



NEWS OF THE UNITARIAN UNIVERSALIST CHURCH OF READING

Worship Services

Sunday, January 29, 2012

Welcoming The Stranger, the Neighbor

Meg Soens, Acting Minister

9:15 and 11:00 AM

The ancient Greeks had a strong tradition of welcoming the stranger who showed up at the door into their home and feeding him or her. After all, you never knew: they could be a deity in disguise. What about us? Why do we strive to welcome newcomers to our midst? Why might we do even more to bring them in? Music: 9:15 AM Al Murray, Vocals, 11:00 AM UUCR Adult Choir.

Coffeemakers:

9:15 AM Theo Noell and Kathleen Sheehan

11:00 AM Needed

Welcome Table:

9:15 AM Needed

11:00 AM Needed

Ushers:

9:15 AM Michael Carpenter and Fran Sansalone

11:00 AM Bob Green

Altar Flowers:

Needed

Sunday, February 5, 2012

“The Compassion Challenge”

Rev. Nathan Detering, Guest Minister

9:15 and 11:00 AM

Our faith challenges us to have compassion for the least, the lost, and the left-behind. But how do we do that? What does compassion in action look

like? Drawing on Karen Armstrong's Ware Lecture at last year's General Assembly on the theme of compassion, we explore together the ways we confront the challenge of compassion in our everyday lives.

Rev. Nathan W. Detering serves as the minister of the Unitarian Universalist Area Church at First Parish in Sherborn. Prior to entering the ministry, Nathan served for two years as a Peace Corps Volunteer in Grenada, West Indies, providing training and continuing education for elementary school teachers and their students. A graduate of Boston University School of Theology in 2001, Nathan lives with his wife and two young children in Holliston, MA.

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

It Can't Be a Party Without the Food

Only 2 weeks until the Starlight Soiree - our annual UUCR auction that generates a significant contribution to our church coffers. It's a fun evening of delicious food, great company, and enticing auction items. You can help by contributing some of that delicious food - either an appetizer or dessert - to share with other attendees. Your contribution can be an old-time standby or a cutting-edge delicacy - just be sure it requires no more than a fork or spoon to eat (nothing that requires knives). Please let one of the food coordinators know if you can help out: [click to contact Fran Sansalone](#), [click to contact Ann Fisher](#), or [click to contact Ruth Urell](#).

2012 Starlight Soiree - February 4!

The Starlight Soiree, UUCR's annual auction, will be held on Saturday, February 4. This is our major winter fundraiser to help fund the church budget. It is a wonderful event, an evening of laughs, good conversation, and excitement. Think

of it as coffee hour with wine!



We will begin at 6:00 pm with the preprandial and silent auction, with the live auction beginning at 7:00. The suggested donation is . There will be sumptuous appetizers, delectable desserts, fine wine, and musical entertainment, along with the silent and live auctions. What a perfect way to spend an evening while supporting the church.



Here's a sampling of the items which will be offered. We have the ever-popular sign-ups, including the Big Fat Greek Cocktail Party, UUCR Hike of the Month, Girls' Night...In, Take a Walk in the Woods, A Biogeographic Adventure and Artistry or a Soap-making Class. Some of the goods or services are yoga instruction, an awesome decorated cake, a rain barrel, handmade jewelry, Ivy Chord tickets, a sermon by Rev. Tim, or a case of wine from around the world. We have delicious dinners, such as the amazing Hanson Thai dinner or two new offerings, a poolside dinner at the Sopchaks and a dinner of Afghan specialties at the Wood-Beckwiths. If you want to get away, you can bid on a weekend stay at North Pond, ME, or on the Kittery waterfront. Jasmine Hatzopolous is again offering a stay of up to 15 days at her condo in Athens, Greece. More items are coming in every day.



Once again, we'll be offering a Raffle with a Twist! Premiered last year to great success, the tickets are each and are good for any item at the auction. Anything! A dinner, a service, a vacation home. You may buy as many chances as you like. The drawing will be held just before the live auction begins at 7:00.



To make the auction a huge success, we need both your donations and your help. If you like to cook, [click here to contact Fran Sansalone](#) to make an appetizer or dessert. We can also use assistance for both set-up and clean-up. For donations or to volunteer, please [click here to contact Dru Wood-Beckwith](#).

