-weight mission.

I am involved in local and continental networking to feed my work. This year, one project is the "full week faith" pilot. The concept is foundational. We are Unitarian Universalists 24/7, not only on Sundays. The new incentive is capturing ways to help adults, youth and children remember and live with their faith up front. One step was a multigenerational ceremony to bless the bags we carry in our daily lives. We affirmed aloud that the love and care of the congregation surrounds us every day as we learn and grow. We promised to remember the worth and connectedness of all beings and to share our welcoming faith community.

So, as we gather and meet, greet and welcome, I aim to keep in mind the combination of faith, learning and practice. What's next? More of the same. Our UU curriculum is all that we choose to prioritize and make happen. I tend to hold up a high bar. So, I also want to ask myself and all of us to keep in mind our capacity and the need for self-care, along the way.

Please join me in this soul work.

Take good care,

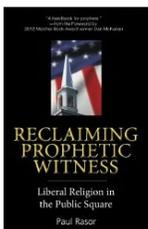
Cathy Seggel, Director of Religious Education  
401.421.7970  
dre@firstunitarianprov.org

## 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)



## 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 began in September and is ongoing. The registration form is available at the RE table in the Atrium during Coffee Hour and in each classroom. The form is also on the church website (www.firstunitarianprov.org) and can be filled out online and mailed or emailed to the church office.

Please note: Families must register each year. Newcomers welcome!"

### A Note to Parents of Children & Youth

Welcome to our new and returning families! The RE Committee and I want to be sure that there are opportunities for you to learn more about our programming, get to know one another, and ask questions. There will be several occasions this semester for you to drop in and gather. Parents of eighth-grade Coming of Agers and high schoolers gathered in September.

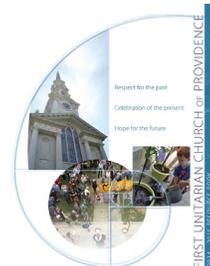
This year, we are focusing on increased communications to parents. Please check your personal email and the church Facebook page for announcements and updates. I am happy that Claudia Ford is assisting in this effort.

Please contact Cathy Seggel, DRE during the week in the church office (401.421.7970, dre@firstunitarianprov.org) for questions, joys or concerns.

### 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.firstunitarianprov.org).





## Sight Lines

Welcome back to church. It feels good to be on a more regular schedule than the one I enjoyed this summer – not that I am complaining about General Assembly, a week on Star Island, lots of time with grandchildren, and lots of golf! But the rhythm of September seems to match the cooler, drier weather and I like the change.

The Prudential Committee has begun its regular monthly meetings. We are dealing with issues such as an upcoming leadership retreat, improving our communications systems and updating them to align with current on-line methods, safety policies, needs of our physical plant, stewardship opportunities, and many others. You have a very talented and dedicated group serving your needs on the Prudential Committee and I feel very lucky to have such a group to work with. I also have the privilege and pleasure of dealing with our talented and dedicated staff: Cathy, ever helpful and cheerful; Fred, innovative and creative; Posey, hard-working and funny; Walter, always willing to help out; Jaime, who knows everyone's name and is always smiling; Jenn, who greets newcomers and has thought of so many ways to integrate them into our church family; and of course our beloved James, always willing to listen, always ready with a smile, always there for us, the kindest man I know. When it is your turn to serve as president of this congregation, you are surrounded by such helpful people that you feel you can do what has to be done. I thank them all.

I would ask one thing of each of you: please look around you on Sunday mornings and be on the alert for someone who might feel less comfortable than you do. Someone who perhaps can't move around as quickly as many of us can; someone who perhaps can't form thoughts into words as readily as he used to; someone whose religious leanings are unusual for our congregation and is perhaps searching in a different direction than you are; someone who is alone and not finding an easy way to feel part of the whole – and would like to. We say we welcome everyone to our church, and we mean it. But do we always act on that sentiment? Do we ever – inadvertently – act in a way that would cause another to want to search for another church home because she didn't feel welcomed with us? I know it happens and so do you. I believe it is rare, but I know it happens. Let's all dedicate ourselves this year to being "radically accepting," really welcoming, really open to new ideas.

