

First Parish in Portland, Unitarian Universalist
is a member congregation
of the Northern New England District
of the Unitarian Universalist Association.

The Unitarian Universalist Association (UUA) is a religious organization that combines two traditions: the Universalists, who organized in 1793, and the Unitarians, who organized in 1825. They consolidated into the UUA in 1961.

Both groups trace their roots in North America to the early Massachusetts settlers and to the founders of the Republic. Overseas, their heritages reach back centuries to pioneers in England, Poland, and Transylvania.

Each of the 1,041 congregations in the United States, Canada, and overseas are democratic in polity and operation; they govern themselves. They unite in the Association to provide services that individual congregations cannot provide for themselves. Each congregation is associated with one of the UUA's 19 districts.

Unitarian Universalism is a liberal religion with Jewish-Christian roots. It has no creed. It affirms the worth of human beings, advocates freedom of belief and the search for advancing truth, and tries to provide a warm, open, supportive community for people who believe that ethical living is the supreme witness of religion.

There are seven principles which Unitarian Universalist congregations affirm and promote:

- The inherent worth and dignity of every person;
- Justice, equity and compassion in human relations;
- Acceptance of one another and encouragement to spiritual growth in our congregations;
- A free and responsible search for truth and meaning;
- The right of conscience and the use of the democratic process within our congregations and in society at large;
- The goal of world and community with peace, liberty and justice for all;
- Respect for the interdependent web of existence of which we are all a part.



*The First Parish in Portland, Maine
Unitarian Universalist*

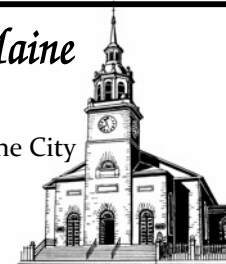
A Welcoming Congregation in the Heart of the City

**Sunday
Bulletin**

January 29, 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 29th Service

Sunday February 5th Service

Music Sunday

Islam

Voices from the
Congregation

Reverend Christina Sillari

Noonday Concert Thursday February 2nd, 12:15PM

Les Sorciers Perdus with Mark Tipton, trumpet

Facts and Figures from Sunday January 22, 2012

Attendance: 207

Religious Exploration: 22

Share the Plate: \$224.53

This week, there will be a Children's Chapel.
Children and youth will begin downstairs in the
Basement Community Room.

Worship Service Information

Our Music Sunday service will include readings and sermonettes by members and friends of First Parish, as well as ministry through music offered by musicians in our midst. Please read on for information on those involved in aspects of the service.

Linda Atherton

Born in Elvis country, raised in Arkansas, Linda is a musician, artist, and writer, who transplanted to Maine at 40 to go to art school. She is grateful to be a part of First Parish and loves singing with the choir.

Anna Noyes Benoit

Anna Noyes Benoit came through the doors of First Parish 61 years ago in a baby basket. She has a Masters in Social Work and works with cancer patients at Maine Medical Center. She is the mother of five and has six grandchildren.

A. Jan Berlin

Jan Berlin has sung with many choral groups and has been a soloist with the Portland and Bangor Symphony Orchestras. He is currently working on a concert of Brahms songs and the Poulenc *Gloria* with the Choral Art Society to be given March 13th with the PSO.

Louise Berlin

Louise Berlin attended First Parish in the 1990's after moving from Cleveland to South Freeport with her husband, Jan. They recently moved to Portland. She is Executive Director of the Maine Higher Education Council and has a consulting and grant writing business—Grant Partners of New England.

Greg Dismore

Greg Dismore names as a pivotal moment in his four years as a member of First Parish the instance when Terry Foster, then our Music Director, made an announcement during a worship service saying that if you could match a pitch, he wanted you in the choir. Feeling that this gave him permission to sing here at First Parish, Greg has been an enthusiastic member of the choir ever since; he also serves on the Worship Committee, and thoroughly enjoys being a member of the First Parish community.

Worship Service Information

Nipper Harding

Nipper lives and works in Yarmouth, and together with his wife Mettie, came to First Parish two years ago. Nipper sings in the choir and is on the Music Committee.

D'Vorah Kelley

A long time UU, D'Vorah Kelley recently joined the choir here at First Parish; she also sings with the Harbour Singers, a Hospice singing group based at the UU church in Saco. A 2010 graduate of The Chaplaincy Institute of Maine (ChIME), a two-year interfaith program here in Portland, she does guest pulpit ministry at UU Churches in New England.

