





## Monkey Mind

I have rarely wished for spring to come with quite as much fervor as I have this year. There is no part of winter I like, except the ending of it. Not to put too fine a point on it, I fear and loathe winter.

Glad to get that off my chest. And something else, as I've allowed myself to sink into what this means, to be-at-one-with the fear and loathing thing, I've realized a deep atavistic connection with the ancestors.

Twelve thousand years ago, or thereabouts, our ancestors were busy inventing farming and developing complex religious views. I can't imagine a single neolithic person liking the winter. I suspect pretty much everyone was cold and hungry for the duration. More, a false step, bad calculation, or simply bad luck and you were dead.

Nothing like the depth of winter, I find, to help one think about mortality and to cherish life. I know it wasn't until we moved out here that I really noticed and admired the crocus. Toward the end of winter, I look for those small green buds shooting out, an eternally recurring promise of new life, of hope in the midst of the long shadow, putting the lie to my nagging fear it will never end (or rather it all will end in the great cold). I've heard rumors from some that they've already seen the buds.

And a little later, when the buds come out on the magnolia between the Meeting House and the Parish House, I so love looking at that. And I find my heart begins to sing praises for this good earth. With each of these small miracles, I think back to the ancestors. And the stories they told that point to all this.

No wonder the rites of spring, Passover, and Easter and the even older ones are so precious to us.

Actually, total and complete wonder!

See you in church!



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

## The Lay Ministry and Care Crew

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

Referrals or calls to the church will be passed on to the Lay Ministers, who will call upon Care Crew volunteers.

**The Lay Ministry Team:** Kate Menard, Rick Richards, Tori Smith, John Wilhelm



## Child Dedications

The next child dedication ceremony will take place at the Easter Sunday service on April 5.

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

## Deacons' Bench

**Calling campaign continues.** We have worked hard to contact every member and friend of the congregation to seek your guidance and thoughts about our church community. We have not reached everyone but are continuing our efforts. We have learned a lot. The information you provided will be collated anonymously and shared with the appropriate committees and with the Prudential Committee. We also forward individual needs and concerns in confidence to the appropriate person.



**Talk to us.** One of the things we are learning from our calls to members and friends is that it is not always clear to whom to direct concerns, ideas, and questions. The entire community strives for better communication. Print, online, Facebook, web pages, and blogs; conversations face to face and on the telephone. We have a *Resource Book* that is published once a year as a source of information and an outline of the avenues of communication.

On Sunday, March 8, we invited people to meet informally and chat in the Resource Room. There were delicious, lemony muffins. Thank you to those who came in to chat. We will repeat this effort. Talk to us at church. Call us. This is both our job and our joy, to improve the spiritual life of the church.

**New Deacons Join Us.** The Board of Deacons invited **Stew Armstrong** to join us to fill a partial term. We hope that Stew will continue to add his knowledge and trusted skills and that the Nominating Committee will consider him for a full term. Stew has been a president of the PruComm and sings in the choir. **Joe Fisler** also eagerly accepted the responsibility of completing a term. We welcome his energy and his experiences from other UU congregations.

**The Deacons:** Ruth Arellana, Senior Deacon; Stew Armstrong, Kate Bowden, Shirley DiMatteo, Joe Fisler, Tom Getz, Ariadne Greenberg, Sharon Kernan, Steve McCloy, Mary Speare





## Sight Lines

### From the President

I have been thinking about the culture of giving, particularly as it applies to First Unitarian. When I filled out our pledge form this year, I did one really good thing, I think, that is going to make our pledge easier and less painful – I signed up for automatic payments from our bank on a monthly basis.

Now when I decide to increase our pledge, it's going to seem like a small monthly increase instead of a large annual one.

So why am I thinking about "painful" increases? You know, "give till it hurts." I think when I was younger and raising kids by myself and trying to find enough money for rent every month, I sure didn't think I could afford any charitable giving. But I was a church member and I did pledge, even then. It wasn't much, but it seemed important. Even though it was "painful."

