



Spiritual Growth Center

Growing Spirits – Changing the World

Unitarian Church of Marlborough and Hudson
80 Main Street – corner of Main and Church Streets
Mail to: P.O. Box 176, Hudson, MA 01749

On the web: www.ucmh.org
Email: administrator@ucmh.org
Phone: 978 562-9180

Fall 2011

The Spiritual Growth Center is funded in part by the Fund for Unitarian Universalism and the generous support of the members and friends of the Unitarian Church of Marlborough and Hudson whose mission is affirmed by these words:

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.

The congregation has been part of the Hudson and Marlborough community for over 150 years and is a member of the Unitarian Universalist Association, a liberal denomination that encourages spiritual growth, embraces diversity, and seeks peace and justice in the world.



New Abolitionists Series

This Fall the Unitarian Church of Marlborough and Hudson will be celebrating the 150 anniversary of its historic building which was constructed by abolitionists in 1861.

In 1847 a committed group of anti-slavery liberal Christians from Marlborough and Hudson began gathering for worship in Hudson. They asked an outspoken abolitionist, Rev. George Stacy, to preach for them. Their faithful action lead directly to the formation of the Union Society and later the Unitarian Church of Hudson. Fourteen years later the Unitarian Church was built at the corner of Church and Main Streets.

You will find throughout this catalogue programs noted as part of this series. We offer these to celebrate and carry on the abolitionist tradition we have inherited.

Registration Form

This registration form and Payment are DUE one week before a given program, unless otherwise noted. Early-bird discounted rates are due by Sept. 23. Feel free to make copies of form. Late registrations are welcome, subject to availability. Limited financial assistance is available through the church office.

Note: Childcare may be available for an additional fee of \$5.00 per child per event. Please sign up with administrator at least 10 days in advance.

Course No.	Course / Event <i>Please write in.</i>	Fee
Total Due		\$

I would like to support learning and service at the **Spiritual Growth Center** through an additional donation of: ____ \$10, ____ \$25, ____\$50, ____ other: \$____

Thank you.

Name:

Address:

Phone Number:

Email Address:

Make checks payable to: **U.C.M.H.**

Mail to: **Spiritual Growth Center**
 Unitarian Church of Marlborough & Hudson
 P.O. Box 176
 Hudson MA 01749

No.	Course/Event	Pg.	Start Date	Fee
1	Japanese Playgroup	7	Sept. 7	\$20
2	Choir	6	Sept. 7	Free
3	Water Communion Ingathering	14	Sept. 11	Free
4	Tolling The Bell 350 Times For The Earth	11	Sept. 11	Free
5	First Sunday Food Sharing	11	Sept. 11	Free
6	Peace Vigil	10	Sept. 11	Free
7	Home-style Indian Cooking-- Vegetarian * See description for discount	10	Oct. 1	\$35
8	Marlborough Heritage Festival	7	Oct. 2	Free
9	Soul and Spirit Lunch Conversations	8	Oct. 4	Free
	Yoga for Your Body, Mind and Spirit -10 week session	6	Oct. 5	\$100
10	Yoga and Nutrition for Inquiring Homeschoolers- 8 week session *see description for discounts	6	Oct. 6	\$80
11	Mystical Spirituality	7	Oct. 6	Free
12	Clowns for Peace and Justice *see description for discount	9	Oct. 6	\$30
13	Mooncircle Covenant Group	7	Oct. 11	Free
14	Full Moon Drum Circle	6	Oct. 11	Free
15	New Abolitionist Concert Series w/ Holly Near	12	Oct. 14	\$25-\$35
16	Indian Cooking In The Home *See description for discount	10	Oct. 15	\$35
17	Association Sunday	15	Oct. 23	Free
18	Halloween Story Telling with Organ Accompaniment	9	Oct. 27	Free
19	Exploring Unitarian Universalism	9	Oct. 30	Free
20	Samhain Service	14	Oct. 30	Free
21	Story Slam	8	Nov. 5	\$5
22	New Abolitionist Concert Series w/ Kim and Reggie Harris	13	Nov. 12	Food donation
23	Family Service Honoring Abolitionists Past, Present and Future	15	Nov. 13	Free
24	Thanksgiving Family Service	14	Nov. 20	Free
25	Holiday Films Festival	9	Dec. 3	Free
26	Solstice Potluck Luncheon	7	Dec. 18	Free
27	Circle of Life Apache Solstice Baskets	11	Dec. 18	Free
28	Circle of Life First Nations Family Solstice Service	16	Dec. 18	Free
29	Christmas Eve Candlelight Service	16	Dec. 24	Free
30	Common Security Club	8	TBD	TBD
31	Becoming a Literacy Trainer	10	TBD	\$20

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.