Yours in peace,

Beth Armstrong  
President, Prudential Committee  
pres@firstunitarianprov.org

## Treasurer's Report

The Fiscal Year 2013-14, which ended on June 30, was completed with a shortfall of \$2,835.00 or 1.7%. While it is a small deficit, it is very positive in light of several situations which limited income. These include the loss of one \$12,000 pledge through death of a member and the loss of over \$10,000 in parking rental income when a legal firm that provided the bulk of our rentals moved. The congregation can be proud of last year as most paid their pledges in full and we were very close to the budgeted estimate in pledge receipts. As for expenditures, the fiscal year was completed with an unexpended balance of \$8,311 which insured that the budget was completed with only the small deficit.



Also a strong thank you should be accorded the Deacons for their work on the General Assembly Bed & Breakfast program and to those who successfully hosted visitors. The income from GA was over \$18,200 of which \$10,000 is included as receipts in the Fiscal Year 2014-15 budget.

Graham Nye, Treasurer

## Report of the Annual Budget Drive Team

Stewardship is year-round. Our Team met monthly over the summer and held its first retreat on Saturday, September 20th when we did team building exercises, shared our backgrounds and strengths, and had some fun followed by a fiesta luncheon. We are inviting additional members to join our efforts focused in the spring during the Annual Budget Drive. We will continue to explain stewardship at the upcoming Path to Membership classes. Please let us know if you are interested in joining our Team.

Lisa Sampson and Anne Connor, Co-Chairs

## Interested in Social Media at First Unitarian?

The Prudential Committee is considering forming a Task Force to study our needs for improved use of the internet and in particular social media. If you would be interested in working on such a group, please contact Graham Nye (courtst-place@hotmail.com).



### 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!

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### HATS OFF TO ...

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The **RE Committee** for their extra time and help with registration and start-up activities.

**Katy Killilea** helping with the youth group.

Deep Gratitude to **Sarah Cappelli** for creating our beautiful UU Backpack fobs!

**Fred Jodry** for his generous donation to clean the windows in the Parish House.

### Our Coffee Hour Providers last Month:

Mary Frappier, Dee Reynolds, Lyn Bradford, Janet Taylor, Lynne Fazzi, Sally Caruso, Mary Kollar, Lonnie Thomas, Elissa Emerson, Steve McCloy, Roberta Groch, Paul Almeida, Wendy Oliver, Anne Connor, Karen Boulanger, Marilyn Eanet, Martha Cussler, Lynda Gulley, Kelley Smith and Sam Cole, Mary Speare, Tom Getz and all of you who brought something in to surprise us.



## Community Life

### October All-Parish Supper

*Friday, October 17 (one week later 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 Election of November 2014"**

Our after dinner program will feature a discussion and analysis of the upcoming November elections. The presenter will be Prof. Wendy Schiller, from the Political Science Dept. at Brown University. She is an exciting and provocative speaker, and her talk will be about the current condition of the American political system as reflected in the issues, dynamics and candidates of the election campaign so far. National, state and local politics will be discussed.

Wendy teaches courses in American politics at Brown, and is NBC Channel 10's political analyst. She is also a frequent participant in the TV programs "The Lively Experiment." Her forthcoming book is titled "Electing the Senate." You won't want to miss this outstanding and timely program.

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).

### November All-Parish Supper

*Friday, November 14*

Our after dinner program is titled "The Case of Vladimir Putin and the Failure of Democratic Reform." Our distinguished speaker will be Joshua Rubenstein, a long-time Advisor to Amnesty International and an independent Russian scholar.

When the Soviet Union collapsed in December 1991, there was a palpable feeling of hope that Russia would embark upon a program of democratic reform and great integration with Europe. But something has gone terribly wrong. Is it all the fault of Vladimir Putin? Or did the West, and America in particular, help revive this new Cold War? How can we explain the current crisis over Ukraine?

Please join us for this outstanding program. Sponsored by the World Affairs Committee.

### Saturday Social Supper

*October 4 starting at 5:30p*

The October Social Supper will be held at the home of Marcia and Phil Lieberman in Providence. 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 November 1 Social Supper will be hosted by John and Susan Weston in Providence.

