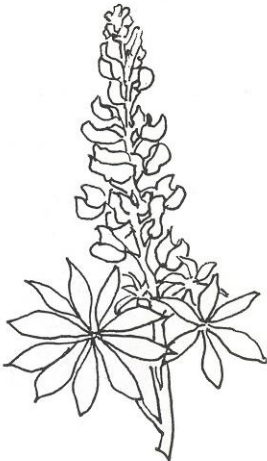


# Spiritual Growth Center

The Spiritual Growth Center provides opportunities and programs to awaken and sustain love, compassion, service and personal transformation. Our goal is to help individuals discover how spiritual practice, learning, and community service can transform their lives and move the world toward peace and justice.

Our programs are guided by a set of seven principles (see page 20.)

One of these principles affirms our intention to accept one another and encourage each other's spiritual growth. We will not judge the path you have chosen; rather we will offer programs which will help you strengthen your own disciplines.



## ***Spirit and Practice***

The varieties of human spiritual practices are vast. Chosen carefully, the right practice can awaken and sustain, enrich and transform your life.

## ***Spirit and Community***

Because we need each other, we gather for conversation, shared meals, and the simple enjoyment of good company. In this way we nourish our spirit and support each other as we experience the joys and sorrows of life.

## ***Spirit and Learning***

All spiritual growth requires an openness to learn and explore alternatives. When we welcome questions, doubts, curiosity and an open mind, our spirit grows.

## ***Spirit and Service***

Once you begin to feel your life being transformed, you become alive to your new strength and the possibility of serving others and working for peace and justice.

# Spiritual Growth Center

Page

## *Spirit and Practice*

|  |   |
|--|---|
| Choir                                  | 6 |
| Yoga for Your Body, Mind and Spirit    | 6 |
| Drum Circle                            | 6 |
| Sunday Meditation Circle               | 6 |
| Mooncircle Covenant Group              | 7 |
| Mystical Spirituality                  | 7 |
| Earth Dance Creative Movement Workshop | 7 |

## *Spirit and Community*

|                                    |   |
|------------------------------------|---|
| Japanese Playgroup                 | 8 |
| Earth & Spirit Singers             | 8 |
| Sunday Potluck Luncheons           | 8 |
| Soul & Spirit Lunch Conversations  | 8 |
| Women's Red Tent Gathering         | 8 |
| Mother's Day Tea                   | 9 |
| Hudson Town Fest                   | 9 |
| Puppet Show: A Woodland Cinderella | 9 |

## *Spirit and Learning*

|  |    |
|--|----|
| Nutritional Wellness Series              | 10 |
| The Golden Rule Across the Religions     | 10 |
| Drawing What You See #2                  | 10 |
| Indian Cooking in the Home               | 11 |
| Juice Plus                               | 11 |
| Getting Serious About Financial Defenses | 11 |
| Facing Economic Hard Times               | 11 |
| Glycerin Soapmaking 101                  | 12 |
| The Climate Monologues                   | 12 |

## *Spirit and Service*

|  |    |
|--|----|
| Peace Vigil  | 13 |
| Tolling the Bell 350 Times for the Earth                                 | 13 |
| First Sunday Food Sharing  | 13 |
| Become a Literacy Trainer  | 13 |
| Bellies for Breasts: Fundraiser for the Susan G. Komen Walk for the Cure | 14 |

***Thematic Worship Services***

|   |    |
|---|----|
| A Spiritual Revival of Love             | 14 |
| Sifting for Gold                        | 15 |
| A Singing Celebration of Light          | 15 |
| Common Security: An Imperative of Faith | 15 |
| Earth Day First Nation's Family Service | 15 |

***Faith Formation for Children***

|  |    |
|--|----|
| Grandparent Guides (ages 0-4)                  | 16 |
| Love Will Guide Us (ages 5-10)                 | 16 |
| Jr. Youth Group: Riddle & Mystery (ages 11-14) | 16 |
| Our Whole Lives                                | 16 |

**About our Instructors and  
Worship Leaders**

17

**Unitarian Universalist Association  
Principles & Sources**

20

**General Registration Information**

21

- Enrollment
- Cancellation Policy
- Parking
- Accessibility

***Courses & Events***

22

## ***Spirit and Practice***

### **Choir**

Make a joyful noise and lift your voice in song! Our choir sings during our weekly Sunday worship service, 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.

**Leader:** Marjorie Mitchell

**Date & Time:** Rehearsals: Wednesday evenings, 7:30-9:00 p.m.

Sunday morning worship service: 10:30-11:30 a.m.

**Cost:** Free, donations gratefully accepted.

*Contact the office if you are interested.*

### **Yoga for Your Body, Mind and Spirit**

Stretch, strengthen and balance your body. Practice breath awareness and deep relaxation. Class is geared toward beginners with some yoga experience, but all levels are welcome and individual modifications will be offered. Wear comfortable, unrestrictive clothing in layers. A limited number of mats are available, so please bring your own mat and any other yoga props you enjoy. Contact the church office to purchase a quality mat at a discount.

**Leader:** Lisa Mair

**Date & Time:** Wednesdays, 7:30-8:30 p.m.

**Session I:** February 2- April 6 (NOTE: there will be no class on Feb. 23)

**Session II:** April 13- June 15 (NOTE: there will be no class on April 20)

**Cost:** \$90 for 9 classes or \$12 for a single class.

*Registration required.*

### **Drum Circle**

Drumming brings energy and revitalization at the same time that it can be a relaxing, meditative practice. In this non-facilitated drum circle, we will take turns leading rhythms from various cultures (African, Middle Eastern, etc.) as we play with the percussive sounds we create together. No experience necessary. Participants are expected to bring their own drums, however a few will be available for borrowing.

