



## Services in the Meeting House



**Daylight Savings Ends** (turn your clocks back one hour)

**Sunday, November 2**

**An All Souls Gathering: A Multigenerational Service**

**Rev. James Ford, Cathy Seggel, DRE & Fred Jodry**

**10:30a**

Today we celebrate the three great holidays that meet over the same weekend, All Hallows, All Saints, and All Souls. That membrane, which separates the living and the dead becomes so thin we can see through. Come join us as we commemorate the past and dream the future.

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

*Music selections will include meditations on death and the afterlife: two movements each from Fauré's Requiem and Bach's Cantata 82, with members of Community MusicWorks.*

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

**Sunday, November 9 Freedom and Necessity**

**10:30a**

**Rev. Gwendolyn Howard**

Joseph Priestley was a noted (if not notorious) scientist, and, he was also a minister. In fact, he was among the pioneers of Unitarianism in England. Some of his political ideas were so controversial that a mob was incited to burn down his church, while his religious colleagues considered his theology to be well outside the mainstream of Unitarian thought. Very few people within Unitarian Universalist circles even today would embrace Priestley's ideas yet he remains one of the denomination's important forebears for some very good reasons.

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

*Spiritual Development Ministry Fair in the Atrium during coffee hour.*

**Sunday, November 16 Just Friends: On the Nature of Friendship**

**10:30a**

**Rev. James Ishmael Ford**

James thinks that of the Four Loves of Greek theology, the one that gets short shrift is friendship. Today James will explore the nature of friendship and why it should be one of the four great loves, and why we should attend to it a little more than we usually do.

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

*Stewardship Ministry Fair in the Atrium during coffee hour.*

**Sunday November 23 A Multigenerational Thanksgiving Meditation**

**10:30a**

**Rev. James Ford, Cathy Seggel, DRE & Fred Jodry**

Even knowing there is much sadness in our lives and around the world, there is also so much to be thankful for. We will pause in the rhythms of our lives to notice and to give thanks. Please join us for this family celebration of gratitude, featuring the all-ages Joyful Noise Community Music group. Our eighth graders will introduce our annual UUService Committee Guest At Your Table project.

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

*Our Community Collection will be for First Unitarian's Mobile Loaves & Fishes.*

*There will be a Communion Service immediately following the service. All are welcome.*

**Sunday, November 30 Mark Twain as Spiritual Guide**

**10:30a**

**Rev. James Ishmael Ford**

Today is Samuel Clemens' birthday, and James thinks it a perfect opportunity to talk about a peculiar spiritual genius, maybe even a perfect saint for Unitarian Universalists.

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



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
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## Monkey Mind

This is the month we observe our American Thanksgiving. I have to admit it is hard for me to think of this particular holiday without immediately thinking of that scene, well, for me a youtube clip, the "Addams Family Thanksgiving," replicating a skit at an affluent summer camp, in which Wednesday, playing the Indian princess goes seriously off script. We know the script.

We know, I'm pretty sure, most all of us know the darker realities that our conventional Thanksgiving, if you will, "whitewashes."

I think we need to know the history, as best it can be understood. And, while the telling of our American Thanksgiving has been attached to a particularly complex and shadowed event, the reality is that human beings have pretty much all and always observed holidays of thanksgiving. For being alive. For making it through the winter. For surviving conquerors and oppressors. Really, just for being alive.

We're pretty good at catching the nuances, the shadows. And that's important. But, also, we need to uphold that other part of our lives, giving thanks for what is. I think of the great Germany mystic Meister Eckhart who once noted, "If the only prayer you ever say is thank you, that will be enough."

Things are hard. No doubt. The recovery from the Great Recession has been slow, and it looks that there is a new normal, that is poorer and harder than before. In our country the rich are getting richer at a rate unprecedented, while there are an ever increasing number of poor folk. And the middle class, well, it is shrinking, and is ever more fragile. And don't get me started on what it looks like if you're not white. Or, male.

Just to breathe is something wonderful. Life is an amazing gift. One need not ignore the hard things in order to see the sweet things. And, throughout our human existence we have been particularly mindful of that experience of gratitude that rises so naturally in our hearts in the harvest season. Even people like us largely divorced from the natural rhythms of planting and harvest notice. It is something pretty fundamental.

