



THE PERSPECTIVE

FIRST PARISH CHURCH, UNITARIAN UNIVERSALIST

OUR MISSION: TO BE A WELCOMING COMMUNITY THAT INSPIRES
SPIRITUAL GROWTH AND SOCIAL ACTION

MARCH 2010

MARCH SERVICES

Sundays at 10:30AM

March 7 *Faith to Change the World.* Bruce Knotts, Executive Director of the UU United Nations Office will examine what UU faith is about and how we can use our faith to change the world. He will discuss the programs and accomplishments of the UU-UNO and the role our faith has played at the UN. Bruce will focus on our GLBT Advocacy, our Every Child Program in Ghana, empowering women, Climate Change and more.

March 14 *Our Annual Animal Blessing Service* in Parish Hall welcomes Beings of all species to gather for reverent celebration and appreciation. We will consider things of worth, light candles, sing, meet and greet, and together in spirit we will bless our animal companions and all other Living Things. Please bring all animal friends either on a leash or in a container. This is an **all-ages** service, led by Elaine Solomon, Margaret Tabor and Misty-Dawn Shelly.

March 21 *Walking Together: Our Covenant as Unitarian Universalists.* What does it mean to “covenant” with one another? What are the roots of such a spiritual practice in our midst today? Why would we want to have our own covenant with one another? Rev. Judith Wright will lead worship.

March 28 *Our Annual UU Passover Seder.* Rooted in the ancient Jewish tradition of Pesach and the Feast of the Unleavened Bread, Passover represents for many Jews the social and spiritual strivings of deliverance and liberation. It is also a time of family celebration of being together and sharing. Let us come together in Be-

loved Community to share this ancient tradition of springtime. This is an intergenerational service, and children and families are invited to come, and join in the festivities.

April 4 *Easter Service.* Intergenerational for first half of the service.

Bikes Not Bombs Bicycle Drive



Saturday, March 27
10AM-3:30PM

The First Parish Young People are holding a bike drive on **Saturday March 27 from 10:00 to 3:30 PM** behind the church. The bikes collected (please, no rusted hulks) are for “**Bikes Not Bombs**” (“BNB”), a Boston organization that has both a local and global connection. They teach disadvantaged youth in Boston how to repair bikes and give them the opportunity to earn a bike that they themselves have fixed. In addition they ship bikes to Central America and Africa where local shops repair the bikes before they are given to folks as transportation to school or work.

Bikes Not Bombs has sent over 37,000 bikes to Central America, the Caribbean and Africa and New Orleans in the last 24 years.

We are asking, where it is possible, for a \$10 donation with each bike to assist BNB with costs. We will also be taking a half plate offering for BNB on Sunday, March 28.

For more information, please contact Linda McLinden (508-853-6595, LWMcLinden@aol.com).

Bulletin Board

**Worship Workshop in Milford
June 12**

If anyone would like to know how to lead a lay led service and generally learn the ins and out of leading a worship service, please join me on June 12, 2010 9-2 Milford UU Congregation Cost \$90 pp with lunch provided. This is a Clara Barton District Workshop and promises to be a great experience. There is a maximum of 4 from each congregation. Anyone interested please contact me!

-Elaine Solomon, Worship Chair

Explorations in
Consciousness and Healing
March 8, Monday, at 7:30PM

at 348 Hudson Street, Northborough
the home of Carolyn and Bob MacDonald

We continue to listen to and discuss Caroline Myss' The Science of Personal Power, Spirituality and Health - Chakra 3, the Self. For more information call the Macdonalds at 508.393.9980 or Glen at 508.393.1261/gsnow3@juno.com.

Orientation to First Parish

Saturday, March 27 from 9AM –12noon

Are you interested in learning more about First Parish and/or Unitarian Universalism in general? Are you considering joining us as a member of our congregation? Reverend Judith and Misty-Dawn Shelly will facilitate this program. Please let Reverend Judith or Misty-Dawn know if you plan to attend, and if you will need childcare.

**Continuing the Conversation:
End of Life Discussion Workshop**

As a result of the worship service offered in January about Death & Dying; along with the continued requests to have continued conversations around this topic, a team of facilitators has come together to offer a 7 week discussion group beginning on Wednesday April 7th at 7:30pm in the Parish Hall. Some of the topics include how to talk with children and youth about death, self-care of the caregiver, ethical wills, and memorial planning for ourselves and our loved ones...and even those we have difficulty loving. If you are interested in participating in this group, please be in contact with Rev. Judith, Ministerial Intern Misty-Dawn, Dennis Byrne, Bob Laptew, or Margaret Tabor.