**Leaders:** Nancy "Aurora" Rogers & Rev. Alice Anacheke-Nasemann

**Date & Time:** First Sundays, Feb. 6, Mar. 6, April 3, & June 5, 1:00-3:00 p.m.

**Cost:** \$5 per session

*Drop-ins welcome, no registration required.*

### **Sunday Meditation Circle**

Start your morning with a time of meditation, bringing mindful awareness to your breathing and experiencing deep relaxation.

**Leader:** Ruth Hanlon

**Date & Time:** Sundays, Feb. 6-June 12, 9:30-10:15 a.m. NOTE: There will be no meditation on Easter Sunday, April 24 or Mother's Day, May 8.

**Cost:** Free, donations gratefully accepted.

*Drop-ins welcome, no registration required.*

## Mooncircle Covenant Group

This covenant group is for all folks who find their spirituality and religious beliefs closely connected to nature. We will meet monthly on the second Tuesday to learn about, discuss and experience earth centered practices, beliefs and rituals. We will also enjoy potluck dinners and conduct rituals to celebrate and honor nature's cycles of life. All events are free, with donations gratefully accepted.

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

**Date & Time for Discussions:** 2nd

Tuesdays: Feb. 8, Mar. 8, Apr. 12, May 10, & June 14, 7:00-8:30 p.m.

**Date & Time for Potluck Dinners & Rituals:**

**Ostara & Full Moon:** Sat., March 19, 6:00-8:30 p.m.

**Beltane:** Sat., April 30, 6:00-8:30 p.m.

**Cost:** Free, donations gratefully accepted.

*Drop-ins welcome, no registration required.*

## Mystical Spirituality

Please join us for an open dialogue on everyday spirituality. All are welcome as we share teachings of Love and Life from ancient and contemporary sources such as the Bible and A Course in Miracles. Our intention will be to assist each other in living whole and present lives.

**Leaders:** Pedro Silva and Kelly FitzSilva

**Dates & Times:** Thursdays, Feb. 24-May 5, 7:00-8:00 p.m. NOTE: We will not meet on March 31.

**Cost:** Free, donations gratefully accepted.

*Registration preferred, drop-ins welcome.*

## Earth Dance: Creative Movement Workshop

Nature is abundant with inspiration! Enter the safe space of forest, water, and sky as you join us in exploring dance movement for joy, creativity and expression, informed by nature imagery. Connecting to our Mother enables us to manifest the fertility and abundance that's available to us all! Women, men and children of all ages, sizes, and physical abilities welcome; please wear clothing that's comfortable to move in.

**Leader:** Nancy "Aurora" Rogers

**Date & Time:** Sunday, April 17, 1:30-3:30 p.m.

**Cost:** Free, donations gratefully accepted.

*Drop-ins welcome, registration requested.*



## ***Spirit and Community***

### **Japanese Playgroup**

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.

**Leader:** Naoko Conway

**Dates & Times:** 1<sup>st</sup> & 3<sup>rd</sup> Wednesdays, Feb. 2 & 16, Mar. 2 & 16, April 6 & 20, May 4 & 18, June 1 & 15, 9:30-11:30 a.m.

**Cost:** There is a \$20 fee per family due with registration. An additional \$10 will be collected at the first playgroup to cover craft supplies.

### **The Earth & Spirit Singers**

A great opportunity for anyone who loves to sing, the Earth and Spirit Singers invite singers of any age and level of experience with the desire to sing and learn with others. Led by composer, guitarist Jim Scott, the non-audition chorus sings music of many styles and cultures that celebrates ideals of community, diversity, ecology and peace. Contact [Jim@jimscottmusic.com](mailto:Jim@jimscottmusic.com) for more information.

**Leader:** Jim Scott

**Date & Time:** Mondays, Feb. 7-April 18, 7:00-9:00 p.m. NOTE: There will be no Chorus on President's Day, Feb. 21.

**Cost:** \$50 for 10 weeks includes a notebook of music.

### **Sunday Potluck Luncheons**

Bring a dish to pass and join us after worship for good food and fellowship at our potluck luncheons held at noon.

**Dates & Times:** Feb. 13 and June 5, 12:00 p.m.

**Cost:** Free, donations gratefully accepted. *Drop-ins welcome, no registration required.*

### **Soul & Spirit Lunch Conversations**

This informal “drop-in” conversation will give you an opportunity to explore essential elements of your spirituality: the need for an examined life, the power available to you as a force of nature and history, and the value of an everyday practice of your choice. Bring your brown bag lunch. Tea and juice will be provided, along with stimulating, and potentially life changing, conversation.

**Leader:** Rev. Stephen Shick

**Dates & Times:** 4<sup>th</sup> Tuesdays: Feb. 22, March 22, April 26, & May 24, 12:15-1:15 p.m.

**Cost:** Free, donations gratefully accepted. *Drop-ins welcome, no registration required.*

### **Women's Red Tent Gathering**

The Red Tent event is a social phenomenon created in response to the book, “The Red Tent” by Anita Diamant. Placed in biblical Israel, tribal women gathered monthly to share with each other conversation, comfort, company, birthing and Life's Lessons. Women of all ages are invited to join us as we create our own Red Tent experience through sharing stories, food, and fun, with a sprinkling of meditation and creative movement ... all in a beautiful Safe Space. Dress: comfortable, “magical” garb encouraged. Feel free to bring a lovely snack to share and your favorite pillow or cushion.