And, so, here we are in a time of change. And, from my perspective, as I do my tasks as our parish minister, I'm marked by the temporality of it all, how passing it all is, of my own coming retirement from the work of parish ministry, and in most moments, I'm finding my experience is filled with moments, some small, some train stopping, of gratitude.

And, really, that sense is something we're all invited to, into. It is something as natural as breathing.

It is a prayer.

It is Meister Eckhart's prayer.

Just to be able to say thank you, and to say it.

It really is something.

It really is amazing.

And so...

Thank you. Thank you!

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. 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

Autumn. Leaves and weather are changing. And, the church year is under way.

**Who are the Deacons?** In its Bylaws, our church has Deacons. This is part of the charter established by the RI legislature in place for nearly 300 years. The deacons' role is broad: to assist the Minister in focusing on spiritual opportunities within the congregation. We meet once a month.

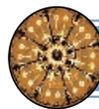


**Deacons Calling.** We try to contact members of our congregation once a year just to touch base and see how our church is serving them. These calls will start this month. Please respond. We do not ask for money. We want to hear the opinions and needs of the congregation, which provides ideas for the sustenance of our community's growth.

**Thanksgiving.** A wonderful group of volunteers is planning a Thanksgiving Dinner at the church. Please look for the announcement in this Newsletter. The planners need help. Please volunteer generously to help set up, cook, clean up and make it a great feast.

**Social Media and the Church.** The Deacons regularly monitor what other congregations are doing to communicate. **Social media** was a big topic at General Assembly last summer and maximizing **access** is a major goal of the Prudential Committee. Many of us feel out of touch with things like Facebook, web pages and email. We are very fortunate to sponsor a program by Peter Bowden at our church (see page 4). It will offer you information on how to approach these things and how these tools can help our committees and our programs. To register, contact (<http://leadingcongregations.com>)

**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:

**Nicholas Townsend and family** on the death of his wife Anita Garey, member since 2010. They relocated to California several years ago.



## Spiritual Pathways

### Sharing ~ Who Are Our Neighbors

Our gathered community of children, youth and adults has had a spirited start-up, including an orientation for many of our over fifty volunteer teachers. Community building trips were a Wheeler Farm low ropes challenge for coming of agers and a walk to India Point Park for senior high youth, led by Jesse Cohen and advisors. Teacher team gatherings and parent open houses will be next.

Children, youth and volunteer teachers have been sharing their gifts in classrooms. I am grateful for the positive energy and action in our groups. We had an opportunity to welcome a group of students and teachers from the Westminster UU congregation in East Greenwich for our chapel service and classrooms. They visited to broaden their perspective on what a UU church and Sunday school might be. There has been an invitation for our 6th grade Neighboring Faiths group to visit their church in the spring. The 5th grade, Toolbox of Faith group is prepared to lead our involvement in the Rhode Island Buy Nothing Day Coat Drive that helps folks who need warmth this winter. Our 6th grade Neighboring Faiths group has visited the Providence Vedanta Society and will be going to Temple Beth-El in December. Our 7th graders picked apples and will sort food for our First Unitarian Community Food Share Pantry. They will also sell holiday goods for the UU Service Committee. The senior high youth group has already planned an evening gathering at church and will be taking part in regional UU happenings. They will shepherd the congregational gift-card collection, supporting our neighbors, served by local agencies.

There are twenty one families in the 8th grade, Coming of Age program. Parents attended a comprehensive orientation with teachers and twenty one youth have been matched with adult mentors, who attended a mentor orientation. Mentor/Mentee gatherings are monthly, focusing on building relationships, community service and articulation of beliefs.

This month, in our chapel worship services, the focus is on gratitude and generosity, with the help of a new crop of 7th grade worship associates. Each week, the kindergarten through 7th grade begin the morning with worship and we light our chalice with respect for the past, in celebration of the present and with hope for the future, as foundational to our ritual. The older preschoolers will join in this month. We are preparing the next generation of good neighbors for our multicultural global community.

