

Pathways to Shared Ministries

First Religious Society Unitarian Universalist

Enter, Rejoice, and Come In

*Love is the doctrine of this church,
The quest of truth is its sacrament,
And service is its prayer.*

*To dwell together in peace,
To seek knowledge in freedom,
To serve humankind in fellowship,
To the end that all souls shall
grow into harmony with the Divine –*

*Thus do we covenant
with each other and with God.*

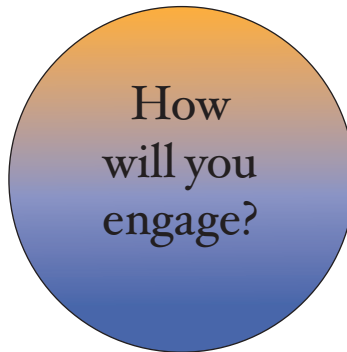
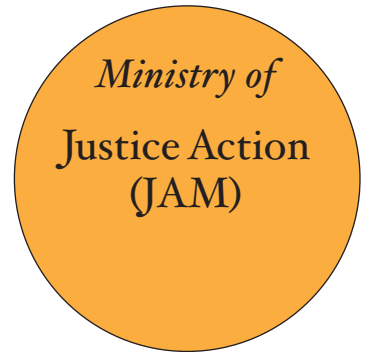
Pathways to Shared Ministries

We welcome all to explore our programs, meet fellow friends and members, and become engaged in our beloved community.

Please follow your interests, skills, values, curiosity, and intuition by showing up at a meeting or event.

Prefer to make contact first? Reach out to the person listed under each ministry for information.

If you would like an introduction or have a question, contact Nicole Salemi, Director of Community Engagement:
nicole.salemi@frsuu.org
978-465-0602, ext. 409



First Religious Society Unitarian Universalist

Ministry of
Community
Partnerships

Ministry of
Fellowship
and
Life-long
Learning

Ministry of
Music
and
Arts

Ministry of
Pastoral
Care

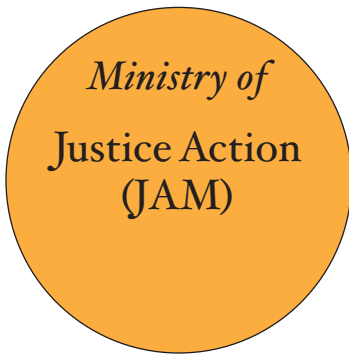
Ministry of
Worship
and
Spiritual
Growth

Ministry of
Finance
and
Operations

Ministry of
Outreach

FRSUU

Pathways to Shared Ministries



Justice Action Ministry (JAM) promotes community awareness and actions on social justice issues by planning and presenting monthly First Wednesday discussions.

JAM Focuses on initiatives within our larger faith movement and the Unitarian Universalist Association. We collaborate with other social justice task forces within the FRS community as well as with other area groups such as Pennies for Poverty, the MA Coalition to Prevent Gun Violence, and area religious organizations. All are welcome to participate.

JAM Contacts:

Annie Maurer

anniem35@verizon.net

Forrest Speck

forrest.speck@gmail.com

Lea Pearson

leapearson@mac.com

How will you engage?

JAM Sponsored Programs

Habitat for Humanity

Our congregation partners with the Merrimack Valley chapter of Habitat for Humanity to build homes for families seeking housing security, affordability, and ownership. Habitat has built 100 homes in 22 communities throughout the Merrimack Valley area. FRS has a special interest in seven Habitat homes currently under construction in nearby Salisbury. To learn about a variety of volunteer roles and the FRS connection with Habitat, inquire at the listed email address. A member of our FRS Habitat team will reply promptly.

Contact: FRSHabitat@gmail.com

Alternatives to Violence

Alternatives to Violence works within area prisons, providing workshops on resolving conflict non-violently.

Contact: Kathy Desilets, kathydesi@gmail.com

Racial Justice Awareness

Election Ballot Initiatives

Ending Gun Violence

The Massachusetts Coalition to Prevent Gun Violence, of which FRS is a member, works on education, advocacy, and legislation.

Contact: Ann Haaser, ahaaser@comcast.net

Affordable Housing

Climate Action Project

The Climate Action Project (CAP) seeks to engage the congregation and community in steps that will diminish the impacts of the Climate Crisis through two of our seven principles: “a free and responsible search for truth and meaning,” and “respect for the interdependent web of all existence of which we are a part.”