**Leaders:** Nancy “Aurora” Rogers and Rose MacDonald

**Date & Time:** Saturday, March 26, 2:00-5:00 p.m.

**Cost:** Free, donations gratefully accepted.  
*Drop-ins welcome, registration requested.*

## **Mother's Day Tea**

Come enjoy finger sandwiches, home baked scones and breads, and delicious desserts at this yearly fundraiser sponsored by our children. This year's proceeds will be donated to Medicine Mammals Wildlife Rehabilitation Center.

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

**Date & Time:** Sunday, May 8, 12:00-1:30

**Cost:** Mothers eat free, all others suggested donation of \$10.

*Registration required for non-church members.*

## **Hudson Town Fest**

Hudson is fun in the summertime! Learn more about us and experience a sampler of our programs at the Hudson Town Fest in downtown Hudson. Enjoy drumming, belly dancing, crafts and more! Check the church website in late May for our schedule for the day.

**Leader:** Rev. Alice Anacheke-Nasemann and Nancy Rogers

**Location:** South Street in Hudson

**Date & Time:** Saturday, June 4, 9:00 a.m.-4:00 p.m.

**Cost:** Free, donations gratefully accepted.

*Drop-ins welcome, no registration required.*

## **Puppet Show: A Woodland Cinderella**

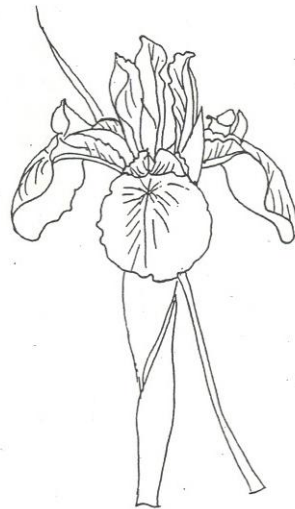
Come enjoy a new twist on the classic story in this puppet show which emphasizes the value of kindness rather than materialism. Cinderella is a fairy who

lives with her stepmother and stepsister in an enormous old Oak Tree. The King of all woodland fairies wants his son to marry a fairy princess, but none can be found. The king hosts a great ball with the hope that a true fairy princess will come. "A Woodland Cinderella" is a 2009 winner of the coveted UNIMA USA citation of excellence, which recognizes shows that "totally engage, enchant and enthrall" their audiences.

**Leader:** Deborah Costine (of Gerwick Puppets)

**Date & Time:** Sunday, June 12, 1:15-2:00 p.m.

**Cost:** Free, donations gratefully accepted.  
*Drop-ins welcome, no registration required.*



## *Spirit and Learning*

### **Nutritional Wellness Series**

Bring greater health & wellbeing into your life with our nutritional wellness series.

**Leader:** Lisa Mair

**Date & Time:** Last Mondays, Jan. 31, Feb. 28, March 28, April 25, May 23, 7:00-8:30 p.m. NOTE: Our May meeting is not on the last Monday.

**Cost:** \$10 per workshop, \$15 per couple  
*Register for all or for one workshop.*

**Jan. 31: Eating for Energy:** What would your life be like with an abundance of energy and vitality? Learn about some foods and simple practices that increase your energy, as well as food and habits that tend to deplete your energy reserves.

**Feb. 28: The Yoga of Eating:** Are you confused and “fed up” by all of the conflicting information regarding nutrition and health? The Yoga of Eating is a practice for determining which nutritional advice actually meets your unique needs in nutrition and in life.

**March 28: Transformational Weight Loss:** On a diet ... again? Perhaps it's time to try a new approach, in which you give yourself permission to fully enjoy food without guilt, fear or shame, and still lose weight. Sound too good to be true? Come find out for yourself!

**April 25: Spring Cleansing:** As a side effect of modern living, most of us have fallen out of alignment with nature and our optimal state of health and happiness. Spring is the perfect time for clearing away the sluggishness of the winter season. If you suffer from headaches, indigestion, frequent colds, constipation, acne, bad

breath, disturbed sleep, PMS, or low energy, a spring cleanse could be just the thing to get you back on track.

**May 23: Raw Food 101:** Have you been curious about all the buzz on the “raw food diet?” In this workshop, we will talk about what the raw food diet actually is, the benefits of eating raw, sample tasty raw food dishes, and receive some easy recipes to try at home.

### **The Golden Rule Across the Religions**

*See also Sunday Worship “Sifting for Gold” on page 15*

The Golden Rule is a moral teaching that can be found (in various forms) in virtually all the religions of the world. We are instructed to treat others the way we would want to be treated. In this inter-generational workshop, we will explore sacred texts from around the world that contain the essence of the Golden Rule. A variety of activities will be provided to help participants of all ages gain a deeper appreciation of the Golden Rule.

**Leader:** Patricia Hatch

**Date & Time:** Sunday, Feb. 13, 12:45-2:45 p.m.

**Cost:** Free, donations gratefully accepted.

*Drop-ins welcome, no registration required.*

### **Drawing What You See #2**

For beginners and intermediates; for new and returning students. Class will focus on basic hand-eye coordination based on Betty Edwards's Drawing on the Right Side of the Brain. Students are responsible for bringing their own supplies: assortment of drawing pencils, 3b and higher, a kneaded

eraser, white drawing paper, preferably 2 pads: 14 x 17, and 18 x 24, an 18 x 24 piece of foam core, and two drawing clips.