The most important ingredient for a successful event is YOU! It is a fun evening for a great cause. We look forward to seeing you on February 4.

[Filling the Well in Winter - Saturday Retreat](#)

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

Fellowship Hall

Facilitators: 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. To sign up for this wonderful enrichment, see the registration sheet in the atrium during coffee hour this Sunday or call the church office at 781.944.0494 or email uucr@uureading.org



Worship Notes

Rev. Tim Currently on Sabbatical through May 6, 2012

Rev. Tim is currently on his sabbatical through May 6, 2012. He will return to the office on May 7, 2012. During this time Meg Soens is our Acting Minister and can be reached at 781.944.0494, extension 101 for non-emergencies. Meg's emergency pastoral phone line is 781.850.3307.

Caring and Sharing Coordinator

January 2012

Caring and Sharing Coordinator for Month



The Caring and Sharing coordinator for January is Ann Mottl. Ann can be reached by [email](#).

Minister's Messages - January 23, 2012

Dear Friends:



The snow is falling lightly outside, and I am looking out over a forest of white-coated pine trees to the clear, blue cove below. This is Acadia National Park in the depth of January—quiet, quite cold, and almost completely deserted. Yesterday I walked along a favorite beach that, in July, is packed with people. Today, there was not a soul on

the sand with me, for hours. Ice crusted the rocks and sparkled in the bright sun. Later, I sat on some large boulders near crashing waves and realized the Maine air in winter smells differently. Search as I did, I could find none of that strong sea salt smell that I so love during the summer. In January, Acadia is so crisp and clear the only smell is pure freshness moving through the tops of the grey and barren branches of the birch trees.



This, my first official stop of my sabbatical, has been restful and renewing. The simple visual delights of frozen nature, the dark nights, and the very cold temperatures, have been restorative in a rustic kind of way. I haven't seen much wildlife, although we did surprise a large contingent of wild turkeys as we explored the shore of Penobscot Bay.



I've done some reading and research in advance of my April trip to South Africa. What a huge and geologically diverse land it is! Word also came to me this week that the delegation to Afghanistan is on! So, this week I'll be applying for a visa to enter the Islamic Republic of Afghanistan. If all goes as planned, I should land in Kabul on March 1st. I'll let you more about that in a few weeks.

I miss you all, and think of you often. I hold you in my heart, and have felt your beautiful spirit in the orange and pink sunsets over Bass Harbor and Seal Cove.

Warmly,
Tim

Director of Faith Development's Messages - January 23, 2012 Welcome Seth Robinson!

Continued observations from the Interim Director of Faith Development:

Dear Families One and All,



It is mid winter and that can mean different things to each of us -- skiing, the flu, limited mobility, and for our high-school-aged youth...mid-terms! If we're not careful, we can chalk this up to par for the course of what it means to be schooled. But I urge you to consider just how much pressure and stress that our teens are required to endure. On the one hand we can embrace this rigor as the by-product of being an industrialized nation that guarantees an education to every child. On the other hand, all the hard work does not guarantee very much at all in this prolonged economic recession. So where does the motivation come from for youth to succeed? How do youth sustain themselves? From where do youth gather hope and inspiration?

Faith communities have and continue to be a home away from home where youth "check in" with each other and adult supporters about the concerns and dreams of their lives. Faith communities can be the place that expects something from youth that is rarely asked for elsewhere – their whole heart and their passion. Faith communities are the place where youth have a sense of belonging because of their own and often their families' shared values. UUCR has a long history of being just this kind of place of belonging for youth. Each week we are reminded of their important place in our church family. Youth are Worship Arts Associates and worship musicians, youth lead in the Faith Development Explorations and participate in social justice initiatives, youth are part of beloved congregational traditions like the Kris Kringle Fair. And many youth gather on Sunday evenings for "SHYP," the Senior High Youth Group.

On January 4th, the Faith Development Committee began a conversation with congregational leaders on renewing and articulating a robust and multi-faceted vision for youth programming. Currently there are dozens of youth who have come through the Faith Development Program yet there are many we do not see during their high school years. The reasons for this are known and unknown. It is that unknown part that gives all of us an opportunity to engage the question of what is possible to increase the engagement of youth in our congregational life. We cannot be a whole faith community if we do not have the voice and spirit of a lively and alive sector of our lifespan population!