Contact: Bill Clary, williamclary860@gmail.com

Sanctuary Church

General Assembly

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Pathways to Shared Ministries



Community Partnership Contacts:

Rev. Rebecca Bryan
revrebecca.bryan@frsuu.org

Julie Parker Amery
julie.amery@frsuu.org

Nicole Salemi
nicole.salemi@frsuu.org

FRS is involved in many community partnerships on both an ongoing and individual basis.

Some of the ongoing commitments that we are engaged with include interfaith events, area walks and nonprofit social justice assemblies.

Everyone is encouraged to sign the Journey of a Lifetime Pledge and to join in as many of these activities as possible.

Watch the FRS members and friends Facebook page, the church newsletter and website for new opportunities to get involved.

Please email Nicole or Rev. Rebecca if you have suggestions for partnerships.

How will you engage?

Community Partnerships

Community Human Services Committee

The Community Human Services Committee directs and manages a wide range of programs for local people that are struggling and in need of assistance. We also manage the monthly loose plate collections for selected charities and distribute Swasey Fund contributions to qualified recipients.

Contact: Jeff Bard, jeffbard@hotmail.com

Partner Church

Our Partner Church is the Unitarian Church in Ujszekely. This Transylvanian farming village of 600 is in the ethnic Hungarian region of Romania. The two churches support and visit each other.

Contact: Peg Nicol, pegmacgregornicol@gmail.com

Newburyport Clergy Association

Contact: Rev. Rebecca Bryan, revrebecca.bryan@frsuu.org

Jeanne Geiger Crisis Center's Annual Walk Against Domestic Violence

Iftar - Newburyport Human Rights Commission

Interfaith Partnerships

Newburyport Racial Justice Committee

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Pathways to Shared Ministries



Fellowship and Life-long Learning Contact:

Nicole Salemi
nicole.salemi@frsuu.org

To contact a specific program, please use the contact listed under that program if available.

Fellowship and life-long learning programs at FRS promote connection among members and friends of our beloved community. There are many opportunities for good times to be shared, and new ideas to be learned.

All are welcome to participate in the wide-range of fellowship and life-long learning programs.

Stop in if you are comfortable or contact Nicole Salemi, Director of Community Engagement, if you would like an introduction or have any questions.

How will you engage?

Fellowship and Life-long Learning Programs

Friday Book Discussion

The Friday Book Discussion meets every week at 10am in the Lower Meeting House Room A&B. Each meeting covers the next section of a fiction or nonfiction book. Join anytime.

Contact: Jo An Kincaid, jokincaid99@comcast.net

Short Story Discussion Group

Short Story Discussion Group meets on first and third Tuesdays at noon in the Lower Meeting House, Room A&B. Check the Steeple Biweekly for upcoming titles. Bring your lunch, or not.

Contact: Tom Himmel, thimmel43@mac.com

FRS Men's Group

The FRS Men's group is a group of men seeking to be part of a solution to the problem of gender-based bias, discrimination and violence. We gather to support and know each other, to create new stories about what masculinity means, and discern proper actions. We meet monthly on the first Saturday, Lower Meeting House, Room A&B, 8-9:30am. All men and young men are welcome.

Contact: Bruce Deveau, bdeveau2@comcast.net

SMART Recovery

SMART Recovery is a science-based, self-empowering support group for recovery from all types of addiction and addictive behaviors. Every Friday, 6-7pm, in the Parish Hall. Led by trained facilitators. Learn more at smartrecovery.org.

Contact: Rob Burnham, 603-501-9549

The Alliance

A benevolent organization with a tradition of service, the Alliance donates money and time to benefit FRS, and takes pride in its role in the social and philanthropic work of the parish. Luncheon meetings are held at noon in the Lower Meeting House on the second Wednesday of the month in fall and spring. Each meeting includes a one-hour presentation on topics such as Newburyport history, book authors of Newburyport, music, and travel experiences. Bring a brown bag lunch. All are welcome.

Contact: John Mercer, jsmerc@comcast.net

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Nicole Salemi

nicole.salemi@frsuu.org

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How will you engage?

