

UNITARIAN CHURCH *of* MARLBOROUGH *and* HUDSON

# Spiritual Growth *and* Community Center

WINTER | SPRING 2019 PROGRAMS *and* CLASSES



Change *the* World  
*with* Love!

For more information, visit [www.ucmh.org](http://www.ucmh.org) or call us at 978.562.9180.

# What is the Spiritual Growth *and* Community Center?

**The Spiritual Growth and Community Center** is an outreach program of the Unitarian Church of Marlborough and Hudson intended for growing spirits and changing the world. Our mission is to transform our lives and the world with love. Since 2008, we are providing programs that inspire, educate, connect, serve our greater community, promote social justice, and honor the interdependent web of life.

The Spiritual Growth and Community Center is possible through the generous support of the members and friends of the Unitarian Church of Marlborough and Hudson. We are a welcoming, joyful and inclusive community of all ages. We gather in love and compassion to create a healing presence for each other and the world in our pursuit of wisdom, spiritual growth, peace and justice. We have been part of the Hudson and Marlborough communities for more than 150 years and are a member of the Unitarian Universalist Association, a liberal religious denomination.

**Please visit our website for more information  
and our full calendar of events at [ucmh.org](http://ucmh.org)!**



# Table of Contents

Sections	Page	
Workshops and Events	5-12	
Ongoing Programs	13-18	
Special Worship Services	19-21	
Be The Love	22-23	
Leader Biographies	24-25	
Registration Information	26-27	

## Workshops and Events

Date	Event	Page
January 27	A New Relationship with Money	6
February 1	Open Adult Imbolc Circle	8
February 9	Winter Blues Beach Party!	9
February 16	Spiritual Finance	7
March 30	Pagan Ritual Writing Workshop	9
April 13	Bellies for Hope Fundraising Event	5
April 24	Passover Seder Dinner	9
April 27	Red Tent Gathering—Wholeness	10-11
May 19	78 Degrees of Wisdom—A Workshop on Tarot	12

## Ongoing Programs *(Continued Onto Next Page)*

Day of Week	Event	Page
Sundays	Youth Jazz Band	13
Select Sundays	Explorations Covenant Group	13
Second Sundays	RPG—Dungeons and Dragons Group	13
Last Sundays	Fiber Knitting/Crocheting Group	13

## Ongoing Programs *(Continued from Previous Page)*

<b>Day of Week</b>	<b>Event</b>	<b>Page</b>
Mondays	Buddhist Meditation and Book Group	14
1st Mondays	Join the Choir!	15
2nd & 4th Tuesdays	Japanese Playgroups (Infant-PreK)	15
1st Wednesdays	Evening Grief Circle	15
1st & 3rd Wed.	Japanese Playgroups (Infant-PreK)	15
2nd Wednesdays	Moon Circle Covenant Group	15
3rd Wednesdays	Daytime Grief Circle	15
1st Thursdays	Art as a Safe Space—Open Art Session	16
3rd Thursdays	Gender Discussion Group	16
2nd Fridays	Second Friday Sessions	16
Select Saturdays	Finding the Divine in Nature	17
1st Saturdays	FreeDrum with Dave Curry	18
2nd Saturdays	Tween and Teen Esbat Group	18
Select Dates	Full Moon Rituals	18

## Special Worship Services

<b>Date</b>	<b>Event</b>	<b>Page</b>
March 17	Pulpit Swap Journey Sunday	20
March 24	The Hero/Heroine Journey is Our Story, Too	20
March 31	Lessons in Risk & Vulnerability from the Camino	20
April 21	Easter and Earth Day—Stories of Resurrection	21
April 28	Blessing of the Animals Multigenerational Service	21

## Be the Love

<b>Date</b>	<b>Event</b>	<b>Page</b>
Ongoing	Change the World with Love	22
1st Sundays	First Sunday Food Sharing	23
June 8	Boston Pride Parade	23

## Workshops *and* Events



### **“Bellies For Hope” 11th Annual Belly Dance Fundraiser Event Saturday, April 13, 1-5pm**

Belly dance is an ages-old art form that celebrates all women and wellness. On April 13, every shimmy brings us one step closer to a cure; every hip drop brings new hope for healing. Please join us for a fabulous, family-friendly day of belly dance performances at **Bellies For Hope**, our next iteration of our decade-long event “Bellies For Breasts.” Together we will raise funds to support our participants at **Relay For Life**, the American Cancer Society’s signature fundraiser, to help eradicate cancers of all kinds. Our day also features an **Intro To Belly Dance Workshop**, raffle, and light vending, all in the spirit of love, healing, wellness, and inspiration.

**Leaders:** Nancy Rogers and Team Vikki

**Date:** Sat, April 13, 1-5pm (Workshop at 1:15; belly dance performances at 2:30)

**Cost:** General admission: \$10/adults, \$3 kids 12 and under

**Location:** UCMH Union Hall

# Workshops *and* Events



## A New Relationship With Money With Kerry Cudmore & Maria Yunis

Kerry Cudmore used to have a terrible relationship with money. A disorganized wallet, piles of unopened bills, and daily calls from angry creditors were indications of just how bad it was. She decided to change things once and for all, redefining her relationship with money, and now helping others do the same.