**Leader:** Judith M. Friebert

**Date & Time:** Sundays, February 20-March 20, 1:00-2:00 p.m.

**Cost:** \$40 for 5 sessions.

*Registration required.*

## Indian Cooking in the Home

In this 3-hour class you will learn to cook a simple Indian home-style meal. We will start with introduction to typical Indian spices. Then we will cook the meal and eat! The emphasis of the class will be on learning the basics of Indian cooking. The menu will include dal, raita, stir-fried veggies, tandoori chicken and mango lassi.

**Leader:** Manoj Padki

**Date & Time:** Saturday, March 5, 4:00-7:00 p.m. Snow cancellation date: March 12.

**Cost:** \$30 includes all ingredients

*Prepaid registration is mandatory for this class and enrollment will be limited to 6 participants, first come, first served.*

## Juice Plus

In this informative workshop, you will learn about the current health and nutrition landscape, why fruits and vegetables are so important, and one simple way you can boost your family's nutrition with Juice Plus. Juice Plus is the dried juice powder of 17 whole fruits and vegetables in capsule form, and provides an easy way to fortify your body with vital phytonutrients and antioxidants. You will understand why Juice Plus is the *only* supplement with overwhelming support and endorsement in the medical, research, and nutrition communities. Please see

[www.lisamairjuiceplus.com](http://www.lisamairjuiceplus.com) for more information.

**Leader:** Lisa Mair

**Date & Time:** Monday, March 7, 7:30-8:30 p.m.

**Cost:** Free workshop for informational purposes, with no obligation to purchase. *Drop-ins welcome, registration requested but not required.*

## Getting Serious About Financial Defenses

The goal of this 2-hour workshop is to start you thinking out of the box for achieving financial independence. We will look at all aspects of financial freedom, such as why, what, and how to get started. Financial freedom starts with developing a strong financial defense, i.e. taking very good care of what you already have. We will look at several tools for getting your current finances into order, such as automating your finances and using the well-known jars system. We will also work on creating accountability structures to keep you on track.

**Leader:** Manoj Padki

**Date & Time:** Tuesday, March 15, 7:00-9:00 p.m.

**Cost:** \$5 materials fee (can be waived)

## Facing Economic Hard Times: Building Real Security and Resilient Communities

Economic Worries? Hey, join the club! Supposedly the "Great Recession" is over, but many of us are still struggling and feeling vulnerable. Unemployment. Debt. Risk of foreclosure. Anxiously employed. Evaporating savings. Rising costs. People are coming together to form "Common Security Clubs" to deepen our economic security and build community resilience.

Join us to learn about Common Security Clubs, a small group approach to increasing economic security through learning together, mutual aid, and social action. Common Security Clubs are small groups – typically 8-15 adults – where individuals find connections, the information they need, and avenues to a new kind of security based on mutual aid and support. Sometimes called “Resilience Circles,” “Mutual Aid Groups,” or “Economic Security Support Groups,” clubs often meet for six initial lessons to learn, support each other, and take action in order to create a new economy that serves everyone in harmony with the planet. For more information, go to [www.commonsecurityclub.org](http://www.commonsecurityclub.org).

**Leader:** Chuck Collins

**Date & Time:** Sunday, March 27, 1:00-3:00 p.m.

**Cost:** Free, donations gratefully accepted.

## Glycerin Soapmaking 101

Learn how to make beautiful, handcrafted soap using no animal ingredients or artificial fragrances – and no complicated or expensive equipment! In this class, each student will go home with at least two bars of soap using natural fragrances, colors, and additives of your choice – most of them available at your local market! We’ll also learn about the history, science and technique of soap making. This class is suitable for children 12 and up with adult supervision. Please bring any soap molds you may already have, or a few clean 1-cup lidded plastic storage containers to class.

**Leader:** Rosemary Nolan

**Date & Time:** Saturday, April 2, 1:00-3:00 p.m.

**Cost:** \$15 adults, \$5 for ages 12-18 with paying adult, \$10 with no paying adult.

*Prepaid registration is mandatory for this class to ensure we meet our minimum enrollment.*

## The Climate Monologues

Singer-Songwriter-Actor-Environmental Educator Sharon Abreu will present her new show, “The Climate Monologues.” This one-hour show of stories and original songs will be followed by a discussion with all who wish to stay. The monologues come from interviews Sharon did with people across the U.S. and beyond affected by climate change and working to solve the climate crisis.

“The Climate Monologues” is about:

- People, Passion, Ideas
- Vision and Values
- Facing our fears and rising above them
- Inspiration, courage and keeping our humanity and sense of humor in the face of critical challenges.

The characters range from a small family farmer in West Virginia, to a Jesuit priest in India, to a former rodeo cowgirl who makes a compelling business case for climate protection.

The show highlights solutions and how people from diverse communities are brought together by a common concern.

**Leader:** Sharon Abreu

**Date & Time:** Saturday, April 16, 7:00-9:00 p.m.

**Cost:** Suggested donation of \$10, all proceeds to benefit local environmental initiatives.

## ***Spirit and Service***

### **Peace Vigil**

The peace vigil is a platform that enables and empowers people to support the development of peace. It raises the awareness of the US involvement in the continuing war in Iraq and the escalating war in Afghanistan and serves as a symbol of the Unitarian Church of Marlborough & Hudson's support, commitment, and dedication to the promotion of peace through non violence. Please note, the vigil will be cancelled if the weather is severe with high winds, heavy rains or temperatures below 20 degrees.

