



Services in the Meeting House

Sunday, October 7 All Are One

10:30 am

Rev. Liz Lerner Maclay

The self-declared apostle Paul is one of the most important figures in Christianity – both for his redefining of the fundamental identity of the Christian movement in its earliest decades, and for the enduring power of his epistles (letters), which have shaped doctrine and practice since they were written. He was so important that many scholars agree that parts of his letters are not authentic, containing stealthy inserts from a later time, meant to steal his authority for someone else’s agenda. Our service will explore Pauline scholarship and, in particular, his shortest, most unusual, and perhaps most important letter, Galatians, to look at what it might mean for us now, in this very different world and even in our own very different faith.

Young people begin in their classrooms and worship in Chapel.

The Community Collection will be for Sojourner House in Providence (see page 10).

Sunday, October 14 When the Window Becomes a Mirror

10:30 am

Rev. Roger Bertschausen & Rev. Liz Lerner Maclay

Liz will be joined by her good friend and esteemed colleague Roger Bertschausen, Executive Director of the UU Partner Church Council. International partnerships such as First Unitarian’s partnership with the Unitarian Church in Szentegyháza, Transylvania, offer extraordinary opportunities to learn from differences and similarities and to love beyond belief. In so doing, we learn not just about others but about ourselves.

Grades Pre-K and older begin in the Meeting House.

Origins Nursery (infants–three years) meet in the Parish House second floor.

Sunday, October 21 The Rock and the Wave

10:30 am

Rev. Liz Lerner Maclay

In this month of looking at unity and diversity, what about our own congregation – all these many unities, hundreds of people who together comprise a diversity of ages, backgrounds, cultures, heritages, and theologies – bound together in a larger unity that is this church. How do we wrangle all this – all the unity that religious community requires of us, all the diversity that our religious beliefs require – and allow – us to honor? Sometimes we are the wave, surging with energy; sometimes we are the rock, enduring amidst the ravages of the day. Our Sunday will explore the intricacies and beauties of congregational faith and individual spirit.

Grades Pre-K and older begin in the Meeting House.

Origins Nursery (infants–three years) meet in the Parish House second floor.

Sunday, October 28 Standing Before Us

10:30 am

Rev. Dr. Dorothy May Emerson

An introduction to four Massachusetts women: Universalists Judith Sargent Murray and Mary Livermore, and Unitarians Margaret Fuller and Lucy Stone. The impact these women had on our lives is immeasurable, yet they remain, for the most part, forgotten. Why is that? What can we do to recognize their work and continue their legacy?

The Rev. Dr. Emerson is a semi-retired Unitarian Universalist minister who has served both in the parish and the community. She served as founding coordinator of the UU Women’s Heritage Society and edited the anthology Standing Before Us: Unitarian Universalist Women and Social Reform, 1776–1936. This book and her newly published memoir, Sea Change: The Unfinished Agenda of the 1960s, will be available for purchase after the service.

Young people begin in their classrooms and worship in Chapel.

The Rev. Dr. Thandeka joins us for the first week of October to help us explore how we can refocus and revitalize our life together. The full schedule is on page 2.



We are a Welcoming Congregation

Inside

Lately ...	2
Spiritual Pathways	3
Sight Lines	4
Community Life	6
Spiritual Development	9
Social Justice	10
Monthly Calendar	11

Staff

- Rev. Elizabeth Lerner Maclay, Minister
- Rev. Gene Dyszlewski, Community Minister
- Rev. Gwendolyn Howard, Community Minister
- Cathy Seggel, Director of Religious Education
- Frederick Jodry, Music Director
- Nancy Forsstrom, Administrator
- Walter O. Sotelo, Administrative Assistant
- Jenn Nardone, Membership Coordinator
- Jaime Durango, Building Manager
- Pedro Vasquez & Ruben Delgado, Evening Security & Sunday Building Managers

Newsletter

- Nancy Forsstrom, Managing Editor
- Susan Fisher, Proof Editor
- Design Consultant, Amy Webb
- Next Deadline: October 15

First Unitarian Church of Providence
 One Benevolent Street
 Providence, Rhode Island 02906
 Tel: 401.421.7970
 Fax: 401.276.4291

Web: www.firstunitarianprov.org
 Email: min@firstunitarianprov.org
 dre@firstunitarianprov.org
 admin@firstunitarianprov.org
 mem@firstunitarianprov.org



Lately . . .

Happy End of the Summer!

Well, it's the fall finally – the days are crisp, the nights are cool, the trees are beginning to turn. There's so much good stuff ahead and I can't wait to get to it. And there's so much to do that I just want to stop

everything and breathe.

Our Ministry Themes for October are Unity and Diversity – two sides of the same coin. I find myself saying that a lot lately. It seems like everything's reducing to two sides, one coin, even though I know, as a person living in the post-modern West that there's no way there are only two sides, let alone one coin. Mostly we're hearing a lot about spectrum, and all the ways we land on a spectrum that incorporates many options and realities. And yet, there it is. Spirituality and Social Justice? Two sides, one coin. Self-care, strong productivity? Two sides, one coin. My sweet senior dog, and my boisterous puppy? Two sides, one coin – I mean – breed. See what I mean?

It's funny that life seems to boil down to certain things over certain periods of my life. There was a time, a few years ago, when everything I talked about seemed to come down to "traction" – how could we get traction, how could we keep traction, where did we have traction, and how could that traction guide our ministry going forward?

More recently, I found the word "trajectory" coming out of my mouth all the time. It was never "path" or "journey" or any other of the more traditionally spiritual words. I mean, there's a reason why the great Robert Frost poem isn't titled "The Trajectory Not Taken," and doesn't go: "I took the trajectory less traveled by . . . and that has made all the difference." See what I'm saying there?