I think I learned a lesson from my father, who believed that if you decided to join something, you should join it all the way. You should attend meetings, you should take your turn as a leader by running for office, you should attend some of the social functions, and you should support it financially. If you weren't prepared to do that, you shouldn't join in the first place.

I feel connected to First Unitarian on many levels and am profoundly grateful for the place it occupies in my life and the professionals who do the work. They deserve to be paid well for the work they do. I love our building and really would like it to be there for the next generation. I care a lot about our social justice programs and want them to be financially viable, or they won't be able to do much good.

In the past – getting to be long past now – there were some wealthy parishioners who just wrote a check and the rest of us could sit back and know the bills would get paid. Those days are long gone. I think if you are a member of this church, you should feel a responsibility to hold up your end of the parachute that supports and welcomes us all. It's our church, it's our family, it's our community, and we should join together to ensure its continuity.

Beth Armstrong  
President, Prudential Committee  
pres@firstunitarianprov.org

## March Madness: It All Comes Down to the First Week in April

This time of year, many of us are enthralled by March Madness, or, as it is officially called, the NCAA Men's Basketball Tournament. We think our Budget Drive has something very important in common with this tournament. Though almost entirely played in the month of March, the final games that determine the tournament champion are played in the first week of April. Similarly for us, March was an exciting month. We heard songs from the incredibly entertaining barbershop quartet and moving testimonials by members of our community; and slowly but surely, we saw the bricks filling up the image on our Sunday order of service – bringing us closer to our goals of 375 pledges and \$410,000.

Many of us got in the game in March, but inevitably it comes down to the first week in April. That's when the Budget Drive Team, in partnership with the Prudential Committee, will "person" our phone-bank to secure those last pledges. By mid-month, our fearless fiscal leader, Graham Nye, will be working alongside the Budget Committee and our church administrator, Posey Kooris, to begin drafting a budget for next year.

If you have yet to pledge, please do so now, knowing that it could be the difference between our budget, and our programming, shrinking or growing. And to everyone who's helped to make this budget drive a success, THANK YOU! We look forward to announcing our final totals in the coming weeks, and a full report will be available for all to see in late May.

– The Annual Budget Drive Team

*"We experience joy in forming the intention to be generous; we experience joy in the actual act of giving something; and we experience joy in remembering the fact that we have given."*

– from Loving Kindness  
by Sharon Salzberg

## Treasurer's Report

As the Annual Budget Drive comes to an end, the Budget Committee begins its work. Each year I Chair the group which develops the budget for the following fiscal year. The group is made up of the Minister, Religious Ed. Director, Church Administrator, President Elect, Asst. Treasurer, and a representative from each of the four ministries.

We have three sources of income: our endowment (27%), rentals and fund raising (10%), and congregational support (63%).



As so many of our expenditures relate to employee salary and benefits, only small amounts are budgeted for our ministries. The area where we have traditionally underfunded our actual obligations is in support to the UUA and our local affiliate, the Ballou Channing District.

This year, our budgeting process will involve more guesswork. We will have an interim minister who will probably require health insurance (James did not). We will have some costs related to our search for a settled minister. We will not have the \$18,000 from last year's General Assembly bed-and-breakfast rentals. And we are trying to move away from using funds from the Property Endowment for operations rather than for major maintenance of our buildings.

Your support is very necessary to the continued growth of First Unitarian.

– Graham Nye, Treasurer

### HATS OFF TO...

**Greg Waksmulski** for his tech help for our Selma Sunday Chapel service.

**Cheryl Bartholomew** for teaching about meditation in our sixth-grade Neighboring Faiths class.

**Kimberli Gray** for her time, inspiration, and patience in assisting in RE.

#### Our Coffee Hour Providers last Month:

Anne Connor, Cathy Orloff, Tony Allen, Bobbi Fislter, Max Rivero, Shirley DiMatteo, Paul Almeida, Elizabeth Roche, Penelope Yanni, Steve McCloy, John Dooley, Claire Rosenbaum, Dianna Shaw, David and Kristin Schrag, Sarah Cappelli, Paul and Gail Brule, Roberta Groch, Jessica Dolan, Wendy Oliver, Janet Noble, Betty Finn, Charlotte Handy, Liz Palter, Elissa Emerson, Carolyn Sammon, Lyn Bradford, and all of you who brought something in to surprise us.