### A Letter of Thanks

We would like to make the congregation aware of the extraordinary generosity of attendees at this summer's General Assembly in Providence. The assembly is the annual national convention of Unitarian Universalists, held at a different location each year. This year's gathering drew more than 5,500 participants from throughout the world, but primarily the USA and Canada.

Annually, national organizers select a local organization/s to be highlighted as the Assembly's community service project. This year, thanks to input and support from our minister Rev. James Ford, the partnership of Riverwood's Housing First RI program and McAuley House was selected for our work with the homeless. This allowed us to present our program "Confronting Hunger and Homelessness" at a workshop and daily in the exhibit hall. We also were recipients of the offertory at the Sunday service.

To support our efforts, artists from across the country donated more than 440 handmade bowls to sell as part of an "empty bowl" project symbolizing the fight against hunger. Sales of the bowls at the assembly and at a corresponding Waterfire event generated more than \$7,000.

The Sunday Service was held at the Dunkin Donuts Center and drew more than 5,000 persons from both the assembly and the community at large. The offertory generated an amazing \$50,000 which – together with the Empty Bowls program – provided a net donation to Riverwood and McAuley of more than \$56,000. The sum was substantially more than any such collection at the past 5 assemblies.

We were humbled by these amazing acts of generosity and are so grateful for the impact the funds will have on our programs. And, as UUs, we can take pride in such a generous response.

We thank all who helped gather bowls, staffed the booth, attended our workshop, and who made financial donations to sustain our work. We offer a special thanks to Nori Duncan for the abundant hours she spent overseeing the empty bowls project, and the gracious spirit in which she did so much. So to Nori, volunteers, supporters: Thank you for helping us to help those in need.

Respectfully,  
Dan Kubas-Meyer, Executive Director, Riverwood Mental Health Services; Past President, First Unitarian Church of Providence

Rev. Mary Margaret Earl, Associate Director, McAuley Ministries; Community Minister, First Unitarian Church of Providence

### Community Life Ministry Fair

*Sunday, October 19 during Coffee Hour*

Head for the Atrium during Coffee Hour to find out about the activities and work of the many groups in our Community Life Ministry. Talk with members of the committees and programs, check out opportunities to participate, and offer your feedback (and encouragement!) to those whose volunteer efforts add so much to our faith community.

Prudential Committee Liaison: Sarah Leonard





## Community Life

### 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)

### 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, 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

### 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.

### 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.

### 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.

## The Women's Alliance

### The Women's Alliance Monthly Program

*October 6, 2014*

*Business Meeting: 10:30a*

*Program: 11:00a followed by lunch (\$9 or bring your own)*

**Topic:** The American Political Landscape in 2014: Rhode Island and Beyond

**Speaker:** Prof. Wendy J. Schiller-Kalunian  
Professor Schiller will speak about this November's election and answer our questions about the candidates and the issues.

*Wendy Schiller is Associate Professor of Political Science and Public Policy at Brown University. Educated at the University of Chicago (A.B.) and the University of Rochester (Ph.D.), she served on the staffs of Sen. Daniel P. Moynihan and Gov. Mario Cuomo before coming to Brown in 1994.*

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

### 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.



### Camp Street Ministries benefit from Eastside Marketplace

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.

### 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.



## Spiritual Development

### New Program: The Other U

*Tuesday, October 21 from 7:00-8:30p*

Universalism was the smaller of the two denominations that merged to form the UUA in 1961. This session will be an opportunity to explore some of the rich history and ideas of this denominational ancestor. Having served historically Universalist churches (as well as having been a board member of one of the surviving Universalist state conventions), Rev. Howard will bring a personal perspective to this exploration of Universalism and what it may have to say to us today.

Contact: Rev. Gwen Howard (gwendolynhoward@gmail.com)

### Zen and The Brain Revisited

*Monday October, 27 at 7:00p*

Our adult education program and our Benevolent Street Zendo are pleased to announce a talk by Jim Austin, MD, renowned brain researcher and author of numerous books including "Zen and the Brain." After the lecture, Jim will be happy to respond to questions. The program will begin at 7:00p promptly.

### Tai Chi

*Tuesdays from 7:00-8:30p*

Tai Chi class for Beginners to Advanced. Children to Seniors. All inclusive. Instruction and Performance.