But still, the words, and the perspectives they represent, come to dominate my language and my vision for a while – and then, for no perceptible reason, they step back, and another takes their place. From the start, I've been finding the two sides/one coin view somewhat tiresome because it's so reductive. But, recently, I realized that it's also teaching me something, because again and again it's showing me how two things that seem contradictory or even unrelated are actually – well, you know – two sides . . . I can't stand to finish it. But you get what I'm saying.

It's been pretty useful lately to notice the interrelatedness of experiences, ways, identities, opportunities, choices – the way they almost rely on each other for definition and also for wholeness. Because we need both sides to our coins, whether we're heads or tails, introvert or extrovert, religious or spiritual, seasoned or novice, impetuous or cautious – the options go on and on, but they all have their value, their place, their preciousness, their power.

So – I'm just going to lean into this perspective until it lets me go, as I know it will, and try to learn what it will teach me, in this month of Unity and Diversity. (And I'll try not to preach it too constantly while I'm in it.) How about you? Are there two sides of a coin that you're noticing lately? I'd love to hear about it.

See you in church,



Rev. Liz Lerner Maclay, Minister
Office Hours: Monday, Tuesday, and Wednesday
min@firstunitarianprov.org

Liz's work days are Sunday through Thursday. She is available for appointments Monday, Tuesday, and Wednesday (Sunday is, well . . . Sunday, and Thursday is writing/study day). The best way to catch up with her is to make an appointment, even if it is simply a specific time to connect by phone. Contact Administrator Nancy Forsstrom (401.421.7970; admin@firstunitarianprov.org) and she will find you a time in Liz's schedule.

Love Beyond Belief™
Thandeka's Consultation Schedule

Saturday, September 29, 9:00a–5:00p

Sunday, September 30, 12:00–1:30p

Ministry and Music Teams Workshops

All who are involved in worship planning are invited for a day of reflection on the foundation of our worship. Lunch will be served.

Ministry and music teams will meet after the worship service to assess the time of worship, based on learnings and ideas from the Saturday workshop. Lunch will be served.

Monday, October 1, 6:00–9:00p

Public lecture, "Got Race?"

This theme explores the history of racial identity formation in the United States. This lecture is open to the public and we are encouraged to invite everyone we know. Let us know if you work in or frequent a public place and would like a poster to display.

Tuesday, October 2, 1:00p

Meeting with church staff

Tuesday, October 2, 7:00–9:00p

Production Meeting with Ministry and Music teams for October 7 service

Wednesday, October 3, 7:00–9:00p

Meeting with Prudential Committee

Thursday, October 4, 5:00–9:00p

Meetings with other church committees

Friday, October 5, 6:30–9:30p

Saturday, October 6, 9:30–4:30p

All-Congregation Workshops

This is a foundational event and you will want to attend *both sessions*. If you are not able to attend both, please plan to attend the session which fits with your schedule – it is better to experience one rather than none!

Refreshments, light supper, and lunch will be served.

Reservations are essential for this workshop!

Please contact Administrator Nancy Forsstrom (admin@firstunitarianprov.org or 401.421.7970) so she will know how many people are attending each session.

Sunday, October 7, 12:00–2:00p

Assessment meeting with ministry and music teams



Spiritual Pathways

Throughout the years, fall seems to catch me by surprise. By that I mean, the atmosphere seems to switch suddenly, from warmer, longer days to cooler and darker ones, with leaves and acorns carpeting our paths. I do realize that this seasonal change can provide positive effects, like crisper focus during the days and more comfortable sleeping through the nights.

Of course, each of us responds to this transition in our own way, with diverse feelings, experiences and aspirations. I find that gathering in community helps me to find balance and support for many reasons.

By October, our congregational life has moved into a reliable rhythm of worship and programming for large and small groups that builds healthy relationships, connections, and opportunities. It's important that we each play our part. I appreciate my role in serving the young people and the generous adults who guide children and youth in our congregation. I'm glad to report that, this fall, we have about 50 dedicated volunteers in leader teams. I thank everyone for their patience and flexibility in these early weeks as we adjust rooms, add to supplies, support volunteer staff, and attend to individual needs.

We know that these can be challenging times for people of all ages, navigating the clear call to pay attention and respond to daunting current events that question core values and require action. Busy school and work schedules, countless activities and programs for learning, relaxing, resisting, and justice-making abound. Parents certainly deal with busy schedules, their work; both inside and outside of the home, relentless social media, as well as hopes and dreams for their children and youth.

I'd like to hold up four daily communication times when there might be openings for parents to share faith-related ideas with their families. I have taken them from "Think Orange," adapted by my colleague Tim Atkins. Many already do this. It's a reminder.

Meal Time ~ teaching core values through sharing stories from your day.

Drive Time ~ chatting with light hearted dialogue about real life issues.

Bed Time ~ practicing rituals to deeply listen to struggles, fears and hopes. A time for calm processing.

Morning ~ coaching with encouragement to have faith in having a good day.

I'd like you to consider that the living tradition of Unitarian Universalism can accompany us as we move through our days, impacting the lives and priorities of our families as we care for one another and make changes in the broader community.

So, I am adjusting to the chill in the air and the earlier sunset. I look forward to sharing this time with you, your families and the greater community.