This message comes to you as I finish leading the LREDA (Liberal Religious Educator's Association) Board meetings, virtually, at our annual fall conference. This year's theme was *Best Practices in Shared Ministry*, with a special UUMA program offering entitled, "Who Are Our Neighbors?" Although I did not fly to Decatur, GA; I fulfilled my presidential responsibility, as I was able, through video conferencing, so that I could be with my daughter, Jennifer, as she delivered her first child, Evergreen Olivia Eads. She, her husband and the baby are doing well as they settle in at home, near Boston. I am very grateful.

Take good care,

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

## A Special Item Needed for our Community Food Share Pantry

It's important for the clients of the Community Food Share Pantry to have working smoke detectors. Please donate batteries – **AA or 9-volt** to help us provide this safety item. Bring donations to Chapel, classrooms or RE Office.



Our 4th grade teachers and students will coordinate this community collection.

## Welcome a Guest at Your Table!

On Sunday, November 23, we'll open our Guest at Your Table program, a decades-long UU tradition at our multigenerational Thanksgiving worship service.



The Coming of Age community will shepherd this project, concluding on January 4, when donations will be collected at church. Through a potent combination of advocacy, education, and partnerships with grassroots human rights leaders, UUSC promotes workers' rights, rebuilds sustainable communities, advances civil liberties, and heals people affected by disasters.

The Stories of Hope booklets connect us to leaders throughout the world who are working hard for human rights in partnership with UUSC.

Guest at Your Table materials are placed in a prominent spot where the household gathers. When family and friends gather to enjoy their blessings, they can share generously. The Guest at Your Table money insures that UUSC's human rights work continues. Please consider making a contribution that meets member benefit levels (\$40 or more). UUSC is an independent organization that receives no funding from any government or denomination, your support and membership are vitally important.

Thanks to the UU Congregation at Shelter Rock in Manhasset, NY, gifts of \$125 or more will be matched, doubling the impact of our support! If you miss picking up your box, you can find one in a basket in the atrium or by contacting Cathy in the church office.

## Christmas Ornament Workshop offered by Rev. David & Julie Johnson, sponsored by the RE Committee

*November 30, 12-1:30p Parish House*

Please join us for this festive, crafty community experience. David & Julie have led many similar workshops in many UU churches where they have served. Now it is our turn! Supplies, music and snacks will be provided.

## Recycled Toy Sale

*Sunday, December 14 during coffee hour*

The sixth grade class, the RE Committee and some committed parents, are holding a toy sale next month to raise money for a cause selected by the children in our Sunday school, at a chapel service about democracy. Please bring in lightly used toys (never-used toys are okay too!). They will be priced very low to encourage children to buy gifts for family and friends.



## Sight Lines

At the October meeting of the Prudential Committee, there were discussions about many ways that parishioners can get involved in the life of the church by joining short-term committees with specific goals. We think there should be some investigation of the security systems and policies in the church. What would we do in the case of an emergency during a service? We think there should be a group of people who are “tech-savvy” or at least familiar with social media to study the communication needs of the congregation and make recommendations as to how to update our systems. At the Annual Meeting last June, a fundraising committee was authorized, a committee charged with finding a way to raise the \$7500 line item in this fiscal year’s budget. We want to find people interested in serving on that committee. We think there should be a committee of people who are interested in increasing the connection our youth have with the church at large.

There are so many ways that a member or friend of the church can participate in our collective life, from serving on the Prudential Committee to serving on a shorter-term committee, to joining a Chalice Circle, to attending Friday Night Suppers, to hosting a Saturday night potluck supper, to serving as a Visiting Steward, to volunteering at the Food Pantry or making sandwiches for the Mobile Loaves & Fishes project, to cleaning out the Atrium garden, to bringing cookies to church on a Sunday morning, to teaching in the Spiritual Pathways program....and on and on. When my daughter announced she wanted to attend UMass Amherst, I was a little horrified at the gigantic size of the school. But I soon learned that a student can create a small school around herself with her chosen major, her chosen friends, her chosen activities. And then she can meet many people and find her way as easily as in a smaller school. So it is with First Unitarian, which can seem to be a large and bewildering church to a newcomer. But if that newcomer chooses an activity that has meaning for him, he will create a smaller church for himself that meets many of his needs.

So I urge you, newcomer or old-timer, to find a way to connect with First Unitarian in a way you haven’t yet tried. See me (Beth Armstrong) or any member of the Prudential Committee, or leave a note in the office, if any of the committees mentioned above interests you. We will get back to you.