For more info. or to sign up see Sean in the back pew immediately after Sunday service or contact him by email (seanconnor@cox.net)

### Art in the Atrium

Thanks to Ginny Fox and her Peace Flag Project volunteers, we have opened the season in September with another wonderful Peace exhibit with excellent guest artists and their interesting work. This exhibit will last till the end of October.

In November we will have another guest artist, a special kid, Andrew Randall; while December is open to all the artists of our congregation for our Annual Collective Holiday Exhibit. If you are interested, contact Chiara Van Erp (romano-vanerp-design@cox.net)

### Interested in Buying an Atrium Art Piece?

The Art Gallery in the Atrium started about nine years ago. From time to time people have asked if they could purchase a piece. In response to that, the Art in the Atrium Committee and the Prudential Committee have instituted a policy for exhibitors in the Church's Atrium Gallery. Exhibitors will now be allowed to sell their pieces.

If you are interested in a piece, you can look for the binder on the coffee table for prices and contact information, then contact the artist directly. The artist will give 25% of the price of their sale as a donation to the church.

### Spiritual Development Ministry Fair

*Sunday, October 12 during Coffee Hour*

Head for the Atrium during Coffee Hour to find out about the activities and work of the many groups in our Spiritual Development Ministry. Talk with members of the committees and programs, check out opportunities to participate, and offer your feedback (and encouragement!) to those whose volunteer efforts add so much to our faith community. Prudential Committee Liaison: Katherine Ahlquist



### 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 inter-faith 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, October 14 & 28, 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, October 19 from 7:00-9:00p*

*(Please note the date change to the third Sunday because of Columbus Day weekend)*

YES, it is our mistakes that teach us! Really? Who says? What has been your experience with this conventional wisdom?

Facilitator: Mel Shelly (401.996.6194; shelly-dimatteo@cox.net)



## Social Justice

### From the Girl Effect Task Force

We are pleased to announce that the Girl Effect was chosen for the church's Community Collection during Sunday service on October 19. Girls' education is one of the most effective ways to break the cycle of poverty to improve the lives of girls and subsequently their children and families. The special donations on October 19 will go to improving girls' education.

**SAVE THE DATE:** This year's Holiday Sale will take place on November 30, December 7 and December 14. By buying handicrafts from around the world we help the local artists and the money we raise goes to help girls continue their education. Thank you from Marilyn Eanet, Martha Manno, Polly Walker

### Fruitful Fall Discussion Series

*Sundays, October 12 – Unemployment; October 19 – Immigration; October 26 at 12:15p*  
Housing in today's sad world of widespread soup kitchens, food pantries, and homeless shelters, the idea of an economic system - not socialist - with an abundance of jobs at high wages - seems an impossible dream. But it was the basis of Henry George's non-violent and democratic economics. Can you share an hour of your time to check out whether Justice rather than long-term, ego-threatening Charity is possible? We will look at current economic problems in the light of our common home: Planet Earth. Please join Cathy Orloff.

### Neighborhood Social Justice

**A Call For Help:** The NSJC feeds the men at Harrington Hall, along with a number of other churches & social service agencies. We just learned that due to financial constraints, a couple of agencies no longer will be participating. Right now, it looks like there are 8 nights a month that need to be filled. If you know of any other church, community group or organization that would like to participate and be able to fill the void, PLEASE LET US KNOW.

#### Upcoming Dates:

**Sunday, October 5:** Our monthly meeting at 12:15, after coffee hour. Join us, see what's on our agenda for this year, and bring some of your ideas, too. We're listening!

**Tuesday, October 7:** Our monthly run to feed the men at Harrington Hall. As always, volunteers are welcome and needed. Stop by our table any Sunday during coffee hour, to see how you can help. We'd love to talk with you!

**Thursday, October 23:** The annual Rhode Island MLF Fundraiser, at Rhodes on the Pawtuxet. A fun evening, for a good cause. Please join us. For more info. or tickets stop by our table.

#### How to Help:

Donations....are always needed and welcomed. Seasonally appropriate men's clothing and cash are at the top of our list. Also, we're always looking for cans of tuna & bags of candy, as well as travel-size toiletries.

