



NEWS OF THE UNITARIAN UNIVERSALIST CHURCH OF READING

December 19, 2011

Worship Services

Saturday, December 24, 2011 - Two Christmas Eve Services

Join us for this sacred evening of story, carols, and hope renewed.

5:30 PM Family Service—An interactive child-friendly service suited to families and children who might need to wiggle a bit. The service will include the telling of the Nativity Story and our annual pageant. The UUCR Choir will sing.

As an opportunity to help our children reach out beyond themselves on Christmas Eve, we are requesting that each child please bring new or lightly used hats, mittens, gloves, warm socks, and pullovers to the 5:30 PM service for our special collection of clothing for local children in need.

7:15 PM Traditional Candlelight Service—Join us for a reflective service of carols and readings, ending with the traditional candle lighting and passing of the flame. The UUCR Adult Choir will offer selections, including the long-standing choral benediction of the "Hallelujah Chorus."

From the money donated at both of our Christmas Eve services sixty percent will be given to the Food Project to fund Community Supported Agriculture in Lynn, Massachusetts by funding Lynn CSA memberships which will provide a healthy supply of sustainably grown, fresh vegetables, flowers, and herbs to Lynn CSA participants. Forty percent will be given to our established UUCR fund, "We Care" for disbursement to members and friends of the UUCR who are in need, the mission being to help our church family with the occasional gift of a food card, a Visa cash card, a retail store card, or a gas card. Kindly make checks payable to "UUCR" line item note Lynn CSA/UUCR We Care.

Ushers

5:30 PM - Sam Beckwith, Calley Beckwith, Dru Wood-Beckwith, Geoff Beckwith

7:15 PM - Sara Bettencourt, Stefany Cunningham, Ann Fisher, Nate Fisher, Adam Fisher

Altar Flowers

Our Altar is adorned with poinsettias gratefully received by members and friends.

Sunday, December 25, 2011

Sunday Morning Christmas Day Worship Service**One Service Only at 9:15 AM with Rev. Tim**

Join Rev. Tim at 9:15 AM for a simple, meaningful Christmas morning service of contemplation and joy. Music by Alex Gordon and our guest classical pianist from Ukraine, Dasha Bukhartseva.

Children

9:15 AM Child care and playschool for infants through 1st grade.

Ushers

9:15 AM - Lisa Wright and Nigel Wright

Welcome Table

9:15 AM - Needed

Coffee Makers

9:15 AM - Needed

Altar Flowers

Our Altar is adorned with poinsettias received this holiday from UUCR members and friends

Schedule of Worship Services

Sundays 9:15 and 11:00 AM

Children's Classes at 9:15 AM only; infant and toddler child care at both services.

Our full service schedule can be found on our [Upcoming Services page](#).

Featured News

Please Welcome Back Dash Bukhartseva for the Second Year as She Performs on Sunday, December 25th

Special music on Sunday, December 25, will be provided by Dasha Bukhartseva. Dasha's home town is Odessa, Ukraine. Dasha didn't start taking piano lessons until she was 8 years old, and then she had to practice on a paper keyboard her mother had made because they couldn't afford a piano. However, only three months later she had won her first competition. She seemed to thrive on competitions, winning one in Paris which she understood was for children, but was in fact for adults! She was invited to play at concerts designed for foreign visitors to Odessa, which is where Janet Nussmann and Bob Cary first heard her in 2006. Other travelers heard her also, understood her talent, and spontaneously took up the cause to help Dasha get further training--and so Team Dasha was born. The following two summers she participated in the Aspen Music Festival, appeared twice on the NPR Program From the Top (a showcase for young classical musicians), and then she went to New York City to take her senior year at the School for Young Performers (where she aced her classes and was chosen to play at graduation). During this time she was also participating in the Juilliard pre-college program and studying for her college auditions. She is currently a junior at the Peabody Conservatory in Baltimore--and still acing her courses.

Worship Notes

Poinsettias

Thank you for your donations and dedications. Enjoy the beautiful display of poinsettias at our Christmas Eve Services but please remember that all plants will remain on the altar through our January 8 services at which time thriving plants will be delivered to homebound friends and members. Thank you. Rosemary

Caring and Sharing Coordinator

December 2011

Caring and Sharing Coordinator for Month



The Caring and Sharing coordinator for December is Francesca Auciello. Francesca can be reached by [email](#). Looking ahead the caring and sharing coordinator for January 2012 will be Ann Mottl who can be reached by [email](#).