Fellowship and Life-long Learning Programs continued

Coffee Hour

Coffee Hour happens every Sunday after the service in the Parish Hall. Fair Trade coffee, tea, and chocolate from Equal Exchange are sold at Coffee Hour, supporting small-scale farmers.

Contact: Florence Mercer, florencemercer@hotmail.com

Hospitality Committee

The Hospitality Committee offers the opportunity to serve the church through fellowship at coffee hours, a mid-winter party, the May Breakfast, and Soup Sundays.

Contact: Julie Menin, menin@neb.com or Florence Mercer, florencemercer@hotmail.com

Mid-Winter Party

The Mid-Winter Party boosts our spirits with a potluck and BYOB at the home of a member. Sign up in advance, since space is limited.

Contact: Nancy Peace, nancypeace@comcast.net

Opening and Closing Picnics

Opening and closing picnics happen on the first and last Sundays of the church year. Enjoy a picnic out on the side patio. Bring a side dish to share if you like.

Contact: Louise Mold, lweezie14@gmail.com or Julie Menin, menin@neb.com

Ladies Lunch

Join other ladies within the FRS community on the third Wednesday of the month for a luncheon of delicious food and good conversation. All ladies welcome.

Contact: Nancy Colby, ncolby1961@gmail

Retired Old Mean Eating Out (ROME0)

Retired guys get together for lunch and sociability on the second Tuesday of the month.

Contact: Les Ferlazzo, sealore@comcast.net

Soup Sundays

Soup Sundays are offered once a month during Coffee Hour. Pay \$5 for all-you-can-eat chili and homemade soups. The usual coffee and goodies may be had without charge.

Contact: Mary Sortal, masortal@aol.com

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Children and Youth Contacts:

Julie Parker Amery
julie.amery@frsuu.org

Becky Dill
dillokaya@gmail.com

The ministry of children and youth provides targeted programming for elementary-aged children through high school.

All are welcome to participate in our youth and young church programs.

Stop in if you are comfortable or contact Julie Parker Amery, Director of Religious Education, if you would like an introduction or have any questions.

Coming in on Sunday for the first time? Check in at our Young Church table in the vestibule.

How will you engage?

Children and Youth Programs

Nursery

The Nursery, in the Lower Meeting House, is available for one- and two-year olds. It is staffed by a church teen and an additional volunteer.

Young Church

Young Church is the Sunday School of FRS. Classes are taught by parents and friends using a curriculum developed by our certified Director of Religious Education. We explore many different religious beliefs and encourage questioning and self-expression.

Contact: Becky Dill, dillokaya@gmail.com

Our Whole Lives (OWL)

Our Whole Lives (OWL) is a comprehensive sexuality education program offered every other year to 7th and 8th graders.

Senior High Youth Group

Senior High Youth Group (grades 9-12) meets every other Sunday. It gives teens opportunities for service work, and a safe place to ask questions, explore life issues, and socialize.

Youth Choirs and Teen Choirs

See the Ministry of Music and Art section.

Contact: Kristen Miller, kristen.miller@frsuu.org

Moment for All Ages Team

This dedicated group of lay ministers offer their gifts through leading the Moment for All Ages in our worship services.

Contact: Julie Parker Amery, julie.amery@frsuu.org

The Young Church Advisory Group

The Young Church Advisory Group meets several times a year to discuss curriculum and direction of our Young Church programs and provides ad-hoc support and feedback to the Director of Religious Education.

Contact: Karen Young, karen.young@comcast.net

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Pathways to Shared Ministries



Music and Art are woven through all we do here at FRS, from Sunday worship and Jazz Vespers to the Candlelight Service and the Jean C. Wilson Music Series to friends and member exhibits in our beloved Tiny Art Gallery.

All are welcome to participate in our choir, attend one of our many stellar music performances or exhibit in our Tiny Art Gallery.

If you are a musician looking to get involved with the music program, contact Justin Murphy-Mancini.

If you would like to exhibit in the Tiny Art Gallery, contact Diane Carroll, Office Administrator, or Bettina Turner.

Music Contacts:

Justin Murphy-Mancini

Kristen Miller (youth)
kristen.miller@frsuu.org

Art Contacts:

Diane Carroll
diane.carroll@frsuu.org

Bettina Turner
gentlevoicesingers@gmail.com

How will you engage?