Andrew Sawyer

Andrew Sawyer is a resident of Portland. He has a Bachelors of Art in cello performance from the State University of New York-Geneseo. He enjoys playing on Sundays at First Parish.

Amber Sellers

“Tears in Heaven,” by Eric Clapton is a song that Amber Sellers last sang in a choir of which she was a member during college, which she attended in California. Amber lived in California for 14 years. She is happy to have the opportunity to sign this song again here at First Parish.

Mettie Whipple

Mettie began singing again in 2007 after a 35 year hiatus, and just last year learned to sing duets with her husband, Nipper Harding. She finds great joy in hearing the harmony and resonance of sound between two voices!

On Sunday January 22nd, Elizabeth Chapman gave a sermon entitled “Potential Space.” Please read on for Elizabeth’s brief bio.

Elizabeth Chapman lives in Cumberland with her husband and her 15 year old son. She has a small architectural practice and teaches college and continuing education courses on the visual arts through the lens of neuroscience. Ms. Chapman looks forward to forging connections with First Parish members through shared ideas and mutual support.

Worship Service Information

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 fellowship in the Parish Hall following today’s worship service.

Our thanks to Linda Blue, Colleen Sanders, the Jacoby-Roberts Family, Stone McFarquhar, and any others who kindly contributed food and refreshments for fellowship hour today.

Flowers are given today by Betty Hutchinson and the Hutchinson family in memory of the Reverend William F. Hutchinson.

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

It is much appreciated if you can sign up for future weeks (sign-up sheet is near the opportunity buffet in the Parish Hall) or contact Wendy Stanley at 207-899-2530 or gwsgance@yahoo.com for donation of refreshments, or Nancy Bills at 767-1109 or nancybills@msn.com. We would love to acknowledge you in the bulletin.

Upcoming First Parish Activities

Please Join Rev. Christina and Members of the First Parish Governing Board for Discussion at One of Our Upcoming Congregational Meetings

in the Basement Community Room after the worship service on TODAY 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.

**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.

First Parish Family Fun Night Returns in February!

On February 25th we will be having the second of our Winter Family Fun nights! Join us from 5PM-8PM for a pajama party and 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

Ongoing First Parish Activities

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.

Next First Parish Neighborhood Dinner is Sunday February 5th. Will You Help Us?

Volunteers sought for two shifts for the Sunday 2/5 Neighborhood Dinner:

Meal prep and cooking (2-5pm);
Serving and clean-up (5-7pm).

Contact Marge Stockford, mstockford@maine.rr.com, 619-7133 to get involved. It's a great way to be in true community!

Next Meeting of the First Parish Book Group Monday February 13th, 7PM at First Parish

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. In March we will be reading and discussing The Little Friend by Donna Tartt. All are welcome!
FMI: Mary Wheeler, maryalisonwheeler@yahoo.com.

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

First Parish Announcements

First Parish Junior Choir Forming

January 29th at 9AM we will have the first Junior Choir rehearsal, conducted by Lynne Beasley. All children grades 3-8 are welcome. This is a great opportunity to work with an accomplished youth choir conductor!

Bulletin Feedback Requested

We welcome your thoughts on this new Sunday Bulletin: style, design and layout. This week's Bulletin incorporates the feedback we received by telephone and email after last Sunday's service. We appreciate your willingness to take the time to offer your thoughts on what works for you, and what doesn't; and what information is most helpful to you in our Sunday Bulletin. Please call or email Emily in the office with feedback! 773-5747 office@firstparishportland.org.

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.

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 for more information. Thank you for considering this most important ministry at First Parish.

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 be aware of all of the church keyholders.

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 in advance and she will set up childcare.

First Parish Announcements

Sheets and Bowls and Furniture Oh My!

Friends of First Parish who are new to our community are working to set up homes in the area. If you have any of the following items that are no longer needed in your household, and that you would be willing to offer to those in need, please contact Emily in the office: 773-5747 or office@firstparishportland.org:

- Queen-size sheet sets
- Full-size sheet sets
- Kitchen table
- Winter boots
- Cooking pots and pans

Share the Wealth? (of bus tickets, that is)

Did you purchase a Sunrise Guide this year? Are you using all of the transportation discounts that are offered in the guide? If not, please consider dropping off transportation-related coupons from the Sunrise Guide in the First Parish office (or in the mailbox of Emily, our Congregational Administrator—located in the closet across from Rev. Christina's office). We would love to be able to share them with members of our community who use the bus as their primary mode of transportation!