Intern Minister's Messages - December 12, 2011

Dear Friends,



You know we are in high winter holiday season at UUCR now! We have special activities and special worship services this month, including a vespers service, pagan-honoring solstice worship, and the traditional Christmas eve services. The latter honor the birth of Jesus of Nazareth, whose life gave us a vision of how one could live a radically inclusive, activist oriented life based in the primary commitment to love what is bigger and beyond us, and to love our neighbors and our enemies as we do ourselves. Including those of us who are in any way outcasts or marginal: the lame and blind, women, those with mental health

challenges, sexuality minorities... all people can be welcomed at our table in the feast of life.

One of the most important services of the season, indeed of the year, though, is "none of the above". It's our traditional "When the Holidays Hurt" service that will be held this coming Sunday afternoon. As many of us know, this time of year can be especially hard. If we have suffered a recent or very deep loss, are living with depression or other mental health challenges, or have substance abuse issues, among other circumstances, this month can be very hard. For this is the season of happiness, and our culture relentlessly refuses to acknowledge the co-existence of pain in it's celebratory seasonal dance. Reverend Tim's service, in contrast, will acknowledge this, and will be a rich worship experience.

I won't see you at the Christmas Eve services: it will be the last Christmas Eve I spend with my family, since I am going to be ministering in another congregation, I trust, once I finish here at UUCR. But I will be thinking of you all, and wishing you all deep peace in this season.

Director of Faith Development's Messages - December 13, 2011 - Just a Few More



Continued observations from the Interim Director of Faith Development:

We are imagining a place that we can call home

...that place that catches us when we fall (and we all fall).

We are imagining a place where we belong

...a place that asks us to bring out whole self and engage with spirit, each other, and the world.

We are imagining a place where we take care of each other

...by discovering the joy of caring and giving deeply as a means to the end and an end to the means.

The UUCR community is in the wonderful thick of the holiday season. And in the center of that wonderful and somehow fondly stressful thick, have you heard the hark of the

angels? The angels are your peer leaders of the Faith Development Committee. The angels are the children who not only utterly depend on you, but trust you because of that home, place of belonging, and caring community you have steadfastly created. The angels are....YOU who find your place to put your unique touch of talent and love into vibrant lifeline of this congregation.

The Faith Development Committee takes its charge seriously to consider how to provide the best possible experience for children. Two crucial guiding principles have come to define what this means:

First is that children deserve to be with adults who choose to be with them. We live into our dream of being a beloved community when connect our deepest passion to joyfully taking care of our children.

Secondly, to best care for children, we are compelled to take care of their guardians. It is up to us – those who are unencumbered, those who are emancipated from parenting, those who have stories to share. We are the ones to give parents rest, to give them a space to reflect and grow at a time in their life when they may (desperately) need it. We are the ones to be able to tell them all the ways their child is unique and wonderful and doing just fine. Because sometimes, gosh knows, we are not sure.

Many of this year's teachers ARE parents. They have enjoyed being a leader in a group that their child is not not. They have enjoyed instantly expanding their flock and greet them warmly each week. The experiment of not "requiring" parents to teach has been ripe with anticipation, hope, and wonder. In making a profound commitment to children to It has been a bold move to somewhat test the sentiment of the congregation and its voiced commitments. Just half a dozen more folks are needed to complete the Faith Development Explorations teaching teams for "Term 2." After a very successful and fun "Term 1," we are confident in the ways that the experience of being a teacher is fulfilling, fun, and in no way a "duty."

It is understood that each of you will find your own, meaningful way to join one of the many teams at UUCR. If teaching isn't exactly your "thang," could you take a moment to look around you and encourage someone you think would be just perfect to be a Faith Development Exploration teacher?

In faith,
Anne

President's Messages - December 19, 2011 - Representative Democracy



Hi everyone. I have lately been pondering a question that was posed to me within the past few years here at UUCR. "How can we be a democratic organization when we're structured like a hierarchy?"