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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.

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.

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New Abolitionist Series



Programs offered as part of the New Abolitionist Series will be noted with the Hudson Unitarian Church icon.

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. *Registration Required*

Leader: Lisa Mair

Date & Time: Wednesdays, 6:30-7:30 p.m. Oct. 5 thru Dec. 14.

(NOTE: there will be no class on Nov. 23)

Cost: Early bird discount \$100 for 10 week session, if paid in full by Sept. 23, after Sept 23 rate is \$120. \$12/class, drop in rate.

Yoga and Nutrition for Inquiring Homeschoolers

Join Lisa Mair for an inspirational program focused on well-being through yoga and nutrition. The material will be presented in a kid-friendly format with lots of experiential exercises and lively discussion. Learning to remain present and nourish your mind, body and spirit are powerful tools that can positively influence the course of your child's life. Children ages 7-13 would most benefit from this program.

Leader: Lisa Mair

Date & Time: Thursdays, Oct. 6– Dec. 1, 10:00-11:15 a.m

Note: there will be no class on Nov. 24.

Cost: \$80/ 8 sessions, \$64 for second child in the same family, \$40 for third child in the same family, when registered and paid in full by Sept. 23. After Sept. 23, flat rate of \$80 per child.

Full Moon Drum Circle

Come drum with us in the glorious light of the full moon at Dexter Drumlin, a glacier drumlin that provides an excellent view of the night sky. Dress warmly, bring a flashlight and a lightweight drum and join us for this unique experience. For more information and directions to Dexter Drumlin, go to www.thetrustees.org/places-to-visit/central-ma/dexter-drumlin.html

Leader: Dave Curry

Date & Time: Tuesday, Oct. 11, 7:00-9:00 p.m

Cost: Free, donations gratefully accepted
No registration required

Patricia Hatch is the ministerial intern at the Unitarian Church of Marlborough & Hudson. She has a Masters of Divinity degree from Boston University School of Theology. Patricia shares her inspiration through preaching and writing.

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 28th year as the music 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.

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.

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, for more belly dance goodness!

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/>.



About our Instructors and Worship Leaders

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."

Naoko Conway, mother of two preschoolers and a baby, has lived in the U.S. for 9 years. She enjoys opportunities to share her native Japanese culture and has led Japanese playgroups for 4 years.

Dave Curry is the creator of Drums For One And All, the name he uses for all his drumming events and activities. Dave has been facilitating drum circles in the Metrowest area for ten years, in addition to leading hundreds of drum events for schools, churches, festivals and other organizations. He currently teaches drumming through the Assabet After Dark Program in Marlborough, as well as teaching private lessons.

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.

Sophie Glasser has been clowning around for 14 years. She has clowned with numerous afterschool programs, parties, hospitals, parades, events, and the Somerville Openair Circus Theater. She loves combining clowning with a variety of other creative modalities. She also enjoys musical theater, guitar and voice, Feng Shui decorating, and teaching elementary students. See her website www.starhearttheclown.com

Becki Harrington-Davis tells the stories of people in her community every day as the editor of a local newspaper. As a journalist she is a skilled listener first and writer second. She lives in Littleton with her husband, cat and rabbit.

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 & Kelly FitzSilva

Dates & Times: 1st & 3rd Thursday Oct. 6, 20; Nov. 3 & 17; Dec. 1. 7:00-8:00 p.m.

Cost: Free, donations gratefully accepted. Registration preferred, drop-ins welcome.