## Community Life

### April All-Parish Supper

Friday, April 17 (Note: a 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 – Past, Present, and Future of Rhode Island Education

Public education in the United States is undergoing a series of seismic shifts that affect every level of the system, from the federal and state to the community, schools, and the individual students.

Andrea Castaneda and other representatives from the RI Department of Education will join us to share their thoughts and experiences about the past, present, and future of public education in Rhode Island. The presenters will talk about a number of salient and highly debatable issues in public education, and the ways in which each plays out in our schools and classrooms. A discussion period will follow each presentation.

This program is a complement to the “congregational conversation” about education in Rhode Island held at our church on March 6. Our comments will be considered as these people and others develop Rhode Island’s Five-Year Strategic Plan for PreK–12 education. This special program should be of great interest to all, and especially to parents, educators, and citizens concerned about education in our state. We need to hear your voice. Please plan to join us.

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 Suppers

April 11, starting at 5:30p (Note: the second Saturday)

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

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

## Antiques & Uniques – An Indoor Yard Sale

Saturday, April 25, 10:00a–2:00p

The Women’s Alliance is hosting its second annual Indoor Yard Sale this month. The Parish House Parlors will again be filled with household goods, small working appliances, toys, furniture, dinnerware, kitchenware, domestics, hard-cover books, art, vintage clothing and accessories, and more. Better items will be sold in a separate room as Parlor Specialties.

There’s still time to donate items you find during spring-cleaning! You can drop off items at the church between April 21 and 24 or arrange for pick-up and storage now until the sale by calling Janet Downing Taylor (401.751.7969, email jdtaylor39@verizon.net) or Dee Reynolds (401.272.0880, email deereynoldsprov@gmail.com).

Then come shop for bargains on April 25!

Sponsored by the Women’s Alliance; the proceeds after expenses will be donated to local charities benefiting women and families.



## Help Put On Our May Breakfast

Saturday, May 16

May breakfast is a welcoming, long-standing tradition in Rhode Island. This year First Unitarian will be hosting its second May breakfast. Rebecca Alberg, Jim Barfoot, and Mary Frappier have started the process. For it to be successful, they need at least 20 others to join them.

Would you like to cook, decorate, or organize for a couple of hours? If you would like to be part of this fun event, please talk to any one of the organizers at Coffee Hour or call Rebecca Alberg (401.231.4104).

## Our Sunday Coffee Hour

April showers won’t spoil our Coffee Hours this month, thanks to the generosity of those in our church community bringing delicious contributions for our enjoyment. Our Coffee Hour is a cooperative effort organized by the Women’s Alliance with donations from our congregation of baked or bought goodies such as brownies, cookies, fruit, cheese and crackers, sandwiches, coffee cake, and more. In order to feed the ravenous crowd each Sunday, we need eight people bringing donations that serve 24 each.

Sign-ups are preferred so we can plan for each upcoming Sunday. Sign up in the first parlor during Coffee Hour and go home with a reminder so you won’t forget.



### Look for the bear sign!

On multigenerational Sundays like April 5, you will find a special “Kid Friendly Foods” table in the front parlor, with donations from the RE Committee and parents featuring treats just for kids.

## May All-Parish Supper

Friday, May 8

### After-Dinner Program: “A Concert by the GNOMES”

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



## Community Life

### Joy of Spring Musicale

*Saturday, May 2, starting at 7:30p*

First Unitarian is blessed with musicians who give their talent to the church throughout the year. On May 2, a group of our musical artists are banding together to present an evening of song and instrumental pieces celebrating the Joy of Spring.