I think the simplest answer is that, like the United States government, we are a representative democracy. The congregation elects the members of the Governing Board and, in so doing, entrusts the Board to act on its best behalf. As a Unitarian Universalist organization, democracy is explicitly called out in our 5th UU principle which we affirm and promote: "The right of conscience and the use of the democratic process within our congregations and in society at large".

At this point in UUCR's history, our church is a Program-size Congregation and we have put in place much of the infrastructure needed to support our size. But there are many remnants of the culture of the Pastoral-sized Congregation, and even of the Family-sized Congregation, that we once were. One such remnant is some assumptions related to our decision making process. When we switched our governance structure to that of a policy-board, we changed our decision making process from a consensus-based model to a representative democracy model. The cultural struggle in such a shift, which I witness here at UUCR, is aptly described in the book (that the Governing Board and Program Council are currently studying) "Moving On from Church Folly Lane – the Pastoral to Program Shift" by the Rev. Robert T. Latham in which I came across these paragraphs:

"In a Pastoral-size Congregation, the processes of consensus and democracy tend to not only be cherished but to be highly guarded in respect to infringement. They are often made synonymous with and endowed with sacred qualities. When a congregation achieves the status of a Program Congregation, its very size militates against the possibilities of large-group consensus and effectiveness requires that the privileges of

direct democracy be reserved for those critical decisions necessitating general membership support and that a greater investment be made in representative democracy. This is not an easy shift in mentality to make when one has basked in the fullness of decision making afforded by the size smallness of the Pastoral Congregation. But it is necessary, otherwise the institution's decision-making processes become captive of the holding patterns of time. And its energies, rather than being focused on mission and ministry, are absorbed into the complexities of the decision making drama itself", (page 50).

He summarizes this phenomena by contrasting the Pastoral-size Congregation's mantra for decision making: "I should be in on most decisions", to that of the Program-size Congregation's: "I must trust others to make the right decision", (page 62).

In our case, the Governing Board is entrusted by the congregation to make Executive level decisions in accordance with our bylaws and policies. A full congregational vote is required, as outlined in our bylaws, for the following decisions: (1) Major property decisions such as the construction or acquisition of new buildings; (2) Bylaw changes; and (3) The appointment of a Minister. A full congregational vote was also held when we decided to introduce a second Sunday morning worship service.

To some bylaws and policies may feel remote, cold, overly bureaucratic or even overly restrictive but as an organization grows and as more people rotate through leadership positions, policies afford many significant advantages. Some of the advantages of a policy orientation are (Latham, page 104):

- It levels the ground of decision making through its impartial regulation of the behavior of all members, staff and ministers.
- It serves as a gauge for constraint, judgment and action.
- It is a set of public guidelines to which all members are privy and thus discourages the application of private agenda in decision making.
- It gives uniform guidance and wisdom to the management of conflict in congregation life.
- It infers mutual empowerment.

The congregation empowers the Governing Board to make decisions on its behalf and that trust is reciprocal. The Governing Board must also trust the congregation to make program and other delegated decisions. The Governing Board Covenant includes these

two lines to that affect: "We will empower congregants by entrusting tasks to subcommittees or working groups wherever possible. We will value and accept the finished products of subcommittees with recognition and gratitude."

There are ways that you can make the most of your democratic power here at UUCR. You can become a member and attend the bi-annual Congregational Business Meetings each May and October to cast your vote on the proposed slate of incoming Governing Board members and other critical decisions. You can also make suggestions to the Nominating Committee for Governing Board positions or put forth your own name for their consideration. You can become more active in a committee of your interest and influence its particular delegated mission work and participate in Program Council to have influence at the Executive level of decision making. You can make suggestions for new or revised policy to the Policy Committee or the Governing Board and also make suggestions for new or revised bylaws. You can also read the weekly newsletter and the annual reports to keep abreast of what's going on here at UUCR.

Best regards and in moving forward with our mission,

Tracy

Sabbatical Support Team - December 18, 2011

Rev. Tim's last service with us before starting his four month sabbatical will be on 8 January 2012 – just four weeks away! There will be not one, but two, festive send-offs that Sunday – during the coffee hour after each service! We are planning to serve some finger foods from parts of the world that will figure in to Tim's travels -- and there's more ... contributions from the children, original music, a short speech from Tracy Sopchak, spiffy decorations! Please plan to attend one – or both – and add your personal farewell for the occasion.