- Travel and stay in homes of people who share your ideals
- Host travelers in your home to meet new friends and earn extra money

The UU bed and breakfast directory *UU're Home* (formerly *Homecomings*) offers a network of hosts in the United States (and a few abroad) who enjoy meeting new friends and are happy to open their home to like-minded people. Travel to different cities and stay in reasonably priced accommodations or become a host and enjoy meeting new friends.

For more information, visit www.UUreHome.com or write to info@uurehome.com



www.UUreHome.com
43 Vermont Court
Asheville, NC 28806
828-281-3253

THE SOUP GROUP



Ministerial Intern Misty-Dawn Shelly will host a monthly **Soup Group** beginning on **Wednesday March 17th at 12noon** in the Parish Hall. **Soup Group** will be held the third Wednesday of every month. This is an opportunity to enjoy food and fellowship when the sun is shining rather than the moon. Misty-Dawn will provide soup; other dishes are welcome, however, are not required. All are invited for fellowship.

MINISTER'S COLUMN: WRIGHT TO YOU

We have begun, as of last Sunday's service, the kick-off of our Stewardship Drive, to begin our annual soul-searching about the value of First Parish Northborough in our lives. Do we wish to support such valuing through our individual monetary gifts to our congregation? I truly hope so. There a myriad of important experiences and activities available through our congregational life together. Let me share with you just one thread of our congregational life together, and how it has grown into fruition. This is about our being a Teaching Parish and mentoring ministerial candidates. This morning I opened an email from our first ministerial student, Lisa Kemper, who sent along her first published letter to the editor in The Washington Post. Lisa has given approval for this letter to be distributed, and so, I am! Here it is:

Virginia delegate was wrong to link abortion, disabilities

Saturday, February 27, 2010 I struggle to find adequate words to express my dismay at Virginia Del. Robert G. Marshall's remarks [["Marshall tries to clarify talk on abortion,"](#) Metro, Feb. 25] describing disabled children as nature's vengeance on mothers who have aborted a previous pregnancy. Such a misanthropic characterization of disability is unconscionable, especially from an elected official.

As a minister, I believe that God is neither vengeful nor vindictive, and I am offended by Mr. Marshall's blatant use of religious zealotry to further his limited agenda. He claims to be a supporter of family and children while denigrating the most vulnerable group of children in our society. Children with disabilities are blessings from God, just as all children are, not proof of God's punishment. This increasingly common habit of blaming hardship and difficulty on the "sins" of one group or another is hurtful to the very people we ought to be helping and undermines the bedrock of compassion and decency that characterize American society at its best. Please, Mr. Marshall, don't use disabled children to further your political agenda.

Elizabeth M. Kemper, Arlington The writer is a consulting minister for the Unitarian Universalist Church of Loudoun.

Bravo, Lisa! In our Finding Your Own Spiritual Path class last Tuesday night we discussed just this issue, of not allowing more conservative folks to totally own the meanings of the word "God." As Rev. Galen Guengerich states in his GA 2008 teachings on UU theology, there is a major struggle over the meaning of the word "God." Like Lisa, we, as religious liberals, can teach the world that there are many ways to think about "God." Not just one way, as some fundamentalists would have us believe, but a path of diverse dimensions - a pluralism so necessary in our global village today.

I share with you now, this one thread of life (mentoring our ministerial students) at First Parish Northborough, so that we can better understand how vital it is to support the work of our congregation. Because what we do matters today and it impacts a future we may never see, but definitely will have helped form.

Peace and love to you,
-Judith

Membership Committee Newsfrom Linda Sullivan, VP Membership

We are delighted to see so many new folks coming to services on Sundays. Please take time to introduce yourselves to new people at Coffee Hour.

Anyone interested in learning more about First Parish and about Unitarianism in general is invited to attend an orientation session with Judith Wright and Misty Dawn Shelly on Saturday, March 27 at 9:30 AM. We will meet in the Parish Hall. A light breakfast will be served. Please let Judith know if you will need child care.

The Membership committee will hold a meeting in Parish Hall on Thursday, March 18 at 1 PM.