This joyous spring musicale, a fundraiser for the church, will have performers presenting a variety of music spanning folk, classical, jazz, and Broadway genres. The common denominator is the high quality of performance. Performing in solo and ensemble will be Neil Bartholomew, Jennifer Charleson, Lynda Gulley, David House, June House, Fred Jodry, Tricia Kammerer, Maurice Methot, Steve McCloy, Janice Okoomian, Victoria Richter, Claire Rosenbaum, Mel Shelly, Marcia Taylor, Jackie Wheelock, Phip Wheelock, and the First Unitarian Church Choir.

The Musicale starts at 7:30p in the Meeting House, with a dessert reception to follow in the Atrium. The suggested donation is \$10 per person, but this is a fundraiser, and greater amounts will be gratefully accepted! All proceeds will support the mission of First Unitarian.

You and your friends won't want to miss this wonderful performance. Please mark your calendar and spread the word – for a fine evening of music.

*This event is sponsored by First Unitarian Church of Providence's Prudential Committee, the Music Committee and the Church Choir.*

## Transylvania Partner Church Summer Pilgrimage

The Partner Church Committee of First Unitarian Providence has organized a pilgrimage to Transylvania this summer to explore and experience the historic roots of Unitarianism, and



to reconnect with our partner church in Szentegyhaza, Transylvania. There will be ten travelers on this journey, eight from our congregation – Janet Downing Taylor, Nori Duncan, Betty Finn, Mary Speare, Hillary Salmons, Rick and Joan Richards, and Tom Getz – and two teenage grandnieces of Betty whose parents have connections to the Unitarian religion.

This will be a fun and informative trip. We will start our journey visiting the historic city of Budapest, which will also help to lessen the impacts of jet-lag before we move on to the formal part of the trip. An "Orient Express"-like train will carry us through the plains of Western Hungary and bring us to our first stop in Kolozsvár, Transylvania.

We will spend three days/nights in Szentegyhaza in the foothills of the Harghita Mountains in central Transylvania. We all are looking forward to strengthening our existing relationships and getting to know our partners better. We do not yet have our arrangements for our weekend, but if the past is a portent of the future, we will be visiting local sights and will have a great time.

In addition to the sites of Transylvania, this trip will also detour to the remote regions along the Romania/Ukraine border to enjoy some of the most spectacular scenery and picturesque religious treasures to be found anywhere. We will experience the unique folk culture, architecture including a number of UNESCO wooden churches and monasteries, and mountain scenery of Maramures and tour the most famous of Bucovina's painted monasteries with a knowledgeable guide.

There has been a request to allow the group to provide a slide show and discussion at a parish supper next fall. We hope this will work out so that we can give everyone a full report of this wonderful trip.

## Women's Alliance Programs

### The Women's Alliance

*Monday, April 6, 2015*

*Business Meeting: 10:00a*

*Program: 11:00a followed by luncheon (\$10) at noon*

#### **Wildlife Rehabilitators Association of RI**

**Speaker: Arianna Mouradjian**

WRARI's primary mission is to provide veterinary care and rehabilitation to all of Rhode Island's injured and orphaned native wildlife. The Wildlife Clinic is the only facility in the Rhode Island legally licensed to provide such care to every species in the state and acts as an advocate for wildlife in matters of law.

*Arianna graduated from the University of Rhode Island with a degree in Wildlife and Conservation Biology. She also studied and worked in Costa Rica and Indonesia on a host of wildlife projects. She received her J.D. from Roger Williams University School of Law and is a licensed attorney in Rhode Island and Massachusetts.*

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

### Gourmet Coffee Sale in the Atrium

The Women's Alliance sells delicious organic gourmet coffee each Sunday during Coffee Hour. We offer several varieties of both beans and ground coffees from New Harvest Roasters.

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

### Support for Camp Street Ministries

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

### Art in the Atrium

Lachlan Franquemont's paintings will adorn the Atrium through the month of April.

For the following two months of the church year, we will have photographs by Phil Lieberman and perhaps another exhibit of our First Unitarian youth.

Exhibitors may sell their pieces if they choose. The artist gives 25% of the sale price as a donation to the church.

If you are interested in showing your art work during the next church year, please contact: Chiara Van Erp ([romano-vanerp-design@cox.net](mailto:romano-vanerp-design@cox.net))



## Community Life

### Our Newest Members

At the Path to Membership Class held on January 22, 2015, six new members joined the church. Look for them on Sundays and add your personal greetings.