We have scheduled a community food prep session in the church kitchen on 7 January 2012 – the day before -- and will also post recipes after Christmas for those who would like to cook at home. Stay tuned!

Website News - December 16, 2011

If you're a member of Facebook, please "Like" our Facebook Page. Click [HERE](#) to reach it. You'll note that we're posting much of the church news and events there. When you see something posted on the Facebook Page, could you please "Share" it with your Facebook Friends? That will help us get our message out as widely and as broadly as possible. Please especially look for our Christmas Eve services postings, and "Share" it with all your Facebook Friends. Thanks!

The webmasters were available after both services on Sunday, again this week, to answer questions, help folks get registered, and train members responsible for entering their group's news. Anyone still needing such assistance, please contact the webmasters by email. We'll be happy to meet with you practically any Sunday after worship services, by appointment, or help you by telephone or email, as you wish. You can contact the webmasters using a link toward the bottom of each page. You'll find it under "Contact Us" in the area with the dark green background.

Adult Enrichment

Unitarian Universalist Basics: An Introduction To Our Faith

One-day Saturday Class (special condensed class)

Saturday, January 7, 2012, 8:45 AM - 12:30 PM

Loring House 103

Facilitator: Rev. Tim Kutzmark and Guest Facilitators

Are you new to the church? Would you like to meet other folks who are new as well? Would you like to learn more about Unitarian Universalism? Do you have questions about what it means to be a Unitarian Universalist? Are you thinking about becoming a member of UUCR? Then UNITARIAN UNIVERSALIST BASICS is just the thing for you. Join Rev. Tim, Meg and members of the Teaching Team for this engaging introduction to our faith. Registration is required so please email [the Church Office](#), call 781-944-0494, or sign up on Sunday at coffee hour.

Note: This condensed one-day Saturday class will include kid-friendly breakfast, bagels and coffee for adults, and CHILD CARE to make it easier for parents with young children to attend the UU Basics class. This condensed class is also perfect for those who cannot make four evening classes but would like a basic introduction to our faith and this church.

Filling the Well in Winter - Saturday Retreat

Saturday, January 28, 2012, 9:00 AM - 2:00 PM

Fellowship Hall

Facilitator: Mandy Neff and Meg Soens

Are you feeling sapped after the holiday rush? Join us for a rejuvenating retreat at UUCR. Join us to take time out to nurture our bodies and souls. In the morning, we will bake bread, and later share it in worship. We will spend time also in reflective practices, including guided meditation and creating an image of the Holy, or That Which Sustains You. Please dress comfortably and bring a vegetarian potluck item for lunch.

Get Involved News

Buddhist Meditation Group

[Buddhist Meditation Group meeting Monday, December 19](#)

Please join us Monday Evening at 7:15 PM in Fellowship Hall for an hour of peace and mindful community. All are welcome.

Chalice Circles

[Chalice Circles - Open Chair](#)

Our Chalice circles have begun, and there is always an Open Chair for someone new!

Chalice Circles are small (8-10 participants) groups, led by trained facilitators, that meet twice monthly for 1 ½ hours. The format of the group consists of a brief reading, a check in among the members, a longer reading, and a discussion of members' reactions/reflections/thoughts about the readings.

Topics over the years have ranged from world religions to more personal topics such as friendship, community, nature, etc. The Chalice Circle is a more intimate place to get to know one another at the same time as providing the opportunity to explore meaningful topics with other members of our community.

The Circles have started and will go to the end of the Church year in June.

There are lots of openings in the following Chalice Circles:

- Tuesday 4:30 – 6:00 PM
- Thursday 3:30 – 4:30 PM (phone Chalice Circle for those unable to attend a meeting)
- Saturday 10:30 AM – 12:00 PM

You can [register online](#) or by contacting [Jean Hanson](#).