Thanks for all you all do to make our church a welcoming place.

Letter From Our President, Justine Sullivan

Dear First Parish Friends:

It was my great pleasure to lead worship with Judith a few weeks ago on Sunday, February 7th. One of the very best things about leading worship is sitting up on the altar and looking out at our wonderful congregation --all of **you** -- such a beautiful sight. One of the other wonderful things is greeting people as they leave the meeting house. Folks shared some powerful responses, both during the worship service, and with me afterwards on the topic of "Having Difficult Conversations." I heard expressed the shared sense that we are beloved community and that there is much that binds us together. I also heard expressed a wish for more worship elements from folks' religious-traditions-of-origin represented in worship at First Parish.

That got me thinking more deeply about why I attend worship, what draws me in and calls me to return. I find that the sources of the words we share in worship are not all that important to me, that once something finds its way into our worship service, it belongs to all of us. Sometimes I do feel a sense of pride if a certain Unitarian or Universalist said something 200 years ago that resonates with me today. And I marvel at the similarities in the teachings of prophets from many different religious traditions. One of the reasons I am UU is that we find and honor the essential truths - what speaks to each of us as an essential truth - from many different sources, including many outside of religion: in poetry and music and in writings from the fields of science, psychology, sociology, philosophy, history, and political science. I love that about our worship, that we truly honor many different paths to an experience of what is holy.

But as enriching, moving, or challenging as I might find the words that are part of our worship services, that is not what draws me in and holds me. I come to worship each week to have an experience, a shared experience with my beloved community. We create that experience together through our presence and our bearing witness to each other. We also have an opportunity, an invitation through our commitment to a free pulpit and shared ministry to offer and share those elements of worship that have special meaning for us. Our worship committee is active and vital and welcomes folks to join in their work, to lead or participate in a worship service.

I welcome the chance to continue this conversation with all of you. Let's make time and space for this: perhaps over coffee after worship, or in each other's living rooms, at potlucks, in covenant circles. Something happens when we gather. That is what draws me to First Parish and keeps me here. What draws you in and keeps you here? I look forward to hearing your answers to that question.

In Faith and Fellowship,

Justine

**Short Takes from Your
Standing Committee**
from Elaine Solomon, Clerk

Well, I missed last month so the Short Takes may be a little longer than usual, but I am sure you will find the information useful!

Buildings and Grounds has lots to report. First the Transformation progress is coming along. Our handicap accessible bathroom is nearly complete (and may be by the time you read this). The Standing Committee passed a motion to spend up to \$5000 for repair of our steeple. The funds will come from savings from the Transformation budget. A motion also passed to install at least one new window in the Meeting-house. Members will be asked to "buy a window" as they are able so that eventually all 29 (yes, 28!) windows can be replaced. We are going to get a few folks together to discuss the possibility of Parking Signs to make it easier for visitors to park. We are also going to encourage those who can to please park in the lower lot. This will leave spaces for visitors and those who may be unable to walk up the driveway easily.

Finance would like to have an outside company do our payroll. This will help with accuracy, taxes, speed, and lessen the treasurer's job. A motion was made and passed to hire Paychex to handle our payroll going forward.

Membership reports 7 new members! We are blessed to have many visitors expressing interest in our beloved community. We will have an orientation on March 27 for anyone interested in learning more

(Continued on page 6)

Religious Education

by Margaret Tabor, DRE

LATE WINTER 2010

March

- 7 classes
- *14 Animal Blessing-no classes
- 21 classes
- *28 Passover Celebration, all age

April

- *4 Easter, RE activity
- 11 Story in MH, RE classes
- *18 RE activity, school vacation
- 25 classes

* means teachers off

March 11 Thursday has been designated as Northboro Unscheduled night. You might remember from other years that the goal of "Unscheduled night" is to encourage families to spend time together and focus on family activities. Therefore, in the spirit of this event, there would be no meetings, homework (!), sports, rehearsals, etc. in the town of Northboro on the night of March 11. This town based effort encourages parents to come home from work in time for a family dinner and to reschedule meetings. Posters explaining the event will appear in Northboro schools, businesses, and organizations. I think this is a good idea and hope some of us, Northboro residents or not, might be able to do something a little differently that evening. In her column Misty-Dawn wrote, "In this month of March, I invite you to practice taking a Sabbath. Begin with the hour or so of worship and allow it to grow into the entire day and if Sundays don't work for you try a different day." How nicely these two ideas come together; perhaps it is meant to be, a one time Thursday Sabbath.