Good Drivers Needed!

Many elders within our congregation cannot attend Sunday morning worship either because they do not have a car, or because they are not able to drive. Rides are needed to and from church for people living in Portland and neighboring towns. This is an important ministry to First Parish. Please contact Rev. Henry Warren at hwarren@maine.rr.com if you can help out.

Some of our Burundian friends need transportation during the week to get to medical appointments, a cafe for a cup of coffee and relaxed conversation, job interview, grocery shopping or to attend worship on Sundays. This is an opportunity to be in relationship with our amazing friends from Africa. Please contact Kitty Coughlin at 767-4614 or catherine.m.coughlin38@gmail.com if you can help in this way.

Community Announcements and Events

Benefit Concert Today, 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.

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 at the First Parish Unitarian Universalist Church of Kennebunk.

The program weaves together basic information about Alzheimer's disease with quality of life issues for persons with Alzheimer's and their caregivers, family, and friends, as well as explorations of the spiritual dimension of healing and finding meaning in the face of a presently incurable illness. Program fee is \$25, payable the day of the event. Please register early, as space is limited. To register, or for more information call Sally Keene 207-985-8044, or sjpk@roadrunner.com. Include in your response: Name, email, congregation, phone number and cell phone number

Upcoming Southern Maine Agency on Aging Workshop

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

Additional First Parish & Community Events & Announcements

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

Burundi: The Heart of Africa a Meeting at Hope.Gate.Way Church

Sunday, February 12 | 3-5 pm | 185 High Street, Portland

On Sunday afternoon, February 12, 2012, from 3-5 pm, Families & Friends of Burundi, a newly-formed Portland-based group, will host an educational and cultural event to introduce the public to the current genocidal situation in Burundi.

In addition to an overview of the current situation, members of Families & Friends of Burundi will offer personal stories, share music and cultural items, and provide delicious food prepared by a Burundi chef. Donations will be gratefully received.

Nametags! Are You Wearing One?

Please wear a nametag (per very nicely worded request of the minister). If you do not have a permanent nametag, please use a sticky nametag for today. Our ushers can assist you with information about getting a permanent nametag.

Chalice Groups! Have You Joined One? Interested?

Two First Parish Chalice Groups are still open: A Young Women's Group that meets on the Third Sunday of each month 4:30-6PM, and a Chalice Group that meets on the Second Wednesday of each month 7-8:30PM. Please contact the First Parish office to register!

Reception to Honor the Memory of Eleanor Parker Merrill TODAY Sunday January 29th | 2PM-5PM | 716 Stevens Avenue, Portland

The family of longtime and beloved First Parish member Eleanor Parker Merrill will be hosting a reception in her honor TODAY, January 29 from 2PM-5PM at the Parker Pavilion on the Portland campus of the University of New England. She passed away at her home on January 17, 2012 at the age of 95. In accordance with Eleanor's wishes, there will be no memorial service.

Week at a Glance

For Complete Calendar, visit
www.firstparishportland.org

Saturday January 28th

Carter/Rock Wedding (rental) 3PM

Sunday January 29th

Goals Alignment Task Force Mtg 9AM

Congregational Meeting 11:30AM

Benefit Concert for Rev. Linscott 2PM

Offsite Reception for

Eleanor Parker Merrill 2PM

Monday January 30th

Mindfulness Meeting 6PM

Centering Through Sung Prayer with

Nancy Bowker 7PM

Tuesday January 31st

Middle Eastern Drumming Class

(rental) 5:30PM

Wednesday February 1st

Tai Chi 9AM, 6PM

Thursday February 2nd

Noonday Concert 12:15PM

Music Theory Class 6:30PM

Choir Rehearsal 7:10PM

Friday February 3rd

Director of RE Cluster Meeting 10AM

Sunday February 5th

Neighborhood Dinner 5PM

Reverend Christina Sillari's Office Hours

**Tuesdays 10AM-2PM
Thursdays 2PM-6PM
and by appointment**

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

First Parish Office is Open

Tuesdays 9AM-2PM
Wednesdays 9AM-2PM
Thursdays 9AM-6PM
Fridays 9AM-2PM

Contact Us:
773-5747

office@firstparishportland.org

Do you have an
announcement or article
you would like to submit
to the
Sunday Bulletin (weekly), or
Stone Soup (monthly)?

Please submit content to:
office@firstparishportland.org

Content due by:
Wednesday 12PM for the
Sunday Bulletin

The 15th of the month for
the following month's
Stone Soup!