**Leader:** Paul Davis

**Date & Time:** First Sundays, Feb. 6, Mar. 6, April 3 & June 5, 12:15-12:45 p.m.

**NOTE:** There will be no peace vigil in May.

**Cost:** Free, donations gratefully accepted.

*Drop-ins welcome, no registration required.*

### **Tolling the Bell 350 Times for the Earth**

In solidarity with people around the world working to decrease the levels of carbon dioxide in our atmosphere to 350 parts per million, we will toll our bell 350 times every Sunday.

**Leader:** Lorenzo Fine

**Date & Time:** Sundays, 10:15-10:25 a.m.

**Cost:** Free, donations gratefully accepted

*Drop-ins welcome, no registration required.*

### **First Sunday Food Sharing**

Hunger in Massachusetts is increasing at an alarming rate: In October 2008 Project Bread, the state's leading anti-hunger

organization, reported that 522,000 people in the Commonwealth struggle to put food on the table. Over 8% 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. Of those living in the Commonwealth 3% experience "food insecurity with hunger."

The economic crisis since the time of this report has made matters worse for thousands more of our neighbors. In response, the Unitarian Universalist congregation of Marlborough and Hudson will increase its efforts to help by collecting food on the first Sunday of every month.

Bring food to share to worship at 10:30 a.m. on the First Sunday, or call to arrange to drop off your offering. If you would like to be put on our "Food Action Alert Network", sign up with the administrator and we will notify you from time to time of particular items needed and of other appropriate actions that can be taken to end hunger.

### **Become a Literacy Trainer**

Help someone here in Metrowest receive the best gift of all – the ability to read and write English. Typical goals of our students include becoming employed or finding a better job, getting citizenship, finishing a GED, earning a driver's license, or simply being able to read to their children. Literacy Volunteers of America, the organization that offers this training, believes that literacy strengthens society and promotes equality. During the course of these eight weeks, you will be trained to teach basic reading, writing and/or math skills to adult learners, including those for

whom English is a foreign language. The tutoring we provide is free of charge to students.

**Leader:** Margie Hurwitz

**Date & Time:** Wednesdays, March 30-May 18, 6:00-9:00 p.m.

**Cost:** Voluntary donation of \$20 helps cover the cost of training materials.

*To register for this training, and if you have any questions, please contact Literacy Unlimited's Framingham office at 508-532-5574.*

### **Bellies for Breasts III: Fundraiser for the Susan G. Komen 3-Day Walk for the Cure**

The Unitarian Church of Marlborough & Hudson, the Hippy Chix Belly Dance Troupe, and Aurora come together to celebrate Life and Hope as we help raise money for the Sunflower Girls, who will be participating in the Susan G. Komen Breast Cancer 3-Day walk in July. In honor of Mother's Day and all the women we love, this fun and colorful belly dance event will have workshops and content for kids, too! Join us for mother/ daughter/ sister/ niece/ auntie/grandma/ BFF belly dance classes, crafts, a marketplace, raffle and a dance show.

**Leaders:** Nan Rogers & Rev. Alice Anacheka-Nasemann

**Date & Time:** Saturday, May 7, 1:00-6:00 p.m.; performance at 5:00. For more information and a schedule of events, please visit

[www.bellybration.com/belliesforbreasts.html](http://www.bellybration.com/belliesforbreasts.html).

**Cost:** \$7 adults, \$3 kids 12 and under covers all classes, crafts and show. All proceeds will go to the Susan G. Komen walk. Additional donations to help fight breast cancer will be gratefully received.

## ***Thematic Worship Services***

*Our worship services take place from 10:30-11:30 a.m. on Sundays. Our faith formation program for children runs concurrently with the service and ends at 11:45. All worship services are free and open to the public.*

### **A Spiritual Revival of Love:**

*A joint worship service with the First Parish Church Unitarian Universalist Northborough and the Unitarian Church of Marlborough and Hudson.*

Is your spirit tired of the same old religion that leaves you in disbelief and despair? Are you depressed by the state of the world and all its troubles? Is your personal life more challenging than fulfilling? Are you connected to everything but the meaning of your life? Have you fallen out of love with the world? Do you hunger for a meaningful community where you can be supported and be of use to others and the world?

Come to the first Unitarian-Universalist Revival in this area. On this day your spirit will find new meaning and purpose and your soul will feel the comforting love of God and of kindred spirits. No matter what your religious practice or preference, this worship service will revive your sense of meaning and purpose. Here you will find the transforming power of the universal God of Love.

**Date & Time:** February 6, 10:30-11:30 a.m. Snow cancellation date: March 6.

**Location:** Unitarian Church of Marlborough and Hudson

**Leaders :** Rev. Alice Anacheka-Nasemann, Rev. Stephen Shick, Rev. Judith Wright, and the lay and ministerial staff of the

First Parish Church and the Unitarian Church of Marlborough and Hudson.

## **Sifting for Gold**

*(See also page 10 for the Workshop “The Golden Rule Across the Religions.”)*

In this worship service, we will reflect together on what makes up a religion and what universal “gold” can be found in various religions. Is there gold in shared beliefs, shared practices, shared moral commitments, the warmth of community, or all of the above? Let’s sift for the gold together.

**Leader:** Patricia Hatch

**Date & Time:** Feb. 13, 10:30-11:30 a.m.

## **A Singing Celebration of Light**

Attending a Nick Page Singing Celebration is like attending the greatest worship service on the planet – the most electrifying, thrilling, humorous, and deeply meaningful event, except that you are no longer an audience. It’s you and many other equally amazed people who are making the magnificent music.