#### Kate Elliott & Nathan Mello

Kate and Nate live in Cumberland, where they are raising 20-month-old Ciaran. Nate also has a 10-year-old son, Ronan. Kate began attending First Unitarian about five or six years ago when she lived within walking distance. Now that they live “alllllllll the way up north in Cumberland” and Kate works on Sundays, they don’t make it to services as much as they’d like. But Kate keeps involved in the Neighborhood Social Justice Committee, and Nate is looking to get more involved as well. Getting Ciaran involved in the congregation, first with the childcare, and later, as he is older, in the religious education, has been a big motivation in getting them back into the First Unitarian community.

Nate works as a letter carrier in Oakland Beach and has served in the Army. As the oldest of nine children, he is a natural caregiver and baby whisperer. He is interested in feeding the hungry and social justice programs. Kate does technical support and is passionate about social justice issues and activism. They share a love of movies, live music, and nurturing their children’s sense of wonder at the world.

#### Erin Newell

Erin grew up in Cranston and now lives in Pawtucket. She is a URI grad with a BA in English and a BFA in theatre. She writes Young Adult fiction and works as a Business Specialist at Apple. She is very excited to join a community of people who are not only willing to but like to discuss ideas, and to help promote positive change in the world.

#### Meghan Smith

Meghan grew up attending First Unitarian and, having recently returned to New England after several years away, sought it out again for the sense of community and the religious education program. She lives in South Attleboro with her husband, Derek, and two boys, Maximus (not quite 4) and Rockford (not quite 4 months).

#### Barret Fabris

Barret joined the congregation after recently moving back to the area from Dublin, Ireland. He is a high school history teacher and soccer coach at the Lincoln School in Providence. He is also working on his PhD in peace studies. He and his wife Kristin live in Barrington and are happy to officially be joining the UU community together.

#### Joaquina Bela Teixeira

Joaquina lives in Providence with her daughter who attends First Unitarian’s church school.

### Last Path to Membership Class This Church Year

*Saturday, April 18, 9:00a-12:30p*

If you are interested in learning more about Unitarian Universalism and First Unitarian Church and seeing if membership is for you, please join us for our last Path Class of the regular church year. This session will be led by the Rev. James Ford, Jennifer Nardone, Membership Coordinator and Cathy Seggel, Director of Religious Education. You are encouraged to bring your questions – and your appetite, as a light lunch will be provided during the class.

Please register by Sunday, April 12, by filling out a registration form, which you can find on the membership bulletin board in the Parish House, in the Newcomers’ Café, by calling the church office (401.421.7970), or by emailing Jenn Nardone (mem@firstunitarianprov.org).

### Newcomers’ Café

*Every Sunday during Coffee Hour*

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

If you’ve been around the church for a while, this is a great place to help new folks get acclimated. Contact Jenn Nardone (memfirstunitarianprov.org) to sign on as a Café host.



### Find Us on Facebook!

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

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



## Spiritual Development

### Cakes for the Queen of Heaven: In Ancient Times

*Sundays 12:30–2:00p, April 12, 19 & 26, May 3, 17 & 31*

This six-week course in feminist theology, published by Unitarian Universalist minister Shirley Ann Ranck and various UU Women's initiatives, is a rich exploration of women's religious history within pre-Christian, pre-Judaic, African, Asian, and Native American cultures. This course introduces the pre-patriarchal goddesses of prehistoric and early historic times, their early power, and their ultimate loss of power as patriarchy became the established social structure.

More than Goddess 101, this workshop series examines important elements of today's women's lives: personal, interpersonal, and societal. The primary question raised is: How would your life have been different if, when growing up, the divine had been imaged as female? Participants are encouraged to share their own experiences and beliefs, creating trust and strong bonds of friendship.

Facilitated by Alison Green and Svetlana Goretaya. Snacks provided. Let us know if you need childcare.