I owe thanks to an Unknown Fellow First Parish Person. For years I've put a magnetic sign on the Parish Hall door to direct RE people to the building of the day and then left the sign out in the weather. You have been taking the sign in and sticking it to the inside of the door. I would never have thought of that; it took me weeks to find the dry signs and laugh at myself. Thanks for the innovation and patience :-).

A very busy time of year is beginning. Please check the schedule more frequently to avoid missing things as there are several All Age special services. Attendance during the fewer class days will become more valuable as we move toward RE Sunday on May 23.

For safety reasons RE students should not be on their own at FP. We are essentially a public space and want to have someone in charge of every child. Of course older kids find this policy restricting and deserve a little more freedom. So students in the upper grades may get permission from me or the teacher in charge to go and be elsewhere. The adult holds the discretionary power and may apply it according to the individual and his/her record of responsibility. Nothing bad has ever happened and I'd like to keep it that way as the weather improves and "we gotta get out of this place!"

Margaret Tabor, DRE (987) 838-2233

RE Committee members are: Kelly Barth, Cindy Bushey, Kayla Dewees, Jennifer Hardy, Lori Pandit, Heidi Permatteo.



Colleen and John Berndt made a gift
in honor of
Robert Laptew and Dennis Byrne

Raggedy Ann made a gift
honoring **Jean Hall**

Ann Fang made a gift
in honor of the **Knitwits**

Janet White made a gift
in honor of the
"Arts in the Sanctuary" Exhibits

A gift of honor is a monetary contribution made to First Parish Church in honor of or in memory of a special person/persons or to commemorate an anniversary or other special event. They are suitable for just about any occasion and can be in any denomination of \$10 or more.

Questions or comments about the Gift of Honor program?

*Please contact Janet White:
stone.muse@yahoo.com or phone 508-756-5618 .*

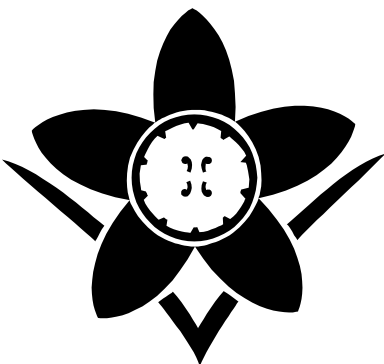
(Short Takes from Your Standing Committee, continued from page 4)

about First Parish. Thanks to Ruth and Brian Swanson for their continued supply of Alice's blend coffee which is also available for sale to the congregation.

The Stewardship Campaign is underway. We are all encouraged to give thought to how much we wish to give to First Parish. Generosity is hoped for! We plan to make a realistic budget for the coming year, making sure we have put aside funds for training and for repair and upkeep of our property.

Nominating Committee needs to be a year round function. That will help to find the right people to serve as leaders going forward. We are blessed to have many capable people. If there is something you may be interested in, please make sure you contact a nominating committee member so your name can be put in the hat!

Respectfully submitted,
Elaine Solomon, Clerk



Intern Itineraries...

from our ministerial intern, Misty-Dawn Shelly

"Anybody can observe the Sabbath but making it holy surely takes the rest of the week."

~Alice Walker

Each Sunday, we come together to worship in beloved religious community. The hour or so that we are together is sacred, not because we designate it as so, but because of what we do within the hour. We practice patience, prayer, preaching and purposefulness. We open an invitation to offer joyful thanksgiving and to lay down the burdens that have weighed us down for days, weeks, months and years. We share in an abundance of humanity in the pews and around the coffee pot. For an entire hour we nurture ourselves with music, words and silence that restore our souls for the coming week.

However, what happens when you take leave of the Meeting House and Parish Hall on Sunday? Maybe you rush off to work, or hurry to do your shopping for the week, or shuttle the kids around to sporting events, birthday parties, practices and/or rehearsals. More often than not our Sunday afternoons become filled with the same tasks, work and to do lists that fill the rest of our week.