Take care,

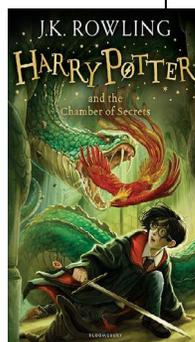
Cathy Seggel, Director of Religious Education
401.421.7970
dre@firstunitarianprov.org

Harry Potter and the Sacred Text

Join us as we use methods of sacred text analysis to explore the Harry Potter series. There are groups popping up all over the world. Come experience Harry Potter First Unitarian-style!

We are currently working on *Harry Potter and the Chamber of Secrets*. Here is the discussion schedule.

October 8, 7:15p	Chapters 5 & 6	Responsibility'
October 22, 7:15p	Chapters 7 & 8	Weakness
November 5, 7:15p	Chapters 9 & 10	Gossip
November 19, 7:15p	Chapters 11 & 12	
December 3, 7:15p	Chapters 13 & 14	Discipline
December 17, 7:15p	Chapters 15 & 16	Doubt
January 7, 7:15p	Chapters 17 & 18	Freedom



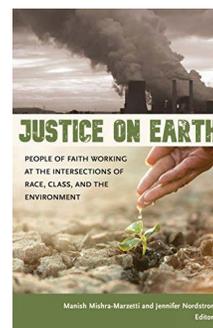
Registration for the 2018-19 Spiritual Pathways Religious Education Program

Registration for Religious Education classes continues during October and throughout the year. Online registration is available on the church website (www.firstunitarianprov.org).

Please note: Families must register children and youth each year.

UUA Common Read 2018-19

A Common Read invites participants to read and discuss the same book in a given period of time. Unitarian Universalists must be prepared and willing to look inward, examining, exploring, and acting to dismantle white supremacy culture in our congregations and groups, and in ourselves.



At the same time, we must be prepared and willing to look outward and act to lift up UU values in the political and civic challenges of our time.

Justice on Earth: People of Faith Working at the Intersections of Race, Class, and the Environment has been chosen for this year's Common Read. Edited by Manish Mishra-Marzetti and Jennifer Nordstrom, it features 14 activist ministers and lay leaders who apply a keen intersectional analysis to the environmental crisis, revealing ways the systems of oppression intersect with and contribute to ecological devastation.

Contact Cathy Seggel for interest in a discussion group.



Sight Lines

Happy Fall! This is my favorite season and October my favorite month. There is still daylight after work. I enjoy the palette of colors on my walks in the woods. The water is still warm for swimming and kayaking; the air is cooler, perfect for long bike rides.

And it's a busy time of year for the church. Activities associated with the Love Beyond Belief™ program (October 3–7) will dominate the first week of the month. Beth Armstrong is our program manager. The program, led by UU minister Rev. Thandeka, it will provide our minister, staff, lay and church leaders with tools to revitalize congregational life, increase member interactions and participation, and help us to achieve our short- and long-range goals. This is an important event for First Unitarian and your participation and the knowledge and insights you gain can be instrumental during our transformation. So, I encourage you to attend as many activities as you can.

The following weekend (October 12-14), the Transylvania Partner Church Committee will host a series of events as part of Partnership Refresh Weekend, designed to reenergize our relationship with our partner church in Szentegyhaza, Transylvania (Romania). This continues to be an important partnership for us and we need your support during Refresh Weekend.

The external renovations of the church are winding down. The final bill is due at the end of October and thanks to your generosity, we will complete payment on schedule. The hands of the clock are in motion again, and Nancy Weiss-Fried and Fred Jodry are leading the efforts to propose a design and budget to landscape our property.

You may have noticed members of the Prudential Committee looking around the pulpit and sanctuary as if in a treasure hunt. We were looking for three of the four “panic buttons” that were installed as part of our security improvement plans. Sandy Schacht has been working with the staff, members of the Sanctuary Host Committee, our security vendor, and the Providence Police to address our security vulnerabilities. A video camera and recorder have been installed. The basement entry door is being reinforced. We are vetting options to better secure the windows on the ground floor of the Parish House, and members of the Providence Police will be on site to train the staff, ushers, and greeters on how to recognize suspicious activities and persons on church premises. (And, in case you are wondering, that fourth panic button is on a lanyard in the church office.)

Our sound system team is working with a sound engineer to address the myriad of sound problems in the Sanctuary that affect our worship experience. The team includes Kathi Fisler, Roberta Grouch, Ralph Mero, and Neil Bartholomew (chair). Addressing our sound problems will take some time, so I ask for your patience as the team does its due diligence and determines the best solution that meets our current and future needs and is affordable. We are investigating the use of credit cards and other electronic payment options for paying pledges, and work on repaving the parking lot and increasing parking lot lighting will begin soon.

We had a lively discussion during our last Prudential Committee meeting about committees within the four Ministries: How can we encourage more interactions among committees within each Ministry? Should we bring back the Council on Ministries? Most of the discussion focused on social justice. How can we reduce the number of social justice initiatives without volunteers leaving or becoming discouraged? We learned that social justice efforts fall into three categories: advocacy, learning, and service. We wondered whether issues approved by the congregation should carry more weight, and once we vote, do the issues really matter? We reflected on Black Lives Matter and what has and has not happened since we voted. We talked about the impact of doing too much, acting independently, working in silos, and how much more we could accomplish if our resources of time, talent, money, and energy were channeled toward fewer initiatives that support common social justice goals within our overarching mission. Our discussion was illuminating and passionate at times. We made no decisions. The discussion will continue. Enjoy the fall foliage!

John Simmonds

President, Prudential Committee
pres@firstunitarianprov.org

Treasurer's Report



The good news is that September's income from various sources is exceeding expenses as we enter the winter months. We are grateful that our congregation continues to support the work financed by our current year's approved budget.