Nick Page is a song leader, but his real skill is magic, or more accurately, bringing out the magic in others. Join us for a worship service to celebrate the wonder of light. Together we will become a harmonious community of powerful voices, singing songs from many cultures around the earth – songs of tremendous power – songs that help define who we are, and show us what we can become.

**Leaders:** Nick Page and Rev. Stephen Shick

**Date & Time:** February 27, 10:30-11:30 a.m.

## **Common Security, an Imperative of Faith**

Chuck Collins’ Unitarian Universalist faith has guided his life and his life’s work. He first caught attention nationally when he gave an inheritance of \$500,000 to several foundations at the age of 26. Chuck will explore the important connections between religious values and economic inequity and economic security. He will share how his faith has shaped his work as an expert on U.S. economic inequality and his pioneering efforts to bring together investors and business leaders to speak out publicly against corporate practices and economic policies that increase economic inequality. Those he has worked with include William Gates, Sr. and George Soros.

**Leaders:** Chuck Collins & Rev. Stephen Shick

**Date & Time:** March 27, 10:30-11:30 a.m.

## **Earth Day First Nations Family Service**

Join us for a service with inspirational storytelling, music and dance shared by White Mountain Apache Loril Moondream, Blackfoot Peter White Fox, Cherokee Rik Rolski, Penobscot Barbara Giammarino, and other friends of Medicine Mammals Wildlife Rehabilitation Center. Indigenous peoples around the world have long taught the importance of living in balance and in harmony with the Earth. As we face the climate crisis today, these ancient practices and beliefs can help us create a new relationship with the Earth.

**Leaders:** Rev. Stephen Shick, Rev. Alice Anacheka-Nasemann, Loril Moondream & Medicine Mammal Wildlife Rehabilitation Center Friends

**Date & Time:** April 17, 10:30-11:30 a.m.

## ***Faith Formation for Children***

*Our religious education program runs concurrently with the Sunday worship service (10:30-11:30 a.m.) and ends at 11:45. All classes are free and open to the public. To register your children for our programs, a separate form is available through the church office.*

### **Grandparent Guides**

*For ages 0-4*

Our youngest children are gently introduced to being part of a church community by a team of experienced grandparents. With stories, simple crafts and activities, peaceful music, and plenty of hugs, infants, toddlers and preschoolers build trust and learn that they are loved, the first steps in faith development.

### **Love Will Guide Us**

*For ages 5-10*

Using the curriculum “Love will Guide Us,” elementary aged students will seek guidance from the sources of Unitarian Universalist faith as they explore important religious questions with a lens that emphasizes love. Together we will ask, “Where did we come from?” “What is our relationship to the Earth and other creatures?” “How can we respond with love, even in bad situations?” and “What happens when you die?” Participants will learn that asking questions is valued, even as they begin to shape their own answers.

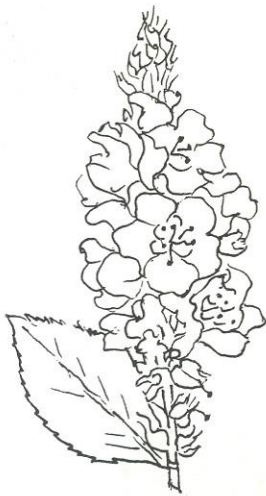
## **Jr. Youth Group: Riddle & Mystery**

*For ages 11-14*

On the cusp of adolescence, Junior Youth are faced with increasing independence and sometimes bewildering choices. Developmentally, new abilities are emerging, such as an increased ability to understand complexity and abstraction when encountering new ideas. Drawing on the curriculum, “Riddle & Mystery,” they will exercise these newly developing skills through participating in discussions about life’s big questions. Our Jr. Youth also have the opportunity to participate in activities in a combined Jr. Youth group with First Parish Church Unitarian Universalist-Northborough.

**Our Whole Lives:** We are currently making plans to offer the Our Whole Lives sexuality curriculum for 7<sup>th</sup>-9<sup>th</sup> graders in 2011-2012. This comprehensive program integrates faith and values while promoting positive, healthy, responsible, and safe attitudes and knowledge about sexuality. If you are interested in learning more or having your middle school student participate, please contact the church office.





## About our Instructors and Worship Leaders

**Sharon Abreu** joined the Hudson River Sloop Clearwater environmental group and began using her voice and songs for environmental education while studying singing in New York. She began educating about climate change and energy in 2000. Sharon became a speaker for the Green House Network and served as a Trade Union liaison to the Energy and Education caucuses of the U.N. Commission on Sustainable Development. Sharon sang for the U.N. Climate Meeting in Montreal, U.N. World Environment Day in San Francisco, and the World Summit on Sustainable Development in South Africa. In 1999, Sharon and her partner Michael Hurwicz performed their original environmental musical show "Turn the World Upside-Down" in the New York City public schools through the Brooklyn Arts Council. In 2002, they created Irthlingz

Arts-Based Environmental Education to inspire and empower people to become stewards of the Earth. Sharon is a member of the Network of Spiritual Progressives and has done musical programs for many UU services.

**Rev. Alice Anacheka-Nasemann** is the Associate Minister at the Unitarian Church of Marlborough & Hudson. She is an ordained Unitarian Universalist minister with a focus on religious education and faith development. An honors graduate of Andover Newton Theological School, she is the co-author of the 2nd-3rd grade UU curricula "Moral Tales," "Love Will Guide Us," and "Faithful Journeys."