Music and Art Programs

The Tiny Gallery

The Tiny Gallery in the stairwell of the Meeting House showcases art by members and friends of FRS. It is open on Sundays and on weekdays, 9am- 1pm.

Contact: Bettina Turner, gentlevoicessingers@gmail.com

Candlelight Service

The Christmas Candlelight service (a Newburyport tradition since 1925) is held annually the Sunday before Christmas. Singers are welcome to join for individual programs, and they need not be church members.

Contact: Kristen Miller, kristen.miller@frsuo.org

Church Choir

The Church Choir sings choral music and hymns for Sunday services and occasional special services. Rehearsals are Thursday evenings, 7:30-9pm. The repertoire ranges from the classics of early Renaissance and Baroque to “Come Sunday” of Duke Ellington to vocal jazz. Auditions not required.

Contact: Kristen Miller, kristen.miller@frsuo.org

Jazz Vespers

Jazz Vespers celebrates the inspiration of jazz music and provides the membership and community a time to gather together for an evening—usually on the first Wednesday of the month—to enjoy music, readings, and time for reflection.

Contact: Cyd Raschke, cyd.nafr@comcast.net

Jean C. Wilson Music Series

The Jean C. Wilson Music Series is held early each year, usually from January through April. A wide range of professional ensembles and soloists have included early music groups, string, woodwind, and brass ensembles, and solo pianists, organists, and singers. Suggested donation \$20, seniors \$10, students and children free.

Contact: John Mercer, jsmercerc@gmail.com

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Justin Murphy-Mancini

Kristen Miller (youth)
kristen.miller@frsuu.org

Art Contacts:

Diane Carroll
diane.carroll@frsuu.org

Bettina Turner
gentlevoicesingers@gmail.com

How will you engage?

Music and Art Programs continued

Young Church and Teen Choir

Young Church Choir and Teen Choir train musically literate young singers who inspire the congregation and greater community through the power of singing.

The Teen Choir rehearses every Sunday, 9-9:40am.

This lively group consists of about fifteen singers who are in Grades 7-12 and who are at least 12 years old at the beginning of the church year.

The Young Church Choir rehearses every Sunday from 9:40-10:20am.

The Young Church Choir is open to singers in Grades 2-6. Children in this group start learning how to read music and how to sing with good tone production and diction.

Contact: Kristen Miller, kristen.miller@frsuu.org

Himalayan Singing Bowls

Kristen Miller is a certified professional shamanic sound healer, a practitioner of complementary medicine. She uses Himalayan Singing Bowls and ancient Asian shamanic healing techniques to induce deep states of relaxation, clearing away unwanted negativity and energy blockages to allow health and healing to take over. Himalayan Singing Bowl sessions are scheduled in the Lower Meeting House Public space throughout the year.

Contact: Kristen Miller, kristenmillerhealing@gmail.com

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Pathways to Shared Ministries



Pastoral Care Contact:

Rev. Rebecca Bryan

revrebecca.bryan@frsuu.org

Caring for one another is an important part of how we strengthen our beloved community.

Our pastoral care program, under the spiritual leadership of Rev. Rebecca, is an essential way that we live into our commitment to one another.

Activities include ongoing groups like the Friends, Pastoral Care Associates and the Memorial Services Team.

Programs and other special services are also offered throughout the year.

How will you engage?

Pastoral Care

Friends

Friends help church members with meals, rides, visits, and even dog walking. Friends always need more volunteers, especially for meals and rides.

Contact: Florence Mercer, florencemercer@hotmail.com

Pastoral Care Associates

This group of trained lay professionals are available for visits, conversation and connection. We want to offer you the support of your church community when you are experiencing a health challenge, or life change including the death of a loved one, a job change or other struggle. You are not alone! Reach out to Rev. Rebecca or Jane Tuohy, Chair of the Pastoral Care Associates.

Contact: Rev. Rebecca Bryan, revrebecca.bryan@frsuo.org or Jane Tuohy, jt@cambridgehill.com

Memorial Services Team

The Memorial Services Team is here to offer friendship and support to families planning their memorial service or funeral at FRS. While Rev. Rebecca will work with you on the worship service, we are here to offer you suggestions on the details including helping you to secure ushers, caterers, musicians and florists.

Contact: Diane Carroll, diane.carroll@frsuo.org

Programs

We offer programs throughout the year on topics including grief, death, loss and mental health. Visit our web site, frsuo.org, or FaceBook page for listings of current programs.