In this month of March, when we witness the winds of winter transition into the breeze of spring, I invite you to practice taking a Sabbath. Begin with the hour or so of worship and allow it to grow into the entire day and if Sundays don't work for you try a different day. No one says the Sabbath has to be on Sunday, choose the day that works best for you, always remembering to start small with an hour or two and expanding the time as you progress through the month. Take time for you, for rest, relaxation, rejuvenation, relish in the quiet or revive your body to a different rhythm than you hear or feel during the rest of your week. Practice, allow yourself to try something different, or return to the familiar. My invitation to develop a personal spiritual practice that feeds and restores the soul is because I believe if we can promise patience and purposefulness as individuals, our patience and purposefulness in beloved community will expand our hearts and grow our awareness of one another.

And now my Nike commercial: JUST TRY IT!

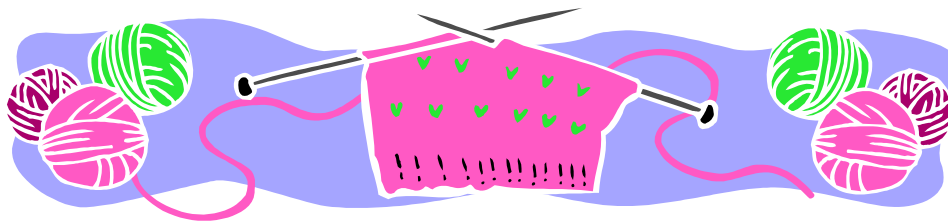
Stay tuned for a different spiritual practice invitation each month.

Many Blessings
~Misty-Dawn Shelly

A Year of Knitting for Peace: March 2010 by Doris Tivnan

The First Parish Knitwits invite you to a Knitting Retreat on Saturday, March 20th from 10 AM to 2 PM in Parish Hall. You do not need to be a knitter. A morning workshop will be offered for those interested in learning how to cast on and begin knitting a scarf. Knitters are invited to bring UFOs (unfinished objects) that have them stumped or other knitting projects with which they would like help. We will work together to help one another move forward.

We will set up a table with donated yarn for charity knitting projects and a swap table for those who would like to swap out yarn from their stash. Following the morning workshop, there will be a potluck lunch. Participants are invited to bring light food to share. In the afternoon, we will share readings and stories related to knitting followed by a period of silent knitting. If you've ever enjoyed knitting or ever wondered about its possibilities for bringing enjoyment into your life, please join us.



On February 8th, Kimberly Calderone visited Knitwits to talk about her experiences in Ethiopia. She brought along photo albums, a slide show and her collection of Ethiopian clothing. We got to admire the beautiful hand-woven fabrics. For our next project, we have chosen to build a connection with a Selamta family in Ethiopia through our knitting. Selamta is an Ethiopian organization that creates families by bringing together homeless women and children. Carol Foster of Selamta has recommended a family living in Menilik house. There are six boys and three girls ranging in age from five to fifteen. Their mom's name is Wude and their auntie is Meseret. The children's names are Temesgen Nega, Chernet Nega, and Robel Nega, all boys, ages 8, 10 and 11; Kalkidan Girma, a 9 year old girl, Tigist Girma, a 12 year old girl, and Yohannes Girma, a 14 year old boy; Bethlehem Getachew, a 15 year old girl; Eyob Tsehaye, a 12 year old boy; and Biruk Birhanu, a 5 year old boy.

In her email to me Kimberly writes, "it looks like this family that is Selamta built contains a re-unification of two different sets of biological siblings...Reunification is a rare and wonderful thing that Selamta is doing in Ethiopia...More about the names: Robel is like Robert, Kalkidan is a very popular name right now--it's an Orthodox Christian bible name, Tigist means Patience, Yohannes is the name of an ancient King, Bethlehem--nickname is Bette, Eyob is a popular name--he is also a popular Ethiopian Pop-singer at the moment. Their auntie's name Meseret means September (time of their New Year) and is often given to children by their parents as a name enriched with a meaning of hope or change."

For more information about the Knitting Retreat or the Knitting for Peace project contact Sally Manning, symanning@aol.com, or Doris Tivnan, doris-joetivnan@verizon.net.



**ALL AGES PARTICIPATED IN VALENTINE GREETING CAMPAIGN
NATIONAL STANDING ON THE SIDE OF LOVE DAY**

**THREE EVENTS OF OVER 100 TOOK PLACE ACROSS NATION THAT RE-IMAGINED
VALENTINE'S DAY**

Sunday, February 14th members & friends, led by our children in the Religious Education Program and Ministerial Intern, Misty-Dawn Shelly created **Valentines Cards** that were delivered on Thursday, February 18th to the participants of SAFE HOMES. SAFE HOMES is a program of the Bridge of Central Massachusetts which offers support and resources in a safe and nurturing environment for lesbian, gay, trans-gender, and questioning youth and young adults. As Director of Religious Education, Margaret Tabor reports, "These Valentines will go to people who might appreciate a token of gentle affection."