**Chuck Collins** volunteers with the Common Security Club network and is a senior scholar at the Institute for Policy Studies where he directs the Program on Inequality and the Common Good. He is co-author of several books about economic inequality, including Wealth and Our Commonwealth, co-authored by William H. Gates, Sr., and Economic Apartheid in America.

**Naoko Conway**, mother of two pre-schoolers and a baby, has lived in the U.S. for 8 years. She enjoys opportunities to share her native Japanese culture and has led Japanese playgroups for 3 years.

**Deborah Costine** has been a professional puppeteer for over 30 years, co-founding the well-known Gerwick Puppets in 1974. She has also produced four shows which she presents as a solo performer throughout New England. Her newest production, "Turtle's New Home" was selected for partial funding from the Jim Henson Foundation. This past year she won the prestigious UNIMA-USA Citation of Excellence, which recognizes shows

that “totally engage, enchant and enthrall” their audiences.

**Paul Davis** lives in Marlborough with his wife and children. He enjoys organic gardening, playing guitar, and the outdoors. The peace vigil is an expression of his Mission: the protection of Earth and her ecological systems.

**Kelly FitzSilva** was trained in Anthropology. For over 10 years she has applied her skills to photography, in search of the common thread that connects all people. Her religion is the study of Love and its practical application to living life wholly.

**Judith M. Friebert** has a Masters of Fine Arts from the University of Wisconsin. She has studied in France at the Beaux-Arts and at the Museum School in Boston. She taught art for many years in the Boston Public Schools and at the Museum of Fine Arts. Although she has worked with a variety of media, she focuses on landscapes, especially dairy farms. Her website is [www.judyfriebertart.com](http://www.judyfriebertart.com).

**Ruth Hanlon** has been studying meditation for the past two years and finds that it can reduce stress and increase appreciation for life. She enjoys a variety of meditation styles and is happy to share what she has learned.

**Patricia Hatch** is the ministerial intern at the Unitarian Church of Marlborough & Hudson. She is in her final year of seminary at Boston University School of Theology. Patricia shares her inspiration through preaching and writing, and is the author of a published article about the Golden Rule.

**Margie Hurwitz** holds a master’s degree in library science and a master’s degree in

early childhood education. She is a certified literacy instructor and teaches ESOL in the Northborough public schools.

**Lisa Mair**, a certified Kripalu Yoga instructor, has been involved in various forms of fitness for most of her life and has been practicing yoga for over 10 years. With a Masters Degree in nutrition, Lisa is passionate about achieving health and joyfulness through yoga, meditation, eating well, and positive thoughts.

**Marjorie Mitchell**, serving her 27th year as the choir director for the UCMH, has played the piano since she was three and the marimba since age nine. She has a Masters in Education from Wheelock College and taught elementary students for 32 years. Along the way she has sung in many choral groups, and played the organ and directed music in many churches.

**Rosemary Nolan** has been teaching food folklore, the joys of frugal, green living, and good eating for ten years and comes from a family of food professionals. She maintains an organic garden, enjoys making homemade butter, cheese and beer, and delights in sharing her knowledge with kindred spirits!

**Manoj Padki** is on a journey to financial independence in 5 years. He is a native of India and has been cooking for his family for the last 20 years. His website is: [www.financial-freedom-guide.com](http://www.financial-freedom-guide.com).

**Nick Page** is a Boston based song leader, composer, and author who has led sings, workshops and concerts in forty-eight states, Europe, and Central America. He has over sixty-five published choral pieces as well as three books including his SING WITH US songbook. In the early eighties, Nick was a conductor with the Chicago’s

Children's Choir at First Unitarian. He is the founder/director of Boston's two hundred-voice Mystic Chorale.

**Nancy "Aurora" Rogers** has been teaching belly dance since 2003; she has also always been drawn to creative dance, theater and mime. She loves bringing accessible venues for movement and celebration to people of all sizes, ages, abilities, and lifestyles. Visit her website, [www.bellybration.com](http://www.bellybration.com), for more belly dance goodness!

**Jim Scott** is a prolific composer and an activist for peace and the earth. With a prodigious guitar mastery and clear voice he encourages all to get involved. Jim has recorded a number of CDs of original music and published a growing line of choral works. Formerly a member of the Paul Winter Consort, Jim was co-composer of the celebrated "Missa Gaia/Earth Mass." A co-creator of the "Green Sanctuary" program for churches to become more sustainable, Jim also compiled the "Earth and Spirit Songbook," an anthology of songs of earth and peace which forms the foundation of The Earth & Spirit Singers' repertoire.

**Rev. Stephen M. Shick** is Senior Minister of the Unitarian Church of Marlborough and Hudson. An honors graduate of Colgate Rochester Crozer Divinity School and an Urban Fellow at Harvard Divinity School (2000-2003,) he is author of Just Congregations, Consider the Lilies, and Be the Change: Poems, and Meditations for Peacemakers and Justice Seekers. His social and religious writings have appeared in a variety of national and local publications.

**Pedro Silva** comes from a contemplative Christian background. He honors the wisdom and Love that can be found in all of the world's religions and seeks to apply it in his daily life. He is currently studying theology at Andover Newton Theological School. Read Pedro's blogs on his website: <http://therooflesschurch.com/>.



# Unitarian Universalist Association Principles & Sources

## We covenant to affirm and promote:

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

## The living traditions we share draw from many sources:

Direct experience of that transcending mystery and wonder, affirmed in all cultures, which moves us to a renewal of the spirit and openness to the forces which create and uphold life.