Individually and collectively, it is time to change our relationship with money. To leave behind the struggle and suffering and create something very different. In this engaging interactive talk, Kerry will share her unique Spiritual Finance perspective. We will explore how we create our relationship with money; and how to change it for the better.

This workshop is also an introduction to a larger workshop called **Spiritual Finance** happening at UCMH in February and March (see opposite page). Attendance at New Relationship with Money is not a commitment to the Spiritual Finance class—they're being offered separately.

**Leaders:** Kerry Cudmore and Maria Yunis

**Date:** Sunday, January 27, 1-2:30pm

**Cost:** Free

**Location:** UCMH Knight Room

# Workshops *and* Events

## Spiritual Finance

The Spiritual Finance Class Series is designed to transform your core relationship with money. It is meant to provide benefit to people in all types of life situations. Young, old, rich, poor, middle-class, the financially adept, the financially reluctant ... anyone can transform their relationship to money via this highly effective class series. The goals for this class include ...

- Understanding your personal relationship with money and finance.
- Retooling how you relate to prosperity, abundance, and success.
- Clearing the emotional clutter of limiting financial beliefs.
- Having a clear understanding of why it is spiritually “ok” to be prosperous.
- Being comfortable in the “money conversation.”
- Creating a healthy and empowering relationship with money and finance.

Class size is limited and preregistration is required. This class consists of 3 in-person classes and 2 by-phone classes. Please note: This class series is a comprehensive process, with each class providing a necessary component of the whole experience. You are expected to attend all of the classes. If you cannot attend any class in the series you will not be able to continue and will have to take the class again some other time.

**Leaders:** Maria Yunis and Kerry Cudmore (pictured below)

**Dates:** Saturdays, Feb 16, 23, March 2, 9, 23; 10am-12:00pm

**Cost:** All students are automatically provided a full scholarship—a \$300 value

**Location:** UCMH Knight Room



## Workshops *and* Events



### Open Adult Imbolc Circle

Join us as we welcome the growing light of mid-winter in a Candelmas/ Imbolc ritual honoring the three aspects of the Celtic Goddess Brighid: Poet, Smith and Healer. The members of Moon Circle and the Society of Elder Faiths are jointly offering this circle for all who are looking to celebrate the return of longer days and shorter nights, even as we make our way through snow and slush. Imbolc is a time of promises to come from the earth—the promise of warmth, the promise of light, the promise of growth and through growth, sustenance. Come and renew your spirit as we ask Brighid for her blessings. Doors open at 6pm, doors will close and the pre-ritual discussion will begin at 7pm. There will be a potluck supper following the ritual so please bring a dish to share. We'll supply cups, plates, eating utensils, and beverages. (No alcohol please). All adults are welcome; no experience is necessary.

**Leaders:** Cynthia Menard and Chris Coleman

**Date:** Friday, February 1, 2019, 6-9pm

**Cost:** \$5 for UCMH and SEF members; \$10 for non-members

**Location:** UCMH Union Hall

# Workshops *and* Events

## Winter Blues Beach Party!

Do you need a break from the cold and snow? Fire up your imagination and join us for a tropical beach party with specialty non-alcoholic drinks, limbo dancing, and plenty of good food and conversation. Bring a snack to share, your most colorful tropical shirt, and your dancing shoes for this family friendly event.

**Leaders:** Rev. Alice Anacheka-Nasemann and Joyce Andrews

**Date:** Saturday, February 9, 7:30-9:30pm

**Cost:** Free for members, \$5 suggested donation for non-members

**Location:** UCMH Union Hall

## Pagan Ritual Writing Workshop

Kara Nilson, Pagan Teen and Tween Coordinator and Clergy for the Society of Elder Faiths, is offering a Pagan ritual writing workshop at UCMH this spring. Kara has many years experience writing public and private rituals for groups of all ages and sizes, and her rituals are beloved by many SEF members. Discussion will include ritual structure, organizing logistics, and resources. No experience needed to attend.

**Leader:** Kara Nilson

**Date:** Saturday March 30, 1-3pm

**Cost:** \$5 suggested donation

**Location:** UCMH Knight Room

## Passover Seder Dinner

Join us in celebrating Passover with a traditional Seder dinner. This Jewish holiday celebrates freedom with a ritualistic retelling of the Exodus story, which describes the liberation of the Israelites from slavery in Egypt. Led in a modernized Reform Jewish tradition, our Seder is welcoming of interfaith families as well as people from all religious traditions, including atheists. Registration is required by April 17 so that event coordinators can notify participants on April 19 of an assigned food to prepare and bring as part of the meal on the night of the dinner. The Seder ritual will start at sundown, at 7:35pm, followed by the meal at approximately 8:30pm. Please eat a snack before arrival.

