

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

Winter/Spring 2012



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.

Registration Form

This registration form and Payment are DUE one week before a given program, unless otherwise noted. 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	Knit it Forward	15	Jan. 22	Free
2	Choir	6	Jan. 25	Free
3	Japanese Play Group	9	Feb. 1	\$20
4	Yoga for Your Body and Mind	6	Feb. 1	\$90
5	Women's Spirituality Group	14	Feb. 2	Free
6	Imbolc Potluck & Ritual	7	Feb. 4	Free
7	Imbolc Drum Circle	7	Feb. 4	\$5
8	First Sunday Food Sharing	15	Feb. 5	Free
9	Buddhist Book Discussion	6	Feb. 6	Free
10	Soul and Spirit Lunch Conversations	9	Feb. 7	Free
11	99% Club: Increasing Economic Resilience in our Community	10	Feb. 9	Free
12	Nia Technique	7	Feb. 11	\$60
13	Mooncircle Covenant Group	7	Feb. 14	Free
14	Film Series	12	Feb. 16	Free
15	Harboring Peace: Forgiveness Through Story Worship	17	Feb. 19	Free
16	Glycerin Soap Making	13	Feb. 25	\$15
17	Homestyle Indian Cooking (Vegetarian)	12	March 3	\$30
18	Indian Cooking in the Home	12	March 10	\$30
19	Women's Red Tent Gathering	9	March 17	Free
20	Ostara Ritual & Potluck	7	March 24	Free
21	Sacred Circle Dance	8	March 30	\$10
22	Peace Vigil	16	April 1	Free
23	Pendulum Dowsing	14	April 2	Free
24	Full Moon Drum Circle	14	April 2	\$5
25	If You Can Walk You Can Dance, If You Can Talk You Can Sing	17	April 15	Free
26	Story Slam	9	April 15	\$5
27	Singing as a Spiritual Discipline Workshop	8	April 15	Free
28	First Nations Earth Day Service	17	April 22	Free
29	Clowning for Peace and Justice	12	April 28	\$20
30	Beltane Ritual & Potluck	7	April 28	Free
31	Listening by Heart Worship Service	18	April 29	Free
32	Listening by Heart Workshop	6	April 29	Free
33	Bellies for Breasts III: Fundraiser for Walk for the Cure	10	May 5	\$7
34	Project Bread—Walk for Hunger	16	May 6	Free
35	Fung Shui Your Home as a Spiritual Path	13	May 12	\$30
36	"Being Hope" Worship Service	18	May 20	Free
37	Meeting Alzheimer's Workshop	13	May 22	Free
38	Hudson Town Fest.	11	June 2	Free
39	Boston Pride Parade	16	June 9	Free
40	Puppet Show: Turtle's New Home 26	11	June 10	Free

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
Buddhist Book Discussion and Group Meditation	6
Listening by Heart Workshop	6
Mooncircle Covenant Group	7
Imbolc & Full Moon Drum Circles	7
Nia Technique	7
Sacred Circle Dance	8
Singing as a Spiritual Discipline: Singing Meditation	8
Spirit and Community	
Japanese Playgroup	9
Soul and Spirit Lunch Conversations	9
Story Slam	9
Women’s Red Tent Gathering	9
Bellies for Breasts III: Fundraiser for the Susan G. Komen 3-Day Walk for the Cure	10
The 99% Club: Increasing Economic Resilience in Our Community	10
Hudson Town Fest	11
Puppet Show: Turtle’s New Home	11
Spirit and Learning	
Film Series	12
Home-Style Indian Cooking (Vegetarian)	12
Indian Cooking in the Home	12
Clowning for Peace and Justice	12
Feng Shui Your Home as a Spiritual Path	13
Meeting Alzheimer’s	13
Glycerin Soap Making	13
Women’s Spirituality Group	14
Pendulum Dowsing	14

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.