In the coming weeks and months, the Faith Development Committee will be developing opportunities to enter into the conversation of exploring some crucial questions about our youth ministry – Where are we? What is our vision of youth programming? What might we do next to engage more youth, more fully?

And a drumroll please....I am pleased to announce that we have hired a new Youth Coordinator – Seth Robinson -- whose role it will be to help us in this process of identifying possibilities, cultivating conversations, and most importantly – engaging the youth. Seth’s first Sunday with us will be this week!

Seth is a first-year seminarian preparing for parish ministry at Harvard Divinity School. His formative experience of growing up in a vibrant church fellowship program inspires him to continue learning what it takes to engage youth during the crucial teen years. He brings with him a powerful message to share with others. First: “Your life—and your faith—are largely what you make of them.” And second: “You are not alone!” In Seth’s own words, he sees youth work as that of “empowering young people to navigate their frequently unforgiving and even crazy-making social settings with self-confidence, reassurance, and vision for their developing roles in our society.”

We are fortunate to have Seth join our staff team. Please look for your opportunity to meet him and share your vision of what’s possible.

In faith,
Anne

President's Messages - Website Feedback



Well, we seem to have settled in a bit with our brand new and beautiful website. If you’re anything like me then every time you bring up the website, you end up spending minutes on end watching those beautiful pictures scroll past on top. They’re mesmerizing! Since we’ve had some time now to use our new website, it’s seems like a good point to collect people’s thoughts and feedback about it’s usage moving forward.

The Website Task Force will be meeting on February 22nd to discuss several issues related to the website which include:

- (1) Activating dormant features which might be useful for us.
- (2) Furthering work on procedures and policies related to content management from a Safe Congregation standpoint and related to an e-covenant.
- (3) Reviewing the newsletter creation process to ensure that it's working smoothly and that there isn't too much work on any one person's plate.
- (4) Reviewing the effectiveness of website-related communication tools including: Spiritual Thought of the Week, Caring and Sharing, The Week Ahead, Weekend Update, the Newsletter, the Member-to-Member Forum and direct email messages like those entitled 'Message From Rev. Tim'.

Do you have some thoughts you'd like to share? Shoot me an email (tsopchak@comcast.net) or pull aside any member of the Task Force to let us know how much you love the website and to provide us with your ideas for further developing functionality, policies or procedures, or of enhancing the effectiveness of existing tools.

Website Task Force Members are: Jamie Maughan (V.P. Programs), Lorraine Dennis (Long-time UUCR Member and Former Board Chair), Meg Soens (Acting Minister), Brian and Robbie Kohn (Webmasters), Roberto Olivardia (Safe Congregation) and myself.

Best Regards,

Tracy

[Adult Enrichment](#)

Food for Thought - February 12, 2012

Join us as we view the film Food, Inc. and discuss the questions raised by the film.

In Food, Inc., filmmaker Robert Kenner lifts the veil on our nation's food industry, exposing the highly mechanized underbelly that has been hidden from the American consumer with the consent of our government's regulatory agencies, USDA and FDA.

Featuring interviews with such experts as Eric Schlosser (Fast Food Nation), Michael Pollan (The Omnivore's Dilemma, In Defense of Food: An Eater's Manifesto) along with forward thinking social entrepreneurs like Stonyfield's Gary Hirshberg and Polyface Farms' Joel Salatin, Food, Inc. reveals surprising—and often shocking truths—about what we eat, how it's produced, who we have become as a nation and where we are going from here.

Date: Sunday, February 12th - 12:30 - 2:30 PM

Facilitator: Kristine Blum

Nurturing Our Relationships - Feb. 15, 29 - Mar. 14, 28

A four-part workshop for couples in committed relationships.

Overview

We all know the statistics about marriage and divorce. Is it possible to sustain a committed relationship over the long haul? In this program of fun, interactive workshops, we will focus on what couples can do to keep their relationships strong. How do our UU identity and faith community provide a nurturing environment for interpersonal relationships? How do our UU principles inform our partnerships? We will look at the stages of a couple's life together and explore personality styles, skillful conversations, managing difference, maintaining passion and rituals of caring.