Sign-ups: Alison Green (alisongreenwill@gmail.com) or Cathy Seggel (dre@firstunitarianprov.org)

## Annual End-of-Life Series

*Tuesdays in April, 6:30–8:00p (Note early time so participants can be home by dark)*

### 5 Wishes Program – April 7

How do you want to be cared for and treated if you are too ill to communicate? Create a document with your wishes clearly spelled out so there will be no room for question. Provide your family with a clear explanation of your wishes. Doing so now may avoid stress and conflict later. Paul Brule and Ruth Arellana will guide you through the 5 Wishes document and clarify some of the choices that need to be made.

### “Being Mortal” by Atul Gawanda – April 14

Book review and discussion. Have you read it yet? #1 on the *New York Times* bestseller list. The reality is that none of us gets out of this life alive. How do we exit with the most comfort and grace? How do we help our loved ones pass with dignity?

### Cremation – April 21

What is it? How do you arrange for cremation? What are the options and the costs? Can you donate your body to science? How does that work? Speakers from the Cremation Society of Rhode Island.

### Hospice and Homecare – April 28

What is it? How and why is it useful? Jane Creamer, CEO of the Visiting Nurses Association of Rhode Island, a national model, will inform us about hospice and home care.

## UUMen

*Sunday, April 12 from 7:00–9:00p*

### Topic: “Laughter, Jokes, and Silly Bits”

Join us (because we're falling apart) for an extraordinarily silly session of UU Men. Share your favorite jokes, your whoopee cushions, Python skits, puns. Schlep in your shtick and uncork your zany. Bring in your comedy, and if you've run out of comedy, then bring in your tragedy and spend some time with us. Our leader this month is Burr Harrison who has a PhD in funny, so you know it will be good. But then again, thermometers have degrees, too, and look where they end up sometimes. HONK!

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

## 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)

## All-Levels Flow Yoga

*Thursdays, April 2 and 16, 7:00p*

Yoga is being offered partly with the help of the youth group, and taught by Ariadne Greenberg. Ariadne is a senior yoga teacher with thousands hours of teaching experience. Please bring a mat.

Contact Ariadne (ariadne15@cox.net)

## Tai Chi

*Tuesdays, 7:00–8:30p*

Tai Chi class for Beginners to Advanced, Children to Seniors. All inclusive. Instruction and Performance. For more information or to sign up, contact Sean Connor (seanconnor@cox.net)

## Reimagining Religion

*Tuesdays, April 14 and 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)



## Social Justice

### Neighborhood Social Justice

*Monthly Meeting, Sunday, April 5 at 12:15p*

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

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

*Tuesday, April 7, noon to 7:00p*

Every month, on the first Tuesday, First Unitarian serves the men at Harrington Hall, who would otherwise not have a meal. We transport the meal and serve the men there.

For the March run, we prepared lasagna with a dinner salad, roll, and beverage. Additionally, the men were given a sandwich, protein snack, fruit, and candy. For dessert, we had an assortment of pastries. As always, we distributed a pair of new boxers and socks to each man, as well as their choice of various toiletries.

We are always looking for more volunteers, as well as donations. We rely on *you*, our fellow congregants, to assist us in this mission. Specifically, we need seasonally appropriate clothing, large cans of tuna or chicken, protein snacks (hard-boiled eggs, cheese snacks, trail mix, nuts), and *fruit*. And you have been both gracious and generous with your time and donations, and we thank you. The men are sincerely thankful.

Please stop by the NSJC table in the Atrium during Coffee Hour to learn more about us and this meaningful mission, and to see how you can help. We hope to see you there.

### Call for Next Year's Community Collections

*Submissions due by May 30*

One Sunday each month, First Unitarian donates its Sunday offering to a charitable cause, a practice we have been following for several years. Any member of the church can submit a proposal to support either a program sponsored by our church or an organization in which a church member is actively involved.

The Community Collection Committee will entertain proposals from church members for Community Collections during the 2015-16 church year. A very simple proposal form needs to be completed. Submissions must be received by the end of May; selections will be made by the end of the church year.