And don’t forget to be thinking about which church members strike you as the sort of people you would trust to choose a new minister for us. The Nominating Committee is asking you to write down up to five names on a card and give it to them in the Atrium on Sundays. You can also send a note in to the office, or write an email. You may certainly suggest yourself.

So much activity – so much to accomplish – so much love to share.

See you in church,

Beth Armstrong  
President, Prudential Committee  
pres@firstunitarianprov.org

## 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>)



## Treasurer’s Report



As First Unitarian Treasurer I have the opportunity to be involved with several efforts related to the current financial status of our Church.

The Annual Budget Drive is working to establish achievable goals for this year’s drive. Of prime importance is the continued work to reduce dependence on our endowment to cover use and maintenance of our facilities. While our members stepped up their support, continued growth both in membership and financial support are very necessary if First Unitarian is provide all current programs.

To control the growth of our expenditures the PruComm requested that the Personnel Committee review all current staff positions. This study will include a comparison of compensation with recommended levels, evaluation of job descriptions, and cost/benefit reviews.

Our finances are in good order, we are at a point where reductions in program and staff must be considered to keep First Unitarian viable.

Graham Nye, Treasurer

## Report of the Annual Budget Drive Team

Please stop by our table at the November 16 Stewardship Fair to meet our Team. We continue to visit the Path to Membership classes and explain stewardship.

One can still pledge online at [www.firstunitarianprov.org](http://www.firstunitarianprov.org). Ask us about Automatic Giving. Or anytime you want to check the status of your pledge, contact Walter Sotelo in the church office (401.421.7970).

Please let us know if you are interested in joining our Team.

Lisa Sampson ([lisasampson2@gmail.com](mailto:lisasampson2@gmail.com)) and Anne Connor ([anneconnor@gmail.com](mailto:anneconnor@gmail.com)), CoChairs

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HATS OFF TO ...

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### Our Coffee Hour Providers last Month:

Beth Armstrong, Anne Connor, Sarah Cappelli, Mary Frappier, Cindy Bapties, Sue Meyer, Maria Wah-Fitta, John D’Abate, Roberta Groch, Elissa Emerson, Gaby Petruck, Philip Swayze, Jess Dolan, Mina Chung-Brcak, Shirley DiMatteo, Bev Koteff, Claire Rosenbaum, Lyn Bradford, Tony Allen, Janet Noble, Betty Finn and all of you who brought something in to surprise us.



## Community Life

### November All-Parish Supper

Friday, November 14

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 Case of Vladimir Putin and the Failure of Democratic Reform." Our distinguished speaker will be Joshua Rubenstein, a long-time Senior 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 greater 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 and to what extent has Putin changed Russia and its place in the world of nations? How can we explain the current crisis over Ukraine? How should the U.S. respond? Please join us for this outstanding program. Sponsored by the World Affairs Committee.

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

### Saturday Social Supper

November 1 starting at 5:30p

The November Social Supper will be held at the home of Susan & John Weston in Providence. People new to the church are encouraged to attend; it's a very nice way to meet others from our church family.

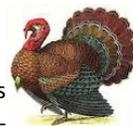
For reservations, contact Shirley DiMatteo (shelly-dimatteo@verizon.net, 401.861.1537) with the number of people in your party and what you would like to bring. The December 13 Social Supper will be hosted by Shirley DiMatteo & Mel Shelly in Providence.

### Share Thanksgiving Dinner with Fellow UUs

Thursday, November 27 - 1:00-4:00p Church Parish House

Members, friends, and their families are invited to join in our congregation's celebration of Thanksgiving on Thursday, November 27. We will gather for conversations, games, and appetizers at 1:00p and will plan to eat dinner around 2:00p. Turkeys will be provided and participants will be asked to bring side dishes. A suggested donation of \$3.00/adult, \$1.50/child (maximum of \$10.00/family) will cover the cost of the turkeys and incidentals.

Ann Boyd, Nori Duncan, and Mary Frappier are organizing the dinner again this year. Please sign up with Nori during coffee hour in November, or call her at (401.378.3996) to reserve your space. The deadline to sign up is Sunday, November 23, and attendance will be limited to 60. Reserve early to avoid disappointment!