**Leader:** Johanna Sagarin

**Date:** Wednesday, April 24, 7-9:30pm

**Cost:** Free

**Location:** UCMH Union Hall

## Workshops *and* Events



### **Hudson, MA Red Tent Gatherings: Celebrating Over 8 Years of Sharing Our Stories and Creating Community!**

The Red Tent movement, inspired by Anita Diamant's best-selling fictional story, *The Red Tent*, supports women in reclaiming the gifts of community as we gather together to co-create intimate, woman-centered, restorative, secular, confidential Safe Space. We practice and receive Deep Listening that we may be present with our Authentic Selves. There's never an obligation to share: this time is for YOU! Just come to absorb the loving vibes of WomanSpace, if you like.

# Workshops *and* Events

## Women's Red Tent Gathering: "Wholeness"

"You are not a drop in the ocean.

You are the entire ocean in a drop." —Rumi

In our April tent, we will share stories, connection, and inspiration around reflections on the concept of Wholeness: what does it mean to feel whole? How might this definition change as you move through life? As you move through the world as a woman? What is the role of Wholeness in your relationships? What obstacles might you encounter? And what tools may we share with one another to help us get to and acknowledge those places where we feel we've arrived?

Our April Tent brings us just such an opportunity: during our time together, two of our Tent Sisters will exchange their legal marriage vows—one of the ultimate rites-of-passage to celebrate Wholeness—inside our warm and loving Woman-Space! We hope you will join us in this very special Women's Red Tent.

Red Tent is created for adult women (Trans Sisters: this is your Tent, too!) and mature female teens. Dress comfortably; please feel free to bring a snack to share!

So that we may preserve the integrity of the Container we create together, and out of courtesy to your Tent Sisters, we ask that you kindly adhere to the following guidelines:

- Please be prompt; we will be closing our registration table soon after we begin.
- NO ANIMALS in Tent with the exception of CERTIFIED therapy animals. If you'll be bringing a therapy animal with you, please contact us in advance.
- Please be mindful to not overuse high-fragrance products; some sisters are scent-sensitive.
- This is a drug- and alcohol-free space.

Many thanks for your contributions to making this a Safe and Restorative space for all!

**Leaders:** Nancy Rogers, Kim Roche, and Katrina Graham

**Date:** Saturday, April 27, 1-5pm

**Cost:** FREE—please be our guest! No registration required.

**Location:** UCMH Union Hall

## Workshops *and* Events



### 78 Degrees of Wisdom— A Workshop on Tarot

Occultist and author A.E. Waite, creator of the widely-used Rider Waite Tarot deck, called the Tarot “...fragments of a Secret Tradition under the Veil of Divination.” For anyone wishing to use the Tarot for personal reflection or readings they should garner an understanding of the Tarot’s deeper meanings including how it relates to the sum of human experiences, its connections to the Kabbalah and to astrology. When used with these understandings, it becomes a powerful tool for self-exploration and growth, and with truly deep study and meditation, even a path to enlightenment.

This workshop will use Rachel Pollack’s book, *78 Degrees of Wisdom*, as a springboard for exploring the deeper meanings behind the cards. We’ll spend time both studying decks and individual cards, as well as learning spreads for reading. Please feel free to bring your own deck if you have one; a set of cards is not required for the class.

**Leader:** Cynthia Menard

**Date:** Sunday, May 19, 1-3pm

**Cost:** \$5 suggested donation

**Location:** UCMH Knight Room

# Ongoing Programs

## Explorations

### Covenant Group

This covenant group welcomes people with diverse beliefs -- including Pagans, atheists, agnostics, and theists -- to discuss our monthly ministerial themes as they relate to our personal faith journeys. Together we will respond to thought-provoking questions with deep listening and honest sharing in a respectful, nonjudgmental community.

Upcoming themes include Trust, Journey, Wholeness, Curiosity & Beauty. Bring a bag lunch or grab a quick bite after church and join us! With one-week notice, childcare will be available.

**Leader:** Rev. Alice Anacheka-Nasemann

**Dates:** Sundays Feb. 3, March 3, April 7, May 5, June 2, 12:30-2pm

**Cost:** Donations appreciated

**Location:** UCMH Knight Room

## New—

### RPG/Dungeons and Dragons Group

Have you ever wondered what role play is? Come find out in a friendly dungeons and dragons-style game. This is a fantasy cooperative storytelling adventure/process. I will be running a d20-based game open to all ages and experience. Come to watch or play. The main purpose of a D&D game is to have fun; I ask that no “evil” characters are used as this is a heroic setting. The core of this game

is similar to 5th Edition D&D and Pathfinder. The character stats are rolled, and the basic classes and races are available.