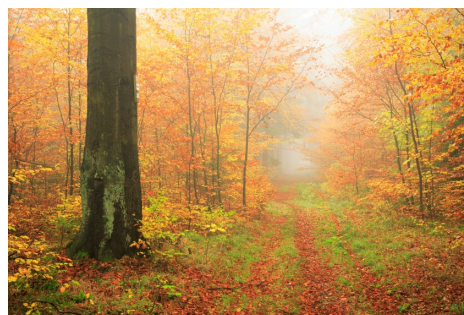
Mooncircle Covenant Group

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. Our October meeting will take place on the full moon. We will celebrate with a drum circle at Dexter Drumlin. See Full Moon Drum Circle description above.

Leader: Rev. Alice Anacheka-Nasemann

Date & Time for Discussions: 2nd Tuesdays, Oct.- Dec., 7:00-8:30 p.m.

Cost: Free, donations gratefully accepted.



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: 1st & 3rd Wednesday of every month. Sept. thru Dec., 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.

Marlborough Heritage Festival

Learn more about us and experience a sampler of our fall programs at the Marlborough Heritage Festival in downtown Marlborough. Check the church website in late September for our schedule for the day.

Leaders: Rev. Alice Anacheka-Nasemann and Nancy Rogers

Date & Time: Sunday, Oct. 2, 10:00 a.m.-3:00 p.m.

Cost: Free, donations gratefully accepted.

Solstice Potluck Luncheon

Bring a dish to pass and join us after worship for good food and fellowship at our potluck luncheon held at noon. *All are invited to attend the Solstice Service and Circle of Life Apache Solstice Basket session. (Pages 11 & 1)*

Date & Time: Sunday, Dec 18. 12:00-1:00p.m.

Cost: Free, donations gratefully accepted. Registration requested.

Story Slam

Do you love listening to radio programs like “This American Life”? “Storycorps”? Or just miss hearing well-told stories on the back porch? Come to the Hudson Story Slam to share your story on any topic, be it folk tale or a personal anecdote under 5 minutes long, or just to come to listen and let the stories entrance you. Refreshments will be available and three winners will be recognized.

Leaders: Becki Harrington-Davis and Nan Rogers

Date and Time: Saturday, Nov. 5, 7:00-9:00 p.m. Doors open at 6:30p.m. \$5 donation is gratefully accepted to benefit the Spiritual Growth Center

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: 1st Tuesdays: Oct. 4, Nov. 1 & Dec. 6, 12:15 –1:15p.m

Cost: Free, donations gratefully accepted. *No registration required*



Common Security Club: Increasing Economic Resilience in our Community

These are uncertain times. The Great Recession has reminded us of our vulnerabilities. Debt. Foreclosure. Unemployment and anxious employment. Evaporating savings. Rising costs. Job insecurity. Environmental uncertainties.

Last spring, Chuck Collins of the “Common Security Club network” gave a well attended and very informative introductory workshop on Resilience Circles (also called Common Security Clubs).

Now we are ready to begin! Join us for a 7-session workshop as we come together to increase our personal security by:

- Courageously facing our economic and ecological challenges, learning together about root causes.
- Building relationships that strengthen our security and undertaking concrete steps for mutual aid and shared action.
- Rediscovering the abundance of what we have and recognizing the possibility of a better future.

Seeing ourselves as part of a larger effort to create a fair and healthy economy that works for everyone.

In this process we will get to know one another, find inspiration, have fun, and strengthen our community. For more information, go to www.commonsecurityclub.org.

If you are interested in joining our club please contact our church office.

Dates and times to be determined.

Faith Development 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.

Jr. Youth Group: For ages 11-14

Our Jr. Youth will embark on an interfaith journey this year, learning about Judaism, Christianity, Islam, Hinduism, Buddhism and earth centered religions through study, discussion, and visits to share worship with our interfaith neighbors. They will learn about important religious leaders in history, sacred texts, holidays, rituals and worship practices, and different ways of understanding God or goddess, sin and evil, life and death.

Spirit Play: World Religions

For ages 5-10

Using the model of a one-room school house, children in grades K-5 will learn about world religions this year, using the Spirit Play classroom model. For 3-4 weeks at a time we will focus on a different world religion, including Judaism, Christianity, Islam, Hinduism, Buddhism and earth centered religions.