### December All-Parish Supper

Friday, December 19 (one week later than usual)

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

### First Unitarian Church of Providence UU Pilgrimage Transylvania – June/July 2015

The First Unitarian Partner Church Committee is organizing a pilgrimage to Transylvania in late-June & early-July of 2015 to explore and experience the historic roots of Unitarianism, and to reconnect with our partner church in Szentegyhaza, Romania. In this 13 day trip we will spend 4 days/nights in this pastoral village in the foothills of the Harghita Mountains in central Transylvania, getting to know our partners better, and visiting local sights. Along the way we will visit historic Unitarian sites and tourist venues including:

- Torda - where the first act of religious tolerance in Europe was signed in 1568.
- Kolozsvár – the city in central Romania where the Transylvanian Unitarian Church has its headquarters, high school and the church which houses the rock that Francis David spoke from when he "converted the whole town's population to Unitarianism."
- Meszko - the "Alabaster Village" made famous by the book of the same name.
- Sighisoara – 13th century medieval walled city – a UNESCO World Heritage site and the purported birthplace of Vlad Tepes – aka "Dracula."
- Marosvasarhely – home of the Teleki Library, Transylvania's oldest public. The library boasts 52 incunabula, unique copies, rare prints, and original editions. Many volumes are illustrated by artists like Hans Holbein the younger, Rubens, Lucas Cranach, Bernard Picard and Dürer.

In addition, this trip will detour to the remote regions of Transylvania along the Romania/Ukraine border to enjoy some of the most spectacular scenery and picturesque religious treasures to be found anywhere. You will experience the unique folk culture, architecture, including a number of UNESCO wooden churches.

The trip is open to all, young and not so young. Through this trip we hope to foster a new understanding of our historical roots and build deeper relationships with each other. The logistics will be coordinated by the UU Partner Church Council (UUPCC) which has more than a decade of experience facilitating the visits of North American UUs to Eastern & Central Europe.

The UUPCC is currently costing out the trip. This is our third trip to our partner Church and in the past the land portion of the trip was about \$100 per day including lodging and most meals. If you are interested in this unique opportunity, please contact Tom Getz at (401.726.1667).



## Community Life

### Path to Membership Class

*Saturday, December 13, 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, December 8. Childcare will be provided if requested by Monday, December 8.

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

### Ministerial Search Committee

The Nominating Committee will have a table at Coffee Hour to receive 4-5 names of potential Search Committee members from the congregation. The top 20-30 names that are received will be interviewed as possible Search Committee members. Questions? Please see us after service in the Atrium or contact Roberta (robertagroch@yahoo.com).

### 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.

Look for the bear! On multigenerational Sundays like November 2 and 23, you'll find a special "Kid Friendly Foods" table in the front parlor with donations from the RE committee and parents featuring treats just for kids.



### 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.

### The Women's Alliance

#### The Women's Alliance Monthly Program

*November 3, 2014*

*Business meeting: 10:00a; Program: 11:00a*

*followed by lunch (\$10 or bring your own)*

Edesia / Global Nutrition Solutions

Speaker: Navyn Salem

Edesia is a nonprofit organization committed to the prevention of stunting in children worldwide. Based in Providence, Rhode Island, it produces ready-to-use foods (RUFs) to address the many stages of childhood malnutrition. Edesia, named after the Roman goddess of food, was established as a nonprofit and has a strong record of success.

*Navyn Salem, in 2007, already the mother of four young daughters, set out with the amazing goal to address the crisis of malnutrition for over 200 million children. Her approach was to increase access to food. She developed Ready-to-Use Therapeutic Foods and is its executive director.*

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

#### Women's Alliance Coffee Sale



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 and beans. Coffee sales are in the Atrium during coffee hour at the Women's Alliance table.

#### Camp Street Ministries benefits 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.





## Spiritual Development

### Exploring Your Place in the Living Tradition

*Sunday, November 16 from 12:00 -1:30p with snacks*

In response to requests from our younger adult members we will share an opportunity for participants to interact and share their own experiences, exploring their own theology and its intersection with the living tradition

of Unitarian Universalism. Resources will include UUA *Tapestry of Faith* Curricula and more. This introductory session will lead to a three part series.