**Leader:** Erin Griffin

**Dates:** Second Sundays Jan. 13, Feb 10, Mar 10, April 14, May 12 and June 9; 12:30 -3pm

**Cost:** Donations appreciated

**Location:** UCMH Union Hall

## New—

### Fiber Knitting/ Crocheting Group

UCMH is pleased to announce a new fiber working group. This open to any practitioner of the fiber arts, whether it’s knitting, crochet, macramé, peg looms, cross stitch or other. The group is hosted by a crocheter of several years, who’s excited to share her passion and experience. You’re invited to bring your own project or start a new one.

**Leader:** Erin Griffin

**Dates:** Last Sundays (except Jan), Jan 20, Feb 24, Mar 31, April 28, May 26, and June 23; 12:30 -2:30pm

**Cost:** \$5 suggested donation

**Location:** UCMH Knight Room

## Youth Jazz Band

UCMH is proud to offer the opportunity for teens to participate in the formation of a jazz band. We are currently looking for young musicians in our congregation (and their talented friends) who would be

# Ongoing Programs



**“Teach this triple truth to all:  
A generous heart, kind speech,  
and a life of service and compassion  
are the things which renew humanity.”**

**B U D D H A**

interested in playing in a jazz band to meet regularly from 4-5 pm every Sunday (except holidays). The sessions will be taught/guided by Eric Yanaway, who will be using jazz standards from the Real Book. The goal is to prepare a group to be able to play at an occasional service and other events (and beyond, if desired).

**Leader:** Eric Yanaway

**Dates:** Sundays, 4-5pm

**Cost:** The cost is a weekly fee of \$10-\$15 (charged monthly) that is a sliding amount based on the number of kids in

the band (to cover the cost of our teacher) plus a one time supply fee of \$30.

**Location:** UCMH Sanctuary

## **Buddhist Meditation and Book Group**

The group is open and meets every Monday evening (except holidays) and follows a format which includes meditation, reading and discussion. Books are chosen by the group and have a “Buddhist oriented content.”

# Ongoing Programs

Familiarity with Buddhism is not required; the group learns from one another and our exploration of our readings is applied to real life experience. Books are suggested by the attendees and selections are chosen by the group. All are welcome.

**Leader:** Ruth Hanlon

**Dates:** Mondays (except holidays), 7-8:30pm

**Cost:** \$5 for non-members; members donations appreciated

**Location:** UCMH Knight room

starting an additional PreK class on Tuesdays so we can continue providing the opportunities to play and learn in Japanese.

**Leaders:** Kie Shimizu

**Dates:** 2nd & 4th Tuesdays,

10am-1pm (Infant-PreK)

1st & 3rd Wednesdays,

10am-1pm (Infant-PreK)

**Cost:** Minimum donation of \$30 fee per family due with registration. An additional fee will be collected at the first playgroup to cover craft supplies.

## Join the Choir!

Make a joyful noise and lift your voice in song! Our choir sings during our weekly Sunday worship services, using a variety of musical genres, including world music, contemporary, gospel, classical, and folk. We welcome singers with all levels of musical and choral experience. Rehearsals are on some Mondays and on Sunday mornings prior to the service. Please contact the church office for more information.

**Leader:** Carole Graves

**Dates:** 1st Mondays 7:30 to 9pm and most Sundays 9:15 to 10:15am (with performing in the 10:30am service)

**Cost:** Free

**Location:** UCMH Knight room

## New—

### Grief Groups

These facilitated grief circles are for anyone who has experienced a significant loss of any type. Twice a month we will gather to share our stories within a community of love and mutual support. Attend either the daytime or evening circle, or both.

**Leader:** Rev. Alice Anacheka-Nasemann

**Evening Circle Dates:**

1st Wednesdays, Feb 6, Mar 6, April 3, May 1, June 5, 7:30-8:30pm

**Daytime Circle Dates:**

3rd Wednesdays, Feb 20, Mar 20, April 17, May 15, June 19, 1-2pm

**Cost:** Donations appreciated

**Location:** UCMH Knight Room

## Japanese Playgroups

This playgroup, open to families of all backgrounds, teaches kids Japanese culture, including traditional crafts, music and story time. Moms can chat and exchange information while the children play. New this year, we are

## Moon Circle

### Covenant Group

The Moon Circle Covenant Group is for all folks who find their spirituality and religious beliefs closely connected to nature. Each month, in sacred

# Ongoing Programs

space, we will explore different topics such as Ritual, Tarot, Magick, Astrology, Healing, Shamanism, etc. Please note the new meeting time below, starting in February.

**Leader:** Kim Roche

**Dates:** Second Wednesdays, Feb 13, Mar 13, Apr 10, May 8; 7-8:30pm

**Cost:** \$5 Suggested Donation

**Location:** UCMH Knight Room

## Art as a Safe Space— Open Art Session

Come and explore who you are while you explore an array of art mediums. We will supply a variety of materials and people can pursue their passion however they like. We will use the monthly worship theme as our base theme, and let each person decide how they want to express it artistically. As always, art is individual and fully open to interpretation. We provide a safe space to express your individual art, free from “critical” analysis or any definition of “correct.”