Every week we will share a central story that introduces a key religious leader, teaches about a holiday, or illustrates the religious values and beliefs of the religion we are studying. After a discussion of the story, participants will be invited to explore learning centers such as a spiritual practices area with yoga cards, a finger labyrinth and a Buddhist singing bowl, a book corner, a media center with relevant YouTube clips and movies, an art exploration area, and a building area.



Circle of Life First Nations Family Solstice Service

Join us for a service with inspirational storytelling, music and dance shared with White Mountain Apache Loril Moondream, Blackfoot Peter White Fox, Cherokee Rik Rolski, Penobscot Barbara Giammarino, Iroquois Joega Emond with daughter Black Horse and our new young Medicine Mammals Wildlife Rehabilitation Center members. For the past two years we have been blessed by a growing relationship with Medicine Mammals. In the small ways of friendship and mutual respect we seek to honor the traditions of the first nation's peoples and redress the injustice and genocide that was inflicted upon them by our European culture. As we mark the longest night of the year, we will be mindful of those in our community who are at-risk during the lean, cold months of winter. We must all survive so the circle of life can continue to turn.

All are invited to attend the Solstice Potluck Luncheon and Apache Solstice Baskets Workshop (Pages 7&11)

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

Date: Dec. 18, 10:30 a.m.

Christmas Eve Candlelight Service

Celebrate the spirit of Christmas in a family worship service that honors the life and teachings of Jesus. Sing your favorite Christmas carols and experience the beauty and peace of our annual candle-lighting ceremony which concludes the service.

Leader: Rev. Stephen Shick and Rev. Alice Anacheka-Nasemann

Date & Time: Dec. 24, 7:00 p.m.

All worship services are free and open to the public.



Halloween Storytelling with Organ Accompaniment

Spooky organ music accompanies our annual Halloween storytelling this year. Swing by the church Downtown Trick-or-Treat and you will surely be treated, not tricked!

Leaders: Rev. Alice Anacheka-Nasemann & Robin Jubenville

Date & Time: Thursday, Oct. 27, 4:00-6:00 p.m.

Cost: Free, donations gratefully accepted

Holiday Films Festival

Celebrate the spirit of the season with the showing of family-friendly holiday favorites. Films will be shown during the Hudson Holiday Stroll, using our new sound system and screen.

Date & Time: Saturday, Dec 3, Time TBD

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



Spirit and Learning

Clowns for Peace and Justice

Come join us in clowning, as you learn how to bring joy to others while also supporting progressive causes! Sophie Glasser, alias Starheart the Clown, will teach you how to approach people with an attitude of love and safety, make simple balloon animals, apply simple face paint to yourself and others, pick a clown name and persona, select or create a clown outfit, and rewrite classic clown skits (or write our own!) for various occasions. If there is interest, we will form a group to be ready to participate in and support peace and justice events in our region. Open to all ages. Contact Sophie at teachoy@verizon.net or www.starheartthec clown.com/peace_and_justice for more information

Leader: Sophie Glasser

Date & Time: Thursdays, Oct. 6 & 20 & Nov. 3. 7:00-8:00 p.m.

Cost: \$30/person when registered and pre-paid by Sept. 23. \$40/ person after Sept. 23.

Exploring Unitarian Universalism

In this two session program you will be introduced to some key historical moments and concepts in the history of Unitarian Universalism. In an informal, friendly and safe environment you will be able to explore them and see how they fit with your own evolving religious beliefs. You will also learn more about the mission and goals of the Unitarian Church of Marlborough and Hudson and the opportunities you have to grow in this loving, caring and witnessing community.

Leader: Patricia Hatch, Ministerial Intern

Dates: Sundays, Oct. 30 and Nov. 6

Time: 12:15 to 1:30 p.m.

Spirit and Learning (cont.)

Home-style Indian Cooking (Vegetarian)

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, (chhole) chick-peas and mango lassi.

Leader: Manoj Padki

Date & Time: Saturday, Oct. 1, 4:00-7:00 p.m.

