



The First Parish in Portland, Maine Unitarian Universalist

A Welcoming Congregation in the Heart of the City



We worship together
every Sunday at
10:00 am Join us!

Sunday Bulletin

January 15, 2012

*The Mission of First Parish:
Nurture the Spirit, Grow in Community
and Help Heal the World*

425 Congress St. Portland, Maine 04101 207-773-5747 www.firstparishportland.org office@firstparishportland.org

First Parish & You

Faith in Action Meeting TODAY!

Basement Community Room, 11:30am

On Sunday, January 15th, immediately after coffee hour, we invite you to join us to hear more details about the projects already underway and to brainstorm about projects we could add to this list. Come help us serve our community and our neighborhood.

First Parish Book Group Meets January 16th

(note the new date)

The next meeting of the First Parish Book Group will be on Monday, January 16th at 7pm at First Parish. We will be reading Night of Many Dreams by Gail Tsukiyama. All are welcome! FMI: Mary Wheeler, maryalisonwheeler@yahoo.com.

Calling All Men to the Men's Luncheon January 18th

Please contact David Burns at drburns78@myfairpoint.net or 892-1381 if you will be attending this month's luncheon. Men's Luncheons begin at noon, and include camaraderie, homemade food and discussion. All, young and old, are welcome to attend.

First Parish Family Fun Night January 20th

On January 20th we will be having the first of our Winter Family Fun nights! Join us from 5pm-8pm for games and a potluck dinner in the Parish Hall. Families of all shapes and sizes are invited to come! For more information, contact Allison Gammons, Director of Religious Exploration: allisondre@gmail.com

Soup's On At Young Adult Brunch, January 22nd

Now that winter is here, soup is on us this month. Please join fellow First Parish folks 18-40 for brunch at the Public Market House following the service on Sunday, January 22. Drop by or stay awhile between 11:30am-1pm at 28 Monument Square, second floor. Children and friends are welcome. The Young Adult Group will cover the cost of delicious soup options (veg, gluten-free, etc) from Kamasouptra. FMI email Carolyn, carolyn.barschow@gmail.com.

Since 1674, we have aspired to be a
"Warm and Welcoming Place in the
Heart of the City."

Welcome!

Please join us for refreshments and conversation in the Parish House following our service and sign our guest register.

We are a non-creedal faith community, encouraging folks to explore in their own way and at their own pace.

On the first Sunday of the month, we invite newcomers to join us after the service for lunch with the Minister, conversations about membership and First Parish history.

Rev. Christina Sillari's Office Hours:

Rev. Sillari's office hours are:

Tuesdays, 10am-2pm

Thursdays, 2pm-6pm,

and by appointment.

Please contact the First Parish Office to make an appointment with Rev. Christina.

January 8, 2012

Attendance: 236 RE: 49

Share the Plate: \$368.88

***Please keep in mind that we need
food and flowers throughout the
year!***

***Thanks to Stone McFarquhar,
Sue and Vinnie Veligor, and any
others who kindly contributed
food and refreshments for
fellowship hour today!***

It is much appreciated if you can sign up for future weeks [at the opportunity table] or contact Wendy Stanley at (207) 899-2530 or

gwsgance@yahoo.com. We would love to acknowledge you in the bulletin!

***This week's flowers are dedicated
to Nancy B. Stewart, a long-time
member of First Parish.***

Sunday January 15th Service

Maitri

Reverend Christina Sillari

Sunday January 22nd Service

Our Potential Space

Elizabeth Chapman

Thursday January 19th Noonday Concert: Timothy Burriss, lute; Timothy Johnson, tenor

Please Join Rev. Christina and Members of the Governing Board for the Discussion at One of Our Upcoming Congregational Meetings in the Basement Community Room after the worship service on

Sunday January 29 and Sunday February 12

Due to the wonderful First Parish renaissance of the past year, we have had a surge of people attending Sunday Service. The resulting growth in membership requires unprecedented change for both First Parish and its members. Through education, input from the UUA and regular congregational feedback, the leadership is now in a place to articulate a framework to support necessary development for First Parish. Please plan to join us at one of the meetings, where we will "honor the past," present a succinct summary of First Parish's current governance, by-laws and culture, then present a broad strategy for achieving our mission and vision. Most importantly, there will be a lot of time for all of you to ask questions, share your experiences and make suggestions.