Weddings, Child Dedications and Memorial Services

Please contact Rev. Rebecca to discuss your needs.

Contact: Rev. Rebecca Bryan, revrebecca.bryan@frsuo.org

FRSUU

Pathways to Shared Ministries



Governance and Leadership Contacts:

Art Henshaw
arthenshaw@verizon.net

Karen Young
karen.young@comcast.net

A Unitarian Universalist congregation operates with congregational polity, meaning that we are self-governed. Decisions including agreeing upon the annual budget, calling and ordaining a clergy person, the mission and vision and other outward focused positioning, are voted on by the full membership at our annual meeting. Elected leaders for positions on the Parish Board, the trustees of the endowment and the moderator are also voted on by the full membership.

A person needs to be at least fifteen years of age to join the congregation. Members are expected to commit to furthering their personal faith development and respecting other's faith journeys, engaging in the life of the congregation and supporting the work of the congregation with an annual financial contribution commiserate with each member's life circumstances. People can seek a waiver from the financial contribution by speaking with the minister.

How will you engage?

Governance and Leadership

Finance Committee

The Finance Committee oversees the budget, the stewardship campaign, and planned giving.

Contact: Tim Foutain, tsfountain@gmail.com

Governance Committee

The Governance Committee (appointed) is in charge of bylaws, nominations, and leadership development.

Contact: Annie Madden, madden.anne.b@gmail.com

Human Resources Committee

The Human Resources Committee (appointed) advises on issues concerning staff and volunteers.

Contact: Leslie Lawrence, leslie.lawrence1@verizon.net

Parish Board

Parish Board (elected) advises, governs, oversees policy and direction, and assists with the leadership and sustainability of FRS. Observers are welcome.

Contact: Art Henshaw, arthenshaw@verizon.net

Program Council

Program Council welcomes all who are leaders or aspire to be. Meetings provide an opportunity for collaboration, information-sharing, and directing the life of the congregation in an advisory way. Meets three or four times during the church year.

Contact: Karen Young, karen.young@comcast.net, or Barbara Garnis, barbaragarnis@comcast.net

Trustees of the Endowment

Trustees of the Endowment (elected) oversee FRS's endowment funds.

Contact: Walter Power, wpowerbos@aol.com

UU Connect (Denominational Affairs)

UU Connect promotes awareness of the greater UU movement and of our central organization, the Unitarian Universalist Association, UUA, to the FRS congregation.

Contact: Forrest Speck, forrest.speck@gmail.com

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Pathways to Shared Ministries



Caring for the wellbeing of our congregation extends to stewardship of our physical campus, finances, the staff and operations. Members are encouraged to become involved in the many components of stewardship.

The church's fiscal year runs July 1 of the current year through June 30 of the coming year.

For the church year 2019-2020, the fiscal year starts July 1, 2019 and ends June 30, 2020.

**Finance and
Operations Contact:**

Kristen Fehlhaber
kristen.fehlhaber@frsuu.org

How will you engage?

Finance and Operations

Canvass Team

Each year a dedicated group of volunteers including solicitors, hosts of fellowship events and a chairperson(s) focuses time and energy in securing annual pledges from members, friends and other supporters of FRS. These pledges allow the Finance Committee and Parish Board to plan for the church programming each year and create a budget to bring to the congregation each year for approval at the annual meeting.

Contact: Kristen Fehlhaber, kristen.fehlhaber@frsuu.org

Raffle and Other Special Fundraising Activities

Our annual budget is supported mostly by pledges, followed by earned revenue from building rentals, interest from the endowment and other special fundraising activities. In recent years we have been having an annual raffle for dinner anywhere in the world. In the past there have been church auctions. We are always open to new ideas and in need of people willing to help organize such activities.

Contact: Kristen Fehlhaber, kristen.fehlhaber@frsuu.org

Book Sale

Book Sale is held mid-summer during Yankee Homecoming week. Donate hardcover and paperback books in decent condition, including children's books, specialty magazines, sheet music, and various media. Help sell and move boxes.

Contact: Tom Pagel, tpagel@comcast.net

May Breakfast

An annual tradition, May breakfast is the first Saturday of May and is open to the whole Newburyport community. It's also a nice time for families and friends to enjoy time together. You can help by contributing homemade baked goods or other breakfast food, setting up, cooking, or serving.