**Leader:** Jennifer Rambridge

**Dates:** First Thursdays, Jan 3, Feb 7, Mar 7, April 4, May 2, June 6; 7-8:30pm

**Cost:** \$20 for all sessions (includes supplies) or \$5/class

**Location:** UCMH Union Hall

## New—

### Gender Discussion Group

This gender discussion/ peer group is open to anyone who is non-standard gender or sexual orientation: lesbian,

gay, transgender, bisexual, pansexual, or any variation thereof. This is a peer group not a therapy group, and the goal is to provide a safe environment to meet and talk about different subjects, and ask non-professional advice from others. It also provides an opportunity to meet others and develop community.

**Leader:** Erin Griffin

**Dates:** Third Thursdays, Jan 17, Feb 21, Mar 21, April 18, May 16, June 20; 7-9pm

**Cost:** \$5 Suggested Donation

**Location:** UCMH Knight Room

## Sessions Musical Performances and Open Mic

Sessions is a hybrid Open Mic, Songwriters Round Table, Invitational JAM. We welcome your Music, Spoken Word and other Art Performances. Sessions will be held in the Subterranean Union Hall. We also have access (as available) to the Main Sanctuary and a Yamaha Grand Piano, a 70s' Slingerland kit and Bass Amplification for the "Power Trio" and high quality sound reinforcement. A/V recording (you supply 4 or 8 gig SD card) is available. Friends of all ages welcome. Contact Lorenzo at 978.562.9223 and [lorenzonine@gmail.com](mailto:lorenzonine@gmail.com) for confirmation, early sign-up, information, and comments.

**Leader:** Lorenzo Fine

**Dates:** 2nd Fridays—  
Jan 11, Feb 8, Mar 8, April 12,

## Ongoing Programs



May 10, June 14; 7-10pm (or later)

**Cost:** \$5 suggested donation

**Location:** UCMH Union Hall

### Finding the Divine in Nature

Many of us enjoy outdoor activities but how often do we spend time in nature just being present? Cynthia Menard is leading a monthly workshop this spring focused on helping participants find and deepen their spiritual connection with the natural world. Our group will practice mindfulness during our time in nature, focusing on being fully present and taking in what is happening in the natural world

around us through a variety of practices. We'll spend time practicing quiet observation, group explorations, silent hikes, journaling, group and individual meditation and more. Information about each outing including location, focus and any preparation needed will go out in advance to participants. Pre-registration required, ages 16 and up, no dogs please.

**Leader:** Cynthia Menard

**Dates:** Select Saturdays, March 30, April 20 and May 18, 10am-12pm

**Cost:** \$5 suggested donation

**Location:** Varied, off-site

# Ongoing Programs



## FreeDrum with Dave Curry

FreeDrum is a night of high energy freestyle drumming and dancing that welcomes all ages and skill levels. The drumming kicks off at 7pm, and we go full throttle until about 9:45, with a short break in the middle for snacks, announcements, socializing, and maybe a group photo. Near the end, we dial back the energy and cool down with softer, slower rhythms, perhaps some didge, flute, or toning to help get us grounded. Bring your drums and percussion instruments if you have them. Some extra drums are available for borrowing. You're welcome to bring snacks, if you like to share.

**NOTE**—FreeDrum is based on the "conscious gathering" concept that believes in being high on life without the need for mind altering substances. During your time at FreeDrum, we ask that your head is clear of drugs or alcohol. Your cooperation is appreciated.

**Leader:** Dave Curry

**Dates:** 1st Saturdays—Jan 5, Feb 2, Mar 2, April 6; 7-10pm

**Cost:** \$5 per adult, kids under 13 are free

**Location:** UCMH Union Hall

## Tween and Teen

### Esbat Group

What's an Esbat? An Esbat is a regular gathering of Pagans meeting at times other than the Sabbats (holidays). The Pagan Esbat circle is open to Pagan and Pagan-curious families of children 10 and up. This is a family centered ritual group where tweens, teens and adults can honor the cycles of the moon and honor the male and female aspects of deity.

**Leader:** Kara Nilson

**Dates:** 2nd Saturdays—Jan 12, Feb 9, Mar 9, April 13, May 10, June 8; 6-8:30pm

**Cost:** \$10 suggested donation per meeting to cover copies, snacks, and space usage

**Location:** UCMH Alice Hart Room

## Full Moon Rituals

Moon Circle, a chapter of the Covenant of Unitarian Universalist Pagans (CUUPS), will offer open circles for local Pagans to gather for a joyous spiritual practice, generally on the night or eve of the full moon. Locations will sometimes be outdoors/off-site depending on the season and weather. Please contact the church office for details.

**Leader:** Alan Anacheka-Nasemann

**Dates:** Monday, Jan. 21, Tuesday, Feb. 19, Wednesday, March 20, Thursday, April 18, Friday, May 17, and Sunday, June 16; 7:30-9pm

**Cost:** Donations appreciated

**Location:** Varying, call for details.

## Sunday Worship Services



The Unitarian Church of Marlborough and Hudson and Rev. Alice Anacheka-Nasemann welcome everyone to our weekly Sunday services held at 10:30am. Here people will find a joyful, peaceful experience filled with heartwarming and inspirational stories, wonderful music, and fresh coffee, refreshments, and fellowship in our Worship Café.