This program is for couples of all sexual orientations who have made vows or pledged to spend their lives together. This workshop series does not provide couples therapy; couples with serious relationship issues should speak to their minister or another counseling professional.

Length: Four sessions

Dates:

Wednesday evenings

7:30 PM to 9:00 PM

February 15th and 29th, March 14th and 28th

Capacity: A minimum of four couples is necessary to hold the class, and a maximum of ten couples can participate.

Facilitators: Ann and Tony Fisher

Ann and Tony have been married for thirty years and been active UUs even longer. Ann is a clinical social worker with experience leading couples' workshops. Tony is a ministerial candidate at Andover-Newton Theological School.

For information or to sign up, email [Ann](#) or [Tony](#), or call 781-942-1634.
January 23, 2012 - Review All Our New Adult Enrichments!

It's "second semester" Adult Enrichment time! Take a long look at all our engaging Adult Enrichment Offerings for the seasons of winter and early spring here at the Unitarian Universalist Church of Reading.

We offer our last call for sign up for our "Filling The Well In Winter" retreat which takes place this Saturday, January 28, from 9:00 AM to 2:00 PM with facilitators Mandy Neff and Meg Soens.

New offerings include "Nurturing Our Relationships" in February and March and a review of the film "Food Inc." on February 12th.

Please look at all our offerings today and grow with UUCR this winter and early spring. <http://uureading.org/learn/other/adult-enrichment-news>

CSAs: Getting Your Share - March 4, 2012

Heard about CSAs (community supported agriculture) but not sure of what they are? Looking to join a CSA but not sure which to sign up for? Matthew Himmel of local food cooperative World PEAS will talk about CSAs and how they benefit local residents, communities, and farmers.

Date: Sunday, March 4th, 12:30 - 1:30 PM

Speaker: Matthew Himmel

Facilitator: Ann Fisher

Unitarian Universalist Basics: An Introduction to Our Faith - March 10, 2012

Overview

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 our acting minister Meg Soens for this engaging introduction to our faith. Registration is required, please call or [email the church office](#) (781-944-0494) or sign up on Sunday at coffee hour.

Facilitator: Meg Soens

Dates: Saturday, March 10 – 8:30 AM-12:45 PM

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 class will be led by Meg Soens, our acting minister.

What's for Dinner? - March 18, 2012

Join us as we discuss the book *The Omnivore's Dilemma* and learn how our eating choices affect not only our health, but the health of the environment that sustains life on earth.

In this groundbreaking book, author Michael Pollan turns his own omnivorous mind to the seemingly straightforward question of what we should have for dinner. The surprising answers Pollan offers to the simple question posed by this book have profound political, economic, psychological, and even moral implications for all of us. *The Omnivore's Dilemma* promises to change the way we think about the politics and pleasure of eating. For anyone who reads it, dinner will never again look, or taste, quite the same.

Date: Sunday, March 18th, 12:30 - 1:30 PM

Facilitator: Kristine Blum

Hungry for Change - April 12-May 17, 2012

Overview

Hungry for Change explores the true meaning of the phrase "you are what you eat." This 6-week discussion course challenges participants to examine their roles, not only as consumers of food, but also as creators -- of food, of systems, and of the world we all live in. Each session includes readings, short assignments and accompanying discussion questions that address the impact of individual food choices on a range of issues, including ecosystem health, the treatment of factory and farm workers, and the global economy. Hungry for Change helps participants commit to lasting change by developing and sharing personal Action Plans with each session.

Purpose:

- To explore the interconnected nature of food systems and our relationships to them.
- To examine the impact our food choices have on our health, the health of others and the health of our planet.
- To consider the ethical and political implications of our current food system and our personal food choices.

Length: Six sessions

Dates:

Thursday evenings

7:30 PM to 9:00 PM

April 12 - May 17

Capacity: Space is limited to 12 participants.

Fees: fee for the course covers the discussion book.

Facilitator: Tricia Schwartz

Unitarian Universalist Basics: An Introduction to Our Faith - May 19, 2012

Overview

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 our minister Rev. Tim for this engaging introduction to our faith. Registration is required, please call or [email the church office](#) (781-944-0494) or sign up on Sunday at coffee hour.