Contact: Julie Menin, menin@neb.com

Rummage Sale

Rummage Sale, fall and spring. For clothes and accessories only. Donate items from your closet, or volunteer to sort or clean-up.

Contact: Jennifer Day, jennnd42003@yahoo.com

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Pathways to Shared Ministries



Outreach Contact:

Nicole Salemi

nicole.salemi@frsuu.org

Our beloved community is at the center of all that we do here at FRS. We encourage all friends and members to make connections with each other and out into the larger community. It is through these connections that our spirits grow and expand.

With all our outreach, we try to meet you where you are. On the train and need a spiritual boost - listen to the FRS &U Podcast. Out of state but want to stay connected - check our FaceBook pages and chat with members and friends on our FaceBook Group page. Need a time out from day to day busyness - watch one of our YouTube videos. There are many ways in which FRS reaches out to friends, members and the larger community. All are welcome here. We encourage you to introduce yourself or make another feel welcome.

How will you engage?

Outreach Programs

The Steeple

The church's newsletter, published every other week throughout September to June. Delivered by email, archived editions are also available on the News tab on the FRS web site. Submissions to the Steeple are due the Friday before the Tuesday publish date.

<https://www.frsuu.org/news>

Contact: Nicole Salemi, nicole.salemi@frsuu.org

FRS &U Podcast

Rev. Rebecca's sermons are recorded every Sunday and transformed into a podcast with questions to ponder, discuss and hold through the week. The FRS &U Podcast for the week can be accessed on the Sermon page of the FRS web site.

<https://www.frsuu.org/worship-sermons>

Contact: Nicole Salemi, nicole.salemi@frsuu.org

FaceBook Pages

You can stay up to date on church happenings with the FRS public FaceBook page or connect with other FRS friend and members on the FRS UU Members and Friends page. Drop by our pages and let us know you are there with a comment or a like.

<https://www.facebook.com/frsuu>

<https://www.facebook.com/groups/frsuu>

Contact: Nicole Salemi, nicole.salemi@frsuu.org

YouTube

Throughout the year, we post videos to the FRS YouTube channel. Videos range from focused meditation to considering ideas that widen our lens and deepen our understanding of each other.

Contact: Nicole Salemi, nicole.salemi@frsuu.org

FRS Website

The FRS Website is the main source and repository of all church information. Find news, events, programs, sermons, journeys of faith and archived newsletters on our site.

<https://www.frsuu.org>

Contact: Nicole Salemi, nicole.salemi@frsuu.org

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How will you engage?

Outreach Programs continued

New Comer and New Member Team

A newly formed team that focuses on welcoming new friends and members to the church, as well as developing programs to help them get to know and engage with our beloved community.

Contact: Nicole Salemi, nicole.salemi@frsuu.org

Communications and Marketing Committee

The Communications and Marketing Committee works to support all aspects of communication in the church.

Contact: Nicole Salemi, nicole.salemi@frsuu.org

FRS Connect Database Team

The FRS Connect Database Team works to keep member and friend profiles up to date as well as improve database processes and systems. Team members provide a core support to our member and friend outreach.

Contact: Nicole Salemi, nicole.salemi@frsuu.org

FRSUU

Pathways to Shared Ministries



Outreach Contact:

Rev. Rebeca Bryan

revrebecca.bryan@frsuu.org

Join us for services at 10:30am on Sundays, from the Sunday after Labor Day through Father's Day.

Special Services

Family Services once a month

Guest speakers once a month

Flower Ingathering on Opening Sunday

Animal-related service in October

(including an Animal Blessing in alternate years)

New Member Recognition Sundays

Christmas Pageant Family Service

Christmas Candlelight Service

Christmas Eve Service

Martin Luther King Jr.-related service (January)

Unitarian Universalist Association Sunday
(February)

Maundy Thursday Communion service

Young Church Sunday (May)

How will you engage?

Worship and Spiritual Growth

Sunday Worship

Join us for services at 10:30am on Sundays, from the Sunday after Labor Day through Father's Day. Experience elements of the world religions, including our Christian roots and humanism. Find inspiration in choral and instrumental music (including organ), congregational singing, a time for children, readings, an offering, and meditative silence. Hear a sermon on social justice, spirituality, dealing with life's challenges, or other issues. The children's choirs may sing. We may celebrate a holiday, act out a skit, hold a coming-of-age ceremony, or hear a member's Journeys of Faith.