Registration through the church office is helpful but not required.

Contact: Cathy (dre@firstunitarianprov.org)

## Winter Week of Worship

Mark your calendars for our family friendly winter worship extravaganza! Join us on the evenings of Tuesday through Thursday, January 13 through 15, 2015. Details to follow.

## 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

Our guest artist for November is Andrew Randall, a young man with special needs and great artistic skills. He creates beautiful abstract paintings, using acrylic on canvas, adding sand to the paint for texture and dimension to his work.

December will be our Annual Collective Holiday Exhibit, dedicated to exhibiting work of the artists of our congregation. I hope many of you are interested in exhibiting! The theme is the winter Christmas holidays, but it is not strictly enforced, and other subjects are welcome.

Please contact Chiara Van Erp (romano-vanerp-design@cox.net)

### Important news for this church year

Last year the Prudential Committee approved our request, (from the Art-in-the-Atrium Committee), to be able to sell the exhibited art. This year this will be implemented, with a 25% commission to the Church for each pieces sold. Also, stricter rules for hanging the art and its readiness will apply, along with a small fee for food & wine for the openings.

## 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, November 11 & 25, 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, November 16 from 7:00-9:00p*

Topic: Violence against women: it's a men's issue. Domestic violence and sexual abuse are often called a women's issue when in fact it's a men's issue. Gender violence and violent behaviors are tied to definitions of manhood. Is there something in the way we raise boys and treat men that creates a culture of gender violence? What can men do to end gender violence and challenge violent versions of masculinity?

Facilitator Tom Terceira (tterceira@cox.net)



## Social Justice

### Legislative Advocacy for Nonviolence & Gun Regulation

Thursday, November 13, 7-8:30p

Rev. Gene Dyszlewski will discuss how religious advocacy works; ways to redirect the conversation on gun regulation from NRA claims to humanistic values; and working with other organizations such as Moms Demand and the RI Coalition Against Gun Violence. The evening will also include strategies for messaging the difficult legislators. Let's change the world again! Contact: Rev. Gene Dyszlewski (edyszlewski@cox.net)

### Annual Buy Nothing Day Winter Coat Exchange

Led by our 5th grade teachers and class

Drop off contributions until Sunday, November 23 at the church

Distribution Day: Friday, November 28

On November 28, the busiest day in the American retail calendar and the unofficial start of the international Christmas-shopping season, thousands of activists and concerned citizens in 65 countries will take a 24-hour "consumer detox" as part of the eighteenth annual Buy Nothing Day. Some see it as an escape from the marketing mind games and the frantic consumer binge that has come to characterize the holiday season, and our culture in general. Others use it to expose the environmental and ethical consequences of overconsumption.

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

If you have a coat/s to give, drop off your contribution at the church no later than Sunday, November 23. Volunteers are needed on November 28 Distribution Day. If interested, contact Greg Gerritt (401.331.0529, gerritt@mindspring.com) or Phil Edmonds (401.461.3683, philwhistle@gmail.com).

### News & Notes from Neighborhood Social Justice

Monthly Meeting, Sunday, November 2 at 12:15p

Thanks to all volunteers who helped with our Mobile Loaves & Fishes mission to Harrington Hall last month. Your work and donations helped us feed about 90 homeless men.

First Unitarian is part of an 11 church coalition - Mobile Loaves & Fishes - whose mission is to feed the hungry & homeless. Monthly on the first Tuesday, we are tasked with the responsibility of serving the men at Harrington Hall, who would otherwise not have a meal.

We prepare a hot entrée, sandwiches, snacks, desserts, and a drink. We transport and serve the meal. We rely on YOU, to assist us in this mission. And you have been both gracious and generous with your time and donations, and we thank you. The men are truly grateful.

#### Our upcoming missions are November 4 (Election Day) and December 2.

We are always looking for more volunteers, as well as donations. Specifically, we need seasonally appropriate clothing, cans of tuna or chicken, protein snacks (hard boiled eggs, cheese snacks, trail mix, nuts), cases of water or juice boxes.

Please stop by our table in the Atrium at coffee hour, to learn more about us and this meaningful mission, and learn about how you can help. Or come to our monthly meeting at the church, held at 12:15p on the first Sunday each month. We hope to see you there.