Spirit and Service

First Sunday Food Sharing	15
Knit it Forward	15
Peace Vigil	16
Project Bread—Walk for Hunger	16
Boston Pride Parade	16

Thematic Worship Services

If You Can Walk You Can Dance, If You Can Talk You Can Sing	17
Harboring Peace: Forgiveness Through Story	17
First Nations Earth Day Service	17
Listening by Heart	18
“Being Hope”	18

Faith Development for Children

Grandparent Guides (ages 0-4)	19
Jr. Youth (ages 11-14)	19
Spirit Play: World Religions (ages 5-10)	19

About our Instructors and Worship Leaders

20-23

Unitarian Universalist Association Principles & Sources

24

General Registration Information

25

Enrollment
Cancellation Policy
Parking
Accessibility

Courses & Events

26

Registration Form

27

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.

Session 1: Feb. 1—April 4 (no class Feb. 22)

Cost: \$90 for 9 classes or \$12 per class

Session 2: April 25—June 13 (no class May 16th)

Cost: \$70 for 7 classes or \$12 per class

Buddhist Book Discussion and Group Meditation

All are invited to join an exploratory discussion of Pema Chödrön's book, No Time to Lose. In this book, Chödrön, an American Buddhist nun and author of numerous books, provides an accessible, practical, engaging and relevant commentary of the classic Buddhist text, The Way of the Bodhisattva

(Bodhicharyavatara), written by the eighth-century sage Shantideva. Familiarity with the classic text or Buddhism is not required or necessary. All class sessions will include a short, 5-10 minute, group mindfulness meditation session (beginner, intermediate and advanced practitioners welcome).

Leader: Denise Frizzell

Date & Time: Mondays, Feb. 6- Mar. 5, 7:00-8:30 p.m.

Cost: Free, donations gratefully accepted.

Listening by Heart Workshop

Listening well is often difficult because our brains are so much faster than our speech. As a consequence we know, or at least think we know, the point of our conversational partner's speech long before they reach the end of a story. "Listening by Heart" teaches and practices ways of mindful attention and response that will increase your presence as an open hearted listener. Listening by heart is a spiritual discipline. *See also Listening by Heart worship service on page 18.*

Leader: Rev. Martha Niebanck

Date & Time: Sunday, April 29, 12:15—1:30 p.m.

Cost: Free, donations gratefully accepted.

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.

Elisa Pearmain, M.A. LMHC, is a professional storyteller with over 25 years of experience. She is an award winning author of two books including *Doorways to the Soul: 52 Wisdom Tales from around the World*. Elisa is also a licensed psychotherapist with a special interest in mindfulness, compassionate practice and forgiveness. She is co-author on the UU Tapestry of Faith curriculum, *Moral Tales*, with Rev. Alice Anacheke-Naseman.

Nancy "Aurora" Rogers, a member of UCMH since 2009, enjoys sharing her passion for creative movement (especially belly dance!), theater, design and women's events with our community. She is a full-time children's apparel designer with her B.A. in Biology.

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.

Sha Stafford is The LoonWitch, a psychic intuitive healer and gifted teacher who has studied and practiced divination for over 25 years. She incorporates a variety of psychic tools including the tarot, runes, the pendulum and psychometry to help her clients transform their lives. Sha is also a Reiki Master in the Usui System of Natural Healing, a Holistic Therapist certified by the American Institute of Natural Healing in Reflexology, Acupressure, and Chinese Herbology, and an ordained minister of the Universal Life Church.

Maddie Sifantus has been the minister of the Unitarian Universalist Church of Wakefield since 2009. In addition, she has for many years been a community minister, using music to build community and with elder singers and audiences. She is Affiliate Community Minister at First Parish in Wayland. She is the Founder and Director Emerita of the Golden Tones elders chorus which she directed for 20 years and under whose leadership the group became a Best Practices of the National Endowment for the Arts. She is the former Director of MUSE Inc. (Music Serving Elders). She has been a professional singer all her life and is a founder of and singer in TVS (The Vocal Section). She has been leading meditation groups for many years.