Each month we explore different spiritual themes such as Possibility, Trust, Journey, Wholeness, Curiosity, and Beauty. Related youth activities are available downstairs or with multigenerational services co-led by Cynthia Menard, UCMH's Lifelong Learning Director and Youth Educator.

Each Sunday our sanctuary is graced with the beautiful sounds of our choir, led by our talented Music/Choir Director, Carole Graves. We often include special guest speakers as well as guest musicians, such as live steel pan drums, classical harp, cello, guitar and flute duets, youth jazz, and more.

Please see the following pages to view our upcoming Special Worship Services, including Easter and Earth Day—Stories of Resurrection and our annual Blessing of the Animals Multigenerational Service.

***Please join us!***

# Special Worship Services

## Pulpit Swap Journey Sunday

To celebrate our monthly theme of **Journey**, the ministers who are part of the Unitarian Universalists of the Boroughs & Blackstone Valley are traveling to one another's congregations today for an old-fashioned pulpit swap. Stay tuned for details on where Rev. Alice will preach this morning and which of our neighboring UU ministers will preach on the topic of **Journey: The practice of pilgrimage, courageous growth and patient change.**

**Date:** Sunday, March 17, 10:30am

---

## The Hero/Heroine Journey is Our Story, Too

As Joseph Campbell said, the hero stories from every culture have stood the test of time, "because they are the ones worth telling." Their narrative frame so aptly describes the human story. They give us hope, and provide a handrail through hard times. Elisa will share a few hero/heroine's journey stories and some insights into how we can make the most of our own journeys.

**Leader:** Elisa Davy Pearmain

**Date:** Sunday, March 24, 10:30am

---

## Lessons in Risk & Vulnerability from the Camino

They say that El Camino de Santiago provides what you need. When Rev. Alice walked the Camino last year, medical issues arose that led to her learning she had thyroid cancer. This morning we'll explore the unexpected gifts that we can receive when we let go of control, step outside of our comfort zone, and embrace vulnerability.

**Leader:** Rev. Alice Anacheka-Nasemann

**Date:** Sunday, March 31, 10:30am

# Special Worship Services



## Easter and Earth Day— Stories of Resurrection

Celebrating both Easter and Earth Day, this worship service will lift up the hope of resurrection in a time when Global Warming is threatening our planet. With stories of remarkable resurrections of previously devastated ecosystems or animal species, we will consider how we can be part of restoring wholeness to the Earth.

**Leader:** Rev. Alice Anacheke-Nasemann

**Date:** Sunday, April 21, 10:30am

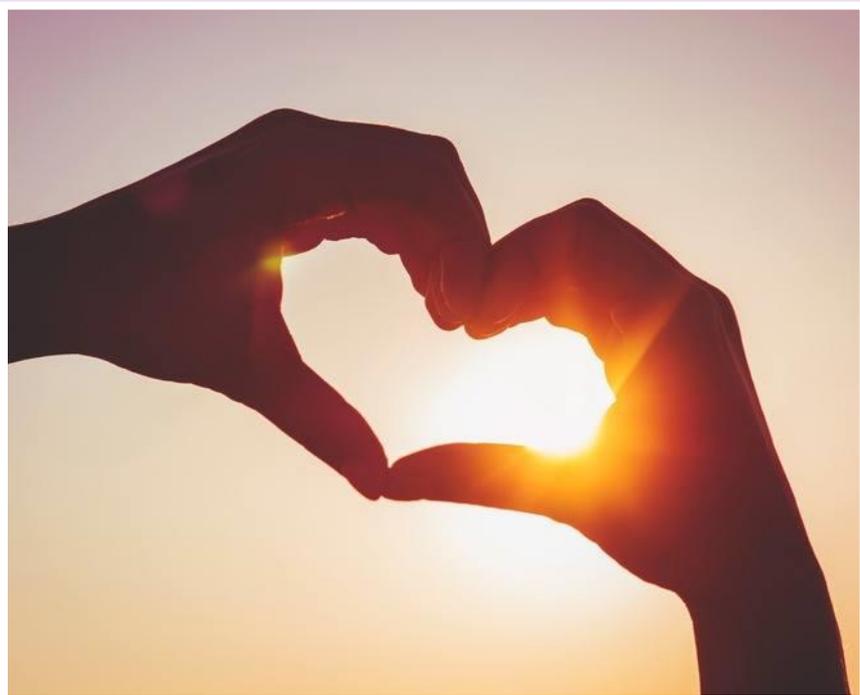
## Blessing of the Animals Multigenerational Service

Our animal companions are often cherished members of our families, bringing us deep love and connection as well as laughter and joy. This service will feature a blessing of the animals as we honor their importance in our lives. Well behaved animals of all varieties are welcome to join us on leashes or in appropriate enclosures. There will be a slide show presentation of pets who prefer to be left at home so they can be included in a distance blessing. Contact the church office for information on how to send your picture for inclusion. All are invited to bring pictures or other mementos to honor pets on our altar of memory.