Having said that, our recent experience in Meeting House maintenance and continuing congregational requests for programs, projects, and physical plant improvements indicate a need to increase congregational income if we are to meet our members' needs and goals.

To that end, the Prudential Committee will begin the budget process this fall (rather than waiting until the new year). Prudential Committee ministry liaisons will be working with church members to determine high-priority goals in the areas of Community Life, Social Justice, Spiritual Development, and Stewardship. Prioritization will include determining the cost of obtaining the goals. Goals that best serve the needs of the congregation will have their cost included in the proposed budget calculations.

The Prudential Committee's aim is to present a completed budget proposal to the Stewardship Committee prior to the Commitment Campaign kickoff. This will enable the Stewardship Committee to explain what the congregational needs are, the cost to meet those needs, and a clear description of how pledge contributions will be used.

Ministry liaisons will soon contact committee leaders to help establish priorities. Congregational members and friends wishing to give input on the budget process are welcome to pass on their comments to any Prudential Committee members.

In the meantime, as your Treasurer, I am happy to answer any questions regarding First Unitarian's financial policies or processes. The best way to contact me is at dlhouse51@comcast.net.

In the meantime, see you in church!

– David House, Treasurer



Community Life

October Parish House Pot Luck Supper

Friday, October 12

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

5:45 Reception in the Atrium (bring an hors d'oeuvre and/or wine for your party)

6:00 Pot Luck Supper in the Parish House parlors: Bring a dish to share that serves eight to ten people – a main dish, vegetable, salad, or dessert.

7:30 Program in the Auditorium: **Transylvania Partner Church Refresh Weekend Kick-off**

The Partner Church Committee will be sponsoring the supper and the evening program. There will be some tasty goodies from Transylvania being served at the supper. Be sure to get in line early to get some goulash! The evening program will be led by our contact at the UU Partner Church Council, Rev. Roger Bertschausen, who will talk about how partner church relationships are an added value to a congregation. We will also be discussing the decision of the Hungarian Unitarian Church to define marriage as only between a man and a woman.

Reservations for the dinner are strongly requested. Use the tear-off sign-up form **handed out by the Deacons** to indicate how many will be in your party and what food you will be bringing. Then take the form to the Parish House Pot Luck Suppers table in the Atrium during 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.

Volunteer Task Force: Be sure to check off on the sign-up form where you want to help.

Donation: \$2 per person / \$5 per family at the door



A Plastic Ocean

Film and discussion, Friday, October 26, 6:30–8:00p

The Green Team and Benevolent Street Zendo/Ecosattva Sangha are hosting a film and discussion about plastic waste on Friday, October 26, in the First Unitarian Auditorium. We will watch the 22-minute educational version of A Plastic Ocean, an adventure film in which searchers for the elusive blue whale find instead oceans filled with plastic waste. Incredibly captivating, beautiful, and moving, the film rethinks our everyday use of plastic – from shopping bags and straws to plastic tableware and food containers. Over time, most of this plastic breaks down into tiny pieces, invisible to the naked eye, which are consumed by marine wildlife and contaminate the food chain. These microplastics pose a serious risk to ocean and human health, from the Pacific coast to the waters of Maine. The film will be followed by a discussion of causes and practical ways to react to this pollution.

There will be an activity time for children, who will be making “trash turtles” together; if you are bringing your child(ren), please bring a clean, used plastic bottle for each.

Please note: if you cannot make it to the screening at First Unitarian, the Weaver Library in East Providence will be hosting the film on Monday, October 29, 6:00–8:00p.

Join the Green Team to Work for Environmental Justice

Second Sundays monthly at 12:15p

The Green Team Environmental Task Force promotes environmental issues and sustainable living in and outside First Unitarian. Caring for our environment is an important responsibility because those who are most impacted by environmental destruction are often those with the least power. Creating a sustainable way of life is central to our view of a just and compassionate world.

We invite all who share these values to get involved in our broad and growing movement for climate justice and join us on this journey of connection, sustainability, and hope.

Contact: Kristen Ivy Moses (kristenivymoses@gmail.com)



ReFresh Program

Friday – Sunday, October 12–14

The Transylvania Partner Church Committee is sponsoring a ReFresh Program for First Unitarian. The purpose of the weekend program, which is coordinated by the UU Partner Church Council (UUPCC), is to explain to our congregation the benefits and experiences of having a partner church in Transylvania.

Friday Night Supper and Program, 6:00p

The weekend will start at the Friday evening Parish House Pot Luck Supper. The Partner Church Committee will sponsor the supper and the evening program. Some tasty goodies from Transylvania will be served at the supper, so be sure to get in line early for some goulash! The evening program, led by our contact at the UUPCC, Rev. Roger Bertschausen, will consider how partner church relationships are an added value to a congregation. We will also discuss the decision of the Hungarian Unitarian Church to define marriage only between a man and a woman.

Saturday Workshop, 10:00a–2:00p

On Saturday there will be a morning to early afternoon workshop; lunch will be provided. All interested members of the congregation and its leaders are invited to attend. We will discuss the benefits and challenges of a church partnership. We will hear inspiring stories from other congregations about their partnerships. We will learn about the importance of discussing multicultural issues and what benefits that might bring to the partners. Finally, Rev. Bertschausen will discuss how to include our youth in our partnership. And there will be some discussion about travel to our partner church in 2019. Who knows, you may just want to come along too and see for yourself why so many of us find this partnership enriching.

Sunday Worship Service, 10:30a

On Sunday, Liz will assist Rev. Bertschausen at the Sunday service, which will focus on partnership. We hope to have pre-recorded or live contact with our partner congregation in Transylvania via the Internet.