Takayo Lowery received her Bachelor of Music degree from Nagoya College of Music in 1999 with a major in cello performance and a minor in piano. In 1998 she applied for and was granted a Music Teacher's License from The Aichi Board of Education. In Japan, Takayo enjoyed a successful performing career that included several years with the Nagoya Philharmonic Orchestra, the Central Aichi Orchestra and her own duo project Scala, which appeared weekly on Nagoya's "Radio I" for over one year and the Sala Sala Salada NHK Tokai Television for over three years.

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, and Holistic Health Coach certification from the Institute of Integrative Nutrition, Lisa is passionate about achieving health and joyfulness through yoga, meditation, eating well, and positive thoughts.

Karen McIntosh, a Nia certified Blue Belt instructor and a Sacred Circle Dance facilitator, helps people of all ages and sizes experience the joy of moving and being fully present in their bodies. In both of her practices, people learn to use their innate kinetic intelligence to connect body, mind, emotions and spirit. She teaches regular adult Nia classes in Marlborough, guest teaches at Healthworks Community Fitness in Boston, and co-led Nia workshops for adults and middle-school

children. At her monthly Sacred Circle Dance group in Brookline, she transmits traditional circle dances and newly created ones—person to person within the circle—as has been done in villages throughout time and culture.

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.

Rev. Martha Niebanck is the co-minister with the First Parish in Brookline, MA. She has served congregations in South Country, RI, and Waltham, MA. Prior to ordained ministry, Martha was a therapist working with individuals, families, and groups in mind-body medicine. She holds degrees from Tufts University, Andover Newton Theological School, Boston University, and the Kantor Family Institute. She is currently enrolled in a coaching certification program with Robert Kegan and Lisa Lahey at the Harvard Graduate School of Education. Serving as the chair of the Mass Bay District's Congregational Transformation Team since 2004, Martha consults with congregations, teaching the practice of dialogue to leaders and facilitators.

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.

Leader: Rev. Alice Anacheka-Nasemann

Date & Time for Discussions: 2nd Tuesdays, February 14-June 12, 7:00-8:30 p.m.

Date and Time for Potluck Dinners and Rituals:

Imbolc: Saturday, Feb. 4, ritual at 5:30 p.m., potluck at 6:30 p.m., followed by drum circle (see description at right) at 8:00 p.m.

Ostara: Saturday, March 24, ritual at 5:30 p.m., potluck at 6:30 p.m.

Beltane: Saturday, April 28th, ritual at 5:30 p.m., potluck at 6:30 p.m.

Cost: Free, donations gratefully accepted

Imbolc & Full Moon Drum Circles

Join us for two evenings of high-energy drumming & dancing in these facilitated drum circles. The first will honor Imbolc, the half-way point between the winter solstice and the spring equinox. The second will honor the full moon. No experience necessary. Participants are expected to bring their own drums, however a few will be available for borrowing. Note: all are welcome to attend an Imbolc potluck and ritual before the February drum circle, see description at left for details.

Leader: Dave Curry

Date & Time:

Imbolc: Sat., Feb. 4, 8:00-10:30 p.m.

Full Moon: Sat., April 7th, 7:00-10:00 p.m.

Cost: \$5.00 for adults, children under 13 are free

Nia Technique

Nia is "Love Your Body" fusion fitness, your hour of relaxation, cardio conditioning and movement to soul-stirring music. Nia empowers people of all shapes, sizes and ages by connecting the body, mind, emotions and spirit. From the soles of your bare feet to your fingertips, Nia connects you to moving for pure pleasure, play, and well being. Sweat your body, calm your mind, and invite your spirit to soar! Nia is appropriate for all ages in good health. Participants will be asked to sign a health waiver. Barefoot is highly recommended but not mandatory. For more info, visit: <http://www.nianow.com/karen-mcintosh>

Leader: Karen McIntosh

Time & Date: Saturdays, Feb. 11 - March 17, 8:30-9:30 a.m.

Cost: \$60 for 6 session, pre-registration required.

Sacred Circle Dance

In circles, lines and spirals, we dance simple, traditional village dances and newly formed dances reflecting diverse world cultures. Join in and share the timeless, evocative music and the simple, sacred energy of the circle. All steps are taught, absolutely no experience is needed, and your partner is the circle. This class is created for women and men, teens through adults. Pre-Registration strongly suggested!