**Leader:** Rev. Alice Anacheke-Nasemann

**Date:** Sunday, April 28, 10:30am

# Be The Love



## Change the World With Love

Unfortunately, a large number of hate speech incidents occur everyday in K-12 schools and on college campuses. We encourage all families to take a minute at dinner time every day to discuss any instances of bullying or hate speech you've encountered that day, as well as any stories of love in action.

You are invited to put a jar or piggy bank on your kitchen table for your spare change and bring it with you to add to our Change the World Collection during worship every Sunday. All funds collected will be divided between The Southern Poverty Law Center, Poor People's Campaign, and the Be the Love campaign for the Unitarian Church of Marlborough and Hudson.

# Be The Love

## First Sunday Food Sharing

More than eight percent of households in Massachusetts experience “food insecurity,” a measurement that captures the degree to which an individual or family cannot obtain adequate nutritious food for a healthy life.

The Unitarian Universalist congregation of Marlborough and Hudson collects food on the first Sunday of each month. You are welcome to bring food items to the morning worship at 10:30am. To arrange a drop-off at other times, please contact the church office at 978.562.9180.

## Boston Pride Parade

Join members and friends of UCMH as we march in the annual Boston Pride Parade, affirming our belief in the inherent worth and dignity of every person. For more information about the parade visit [bostonpride.org](http://bostonpride.org). More information about the day will be available on their website as Pride Week draws closer. Marchers should plan to be in Boston at 10:30am to line up. We will meet at the Church at 9am and carpool to the Alewife T. If you don't want to march but want to meet up with us afterward, contact the Church and a meetup time/place can be arranged. After the parade there are performances, vendors, music, food and more.



**Leader:** Christopher Coleman

**Date:** Saturday, June 8, 2019, 9am-4pm

**Cost:** Free

**Location:** Boston

# Leader Biographies

**Rev. Alice Anacheka-Nasemann** is the minister at UCMH, co-founder of the Spiritual Growth & Community Center, and a Certified Laughter Yoga Instructor. An honors graduate of Andover Newton Theological School, she is the co-author of the UU curricula for children, *Moral Tales*, *Faithful Journeys*, *Love Will Guide Us*, and *World of Wonder*.

**Joyce Andrews** is a Certified Holistic Health Coach. She received her training from the Institute for Integrative Nutrition in New York City, NY. She also holds a BA in Psychology. She has been a member of the UCMH for 17 Years.

**Christopher Coleman** has been involved with earth-based religions, taught classes and workshops, and ran a holistic health business for nearly 30 years. He is an initiated Wiccan Priest and an initiated Druid Priest. He brings a plethora of understanding of the evolving needs of the Pagan identified and new age communities.

**Kerry Cudmore**, MS, CPCC, PCC is a certified professional life and business coach, Master Empowerment Leader and Firewalking Instructor, and creator and founder of the Spiritual Finance Initiative, a 501c3 nonprofit organization dedicated to "Changing our individual and collective relationship with money." She creates and teaches methods that make complex concepts easy to approach, understand and master; helping her clients and class participants create fearlessly joyful, prosperous, and fulfilling lives and businesses.

**Dave Curry** is the creator of Drums For One & All, which includes facilitating public events, giving workshops, teaching private lessons, giving live performances, and doing drum repairs. Dave has offered his popular FreeDrum event every month since 2001. He has taught drum classes at the Assabet school since 2009. Over the past 19 years, Dave has led 1000+ drumming events at schools, churches, colleges, retreat centers, and other institutions across New England.

**Lorenzo Fine** has been involved in the local music scene for over 30 years. He has been a member of several bands and has performed live, recorded, produced and engineered many different types of music. Lorenzo enjoys collaborating on original music.

**Katrina Graham** is a long practicing eclectic wiccan High Priestess with experience leading rituals and spell-work. She co-facilitates Red Tents. She is also proficient in many types of handcrafts.

**Carole Graves**, UCMH Music/Choir Director, is passionate about teaching music to all ages through creative programming and curriculum in the musical arts.

**Erin Lee Griffin** is a Massachusetts native who has also spent time in the upper valley regions of NH and VT. She is a male to female trans on HRT for 3 years. Erin uses the pronouns she, her and any. She enjoys Paganism, UU spirituality, nature, RPG gaming (both tabletop and computers), sci-fi, helping others and crafts. Erin is a supporter of the local Red Tent.

# Leader Biographies

**Ruth Hanlon** organizes the Buddhist Yoga, Shamanism, and Women's Red Book Discussion Group which is led by Tent/All-Genders tent gatherings, which she co-facilitates. We keep an extra book on hand, so join us at any time.