Facilitator: Rev. Tim Kutzmark

Date: Saturday, May 19 – 8:30 AM-12:45 PM

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 class will be led by Rev. Tim Kutzmark, our minister.

Get Involved News

Faith Development Explorations News

January 23, 2012 Essentials

Share the warmth! The COA2 youth will journey into Boston this weekend -- rain, snow or shine -- to join youth from other faith communities and leaders from the community of homeless support. Your donations are needed to share with people when Ecclesia Ministries opens its doors on Saturday to those in need of essentials for living. You are welcome to leave your in the bins on Loring porch.

**new underwear and socks (needed the most)
carrying bags -- ie. suitcases and duffels
sleeping bags and blankets
toiletries of all kinds
used clothing for adults

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** (Creative **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

Last Tuesday of the Month Book Club

January 31, 2012 - Major Pedigrew's Last Stand by Helen Simonson

The book selection for the month of January is *Major Pedigrew's Last Stand* by Helen Simonson. We will meet at the home of Ruth Goldberg on January 31 at 1:30 p.m. New people are welcome. If you are a regular member and can't make it, please notify Ruth.

Mom's Group

Please Join Us at Our Next Mom's Group Book Discussion on February 24

The UUCR Mom's Book Group will sponsor their next meeting on Friday, February 24, from 7:30 PM to 9:00 PM in Loring House. The book choice is "Little Bee" by Chris Cleave.

All women are welcome. Please join us for refreshments and a lively discussion! Many copies of the book from the library are available through Alison Friedmann.

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.

- 11/13: Book group, 101 Loring House, "The Sibling Effect"
- 11/20 Chalice Circle Mom's Group Meeting
- 12/2: Holiday party, home of Debbie Vince, Friday Evening
- 12/11 Chalice Circle Mom's Group Meeting
- 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

Second Offering Thanks from "Mama" Mrema at WEECE

Dear UU Church,

Greetings from the women of WEECE. We hope that all of you are doing well and you have enjoyed the holidays and are starting well the new year. On behalf of the women of WEECE, I would like to say thank you to Elizabeth for introducing WEECE to the members of the church.

I would like to acknowledge receiving the donation of \$ 1148.15 for the women's work, which will support them in the Village Community Banks (VICOBAs). This will help each woman to receive a small loan to improve their small business projects. These help them to get their basic needs as well as to pay school fees for their children.

I promise you that the fund will be used for this purpose. We thank you again, and we will keep in touch.

My best regards to you all,

Valeria Mrema, Executive Director WEECE (Women's Economic and Education Centre, Tanzania)

More News

[January 17, 2012](#)

Time to Register at Sawyer Nursery School!

January is the time when families of preschoolers begin making plans for nursery school in the fall. If you or someone you know (friend, neighbor, relative, acquaintance) has a child who will be 3 years old by August 31, 2012, do urge them to consider UUCR's own Sawyer Nursery School (link to website: sawyernurseryschool.com]. Sawyer is a flourishing little operation that celebrated its 50th anniversary last March. It offers a Tuesday/Thursday morning program for 3 year olds, a Monday/Wednesday/Friday morning program for 4 and 5 year olds, and the option of a weekly 'Lunch Bunch' extended day for all. It is a happy place for children, led by experienced, well-trained and loving staff members. To schedule a tour, contact school Director Deb Harvey at 781-944-9581 orsawyer_nursery_school@verizon.net.

More News

[Recycling Holiday Cards](#)

Once again, I will be collecting used holiday cards for the purpose of turning them into gift tags and other items that we will sell at the Kris Kringle Fair. Please consider donating your cards after the holidays so I can continue this "creative recycling" tradition. There will be a collection bin in Fellowship Hall for the duration of January. Please also consider asking your family and neighbors to pass along their used cards to you. The more we receive, the more money we make back for the church. You do not have to do anything to the cards unless you want to remove personal notes. Please don't tear off the backs, as this often destroys the image on the front.

Thank you,
Sharyn Taitz

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:

\$ 20 general admission

\$ 17 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:

\$ 25 general admission

\$ 23 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

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