Leader: Karen McIntosh

Date & Time: Friday, March 30, 6:30 - 8:30 p.m.

Cost: \$10 suggested donation



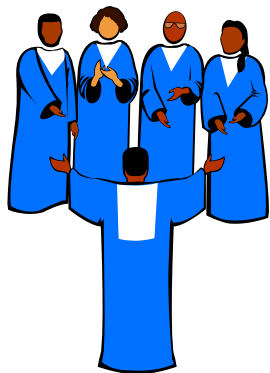
Workshop: Singing as a Spiritual Discipline: Singing Meditation

For this program we will combine both meditation and singing—singing into contemplative silence and out of the silence into the singing. It is an interfaith practice that can lead to the inner core of wisdom and peace. This is not about performance for an audience but rather the blending of voices in simple song and chant interspersed with silence. Songs will be eclectic and come from a number of spiritual paths including Unitarian Universalist, Jewish, Christian, Taize, earth based, and world sources. Suitable for beginners as well as experienced singers and/or meditators. *(Join Maddie and the UCMH choir this Sunday and let your voice and spirit sing. See page 17 for more details.)*

Leader: Rev. Maddie Sifantus

Date & Time: Sunday, April 15, 12:15—1:30 p.m.

Cost: Free, donations gratefully accepted



Denise Frizzell is a longtime student of philosophy and a novice student and practitioner of Buddhism. She finds Buddhism, particularly Pema Chodron's work, to be deeply enriching and extremely practical in helping her live in greater accord with her spiritual ideals. Denise welcomes the opportunity to join others in exploring the wisdom contained in Chodron's book, "No Time to Lose".

Sophie Glasser has been involved in the creative arts all her life. Two of her recent passions are clowning and feng shui. Her clowning resume includes numerous afterschool programs, parties, hospital visits, parades and the Somerville Openair Circus Theater (see her website www.starheartthec clown.com). After buying a home 3 years ago in a nearby town, she also fell in love with Feng Shui decorating and is now a graduate of the Western School of Feng Shui. Sophie says, "Clowning is like Feng Shui for the soul, both to participants and to the audience. When you move the energy in your home, and put beautiful and joyful things there, you feel happier, like when there's a clown in the room". She also enjoys musical theater, guitar and voice, and teaching elementary students.

Jen Hadden walked 20 miles for hunger last year & raised \$970 for Project Bread. She walks because she has seen first hand the increase in the number of people coming to local food pantries and she wants to help parents provide a meal for their kids during these hard times.

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.

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.

Beth Heller grew up on an Air Force base witnessing the wives of the servicemen collectively pooling their resources to help one another in need. This has given her a life long perspective of hope through the resilient power of true community.

Dana Lorway, the proprietor of The Good Good Sheep in Hudson, has been knitting since she was in college, although she made a few attempts to learn as a child! She has always loved yarns & fibers. Dana is an oil painter and has degrees in Art and Religion Studies from Amherst College. For almost 30 years she worked in the field of education and has a doctorate from Harvard in Reading, Language and Learning Disabilities. She still teaches, of course, only now she teaches knitting! Dana has 2 daughters, 3 cats, 1 golden retriever, and a very large stash of yarn!

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.”

Joyce Andrews has been a member of the UCMH for 14 years and is also a member of the Spiritual Growth Center Committee. She attended the “Common Security Club” presentation given by Chuck Collins in the Spring of 2011 and has since participated in Common Security Club Webinars. She is happy to share what she has learned and is eager to help establish a Common Security Club at the UCMH with the goal of “Increasing Economic Resilience in our Community”.

Rev. Jade Angelica received her Masters of Divinity from Harvard Divinity School in 1992 and was ordained as a Unitarian Universalist Community Minister in 1993. She completed the Shalem Institute Spiritual Guidance Program in 2005, and is currently a Doctor of Ministry candidate at Andover

Newton Theological School. Rev. Angelica’s ministries include individual and group spiritual direction (specializing in distance direction by phone), and developing and facilitating programs for the *Healing Moments™ Alzheimer’s Ministry*, (www.healingmoments.org) which she founded in 2007. Her most important and most fruitful ministry, to date, has been caring for her mother who had Alzheimer’s.