The event was held as part of the [National Standing on the Side of Love Day](#), re-imagining of Valentine's Day as an opportunity for service and solidarity with marginalized communities across the United States.

Saturday, February 13th, Members friends and guests from the surrounding community enjoyed light refreshments and a concert to **Benefit for Haiti. All Generous Donations will be sent to UUSC-UUA Haiti Relief.** Organizations receiving UUSC-UUA funding include MPP (Papaye Peasant Movement), the Lambi Fund of Haiti, COZPAM (Platform of Community Organizations of the Port-au-Prince Metropolitan Zone) in Port-au-Prince and CROSE (Regional Coordination of Southeast Organizations) in Jacmel.

Sunday, February 22, 2010, We celebrate the completion of a long awaited handy-cap accessible bathroom on the first floor which culminates the year long efforts to make our building use more ecologically responsible and accessible for use by First Parish members and friends and the larger community of Northboro.

We have enjoyed the use of a handy-cap accessible ramp into the Parish Hall that was installed in December 2009.

The Parish Hall, originally a surplus army chapel brought here from Bradley Field, CT, and used starting in 1948 after the tragic fire that had destroyed the Meeting House in 1945, was in need of major repairs & improvements. We also have replaced the roof, insulated and sided the whole building.

We look forward to many public events to be held in our wonderful Parish Hall where we can come together for fellowship, entertainment, education and community dialogue.

We stand on the Side of Love for our Planet and our Local Community.

Standing on the Side of Love is a campaign sponsored by the Unitarian Universalist Association and promotes respect for the inherent worth and dignity of every person.

We believe that no person of any immigrant status, race, religion, gender and sexual orientation, ability level or political view should be dehumanized through acts of exclusion, oppression, or violence.

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Linda Clark, First Parish Communications Committee Chair, sent the above out to local media as a press release.

Thank you, Linda!

PROGRAMS AT FIRST PARISH

Care Days. Help maintain our buildings and grounds. First Saturday of the month from 9:00 AM to 12:00 Noon. For more information contact Donna Morris at morris-donna@charter.net or 508-393-9514.

Community Meals. The First Parish Social Action Committee hosts the Community Meals Program at Trinity Church on a rotating basis with other area churches and community organizations. Your help preparing and serving the meal is appreciated. For more information contact Bob or Caroline MacDonald at 508-393-9980.

Insight Meditation. (Vipassana) Sunday nights from 7:30 to 9:00. Vipassana is based on the Buddha's earliest teachings and core meditation practices, such as mindfulness and concentration. The focus of the weekly class is on meditation, both sitting and walking, and is appropriate for newcomers and advanced meditators alike. Instruction for beginners is available at 7:15 pm. Books and readings will be recommended for home study. For more information contact Joe Zaia at 508-351-6699.

Knitwits. Meets Mondays at 2:00 PM at the home of a member of the group; location changes. An informal gathering of knitters and other needle work enthusiasts. For more information contact Janet Boutilier at 508-393-2921.

Living by Heart. *Living by Heart* is a UU curriculum that emphasizes the special power of poetry to not only inspire, but to become part of our thought processes. The material focuses each month on different aspects of spiritual growth such as patience, social justice, gratitude, relationships, etc., and offers guidelines for developing your own meditation practice which, when followed, leads to one's living *By Heart*. It is open to anyone, whether or not you currently have a meditation practice. We meet once a month on the 3rd Tuesday, 7:30 - 9:00 pm. Please contact Dick Boutilier at 508-393-2021 if you are interested.

Tuesday Evening Practicum. Exploration of the re-connective healing energy described in Dr. Eric Pearl's book, *The Reconnection - Heal Others, Heal Yourself*. Caroline MacDonald, who attended Dr. Pearl's Workshops during the summer will facilitate. Come, experience and participate in re-connective healing energy. All interested persons are encouraged to attend. Meets last Tuesday of the month at 7:30PM off-site. For further information please contact Glen Snowden at 508-393-1261.