Words and deeds of prophetic women and men which challenge us to confront powers and structures of evil with justice, compassion and the transforming power of love;

Wisdom from the world's religions which inspire us in our ethical and spiritual life;

Jewish and Christian teachings which call us to respond to God's love by loving our neighbors as ourselves;

Humanist teachings which counsel us to heed the guidance of reason and the results of science, and warn us against idolatries of the mind and spirit;

Spiritual teachings of earth-centered traditions which celebrate the sacred circle of life and instruct us to live in harmony with the rhythms of nature;

Grateful for the religious pluralism which enriches and ennobles our faith, we are inspired to deepen our understanding and expand our vision. As free congregations, we enter into this covenant, promising one another our mutual trust and support.

*These Principles and Living Sources of Inspiration were adopted by the General Assembly of the Unitarian Universalist Congregations in 1984 and subsequently modified by that assembly. They reflect the spiritual and ethical orientation of our religion.*

# General Registration Information

Unless otherwise noted, registrations are required for all events and are due one week prior to a program. When a fee is noted for a particular program payment can be made by cash or check. Checks should be payable to “The Unitarian Church of Marlborough and Hudson” or to “UCMH.” Please include any fees with your registration form. We wish our programs to be accessible to all families; most program fees may be waived in cases of financial hardship by contacting our church office at 978-562-9180.

## Enrollment

Generally speaking, programs will require a minimum of five participants. In some cases there will be a maximum number established by the leader. You will be contacted if you do not get into a given program. Space will be reserved on a first-come, first-served basis.

## 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 website or by calling the church office.

## 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).

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 or caravan offsite, we will gather outside the Church Street entrance.

## 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.*

## ***Courses & Events***

| <b>No.</b> | <b>Course/Event</b>                       | <b>Pg.</b> | <b>Start Date</b>   | <b>Fee</b> |
|------------|---|------------|---------------------|------------|
| 1          | Nutritional Wellness: Eating for Energy   | 10         | Jan. 31             | \$10       |
| 2          | Choir                                     | 6          | Feb. 2              | Free       |
| 3          | Yoga Sessions 1 & 2 (9 weeks per session) | 6          | Feb. 2              | \$90       |
| 4          | Japanese Playgroup                        | 8          | Feb. 2              | \$20       |
| 5          | Drum Circle                               | 6          | Feb 6               | \$5        |
| 6          | Sunday Meditation Circle                  | 6          | Feb. 6              | Free       |
| 7          | Peace Vigil                               | 13         | Feb 6               | Free       |
| 8          | Tolling The Bell 350 Times for Earth      | 13         | Feb. 6              | Free       |
| 9          | First Sunday Food Sharing                 | 13         | Feb. 6              | Free       |
| 10         | A Spiritual Revival of Love               | 14         | Feb. 6              | Free       |
| 11         | Earth & Spirit Singers                    | 8          | Feb. 7              | \$50       |
| 12         | Mooncircle Covenant Group                 | 7          | Feb. 8              | Free       |
| 13         | Sunday Potluck Luncheons                  | 8          | Feb. 13 &<br>June 5 | Free       |
| 14         | The Golden Rule Across the Religions      | 10         | Feb. 13             | Free       |
| 15         | Sifting for Gold Worship Service          | 15         | Feb. 13             | Free       |
| 16         | Drawing What you See #2                   | 10         | Feb. 20             | \$40       |
| 17         | Soul & Spirit Lunch Conversation          | 8          | Feb. 22             | Free       |
| 18         | Mystical Spirituality                     | 7          | Feb. 24             | Free       |
| 19         | A Singing Celebration of Light            | 15         | Feb. 27             | Free       |
| 20         | Nutritional Wellness: the Yoga of Eating  | 10         | Feb. 28             | \$10       |
| 21         | Indian Cooking in the Home                | 11         | March 5             | \$30       |
| 22         | Juice Plus                                | 11         | March 7             | Free       |
| 23         | Getting Serious About Financial Defenses  | 11         | March 15            | \$5        |
| 24         | Ostara & Full Moon Ritual & Potluck       | 7          | March 19            | Free       |
| 25         | Women's Red Tent Gathering                | 8          | March 26            | Free       |
| 26         | Economic Hard Times Workshop              | 11         | March 27            | Free       |
| 27         | Common Security, an Imperative of Faith   | 15         | March 27            | Free       |
| 28         | Nutrition: Transformational Weight Loss   | 10         | March 28            | \$10       |
| 29         | Become a Literacy Trainer                 | 13         | March 30            | \$20       |
| 30         | Glycerin Soapmaking 101                   | 12         | April 2             | \$5-\$15   |
| 31         | The Climate Monologues                    | 12         | April 16            | \$10       |
| 32         | Earth Dance Creative Movement Workshop    | 7          | April 17            | Free       |
| 33         | Earth Day First Nations Family Service    | 15         | April 17            | Free       |
| 34         | Nutritional Wellness: Spring Cleansing    | 10         | April 25            | \$10       |
| 35         | Beltane Potluck & Ritual                  | 7          | April 30            | Free       |
| 36         | Bellies for Breasts                       | 14         | May 7               | \$3-\$7    |
| 37         | Mother's Day Tea ( Mom's Eat Free)        | 9          | May 8               | \$10       |
| 38         | Nutritional Wellness: Raw Food 101        | 10         | May 23              | \$10       |
| 39         | Hudson Town Fest                          | 9          | June 4              | Free       |
| 40         | Puppet Show: A Woodland Cinderella        | 9          | June 12             | Free       |