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. She is a winner of the prestigious UNIMA-USA Citation of Excellence, the highest award for puppetry in North America, which recognizes shows that “totally engage, enchant and enthrall” their audiences.

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.

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: Takayo Lowery

Dates & Times: 1st & 3rd Wednesdays, Feb.– June, 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.

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 & Patricia Hatch

Dates & Times: 1st Tuesdays, Feb.- June, 12:15 –1:15p.m

Cost: Free, donations gratefully accepted.

No registration required

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: Sat., April 14, 7:00-9:00 p.m. Doors open at 6:30 p.m.

Cost: \$5 suggested donation is gratefully accepted to benefit the Spiritual Growth Center.

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.

Leader: Nancy “Aurora” Rogers

Date & Time: Sat., March 17, 1-5 p.m. (snow date March 31)

Cost: Free, donations gratefully accepted.

Drop-ins welcome, registration requested.

Bellies for Breasts III: Fund-raiser for the Susan G. Komen 3-Day Walk for the Cure

The Unitarian Church of Marlborough & Hudson, and Sultana & the Hippy Chix Belly Dance Troupe 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. This fun and colorful belly dance event will have content for kids, too! Join us for beginner and advanced belly dance classes, kids' crafts, a marketplace, raffle and a dance show.

Leaders: Nan Rogers & Rev. Alice Anacheka-Nasemann

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

The 99% 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.

Leaders: Joyce Andrews & Beth Heller

Dates & Time: 2nd and 4th Thursdays, Feb.9 -May 10, 7:00-9:00 p.m.

Cost: Free, donations gratefully accepted.

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: For ages 11-14

Our Jr. Youth will embark on an inter-faith journey this year, learning about Judaism, Christianity, Islam, Hinduism, Buddhism and earth centered religions through study, discussion, and visits to share worship with our inter-faith 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.



Listening by Heart

When was the last time you felt really heard? When was the last time, someone shared a problem with you, and you were able to simply listen without giving advice? During this worship service we will explore the spiritual dimensions of listening and learn how listening and hearing another in their own complexity and depth is at the heart of healing. After the worship service, you are invited to attend a workshop on Listening by Heart, see page 6 for details.

Leader: Rev. Martha Niebanck & Rev. Alice Anacheka-Nasemann
Date & Time: Sunday, April 29, 10:30 a.m.

Being Hope

As a tribute to the many members of our congregations who are caregivers to spouses, parents, relatives and friends suffering with Alzheimer's and other diseases of dementia, this service will acknowledge the role and wisdom of caregivers and focus on caregiving and hope. It is spiritually challenging to embrace the concept of

hope within the context of Alzheimer's disease—a degenerative, terminal illness, that for over 100 years has eluded the discovery of both cause and cure. This service will explore various definitions and examples of hope, helping us to realize that caregivers can offer hope and provide healing to afflicted loved ones. We can make a difference in the lives of persons with Alzheimer's and dementia; and they can make a difference in our lives. There will be an opportunity to honor and remember our loved ones with Alzheimer's and dementia. **Note:** *You are invited to attend the workshop "Meeting Alzheimer's" on Tuesday, May 22, see page 13 for details.*

Leader: Rev. Jade C. Angelica
Date & Time: Sunday, May 20th, 10:30 a.m.



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:s Rev. Alice Anacheka-Nasemann and Nancy Rogers

Location: South Street in Hudson

Date & Time: Saturday, June 2, 9:00 a.m.-4:00 p.m.

Cost: Free, donations gratefully accepted.

No registration required.



Puppet Show: Turtle's New Home

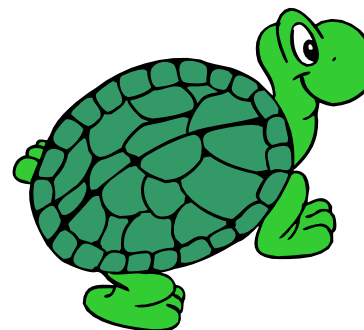
Come enjoy award winning puppeteer Deborah Costine's newest puppet show, which portrays a turtle's search for a new, safe wetland habitat. Along the way she encounters a beaver, a blue spotted salamander, as well as a little boy who is learning how to look closely at nature to find signs of animals and their activities.