Creative Hands and Caring Hearts Group (CHACH)

[Creative Hands and Caring Hearts Group \(CHACH\)](#)

The **CHACH** (**C**reative **H**ands **A**nd **C**aring **H**earts) We meet once a month on the first Wednesday of each month. Our starting time is still 7:30 and we end around 9:30. We will continue to meet at the home of Sharyn Taitz at 1443 Main St. in Reading. We are an open and welcoming multi-generational group of women who love to create with our hands. Any craft, art or skill that can be toted to a meeting is welcomed. If you are interested in joining us, please contact facilitator Sharyn Taitz or simply drop in to any scheduled meeting. Please contact Sharyn Taitz for more information.

Yours in creativity, Sharyn Taitz, CHACH Facilitator.

[Contact Form](#)

Green Sanctuary

[Christmas light recycling](#)

Once again the Green Sanctuary Team will be recycling Christmas lights from now until January 8th. Please leave them on Loring porch. If you have other copper wire to recycle

you can also leave it now, but please, no other metal recycling at this time, we have no place to store it.

The next general metal recycling is expected to take place this spring.

Questions? Call or [email Linda King or call](#) 781-944-3617.

Last Tuesday of the Month Book Club

Last Tuesday of the Month Book Club - December 2011

Dear Fellow Readers, The next meeting of the LTOM Book Club will be held at the home of Mary Ellen Campbell on Tuesday, December 27 at 1:30 pm. Please choose a book by Alexander McCall Smith, read it, and describe it to the group at the meeting. Happy Holidays! - Janet

Mom's Group

Mom's Group

The UUCR Mom's Group will have three different offerings this year for mothers of the church to get to know one another.

Mom's Circle (registration in September is required).

The Moms Circle is a group of women in a mothering role who meet on a regular basis in an atmosphere of safety and support for the purpose of engaging in facilitated discussions exploring issues of interest to the group and providing an avenue for personal growth, spiritual development, and community connections. Meetings are twice a month on Sunday evenings in the home of one of the members. Meetings are facilitated by members of the UUCR church community and meetings run similarly to Chalice Circle Meetings.

Social Events (open to all)

Throughout the year we will be organizing social events for all mothers to attend. Dates will be announced in advance.

Mother's Book Club (open to all)

Throughout the year we will be having at least three different book discussions. You are not required to attend all meetings. Books will be announced in advance.

If any of these offerings interest you, please contact Sara Ortins for more information (781-944-2740)

Coordinator: Sara Ortins

Sundays Twice a month, 7:30-9:00 PM

Here is the Mom's Group Schedule for the remainder of this Church Year. All meetings are 7:30 PM - 9:00 PM unless noted. Please contact Sara Ortins or Alison Friedman for the meeting location.

- 1/8 Chalice Circle Mom's Group Meeting
- 1/22 Chalice Circle Mom's Group Meeting
- 2/3: Book group, 101 Loring House, Friday Evening
- 2/12 Chalice Circle Mom's Group Meeting
- 3/4 Chalice Circle Mom's Group Meeting
- 3/18 Chalice Circle Mom's Group Meeting
- 4/1 Chalice Circle Mom's Group Meeting
- 4/29 Chalice Circle Mom's Group Meeting
- 5/6: Book group, 101 Loring House
- 5/20 Chalice Circle Mom's Group Meeting
- 6/9: Family BBQ, home of Rebecca Higgins, Time to be determined

Social Action

[Update on Reading Food Pantry donations](#)

At the Thanksgiving services on Nov. 20, the congregation donated 26 well-filled bags of food and paper goods for our church's neighbors who depend on the Reading Food Pantry. The bags, containing everything from pasta sauce and cereal to paper towels and toothbrushes, filled a sedan--seats, trunk, and all. Members of the Reading HS

Service Learning Class, who happened to be dropping off donations at the same time, helped carry everything into the pantry at Old South Methodist in Reading Center.

Charlotte Harlan of the Food Pantry sends this note: "Dear Members of the UU Church, Thank you for your Thanksgiving donations to the Reading Food Pantry. Grocery donations are so important to keeping our shelves supplied with items needed by Reading friends and neighbors in need. We wish all of you a wonderful holiday season."