This will be an exciting weekend. We hope you will be able to attend as many of the events as possible.

If you have any questions about the program, please contact Tom Getz (email) or Janet Downing Taylor (jdtaylor39@verizon.net).



Community Life

Path to Membership Class

Tuesday Evenings, October 23, 30 & November 6, 7:00–9:00 pm

The Path to Membership class is for anyone interested in membership and in learning more about Unitarian Universalism and First Unitarian. This three-session course is offered several times during the year. The classes are led by our minister, Rev. Liz Lerner Maclay; Director of Religious Education Cathy Seggel, and Membership Coordinator Jenn Nardone. Childcare will be provided if requested in advance.

For anyone interested in this class but unable to attend the Tuesday evening sessions, please let Jenn know for future planning.

Registration forms are available in the Newcomers' Café and on the Membership Board in the Parish House hallway. For questions, contact: Jenn Nardone, Membership Coordinator (mem@firstunitarianprov.org) or call the church office (401.421.7970). On Sundays, Jenn can be found in the Newcomers' Café in the Parish House (next to the kitchen).

The 300th Is Coming!

Monthly meeting, Sunday, October 7, 12:00p

The History Committee is up and running after a summer hiatus. Many projects are in the works and we look forward to working with the 300th Anniversary Committee and its chair, Meghan Smith, on activities around the celebration in 2020.

We usually meet the first Sunday of each month. This month we will meet Sunday, October 7, in the History Room at noon. Our mission is to archive and preserve the historical records of the church and develop ways to share its nearly 300-year history with the congregation. Some of the projects we are working on will require professional writers and researchers. If this rings a bell with anyone in our congregation, let us know and show up at our next meeting.

Contact: Janet Downing Taylor (jdtaylor39@verizon.net)



Our Paul Revere bell is rung every Sunday to welcome worshippers.

2019 Commitment Drive Wants Your Stories!

"There is no greater agony than bearing an untold story inside you." - Maya Angelou

Our Commitment Drive theme for the upcoming year is Love Will Guide Us. The Commitment Team is looking for members of our community who have a story to share about how love has guided them – to join First Unitarian, to get involved with something, to make a difference in someone's life, to improve their own lives, etc. Stories will be curated for sharing at Sunday services, for print materials, for social media and/or videos.

Please get in touch with Joe Fisler (jfsler1@gmail.com) or Cynthia Rosengard (crosengard@gmail.com) to let us know of your interest.

Conscious Grieving

Conscious Grieving, an offshoot of the former Mindful Grieving program, is planning for an open meeting in mid- to late-October. If you have a recent or older loss that you are ready to, or would like to, share in a safe and supportive environment, you are invited to attend. The purpose will be for you to experience what our groups are usually like and for us to ascertain how we can best plan to meet the needs of this year's potential grievers with our available resources.

Newcomers' Café

Every Sunday during Coffee Hour

Held in the 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)

Fall Coffee Hour

It's October and time for all those wonderful apple and pumpkin seasonal treats at Coffee Hour. Remember our Coffee Hour is a cooperative effort organized by The Women's Alliance with peanut and peanut butter free donations from our congregation of baked goods, brownies, cookies, fruit, cheese and crackers, sandwiches, coffee cake and more. We welcome donations made at home or bought at a store. Each Sunday we need 8 people bringing donations that serve 24 each. Sign-ups are preferred in order to plan for each upcoming Sunday. Sign up in the first parlor during Coffee Hour and go home with a reminder so you won't forget.

Atrium Bookstore Reopens!

The Atrium Bookstore is back with its eclectic mix of titles relating to meditation, social justice, spiritual paths, inspirations from other religious traditions, and environment concerns, plus an array of well-illustrated books for kids. We always look forward to suggestions for new titles.

– Irene and Tony Allen

Hats Off to ...

Many thanks to our Coffee Hour Providers last Month: Lyn Bradford, Sue Meyer, Nancy Nicholson, Arlene McGonagle, Mary Frappier, Tom Getz, Beth Anterni, Ann Boyd, Carol Giliberto, Claude Leboeuf, Betty Finn, Liz Palter, Gerry Spemulli, Marilyn Eanet, Phyllis Cole, Jude Sonder, June House, Elissa Emerson, Nancy Shand, Sine Pounder, Aisling Dugan, Lucille Riccitelli, Jessica Dolan, Tracy Hands, and all of you who brought something in to surprise us.



Community Life

Meeting House Renovations Completed

Homecoming Sunday saw the congregation gathered outside of the sparkling and fully restored exterior of the Meeting House. Thanks to our congregation's generosity the exterior of our Spirit's home reflects the elegance of its design.

Final work, such as hand-rail installations on walkway entrance steps, up painting, window-well grating, and an exterior light-timing system-tuning, will be complete by the end of September.

In other good news, we still have \$175,000 of scheduled capital campaign pledge payments to be collected between now and mid-2019. While we can congratulate ourselves on our generosity in the completion of exterior restoration, there is much more work to do. Your continued dedication to maintaining our worship space by honoring your contribution to the capital fund drive will ensure completion of the most interior necessary work in time for our 300th anniversary celebration. Once these payments are collected, we can begin work on the most damaged section of the Meeting House interior, the foyer entrance facing Benefit Street.

The entryway was our first warning sign of how badly the exterior had deteriorated. Its peeling paint and flaking plaster is now an unwelcome contrast to the crisp exterior. The brown paint on the steps is worn and does not enhance the beauty of the Meeting House entrance.