**Cynthia Menard** is the Director of Lifelong Learning for UCMH, an initiated Alexandrian Wiccan, and ordained clergy for the Society of Elder Faiths, a Massachusetts-based Pagan spiritual community. Cynthia has her Master's degree in Conservation Biology and worked as a naturalist, experiential educator, and camp director for 20 years before coming to UCMH. She lives in Lunenburg with her wonderful husband and two school-aged sons.

**Kara Nilson** has been Wiccan since age 12, writing and facilitating public Pagan rituals for adults and children for over a decade.

**Elisa Pearmain** has been telling stories professionally for over thirty years. She is the author of two award-winning collections of wise world tales and a CD on Forgiveness through Story. Elisa has a private psychotherapy practice in Concord, MA. She is always happy to be invited back to UCMH.

**Jennifer Rambridge** is a lifelong crafter and art creator, and has taught people of all ages and abilities. Jennifer loves sharing the joy of creating whether it be painting, found art sculptures, coloring, origami, or any other pursuit.

**Kim Roche** is a Writer, Sacred Ceremonialist, Healer, and Astrologer. She enjoys creating rituals and teaching workshops, and she is passionate about

**Kie Shimizu** leads our Japanese Playgroups for Moms and young children.

**Nancy "Nan" Rogers**, a member of UCMH since 2010, is passionate about bringing people together in co-created Safe Space; she is the founder of the Hudson MA Women's Red Tent and All-Genders Tent. She is a CAD Designer by day at a corporate office, creating artwork for children's clothing. She participates in worship services and has written and preached several sermons at UCMH. She feels closest to spirit when engaged in Random Acts of Creativity and communing with Nature.

**Eric Yanaway** has been teaching in the Marlborough area for the last 15 years. Eric attended the Berklee College of Music, where he received a degree in Music Performance. He now performs in several local bands and teaches guitar and bass to students at both Mr. C's Music and Jack's Guitar Garage.

**Maria Yunis**, CPCC (Certified Professional Co-Active Coach) is a self-proclaimed dream weaver. Her passion is empowering people who know they want more in their lives to be the creator of the life of their dreams. Through presence, deep inquiry and encouragement, and the power of perspective, clarity and direct heartfelt reflections Maria guides her clients into aligned actions that have them live their dreams.

# General Registration Information

## **Program Locations**

All programs will take place at the Unitarian Church of Marlborough and Hudson unless otherwise specified. Enter through the Church Street door on the Church Street side of the building. The Union Hall is down the stairs and to your right. The Knight Room is up the stairs on the left. When we carpool off site, we will gather outside the Church Street entrance.

## **Cancellation Policy**

Programs that are under-enrolled will be cancelled one week prior to the event and enrollees notified. If cancellation is due to weather, all efforts will be made to contact those who have registered for the event. Cancellation information can be obtained on the church google calendar (on our website) or on our outgoing voicemail message.

## **Childcare**

Childcare may be available for an additional fee when you contact the church office at least 10 days in advance.

## **Accessibility**

Most of the church meeting rooms are accessible; others may require advance notice or special accommodations. Please contact us with questions about accessibility needs.

## **Scholarship Assistance**

We want all people to be able to attend our programs. In case of financial hardship, please contact the church office to apply scholarship funds or create a payment plan.

## **Parking**

Parking is available on both Main and Church Streets, on the church lot, in other adjacent lots, and in public lots on South Street (parallel to Main Street). Do not park in the Avidia Bank parking lot during banking hours.

## **Two ways to register and pay**

Please register at least one week prior to the event/class. Space will be reserved on a first-come, first-served basis. Late registrations are welcome, subject to availability.

Register online at [www.ucmh.org](http://www.ucmh.org) (click on the SGCC link) via PayPal or complete the form below and mail it, along with the program fee, to: SGCC at UCMH, PO Box 176, Hudson, MA 01749.

# General Registration Information

## Membership

Membership in the Spiritual Growth & Community Center will help sustain our programming. Annual memberships are \$45 for individuals and \$85 for families and include 20% off all of our programs. Generous individuals can make a big impact on our work with a life membership for \$1000 (which includes 20% off our programs for life and a listing in future brochures).

## Church contact

administrator@ucmh.org, 978-562-9180

Fee (members can deduct 20%)

Annual Membership Fee \_\_\_\_\_ individual \$45 or \_\_\_\_\_ family \$85

Course/Event (Please write in)	Fee
Total Due	\$

I would like to support learning and service at the **Spiritual Growth Center** through an additional donation of:

\_\_\_\$10, \_\_\_ \$50, \_\_\_\$100, \_\_\_ other: \$\_\_\_\_\_

Total: \$\_\_\_\_\_

**Name:**

**Address:**

**Phone Number:**

**Email Address:**



Unitarian Church of Marlborough *and* Hudson  
80 Main Street | P.O. Box 176  
Hudson, MA 01749  
[www.umch.org](http://www.umch.org) | 978.562.9180

---

*Change the World with Love!*