

Week at a Glance

For Complete Calendar, visit  
[www.firstparishportland.org](http://www.firstparishportland.org)

Friday January 20th

RE Family Fun Night 5pm

Saturday January 21st

Pastoral Care Team Retreat  
9:30am

Sunday January 22nd

Goals Alignment Task Force Mtg  
9am

Young Adults Brunch 11:30am  
Conspiracy Discussion 11:30am

Monday January 23rd

Mindfulness Meeting 6pm  
Buddhist Chalice Group (off-site)  
7:30pm

Tuesday January 24th

Preble Street Soup Kitchen  
4:15pm prep  
5:45pm serve  
Finance Council Meeting 7pm

Wednesday January 25th

Restorative Justice Training 9am  
Tai Chi 9am, 6pm

Thursday January 26th

Noonday Concert 12:15pm  
Music Theory Class 6:30pm  
Choir Rehearsal 7:10pm

Sunday January 29th

Congregational Meeting 11:30am  
Benefit Concert for Rev. Linscott  
2pm

**Rev Christina Sillari's  
Office Hours**

**Tuesdays 10 am-2 pm  
Thursdays 2 pm-6 pm  
and by appointment**

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

You white people are so  
strange. We think it is very  
primitive for a child to have only  
two parents.

Australian  
Aboriginal Elder

**Noonday Concert  
Thursday,  
January 26, 2012  
at 12:15pm**

Laura Kargul, piano, and  
Ronald Lantz, violin, will  
play works by Boulanger,  
de laPresle, Fauré,  
Mendelssohn and Franck



*The First Parish in Portland, Maine  
Unitarian Universalist*

A Welcoming Congregation in the Heart of the City

*Sunday  
Bulletin*  
Jan 22, 2012

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



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

Since 1674 we have aspired to be a  
"Warm and Welcoming Place in the Heart of the City"  
We are a non-creedal faith community encouraging folks to explore in  
their own way and at their own pace.

*Sunday January 22nd  
Service*

Potential Space  
Elizabeth Chapman

*Sunday January 29th Service*

Music Sunday  
**Voices from the  
Congregation**

**Last Sunday  
(January 15, 2012)**

Attendance 236  
Religious Exploration 40  
Share the Plate \$311.75

**This week there will be a  
Children's Chapel. Children  
and Youth will begin  
downstairs in the  
Community Room.**

We welcome your thoughts on this new Sunday Bulletin: style,  
design and layout. One of our newest First Parish members is  
applying his talents to this week's Bulletin as a trial effort. We  
would like to know what you think. Please call or email Emily in  
the office with feedback! 773-5747 OR  
[office@firstparishportland.org](mailto:office@firstparishportland.org)

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

Sunday January 22nd 11:30am in upstairs Children's Chapel

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 "conspiracy" and will begin following worship service.

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

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.

**First Parish & Community Notices**

Are You a Keyholder?

Do you have a key to First Parish?  
If you do, and you use it only infrequently (less than once per week), please speak with Emily in the office. We need to collect extra church keys, and to make a new list of all of the church keyholders.



**If at first you don't succeed,  
destroy all evidence that you tried.†**

**Did You Know First Parish Can Provide Childcare?**  
**If you will be attending a meeting or event here at First Parish, and your child is in 4th grade or younger and will be here at the church, please contact Allison Gammons: [allisondre@gmail.com](mailto:allisondre@gmail.com) in advance and she will set up childcare.**

### First Parish Book Group: Next Meeting February 13th

The next meeting of the First Parish Book Group will be on Monday, February 13th at 7pm at First Parish. We will be reading *Brideshead Revisited* by Evelyn Waugh. During our March discussion, each of us will bring our favorite Mary Oliver poem to share. All are welcome!  
FMI: Mary Wheeler, [maryalisonwheeler@yahoo.com](mailto:maryalisonwheeler@yahoo.com).

### 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.

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



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

Thanks to Wendy Stanley, The Blom family, Stone McFarquhar and anyone else who kindly brought today's refreshments!

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](mailto:gwsgance@yahoo.com). We would love to acknowledge you in the bulletin!

Flowers are given today by Audrey and Irving Williams in memory of and in celebration for the life of James Browne and the love he had for our sister, Lucy Williams Browne.

Achievement - You can't make a place for yourself under the sun if you keep sitting in the shade of the family tree.