E. F. O'Donnell has provided us with a \$140,000 estimate to complete the Benefit Street entrance foyer. When our remaining capital campaign pledge payments come in by the end of March 2019, we can begin foyer restoration with a completion date in time for the congregation's 300th anniversary celebration.

Finally, Nancy Weiss-Fried and Fred Jodry are creating a landscape design for the Benefit Street entrance green space. Their design will incorporate plantings to enhance the beauty of the entrance way, while ensuring that church functions can take place on the lawn area. Design proposal completion is planned for December, ready for congregational review and comment. The aim is to have the design approved by the end of January, funding obtained by mid-Marc, and planting completed by end of spring, so the green space is well established by fall 2019.

As always, if you have any questions or constructive suggestions, please contact David House at DLHouse51@comcast.net.



Our Building Manager, Jaime Durango, holds up the final piece of scaffolding to be removed from Meeting House restoration.

Volunteer at First Unitarian's Food Share Pantry

Next Distribution Day: Monday, October 15

The biggest social justice program at First Unitarian is the Food Share Pantry. It takes many volunteers to keep the program going! Volunteer with your van or truck to transport food from the RI Food Bank to the church, or volunteer for a shift on Distribution Day:

Set-up: 2:00p–3:00p

Shopping with clients: 3:15:00p

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

Contacts: Martha Manno (Mmanno7@comcast.net) or Judy Ortman (JudyOrtman@gmail.com)

Please note: The Food Pantry is open to all. 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.

The Women's Alliance

Monday, October 1

Business Meeting: 10:00a

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

Program: U.S. Populism in Comparative Perspective

Speaker: Rachel Meade

The 2016 election was notable because of the emergence of strong candidates identified as populists in both political parties. In order to understand why populist leaders have such strong appeal, Rachel conducted interviews and ethnographic observations with supporters of populist movements in the United States and Argentina from 2015 through 2018. She will discuss her findings and provide a comparative framework for understanding the rise of populist politics in the U.S.

Rachel Meade is completing her doctoral studies in political science at Brown University, with a focus on populism, polarization, and political identity.

All are welcome to attend the Women's Alliance programs and luncheon. Coffee Hour News

Coffee Hour News

It's October and time for all those wonderful apple and pumpkin seasonal treats at Coffee Hour. Remember our Coffee Hour is a cooperative effort organized by The Women's Alliance with peanut and peanut butter free donations from our congregation of baked goods, brownies, cookies, fruit, cheese and crackers, sandwiches, coffee cake and more. We welcome donations made at home or bought at a store. Each Sunday we need 8 people bringing donations that serve 24 each. Sign-ups are preferred in order to plan for each upcoming Sunday. Sign up in the first parlor during Coffee Hour and go home with a reminder so you won't forget.

Gourmet Coffee Sales

Why settle for any old coffee? You can create your very own unique coffee with the gourmet coffees sold by the Women's Alliance. They sell two bold coffees, one medium, and two decafs. All types come in both beans and drip-grind 12 oz. bags. And all are organic and freshly roasted in Rhode Island! Your purchase helps the community – the Alliance donates proceeds from its sales to worthy causes. Visit their table in the Atrium.





Community Life

Art in the Atrium

The Atrium Art gallery opened the new season with the September Month of Peace Art Show, organized by Ginny Fox and scheduled together with other Peace events in town. This year it featured paintings on gun Violence by Jordan Seaberry, who is also the Director of Public Policy and Advocacy at the Institute for the Study and Practice of Nonviolence. The show will remain for most of the month of October.

In November there will be an exhibit of abstract watercolors by Anna Liebenow. Anna's sense of color, shape, composition, and whimsy shine in each piece of her art. Being wheelchair bound doesn't stop her from expressing her keen artistic spirit.

We still have some months available for artists who would like to exhibit their work. Please contact Chiara Romano Van Erp at romano-vanerp-design@cox.net

Help Us Communicate!

The Communications Team is seeking new volunteers to join their team. If you are interested in writing articles, working with our photo library, or being a photo organizer, or if you have a background in journalism or public relations, we would love to hear from you. We are not asking for a huge time commitment, and you would be providing an invaluable service to First Unitarian.



Please contact Nancy Forsstrom (admin@firstunitarianprov.org) in the church office if interested. Thank you!

Keep Those Photos Coming!

Our Year in Photos project is off to a great start. We've already received photos from homecoming Sunday, water communion, worship, ice cream social, coffee hour, our first potluck dinner, and even Prudential Committee. Let's keep going!

Any small or large gathering presents an opportunity to capture that moment in our church year -- Sunday school classes, committee meetings, Alliance, Chalice Circles, food pantry, Parish House suppers, Love Beyond Belief, and much more. We especially welcome photos of people connecting with each other and in action doing any of the many things we do together.

Please help our new photo library continue to grow. Overwhelm us! Please send your photos to FirstUYearInPhotos@gmail.com. The photos will go into our new photo library and may be used in our publications and other communications. Thank you in advance.



The congregation gathered in front of the Meeting House before the first service of the new church year.



The Community Band serenaded participants at the opening Parish House Supper..

The First Unitarian Art Collective Membership

Thank you to all the contributors from last year! Just a reminder that the dues for the starting year are collected in September. Artists who want to show their work must be members. We also thank for their contribution all those artists and non-artists from our congregation who just want to support the shows in our Atrium Gallery, and the volunteer work to make it happen.

Dues are only \$10 per year (payable by check made out to First Unitarian Providence, with a notation for the Art Collective).

Thank you for your support!