Cost: \$35 paid by Sept. 23, \$40 after Sept. 23, includes all ingredients
Prepaid registration is mandatory for this class and enrollment will be limited to 6 participants, first come, first served.

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, Oct. 15 4:00-7:00 p.m.

Cost: \$35 paid by Sept. 23. \$40 after Sept. 23, includes all ingredients

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 war in Iraq and 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: 1st Sundays, 12:15-12:45 p.m.

NOTE: There will be a special peace vigil held on Sept. 11.

Cost: Free, donations gratefully accepted
No registration required.



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. Contact the church office to sign up for this class.

Date & Time: To be determined

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



Association Sunday

This Sunday we celebrate the growing relationship between the Unitarian Church of Marlborough and Hudson and the First Parish Church UU, Northborough. We will give thanks for our common faith and acknowledge our participation and support of the Unitarian Universalist Association.

In February 2011 our two congregations held a Revival at our church. Other joint ventures in the past year have included the formation of a combined Jr. Youth Group, and the regional offering of the "Our Whole Lives" sexuality curriculum for 7th-9th graders, which helps participants make responsible, informed, and healthy choices about their sexual behavior.

Leaders: Rev. Stephen Shick, Rev. Alice Anacheke-Nasemann, Rev. Judith Wright & Ministerial Intern Patricia Hatch

Date & Time: Oct. 23, 10:30 a.m.

Location: First Parish Church, UU 40 Church St., Northborough, MA

Family Service Honoring Abolitionists Past, Present and Future

Worship this morning will be part of our New Abolitionists Series of worship and programs celebrating the 150 anniversary of the Unitarian Church building constructed by abolitionists in 1861.

This Sunday we will honor those who have worked to keep this congregation a home for those who seek freedom, justice and peace for all people. We will hear the words and music that inspired those in our past. And we will commit ourselves to continuing that work as witnesses to ending all discrimination based on race, sex and sexual identity, religion, or ethnic background.

Joining us in this worshipful celebration will be Kim and Reggie Harris whose music has inspired justice seekers and peacemakers for over three decades. They have been featured in performance at the Kennedy Center, the [Smithsonian Institution](#), The International Children's Festival in Canada, The Wang Center, The Pike's Peak Center, various festivals in the U.S, Canada and Italy and a host of universities, schools, churches and performing venues. Kim and Reggie are presenters in the John F. Kennedy Center for the Performing Arts Touring workshop program providing teacher training and arts events that encourage the use of the arts in the classroom.

Leaders: Rev. Stephen Shick and Rev. Alice Anacheke-Nasemann with Kim and Reggie Harris

Date and Time: Nov. 13 10:30a.m.

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.

Water Communion Ingathering: Remembering and Imagining

The poet Theodore Roethke once wrote: "In a dark time the eye begins to see." The terrorist attack of Sept. 11, 2001 plunged us into dark times of fear and doubt, and acts of revenge and war. This Sunday we will remember September 11, the victims and survivors, with words and music and at the same time share what our eyes are only now beginning to see. We will dare to image a world where war and revenge are distant memories. Traditionally on this first Sunday after labor day we invite members and friends to bring small containers of water which we symbolically mingle to celebrate the refreshment we have gained from the living waters of summer. This Sunday we will place that ritual of cleansing water next to our remembering hearts so that we might imagine a world, as the prophet Amos did, "where justice rolls down like waters and righteousness flows like a mighty stream." Join us for inter-generational worship at 10:30 and a half hour peace vigil in front of the church at 12:15.
Date: Sept. 11, 10:30 a.m.

Samhain Service

Samhain, which translates from Old Irish as "summer ends," is a pagan festival which marks the end of the harvest season. With life falling back in preparation for the winter, the Gaels believed that the border between this world and the other world became thin on Samhain. In this service we will honor the cycles of life and death and pay tribute to our loved ones who have died. You are invited to bring a photograph of a deceased loved one to add to our alter of memory.

Leaders: Rev. Alice Anacheka-Nasemann, Patricia Hatch, and members of Mooncircle.