Peace Study Action Group. A Congregational Study Action Issue utilizing program materials from the UUA Commission of Social Witness. FMI contact Linda McLinden at 508-853-6595.

Penultimate Potluck. A gathering of Members and Friends for food and conversation on the next to the last Friday of each month at 6:00 PM. Bring a dish to share.

Sacred Cakes. A women's spirituality group. Meets the second and fourth Wednesdays at 7:30 PM in the Burns Room. For more information contact Karen Nelson at 508-842-8480.

Social Action Committee. For information on this group dedicated to putting our faith into action, contact Jonathan Meltzer at 978-838-2045.

Tibetan Buddhist Meditation. Thursday nights from 7:00 to 8:30. The emphasis of the weekly class is on studying the meaning and application of 21+ guided meditations contained in the Lam Rim. Students will continue their investigation of the meditations (one per week) at home during their personal meditation practice. It is recommended that participants have experience in meditation and an established home practice. (Newcomers and beginners should consider participation in the Insight Meditation group first.) Contact Rev. Judith Wright for more information.

UUYA. A socially active group with a service orientation for adults under 40. Meets the second Friday of the month from 6:00 to 8:00 PM at the home of a member. For more information email Jeff Hagelberg at jnhagelberg@gmail.com.

Yoga. Tuesdays at 8:30 AM. Gentle stretches with an emphasis on correct spinal alignment followed by guided meditation. All levels. Beginners welcome. For more information contact Donna Massey at 508-393-6834.

First Parish Church Unitarian Universalist
40 Church Street, Northborough, MA 01532.

Minister.....The Reverend Dr. Judith E. Wright
Religious Education Director.....Margaret Tabor
Administrator.....Jennifer Mix
Custodian.....Chris Anastas
Music Director.....Olga Rogach

Standing Committee 2009-2010:

President.....Justine Sullivan
Treasurer.....Marty Flint/Lee Ostrander
Clerk.....Elaine Solomon
VP Membership.....Linda Sullivan
VP Finance.....Bruce Manning
VP Programs.....Vicky Guo
VP Building & Grounds.....Gordon Hart
Member-at-Large.....Linda McLinden
Member-at-Large.....Pete Mierswa
Member-at-Large.....Jeff Hagelberg
Member-at-Large.....Harrison Greene
Collector.....Sandy Congdon

First Parish Calendar March 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
31 10:30 AM Worship 7:30 Buddhist Meditation	1 2:00 PM Knitwits 7:30PM Worship Com- mittee	2 8:30AM Yoga 9:45 Yoga w/Pat 7PM-Juggling	3 7PM Book Discussion: <u>Three Cups of Tea</u>	4 7PM Tibetan Buddhist Meditation	5	6 9AM-Noon CARE DAY 9:30AM Exploring Racism
7 10:30 AM Worship 7:30 PM Buddhist Meditation	8 2:00 PM Knitwits	9 8:30AM Yoga 9:45 Yoga w/Pat 7PM-Juggling	10 7:30 PM Sacred Cakes	11 7PM Tibetan Buddhist Meditation	12 	13 9:30AM Exploring Racism 3PM BYRNE/ LAPTEW WEDDING
14 10:30 AM Worship 7:30 PM Buddhist Meditation 	15 2:00 PM Knitwits	16 8:30AM Yoga 9:45 Yoga w/Pat 7PM-Juggling 7:30 PM Living by Heart	17 12noon Soup Group 7:30 PM Standing Committee	18 1PM Membership Committee 7PM Tibetan Buddhist Meditation	19 6PM Penultimate Potluck	20 10AM-2PM Knitting Re- treat (see p. 8) 8PM Contra Dance
21 10:30 AM Worship 7:30 PM Buddhist Meditation	22 2:00 PM Knitwits	23 8:30AM Yoga 9:45 Yoga w/Pat 7PM-Juggling	24 7:30 PM Sacred Cakes	25 7PM Tibetan Buddhist Meditation	26 April Perspective Deadline	27 9:30AM Orientation to First Parish 10AM Bike Drive
28 10:30 AM Worship 7:30 PM Buddhist Meditation	29 2:00 PM Knitwits	30 8:30AM Yoga 9:45 Yoga w/Pat 7PM-Juggling	31	1 7PM Tibetan Buddhist Meditation	2 	3 9AM CARE DAY