### Habitat for Humanity Work Day

Saturday, November 15

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.

### From the Girl Effect Task Force

The Community Collection for the Girl Effect-taken on Sunday, October 19 brought in \$1952. Thanks to all who so generously donated.

MARK your calendars for this year's Holiday Sale on November 30, December 7 and December 14. This is your chance to do some early shopping! Beautiful fair-trade gifts will be on sale before and after church. Some of the featured items include woven handicrafts from Guatemala, jewelry from Chile and Haiti, wooden tableware from Kenya and South Africa, ornaments from India, and recycled steel-drum art from Haiti. The proceeds will help girls to stay in school. Educating girls is one of the most effective ways to break the cycle of poverty.

The Girl Effect Task Force, Polly Walker, Marilyn Eanet and Martha Manno Questions or to volunteer contact Polly (polly41walker@gmail.com)

### First Unitarian's Food Share Pantry

#### Volunteer at Our Food Pantry

Distribution Day: Monday, November 17

The biggest social justice program at First Unitarian is the Food Share Pantry. It takes many volunteers to keep the program going! Volunteer to transport food from the RI Food Bank to the church, or 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. Beginners are always welcome. We have plenty of yarn and needles to get you started.

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						<p><b>1</b></p> <p>Saturday Social Supper (Susan &amp; John Weston)</p>
<p><b>2</b> DAYLIGHT SAVINGS</p> <p>10:30a Worship at 12:00p Mentor/Mentee Joyful Noise at 12:15p Neighborhood Soc. Justice</p>	<p><b>3</b> Women's Alliance 10:00a Meeting 11:00a Program</p> <p>Zendo 7:00p</p>	<p><b>4</b> First Unitarian Mobile Loaves &amp; Fishes 12:00-7:00p</p> <p>at 7:00p Lay Ministry Tai Chi Knitting for a Better World</p>	<p><b>5</b></p> <p>Prudential Committee 6:30p Meditation 7:00p</p>	<p><b>6</b></p>	<p><b>7</b></p>	<p><b>8</b> Social Media Workshop 9:00a-3:00p</p>
<p><b>9</b> 10:30a Worship followed by the Spiritual Development Ministry Fair 9:45a/12:00p Joyful Noise at 11:45a Standing on the Side of Love</p>	<p><b>10</b></p> <p>Zendo 7:00p</p>	<p><b>11</b></p> <p>at 7:00p Tai Chi Reimagining Religion Knitting for a Better World</p>	<p><b>12</b></p> <p>Meditation 7:00p</p>	<p><b>13</b></p> <p>Deacons 6:00p</p> <p>at 7:00p Legislative Advocacy Worship Comm.</p>	<p><b>14</b></p> <p>All Parish Supper 5:45p Program 7:45p</p>	<p><b>15</b> Habitat Work Day</p>
<p><b>16</b> 10:30a Worship followed by the Stewardship Fair 9:45a/12:00p Joyful Noise at 12:00p Young Adult Ed. at 12:15p Chalice Facilitators 7:00p UU Men</p>	<p><b>17</b></p> <p>Food Pantry 2:00p - 6:00p</p> <p>Zendo 7:00p</p>	<p><b>18</b></p> <p>R.E. Committee 6:45p</p> <p>at 7:00p Tai Chi Knitting for a Better World</p>	<p><b>19</b></p> <p>Meditation 7:00p</p>	<p><b>20</b></p>	<p><b>21</b></p>	<p><b>22</b></p>
<p><b>23</b> 10:30a Worship at 11:30a Communion Service</p> <p><b>30</b> at 11:30a Girl Effect Sale at 12:15p X-mas Ornaments</p>	<p><b>24</b></p> <p>Zendo 7:00p</p>	<p><b>25</b></p> <p>at 7:00p Tai Chi Reimagining Religion Knitting for a Better World</p>	<p><b>26</b></p> <p>Meditation 7:00p</p>	<p><b>27</b> THANKSGIVING DAY</p>  <p>Thanksgiving Day Dinner Social Hour 1:00p Dinner 2:00p</p>	<p><b>28</b> CHURCH OFFICE CLOSED</p>	<p><b>29</b></p>