Join Guest Speaker David Kubiak for a Discussion and Experience of "Conspiracy"

Sunday January 22nd 11:30am in upstairs classroom 3

Through discussion and direct experiment, David will lead the group in exploring the phenomenon of synchronized group "conspiracy" - its historic roots, spiritual force, political power and evolutionary potential for our age. Learn how conjoining our breath, pulse and neural rhythms can help us experience our essential unity with each other and the planet's energies. Discover how these ancient mind sync technologies can be used today to empower grassroots politics and reconnect us to the Earth. Session will include videos, music and group "conspiration" and will begin following worship service. **Please let Emily in the office know if you will be coming: 773-5747.**

Centering Through Sung Prayer with Nancy Bowker

Monday nights 7pm-8pm in the Meeting House

January 30th Feb 6th Feb 13th, \$60*

***Scholarships available - please contact Rev. Christina**

Come explore the power of prayer through deep listening and authentic expression; through silence, sound and words. Enter the living stream of prayer and be welcomed into a deeper communion with the self, each other, and the Source of prayer. In solitude and community, we will share an experience of our own sung prayer.

"Sung prayer with Nancy is one of the most powerful spiritual experiences I have encountered in a long time."

- Rev. Christina Sillari

Unitarian Universalist Parenting/ Parenting as Spiritual Guides Workshop

This spring we will be offering a workshop mini-series on "UU Parenting" to explore the role of parents as spiritual guides, and the unique challenges that can come with raising a Unitarian Universalist child.

If you are interested in learning more about this group, or think you would like to participate, please contact Allison Gammons, Director of Religious Exploration (allisondre@gmail.com) by January 30th. The times and dates, as well as the number of sessions in the series will be determined based on the availability and preferences of those interested in participating. The UU Parenting mini-series will begin in mid-February or early March and is open to parents and other adults who find themselves in a parenting role.

Calling all Atheists, Agnostics, Theists, Deists and Seekers!

Please join Reverend Christina for a conversation about God.

Wednesday February 8th

6:30-8:30pm

Please let Emily in the office know if you will be coming.

office@firstparishportland.org 773-5747

JOBS JOBS JOBS!

If you have small jobs with which you would like some assistance, and/or if you are aware of any employment opportunities in the community, please contact Reverend Christina.

First Parish Shares the Plate!

Our Share The Plate partner for January will be the "Neighborhood" Faith in Action initiative that the congregation voted to pursue during last May's annual meeting. Neighborhood Faith in Action projects that will be supported by these funds include the restorative justice center we are scheduled to open here at First Parish early in 2012, the monthly neighborhood dinners held in our basement community room, the Portland High School tutoring project, and the Safe Harbor project that supports our Burundian friends who are seeking political asylum. We are thrilled to have so much going on in our neighborhood this year for which these funds will go to great use. Thank you in advance for your generosity.

Chalice Group Sign up is going on!

Groups are getting started!

Call Emily in the First Parish office to sign up: 773-5747

Group options:

Daytime group: 1st Tuesday of each month 11:30am -1pm.

Evening group: 3rd Wednesday of each month 6:30-8pm

Buddhist group: 2nd and 4th Monday of each month 7-8:30pm

Couples' group: 3rd Sunday of each month 7-8:30pm

Young Adults' group: 2nd Wednesday of each month 7-8:30pm

Young Women's group: 3rd Sunday of each month 4:30-6pm

If you're interested in joining a group but the times listed don't work for you, call Emily, and tell her what would work for you. Perhaps we can make it happen soon!

Week at a Glance

**For Complete Calendar
visit**

www.firstparishportland.org

Saturday January 14th

Let's go to Burundi! 10am

Sunday January 15th

Faith in Action Mtg 11:30am

Pageant Post-Production

Mtg 1:30pm

Monday January 16th

Mindfulness Meeting 6pm

Book Group Meeting 7pm

Tuesday January 17th

Governing Bd Mtg 6:30pm

Weds January 18th

Tai Chi 9am, 6pm

Men's Luncheon 12pm

Chalice Group

Thursday January 19th

Noonday Concert 12:15pm

First Parish Trustees Mtg

Music Theory Class 6:30pm

Choir Rehearsal 7:10pm

Friday January 20th

RE Family Fun Night 5pm

Saturday January 21st

Pastoral Care Team Retreat

9:30am

Sunday January 22nd

Young Adults Brunch 11:30a

Conspiracy Discussion 11:30a

Here at First Parish

Ron Carroll and Friends will present a tribute to Scott Joplin & Al Jolson on Sunday, January 29, 2pm in the First Parish meeting house. Tickets are \$10, available at the door. The snowdate is February 12. All funds raised will assist a member of the Portland community, Pastor Scott Linscott, with medical costs as he awaits a liver transplant.