Social Action

Mission of Deeds Desperately Needs Blankets

From Reading's Mission of Deeds, which distributes donated furniture and housewares to people in need in Reading and surrounding towns: "As we move into the winter months, Mission of Deeds is requesting donations of gently used or new blankets, comforters, and bedspreads. For each new bed set that we provide to our clients [which are purchased with monetary donations], free of charge, we include each of these items along with a pillow and sheets. But our supplies are running low. Each year we experience a large increase in clients in need and we expect this situation to continue in 2012."

Donated blankets, comforters, and bedspreads can be brought to the MOD warehouse at 6 Chapin Ave., Reading (781-944-9797, www.missionofdeeds.org).

Social Action



UU Service Committee: Guest at your Table at the UUCR

Each year at this time, our congregation participates in Guest at Your Table—a UU tradition. By bringing home a GAYT box, we learn about how the UU Service Committee puts our shared principles into action in the US and around the world; and by placing donations in the box, we support the UUSC and the people it serves.

If you didn't receive a box at the Thanksgiving services, you can pick one up on the community table near the parking lot door in Fellowship Hall or contact Anne Mark ([Contact Form](#)).

We'll return boxes and donations at Sunday services on January 8 and 15.

In 1940, a rescue mission of the new Unitarian Service Committee saved 29 children and 10 adults from Nazi persecution and brought them to the US.

Today, the UU Service Committee continues on that life-affirming path. Through advocacy, education, and partnerships with grassroots organizations, the UUSC (1) protects the rights of marginalized people in humanitarian crises, (2) works toward economic justice and defends workers' rights, (3) advances environmental justice (defending the human right to water), and (4) defends civil liberties.

Each year at this time, our congregation participates in Guest at Your Table—a UU tradition. By bringing home a GAYT box, we learn about how the UUSC puts our shared principles in to action the US and around the world. We'll receive our boxes at the Thanksgiving services (November 20) and return them in January.

With each box comes a copy of *Stories of Hope*, which tells more about how UUSC works to change our world for the better. The stories introduce human-rights champions like Carolina Lara, a youth leader of a movement in Ecuador that successfully lobbied to have the human right to water included in the country's new constitution. Some individuals and families make it a mealtime ritual to read one of the stories and think about how we can help. When we share our blessings with our "guests," we ensure that UUSC and people like Carolina can continue their important work. Some like to put coins and bills in their box throughout the holiday season; others prefer to write a check and put it in the box.

Thanks to the UU Congregation at Shelter Rock in Manhasset, N.Y., gifts of 100 (USD) or more are eligible to be matched, dollar for dollar, doubling our contributions.

(Thanks to www.uusc.org for some of these words.)

More News

[UUCR Members Volunteer at Winchester Hospital](#)

UUCR Members Volunteer At Winchester Hospital

On Sunday, December 4th, about twelve members of the Choir took part in "The Tree of Lights Ceremony" at Winchester Hospital. This has become a yearly event, and is very

much appreciated by the organizers. Ron Cavicchio conducted the group and George White took his keyboard for accompaniment. Everyone had a great time with refreshments following the program. The invitation for next year has already been extended. Many thanks to those who took part.

More News

[2011 Holiday Happenings at UUCR](#)

There's a lot going on this holiday season at UUCR. Here's a list of scheduled events.

Christmas Eve Services

Saturday, December 24

5:30—Family Service

7:15 PM—Traditional Candlelight Service

Join us for this sacred evening of story, carols, and hope renewed.

5:30 PM Family Service—An interactive child-friendly service suited to families and children who might need to wiggle a bit. The service will include the telling of the Nativity Story and our annual pageant. The UUCR Choir will sing. As an opportunity to help our children reach out beyond themselves on Christmas Eve, we are requesting that each child please bring new or lightly used hats, mittens, gloves, warm socks, and pullovers to the 5:30 PM service for our special collection of clothing for local children in need.

7:15 PM Traditional Candlelight Service—Join us for a reflective service of carols and readings, ending with the traditional candle lighting and passing of the flame. The UUCR Adult Choir will offer selections, including the long-standing choral benediction of the "Hallelujah Chorus."

Sunday, December 25

Sunday Morning Christmas Day Worship Service

One Service Only at 9:15 AM with Rev. Tim

Join Rev. Tim at 9:15 AM for a simple, meaningful Christmas morning service of contemplation and joy. Music by Alex Gordon and our guest classical pianist from Ukraine, Dasha Bukhartseva.