Forms are available from the church office ([admin@firstunitarianprov.org](mailto:admin@firstunitarianprov.org) or 401.421.7970). For more information, contact: Nori Duncan, PruComm Social Justice Liaison ([nori.duncan@gmail.com](mailto:nori.duncan@gmail.com)).

### Our Mitten Tree Gives a Tip of the Hat

It's been a long winter, and our mitten tree has provided warmth to our neighbors and friends in need. Throughout this seemingly endless, snowy season, we've hung dozens of pairs of mittens along with hats, gloves, and scarves on the branches of our tree, each with a friendly note inviting passersby to take what they can use. We extend a heartfelt thank you to all who contributed their freshly knitted, newly purchased, or gently used warmings.



– Knitting for a Better World

### Land Rights Seminar Continues

*Sundays, April 12, 19, 26 & May 3 at 12:15p*

Title: **In Honor of Newly Elected Officials Seeking RI's Economic Renewal: "Jobs! – The Land Offers Full Employment at High Wages!"**

Contact: Cathy Orloff ([cathorloff@cox.net](mailto:cathorloff@cox.net))

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

*Distribution Day: Monday, April 20*

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

Set-up: 2:00p–3:00p

Shopping: 3:00p–5:00p

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

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

### 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, April 18*

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

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

### Knitting for a Better World

*Every Tuesday, 7:00–9:00p*

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

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<p><b>1</b></p> <p>Prudential Committee 6:30p Nominating Committee 7:00p Meditation 7:00p</p>	<p><b>2</b></p> <p>Maundy Thursday Service 7:00p Flow Yoga 7:00p</p>	<p><b>3</b></p>	<p><b>4</b></p>
<p><b>5</b></p> <p>Easter Sunday Worship Service 10:30a at 12:15p Neighborhood SJ</p>	<p><b>6</b></p> <p>Women's Alliance 10:00a  R.E. Committee 6:45p Zendo 7:00p</p>	<p><b>7</b></p> <p>Harrington Hall Food Delivery 12:00-7:00p  End-of-Life Series 6:30p Knitting 7:00p Tai Chi 7:00p</p>	<p><b>8</b></p> <p>Meditation 7:00p</p>	<p><b>9</b></p> <p>Worship Comm 5:00p Deacons 5:30p</p>	<p><b>10</b></p>	<p><b>11</b></p> <p>Saturday Social Supper (Doris &amp; David Bridgehouse)</p>
<p><b>12</b></p> <p>Worship Service 10:30a at 12:00p Mentor/Mentee at 12:15p Land Rights at 12:30p Cakes for the Queen UU Men 7:00p</p>	<p><b>13</b></p> <p>Zendo 7:00p</p>	<p><b>14</b></p> <p>End-of-Life Series 6:30p Reimagining Religion 7:00p Knitting 7:00p Tai Chi 7:00p</p>	<p><b>15</b></p> <p>Meditation 7:00p</p>	<p><b>16</b></p> <p>Flow Yoga 7:00p</p>	<p><b>17</b></p> <p>All-Parish Supper 5:45p Program 7:45p</p>	<p><b>18</b></p> <p>Path to Membership Class 9:00a-12:30p  Habitat Work Day</p>
<p><b>19</b></p> <p>Worship Service 10:30a at 12:15p Land Rights at 12:30p Cakes for the Queen</p>	<p><b>20</b></p> <p>Food Pantry 2:00p-6:00p  Zendo 7:00p</p>	<p><b>21</b></p> <p>End-of-Life Series 6:30p Knitting 7:00p Tai Chi 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>Women's Alliance Yard Sale 10:00a-2:00p</p>
<p><b>26</b></p> <p>Worship Service 10:30a 12:00noon New Member Brunch at 12:15p Land Rights at 12:30p Cakes for the Queen</p>	<p><b>27</b></p> <p>Zendo 7:00p</p>	<p><b>28</b></p> <p>End-of-Life Series 6:30p Reimagining Religion 7:00p Knitting 7:00p Tai Chi 7:00p</p>	<p><b>29</b></p> <p>Meditation 7:00p</p>	<p><b>30</b></p>		