Leader: Deborah Costine (of Gerwick Puppets)

Date & Time: Sunday, June 10, 1:00-1:45 p.m.

Cost: Free, donations gratefully accepted.

No registration required.



Spirit and Learning

Film Series

Come enjoy our big screen and join us for thought-provoking films that inspire, challenge and inform.

Date & Time: 3rd Thursdays, 7:00-9:00 p.m.

Cost: Free, donations gratefully accepted.

Featured Films (see website for details)

February 16: The Help

March 15: Scarred Lands and Wounded Lives: an Environmental Footprint of War

April 19 (Earth-Day Feature): Princess Mononoke

May 17: Fast Food Nation

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, March 3, 4:00-7:00p.m.

Cost: \$30 includes all ingredients

Note: *Prepaid registration is mandatory 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: Sat., March 10, 4:00-7:00 p.m.

Cost: \$30, includes all ingredients.

Note: *Pre-paid registration is mandatory and enrollment will be limited to 6 participants, first come, first served.*

Clowning for Peace and Justice

Join us for this one session in clowning for peace and justice. Learn how to bring joy to others while 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, and apply simple face paint to yourself and others. In the class, you can pick a clown name and persona, select or create a clown outfit, and rewrite a classic clown skit to help the world. If you are interested, you can then be part of a group ready to participate in and support peace and justice events in our region. Open to all ages. For more information, contact the church office or visit www.starheartthec clown.com

Leader: Sophie Glasser

Date & Time: Saturday, April 28, 10:00 a.m.-12:00 p.m.

Cost: \$20/adult, \$15/child, \$45 maximum for a family.

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.

If You Can Walk You Can Dance, If You Can Talk You Can Sing

Singing is our birthright as humans and one with primal roots. Reverend Maddie Sifantus considers music as a way to connect us with each other and ourselves from cradle to grave, in our congregations and in our lives. (Join Maddie for Singing as a Spiritual Discipline workshop, see page 8)

Leaders: Rev. Maddie Sifantus & Rev. Alice Anacheke-Nasemann

Date & Time: Sunday, April 15, 10:30 a.m.

Harboring Peace:

Forgiveness through Story

Forgiveness is an integral part of the emotional, spiritual and even physical healing process, and yet it is poorly understood. It offers an opportunity to look at and relate

to the stories we tell about ourselves and others in new healthier ways. It calls us to see those whom we believe to have hurt us with more complexity and empathy. Through stories from a number of spiritual and cultural traditions this story sermon will explore many aspects of forgiveness including; its processes and pitfalls, and its gifts for ourselves, others, and the world.

Leaders: Elisa Pearmain & Rev. Alice Anacheke-Nasemann

Date & Time: Feb.19th, 10:30 a.m.

First Nations Earth Day 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, Iroquois Joega Emond, Jenny Gabrenas 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 climate crisis today, these ancient practices and beliefs can help us create a new relationship with the earth.

Leaders: Rev. Stephen Shick, Rev. Alice Anacheke-Nasemann, Loril Moondream & Medicine Mammal Friends

Date and Time: April 22, 10:30—11:30 a.m.

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.

Date & Time: 1st Sundays, May-June, 12:15-12:45 p.m.

Cost: Free, donations gratefully accepted.

No registration required.

Project Bread - Walk for Hunger, Boston Common

Come one and all, young and old for the annual Walk for Hunger! Last year, an inspiring 42,000 people took to the streets of Boston and raised \$3.6 million for over 400 emergency food programs in Massachusetts. We are putting together a group of walkers from the local area. Whether you can walk 1 mile or 20 miles, your participation will make a difference to those in need. To get more information on the walk, go to

www.projectbread.org or contact the church office if you are interested in walking with folks in the local community.