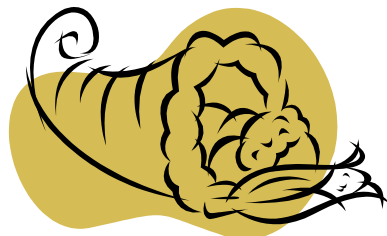
Date & Time: Sunday, Oct. 30, 10:30 a.m.

Thanksgiving Family Service

Giving thanks is essential for spiritual wellbeing and is at the heart of many of the world's religious practices. In a service based on story and song, we will celebrate abundant blessings and practice the spiritual discipline of gratitude.

Leaders: Rev. Alice Anacheka-Nasemann and Patricia Hatch

Date & Time: November 20, 10:30-11:30 a.m.



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.



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 accepted.

No registration required.



Circle of Life: Apache Solstice Baskets

It is the Apache tradition that on the night of the long moon, the solstice of winter, all must survive together so the circle of life will continue the next day. Every living being is important. To ensure this survival, baskets and bags are filled with provisions so that all make it through the long night moon. The baskets are quietly distributed onto the porches and decks of our own friends, family members and neighbors. During this program, Loril Moondream will teach us about this tradition and we will distribute our own Apache Solstice Baskets throughout Hudson and Marlborough. Drivers will be needed as well as supplies if we are to accomplish this in the traditional way. Contact the church office for a list of items to bring for the baskets, to suggest a recipient, or sign up to be a driver. *All are invited to attend the Solstice Service and Solstice Potluck Luncheon (Pages 7&16)*

Leader: Loril Moondream

Date & Time: Sunday, Dec. 18 1:00-4:00 p.m.



New Abolitionist Concert Series

Celebrating the 150 anniversary of the Unitarian Church Building, constructed by abolitionists in 1861.



Holly Near is a powerful and consistent voice for the abolition of fear, hatred, injustice and war. For nearly 40 years she has been "singing for our lives," becoming a teacher for peace in the most complex sense of the word. She does not settle for simplistic we-can-all-get-along songs but digs deep down to find the difficult and spectacular path to change.

Holly Near tells and sings her story. It is the story of an artist studying her craft, making her way through Hollywood and the bright lights of Broadway, traveling from Viet Nam to Botswana and becoming one of the most experienced social change activists/artists of our time. Social change movements were the "university" where Holly Near studied issues of race, gender, class, and culture. She brings vibrancy to historic and current events with great charm and humor.

Holly Near

Friday, October 14

**7:15 p.m. Pre-concert
Talk**

8:00 p.m. Concert

Tickets go on sale Sept 7.

Advance Purchase:

Pre-Concert Talk and Concert*
\$35 (100 seats)

Concert Only
\$25 general seating

At door:

Concert Only \$30
(if available)

*During an informal **pre-concert talk**, Holly Near will share her philosophy of social change with an intimate group, only 100 tickets will be sold.

Contact: 978-562-9180

administrator@ucmh.org

Joining Holly Near will be John Bucchino and special guest Linda Tillery.

Kim & Reggie Harris

Saturday,

November 12

7:30 p.m.

Admission: Free
with a donation of
food



"Kim and Reggie inspire a sense of joy and exhilaration that lifts the soul... makes you want to sing and celebrate your neighbor!! Music that makes you come alive!"

Philadelphia Daily News

That's what audiences feel when they encounter Kim and Reggie Harris... dynamic ambassadors of hope and joy!!

For over thirty years, this celebrated wife/husband duo have been weaving their magic with creativity and precision... embodying a tradition of music that that has inspired millions across age, culture, ethnicity and political differences to find new ways to connect!

As a result of their CDs "Steal Away" and "Get On Board" (Appleseed Recordings) and materials developed in their work with the Kennedy Center, Kim and Reggie have earned wide acclaim for their contributions to the resources and knowledge base—in historical and educational circles—on the Underground Railroad and the modern civil rights movement.

Help us abolish hunger!

All funds raised and food donated by these concerts will go to Marlborough and Hudson anti-hunger programs and UU-MassAction to end hunger.

The sanctuary of the Unitarian Church of Marlborough and Hudson was built by anti-slavery abolitionists and offers beauty and magnificent acoustics.