Volunteers - we have 3 shifts available and open to all: (Tuesday, October 7)

noon-1:00p...Sandwich Brigade...makes sandwiches & bags cookie...at church

3:00p - 5:00p...Prep Crew...sorts clothes, loads vehicles...at church

5:00p - 7:00p...Serve Crew...serves at Harrington Hall (Only adults over 18 are allowed).

Questions?: Contact Joe Salvatore (joesuu@gmail.com)

### Standing on the Side of Love Committee

The SSL committee is gearing up for the church year. We are sponsoring the activities of Senior Agenda Coalition RI, a group that represents the needs of older citizens. You'll be hearing a lot from us about their activities.

The SSL committee would like to know what social justice issues drive us as a congregation. We have a short checklist of Rhode Island issues that we would like your opinions about. Come to the SSL table in the atrium after services to take this quick survey.



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

*Distribution Day: Monday, October 20*

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.

### 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 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)



### Social Justice Ministry Fair

*Sunday, October 26 during Coffee Hour*

Head for the Atrium during Coffee Hour to find out about the activities and work of the many groups in our Social Justice Ministry. Talk with members of the committees and programs, check out opportunities, and offer your feedback (and encouragement!) to those whose volunteer efforts add so much to our faith community.

Prudential Committee Liaison: Nori Duncan

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<p><b>1</b></p> <p>Prudential Committee 6:30p Meditation 7:00p</p>	<p><b>2</b></p>	<p><b>3</b></p>	<p><b>4</b></p> <p>Saturday Social Supper (Marcia &amp; Phil Lieberman)</p>
<p><b>5</b></p> <p>Worship Service 10:30a  at 12:15p Mentor Orientation Neighborhood Soc. Justice</p>	<p><b>6</b></p> <p>Zendo 7:00p</p>	<p><b>7</b></p> <p>First Unitarian Mobile Loaves &amp; Fishes 12:00-7:00p  Lay Ministry 7:00p Tai Chi 7:00p Knitting for a Better World 7:00p</p>	<p><b>8</b></p> <p>Meditation 7:00p</p>	<p><b>9</b></p> <p>Worship Comm. 7:00p Standing on the Side of Love 7:00p</p>	<p><b>10</b></p>	<p><b>11</b></p>
<p><b>12</b></p> <p>Worship Service 10:30a Spiritual Develop. Fair at 12:15p Fruitfull Fall Discussion</p>	<p><b>13</b></p> <p>COLUMBUS DAY Church Office Closed  Zendo 7:00p</p>	<p><b>14</b></p> <p>Tai Chi 7:00p Reimagining Religion 7:00p Knitting for a Better World 7:00p</p>	<p><b>15</b></p> <p>Meditation 7:00p</p>	<p><b>16</b></p>	<p><b>17</b></p> <p>All Parish Supper 5:45p Program 7:45p</p>	<p><b>18</b></p> <p>Habitat Work Day</p>
<p><b>19</b></p> <p>Worship Service 10:30a Community Life Fair at 12:00p Care Crew Lunch at 12:15p Fruitfull Fall Discussion UU Men 7:00p</p>	<p><b>20</b></p> <p>Food Pantry 2:00p - 6:00p  Zendo 7:00p</p>	<p><b>21</b></p> <p>R.E. Committee 6:45p  The Other U 7:00p Tai Chi 7:00p Knitting for a Better World 7:00p</p>	<p><b>22</b></p> <p>Meditation 7:00p</p>	<p><b>23</b></p>	<p><b>24</b></p>	<p><b>25</b></p> <p>Path to Membership 9:00a-12:30p</p>
<p><b>26</b></p> <p>Worship Service 10:30a Social Justice Fair at 12:00p Coming of Age Parent Orient. at 12:15p Fruitfull Fall Discussion</p>	<p><b>27</b></p> <p>Zendo - Zen and the Brain Revisited 7:00p</p>	<p><b>28</b></p> <p>Tai Chi 7:00p Reimagining Religion 7:00p Knitting for a Better World 7:00p</p>	<p><b>29</b></p> <p>Meditation 7:00p</p>	<p><b>30</b></p>	<p><b>31</b></p> <p>HALLOWEEN  </p>	