October Birthdays

- Kristen Aber
- Suzanne Austin
- Keri Calhoun
- Michael Currier
- Amy Grant
- Jacqui Nye
- Mimo Gordon Riley
- Claire Rosenbaum
- Nancy Shand
- Karen Silva-Sabitoni
- David Spremulli



Haven't seen your birthday? Do we know when it is? Contact us in the church office if you want your church friends to celebrate your special day with you!

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!

If you are interested in posting a church-related event, send an email to Membership Coordinator Jenn Nardone (mem@firstunitarianprov.org) or contact the church office (401.421.7970).



Spiritual Development

Chalice Circles Fall Recruitment Rescheduled

Sign-up, Sunday, October 7 during Coffee Hour

Because of extensive activity around the Love Beyond Belief™ program, Chalice Circle recruitment of new members has been postponed until October. There will be an information table in the Atrium on Sunday, October 7, during Coffee Hour with sign-up forms and pamphlets to learn more about First Unitarian's small group ministry program. You can always talk with anyone wearing an "Ask Me About Chalice Circles" banner on their nametag.

October 7, during Coffee Hour with sign-up forms and pamphlets to learn more about First Unitarian's small group ministry program. You can always talk with anyone wearing an "Ask Me About Chalice Circles" banner on their nametag.

Experience a Chalice Circle

Sunday, October 14 at 12:00p in the Auditorium

There will be an opportunity to experience a brief Chalice Circle sampler after church on Sunday, October 14, where you can sign up for a fall session, depending on space availability.

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

Growing Our Lay Leadership

Many Unitarian Universalists experience a deepening commitment to their faith and congregation as a call to accept a position of leadership. The program helps lay leaders grow in spirit as they grow as leaders. Harvest the Power addresses the reality that today's leaders operate at a time of rapid cultural change, both in and outside our congregations. Leaders need a broad range of skills, both technical and visionary. The program's six workshops offer opportunities for both new and experienced leaders to enrich the skills they bring to their leadership and to experience their leadership journey as a Unitarian Universalist faith journey.

Harvest the Power weaves Unitarian Universalist values, Principles and Sources with four strands: spiritual development, ethical development, Unitarian Universalist identity development, and faith development. Do you feel called to a deepening sense of identity and leadership here at First Unitarian? The exploration will begin with a dinner, a Saturday retreat, and then monthly sessions (TBA). The program leaders are Cynthia Rosengard, Cathy Seggel, and Michael Currier.

If interested in joining, please contact Cynthia Rosengard (crosengard@gmail.com or 401-639-1560).



UU Men

October 14, 7:00p

The Man Box: Is it healthful? We will look at the impact on health of toxic masculinity. The problem is not with a masculine/feminine dialectic as much it is with masculine behavior carried to toxic levels.

Facilitator: Steve McCloy. For information about this meeting, contact Steve (dadzone43net@aol.com) . . . and join the discussion.



Ongoing Programs

Benevolent St Zen

Most Monday nights, 7:00–8:30p

We continue to practice with monthly visits from resident teacher James Cordova Sensei and occasional guest teachers for talks.

Taking our spiritual practice into action, we are planning two showings of a short movie, *A Plastic Ocean*, in conjunction with First Unitarian's Green Team on October 26 and 29.

We have a book group reading Larry Yang's "Awakening Together" and many of us got to hear him speak and join in a discussion about how to better welcome diversity in our community.

All are welcome. For an orientation please arrive at 6:45PM on Monday evening, contact us at benevolentstreetzen@gmail.com or Cindy and George Beshers are practice leaders. This is offered as an activity of First Unitarian but is part of Boundless Way Zen (www.boundlesswayzen.org Benevolent Street Zen.)

Reimagining Religion

Second and fourth Tuesdays at 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)

Tai Chi

Every Tuesday at 7:00p

Tai Chi class for beginners to advanced, children to seniors. All inclusive. Instruction and performance. Make the connection between mind, body and spirit in a manner that embodies the concepts of Taoist philosophy with the practice of an old internal martial art.

Contact: Al Tringali (altringali@mac.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 and in our service and social action.

Contact: Ken Bent (krbent108@gmail.com)



Social Justice

Side with Love

Wednesday, October 10 at 7:00p

At our first monthly meeting in September, Side with Love was hoping to chart a course of action for the coming months. With only a few members in attendance, we decided to delay the conversation about what our focus should be until more members are able to weigh in. Our next meeting will be held on Wednesday, October 10. We hope you can make it.

There are three events coming up in October which Side with Love hopes you will consider attending. The first, on October 1 at 6:00p, is "Got Race?" presented by Rev. Thandeka. She will explore the history of racial identity formation in the United States, which will help us further our understanding of why it is so important to support the Black Lives Matter Movement as a congregation.

The second event is pure fun – a celebration of music, dance, and activism. It is the Providence Honk Festival, or PRONK! It takes place on Indigenous People's Day, Monday, October 8, from 2:00 to 10:00p. Side with Love from First Unitarian will be marching with members from other local UU churches, leaving 250 South Water Street at 5:00p. The march is short, just up the street to the Hurricane Barrier, but it is tons of fun. We hope will wear your yellow T-shirt and join us, as we support activism, Indigenous People's Day, and the joy of good music.

On October 15, at 6:30p, in collaboration with the Humanists of Rhode Island, Dan Blinn will be speaking in the front parlor of our Parish House. His talk, "Humanism in the Age of Trump," focuses on what it means to be a humanist in America when so many of the administration's values are antithetical to humanist values; how humanists can find common ground and mutual respect when interacting with Trump supporters; and how humanists can find purpose and fulfillment in the face of Trumpism. Dan Blinn is a humanist organizer, activist, and speaker. His talk should be interesting to both Humanists and Unitarians. We hope you will consider joining us for this interesting lecture.