Sunday, January 1, 2011

New Years Day Worship Service

One Service Only at 11:00 AM with Meg Soens

Join Meg Soens, our Intern Minister, for a special New Year's Day service at 11:00 AM only.

Sunday, January 8, 2012

9:15 and 11:00 AM

"A Time Apart"

Our holiday season concludes with our annual opportunity to light candles for those who died during the past year. We'll also look ahead at the possibilities of a fresh New Year. This will be Rev. Tim's final service before his Sabbatical begins. Tim will preach on the gifts found in being together, and in being apart. Music: 9:15-Michael Ricca, guest vocalist; 11:00: Michael Ricca, guest vocalist and the UUCR Choir.

Our Larger Community

Mindfulness-Based Stress Reduction Program - Classes at the UUCR



Please welcome our newest renter to the UUCR, Cindy Gittleman.

Cindy is the owner of a program promulgating The Mindfulness-Based Stress Reduction program (MBSR), originally developed by Jon Kabat-Zinn.

Cindy begins instruction here at the UUCR in our Community Hall on Wednesday, February 8, 2012.

Cindy tells us that this will be a highly engaging and supportive program including

guided instruction in mindfulness meditation practices, gentle stretching, group dialogue, daily home assignments, and home practice materials, including guided mindfulness practice CDs. MBSR is backed by research and well-respected within the medical community as a complement to traditional treatment approaches for people experiencing general life stress, chronic illness, cardiovascular disease, cancer, depression and anxiety, among other challenges. The program is led by Cindy Gittleman MA, CAGS, founder of Sunrise Mindfulness, LLC. Cindy was trained at the Center for Mindfulness at UMass Medical School in Worcester. She completed the Stress Reduction Program, the Practicum in Mindfulness-Based Stress Reduction, and the Teacher Development Intensive, an advanced training for experienced MBSR teachers. Tuition: 0 if registration completed by January 23rd, 5 after January 23rd. To learn more or to contact Cindy, please visit www.sunrisemindfulness.com.

Ivy Chord Concerts



Aoife Clancy & Robbie O'Connell on February 25, 2012 at 8:00 PM

Aoife Clancy & Robbie O'Connell

Luscious Celtic music & harmonies!

Saturday, February 25, 2012

8:00 pm

Tickets:

USD20 general admission

USD17 students/seniors

[Buy tickets for this concert online.](#)

Read what the press has to say about Aoife Clancy and Robbie O'Connell:

"Whether she's delivering an ancient Irish ballad, an American folk classic, or an urgent contemporary song, Aoife sings with the same gorgeous naturalism as if she were experiencing the emotions in the songs for the first time." —Scott Alarik, Boston Globe

"'There is Hope' by cousin Robbie O'Connell with soft violin guitar and flute are perfect for the gentleness of Aoife's clear delivery." —Sing Out!

The Boston Globe describes Robbie O'Connell as "a writer of timeless-sounding, emotionally powerful and often hilarious songs" and places him "among the most respected guitarists, singer and songwriters in Celtic music."

The Springfield Union-News declares "...he made it quite clear...that there is more to being Irish than filing stereotypes. And through his music, he's bringing an inspired vision and a new voice of Ireland to American audiences."

Ellis Paul on Saturday, April 14, 2012 at 8:00PM



Ellis Paul

Charismatic performances, approachable style and beautifully rendered story-songs

Saturday, April 14, 2012

8:00 pm

Tickets:

USD25 general admission

USD23 students/seniors

[Buy tickets for this concert online.](#)

Read what the press has to say about Ellis Paul:

"There are artists who are good at their craft. There are artists who have developed and maximized their talent to a high degree. Then there are those fewer artists who seem simply to have been blessed with skills that outshine most others. Ellis Paul is one of those." —John Ziegler, Duluth News Tribune

"He's one of those few artists who can connect to the audience, making everyone in the crowd feel like he or she is actually being performed to. The sound was spot-on and the set list included some new songs from a forthcoming children's album some of which showcased subtle political lyrics. However, even Paul's songs about dragonflies still managed to sound beautiful and utterly heartbreaking." —Adam Arrigo, Northeast Performer