Leader: Jen Hadden

Date: Sunday, May 6th, contact the church office for information on carpooling.

Boston Pride Parade

Join members of the Unitarian Church of Marlborough & Hudson and First Parish Church Unitarian Universalist of Northborough as we march in the 42nd Annual Pride Parade, affirming our belief in the inherent worth and dignity of every person. For more information on the pride parade, visit: <http://www.bostonpride.org/>. Contact the church office for information on carpooling and meeting up with the group.

Leader: JoAnn Mulready-Shick

Date & Time: Saturday, June 9, 12:00 p.m.

Cost: Free



Feng Shui Your Home as a Spiritual Path

Meet for this one time class as we explore the basics of Feng Shui interior decorating. We will see how specific areas of life are affected by how we decorate (or clutter up) different parts of our homes or rooms. Clarify your intentions for your family, prosperity, career, relationship, health and more. We will then learn remedies to improve those areas of life using basic Feng Shui principles. If there is interest, students can be part of a second class in which we can visit each others' homes and learn to apply the Feng Shui practices together.

Leader: Sophie Glasser

Date & Time: Saturday, May 12, 10:00 a.m.-12:00 p.m.

Cost: \$30

Meeting Alzheimer's: Communicating Creatively and Connecting Deeply with Persons with Alzheimer's and Dementia

Participants attending this experimental program will engage in exercises designed to enhance their awareness and understanding of dementia while learning techniques to improve communication and deepen connections with loved ones with Alzheimer's or dementia. This unique workshop is for families, friends and professional care givers who are learning about the illness, as well as seasoned professionals, health care providers, community supporters, such as chaplains, pastors, seminarians, and counselors. The program weaves together basic information about Alzheimer's disease while

encouraging participants to embrace the healing moments available with loved ones as we learn to promote self-esteem and dignity. Join us, and discover the healing power of saying "yes", and the benefits of being present in the moment.

Leader: Rev. Jade Angelica

Date and Time: Tues, May 22, 7:00—9:00 p.m.

Cost: Free, donations gratefully accepted.

Note: You are invited to join us for "Being Hope," a worship service on this topic on Sunday, May 20, see page 18 for details.

Glycerin Soap Making

Learn how to make beautiful hand-crafted 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 and Time: Saturday Feb. 25, 1:00-3:00 PM

Cost: \$15 for 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.

Women's Spirituality Group

This new program offers an opportunity for women of all ages and backgrounds to gather together in a supportive environment and share their experiences as women. Each meeting will begin with a brief ritual, including a reading or guided meditation, followed by discussing a topic relevant for women such as body image, finding the balance between care of self and care of others, or anger & forgiveness.

Leader: Rev. Alice Anacheka-Nasemann

Date & Time: 1st Thursdays, Feb. 2-June 7, 6:30-8:00 p.m.

Cost: Free, donations gratefully accepted



Pendulum Dowsing

The pendulum has a long history of use in the mundane and magickal realms. In this workshop, learn to use your pendulum for many of its purposes. Learn about the parts of the pendulum and different types of pendulums. Attune yourself to your pendulum and open to your intuition. Learn to use the pendulum for divining yes and no answers, spirit communication, finding lost objects, and healing.

Leader: Sha Stafford

Date & Time: Monday, April 2, 7:00-9:00 p.m.

Cost: Free, donations gratefully accepted.



Spirit and Service

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.

Knit it Forward

This charitable knitting circle welcomes all knitters, from beginners to experts, who would enjoy lending their knitting needles to literally making the world a warmer place! The group gathers weekly to enjoy good conversation and companionship while knitting items such as afghans and chemo caps to donate to local hospitals and shelters. No knitting experience necessary: leader Dana Lorway kindly volunteers her time and expertise and will teach you the basics required! Participants are expected to provide their own knitting supplies, although there are some donated knitting needles available for use. For information regarding the yarns we use or other necessary supplies, contact Dana at The Good, Good Sheep: 978-562-0900.

Leader: Dana Lorway

Date & Time: Sundays, 1:00-2:30 p.m.

Cost: Free, participants provide their own knitting supplies