Contact katherine.ahlquist@gmail.com

Sanctuary at First Unitarian

Basic Orientation Training, Sunday, October 21, 12:15–1:45p

Nuts and Bolts Training, Thursday, October 18, 6:00p

While waiting for our congregation to be called to become a sanctuary for someone in danger of deportation, the Sanctuary Host Steering Committee continues to meet every two weeks, planning for everything we can think of. Several trainings took place in September, and more are planned for October. We continue working to connect with community organizations and faith communities with the goal of forming a coalition which will partner with First Unitarian in helping our sanctuary run smoothly.

If you are interested in attending a training, our next Basic Orientation is Sunday, October 21. If you have already attended the basic training and are volunteering to become a Sanctuary Host, there will be a Nuts and Bolts training on Thursday, October 18. Look for news of a nonviolence training from the Institute for the Study and Practice of Nonviolence in November.

Contact: firstsanctuary@gmail.com

Knitting for a Better World

Every Tuesday, 7:00–9:00p

Before we know it, the cold winter weather will be here. Time to start knitting hats, scarves, mittens and socks for our mitten tree! Although there is currently no tree to hang these warmings on, we are working on coming up with a temporary alternative. In December we will start collecting items for the tree, but if you have things you would like to bring early, leave them in the resource room with a Mitten Tree label.

Contact: katherine.ahlquist@gmail.com

Community Collections 2018-19

On several Sundays during the year, First Unitarian donates its nonpledge Sunday offering to a charitable cause. This year's recipients are:

September

Resilient Power Puerto Rico

Many Thanks to those who gave - First Unitarian raised over \$2,000 for this great cause!

October 7

Sojourner House

Sojourner House is an agency in Providence which works with the issues of domestic violence and sexual assault. They run a shelter for survivors, sponsor educational programs about sexual health, and engage in advocacy. They have a special mission to the LGBTQ community.

November

Loaves & Fishes Mission

January 27

Transylvania Partner Church

February 10

Providence Village

March

The Girl Effect

April 14

Day One

Neighborhood Social Justice

Sunday, October 7 at 12:15p

The Neighborhood Social Justice Committee provides volunteer opportunities to work beyond our church doors with those who are socially, economically, or legally marginalized.

We are now members of Loaves and Fishes Rhode Island, an organization of various churches of different faiths coming together to help those in need. Please stop by the NSJC table in the Atrium any Sunday after worship service.

Loaves and Fishes

Tuesday, October 2

The monthly Loaves and Fishes mission, held on the first Tuesday of each month, meets as follows:

The Sandwich Brigade meets at noon at our church to make sandwiches and prepare the bags for distribution to the homeless community living on the streets of Providence.

The Outreach mission meets around 3:00p to prepare to distribute the lunch bags.

The Serving Crew gathers at Emmanuel House (239 Public Street) around 5:00p to prepare the meal and then serve the homeless men staying at the shelter.

For more information on these and future programs (meeting locations, contact information, etc.), see details in the church newsletter at www.firstunitarianprov.org

October 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Women's Alliance 10am-1pm Supper 6pm Thandeka lecture 7pm Zendo 7pm	2 Loaves and Fishes 11:30am Staff and Thandeka 1pm Finance 7pm Worship Team 7pm Tai Chi 7pm Knitters 7pm	3 PruComm and Thandeka 7pm Sanctuary Steering Comm 7pm Meditation 7pm	4 Thandeka and committees 5-9p	5 Thandeka All-Congregation workshop 6:30p	6 Thandeka All-Congregation Workshop 9:30a-4:30p
7 Worship 10:30am Worship assessment lunch 12pm Mem Comm 12:15 NSJC 12:15pm History committee 12:15pm BUUUG 5pm	8 Indigenous People's Day CHURCH OFFICE CLOSED Zendo 7:00pm Harry Potter 7:15pm	9 Deacons 6pm Reimagining Religion 7pm Tai Chi 7:00pm Knitting for a Better World 7:00pm	10 Spirit in Life 2:30-4pm PruComm 6:45pm Side with Love 7pm Meditation 7pm	11 Adult Faith Development - Gwendolyn Howard 7pm	12 Parish Supper Refresh 6pm	13 Transylvania ReFresh 10:00am
14 Worship 10:30am Chalice Circle sampler 12pm Food Shuttle 12pm Green Team 12:15p BUUUG 5pm UU Men 7pm	15 Food Pantry 2-6pm Side with Love 6:30pm Zendo 7:00p	16 AFD Interest-Gathering Peter VanErp 7pm Tai Chi 7:00p Knitting for a Better World 7:00p	17 Sanctuary Host Steering Comm 7pm Meditation 7:00p	18 Spiritual Pathways Team 7pm Sanctuary Training 7pm	19	20
21 Worship 10:30a Sanctuary Training 12:15pm COA Mentors 1:00 BUUUG 5pm	22 Zendo 7:00p Adult FD RT 7-8:30p Harry Potter 7:15p	23 Path to Membership Class 7:00pm Reimagining Religion 7:00pm Tai Chi 7:00p Knitting for a	24 Spirit in Life 2:30pm Meditation 7:00p	25 Adult Faith Development Gwendolyn Howard 7:00pm	26 'Plastic Ocean' film screening 6:30pm	27
28 Worship 10:30a BUUUG 5pm	29 Zendo 7:00p	30 Path to Membership Class 7:00pm Committee on the Ministry 7:30pm Tai Chi 7:00pm Knitting for a Better World 7:00pm	31 Halloween Sanctuary Steering Comm 7:00pm Meditation 7:00pm			