Worship Associates

The Worship Associates handle responsibilities related to the weekly worship service: preparing the communion table; giving the Welcome and Announcements; assigning Chalice Lighters; locating guest speakers and working with each of them to organize a service on Sundays when our minister is not in the pulpit; and soliciting recommendations for enhancing the service experience for the congregation.

Sunday Morning Volunteers

Sunday morning volunteers include ushers, Visitors' Table staffers, and chalice lighters. Training provided.

Contact: Nicole Salemi, nicole.salemi@frsuu.org

Sunday Flowers

Many friends and members honor someone dear to them by donating flowers for the Sunday service. Arrangements are placed on the altar table. Donations usually carry over from year to year. You may provide the bouquet yourself or have the office order them for \$35. Donors are listed in Sunday's Order of Service.

Contact: Diane Carroll, diane.carroll@frsuu.org

Steeple Lightings

Light the Steeple for a week with a donation of \$75. Donors are listed in Sunday's Order of Service.

Contact: Diane Carroll, diane.carroll@frsuu.org

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Outreach Contact:

Rev. Rebeca Bryan

revrebecca.bryan@frsuu.org

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How will you engage?

Worship and Spiritual Growth continued

Buddhist Meditation

Buddhist Meditation is led on Mondays, 6:30- 7:30pm in the Lower Meetinghouse, Room A&B. In the Kwan Um School of Zen, the purpose of our meditation practice is to clear our mind so that we can become peaceful and compassionate and then help save other beings from suffering. First-timers, please come at 6pm for an orientation.

Contact Joyce Haydock, joycehaydock@outlook.com

Chalice Circles

Chalice Circles are small group ministries in which eight to ten people come together twice monthly for spiritual development and friendship. The program is structured around topics that generate deep exploration and discussion. To learn more, go to frsuu.org/chalice-circles.

Contact: Nicole Salemi, nicole.salemi@frsuu.org

Journey of Faith

Our Journey of Faith program, in which a church member or friend tells his or her story at the beginning of a Sunday service, was started to increase lay participation in our service, to help us get to know each other better, and to appreciate the spiritual diversity in our congregation. Consider giving your Journey of Faith.

Contact:

Alex Mezey, alex@lifeclaritycoach.com

Merryl Maleska Wilbur, mmwilbur@greennet.net

Wizards and Sages

A senior ministry that meets once a month on the last Wednesday of the month. Gatherings begin with a brief worship service followed by fellowship and a brown bag lunch.

Contact: Rev. Rebecca Bryan, revrebecca.bryan@frsuu.org

We are glad you are here ...

Dear member or friend,

If there is a way I can help you get to know the FRS community better, please let me know. You can stay up to date on all that is going on through a number of different ways:

- FRS web site: www.frsuu.org
- FRS FaceBook (public) page: www.facebook.com/frsuu
- FRS UU Members and Friends page (a closed group – please visit the page and ask to join): www.facebook.com/groups/frsuu
- FRS YouTube page: search for First Religious Society Unitarian Universalist
- FRS Steeple newsletter which publishes every other week

You are always welcome here,

Nicole Salemi

Director of Community Engagement

Minister –The Reverend Rebecca Bryan; **Sexton** –Mike Baker; **Religious Education Assistant** –Sharon Broll; **Office Administrator** -Diane Carroll;
Director of Finance and Administration –Kristen Fehlhaber; **Youth Choirs Director** –Kristen Miller; **Director of Religious Education** –Julie Parker Amery;
Director of Community Engagement –Nicole Salemi;
Parish Board: Chair –Art Henshaw; **Vice-Chair** –Karen Young; **Clerk** –Ann Haaser;
Treasurer –Rich Johnson; **Finance Chair** –Tim Fountain;
Maureen Adams, Rebecca Brodish, Micah Donahue, Lynn Kettleson, Sophia Lyons,
Ann Power, Forrest Speck.

Note: This is an organic document. We do our best to keep it current in the listing of activities, their descriptions and contact persons. If you have something to add or a change to suggest, please email Nicole Salemi, Director of Community Engagement, at nicole.salemi@frsuu.org.