### Centering Through Sung Prayer with Nancy Bowker

Monday nights 7pm-8pm in the Meeting House

January 30th, Feb 13th, and Feb 20th, \$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

**The Southern Maine Agency on Aging** is offering a six-session workshop for adults of all ages who have ongoing health problems or who care for people who do. The workshops will take place on Thursdays from 1-3:30 from February 2-March 8 at the Harbor Terrace 284 Danforth Street. \$10 suggested donation for the 6-week series.

Call or email Jessica LeBlanc with questions or to sign up: 396-6583 [jleblanc@smaaa.org](mailto:jleblanc@smaaa.org)

### **Are UU a Great Communicator?**

If you have web-site skills, are willing to help with PR and would enjoy connecting with our wider Unitarian Universalist community, First Parish needs you! We are seeking several people to serve on the Communications Council. Please e-mail Bette Brunswick at [bettejnb@yahoo.com](mailto:bettejnb@yahoo.com) for more information. Thank you for considering this most important ministry at First Parish.

### **Mrs. Kim's Mitten Bag**

For a few years now, members and friends of First Parish have donated mittens and other warm winter clothing to be given to the grammar school on Munjoy Hill. "Mrs. Kim," a teacher, is Sylvia Skillin's daughter, and tells us that many children come to school without adequate warm clothing. Last year, we scoured GoodWill and Salvation Army for children's jackets and other cold weather items. Beautiful hats, scarves and mittens were made by several parishioners. We hope you'll help us bring some warmth to others! Look for a bag or basket in the Parish Hall on Sundays. We look forward to your contributions! Please contact Joan Stanton if you have any questions: 767-5655

### **Does someone you love have Alzheimer's or dementia?**

UU Church of Kennebunk is offering a session for families, friends and professional caregivers, healthcare providers and counselors who are learning about the illness: Saturday February 18th, 12:30-4:30 Healing Moments  
Alzheimer's/Dementia Education and Advocacy will present Meet in the Moment: Communicating Effectively and Connecting Deeply with Persons with Alzheimer's and Dementia. The program weaves together basic information about Alzheimer's disease with quality of life issues for persons with Alzheimer's and their caregivers, as well as explorations of the spiritual dimension of healing. Program fee is \$25, payable the day of the event. To register, or for more information call Sally Keene (207) 985-8044, or [sjpk@roadrunner.com](mailto:sjpk@roadrunner.com). Include in your response: Name, email, congregation, phone number and cell phone number.

The real measure of our worth is how much we'd be worth if we lost all our money.

### **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.**

Adolescence - When children start bringing up their parents.

Adolescence - A time of rapid change. Between the age of 12 and 17 a child may see his parents age 20 years!

Advice - "Be yourself" is about the worst advice you can give to some people.

Advice - Most of us find it impossible to take advice from people who need it more than we do!

Advice - Giving advice to the poor is as close to charity as some people get!

Advice - Marriage is the most expensive way to get advice for nothing.

Advice (Free) - The best things in life are free and so is the worst advice!

### **Chalice Group Sign Up is going on!**

Groups are getting started, and some are filling up! Call Emily in the First Parish office to sign up: 773-5747

#### Group options:

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

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 Wed 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!

One of our Wednesday evening Chalice Groups has already reached capacity. We are keeping a waiting list, and working on launching an additional group shortly. Stay tuned for news.

### **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](mailto: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.

***Ambition - Don't wait for your ship to come in if you haven't sent one out.***

***Ambition - The rewards for ambition in most countries are High Taxes!***

***Anger - People who fly into a rage always make a bad landing.***

***Anger - The size of a man is measured by the size of the thing that makes him angry (oh kids love this one - 'you are tiny dad!')***

***Anger - Every time you give someone a piece of your mind you make your head a little emptier!***

**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.

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

**Please join Reverend Christina for a conversation about God.**

**Wednesday February 8th at 6:30-8:30pm**

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

**[office@firstparishportland.org](mailto:office@firstparishportland.org) 773-5747**

### **Newcomer Lunch**

On the first Sunday of every month, we invite newcomers to join Rev. Christina Sillari for a light lunch and conversation as a way of learning a bit more about our community. Bring your coffee downstairs to the Basement Community Room. Our next Newcomer Lunch will be on Sunday February 5th.

That’s the difference between me and the rest of the world! Happiness isn’t good enough for me! I demand euphoria! – Calvin

The reasonable man adapts himself to the world; the unreasonable one persists in trying to adapt the world to himself. Therefore all progress depends on the unreasonable man. – George Bernard Shaw

### **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.

*See all these “serious” meetings and lunches and discussions and...*

*How come they all turn out to be fun?*