

Summer 2022 at First Religious Society UU

July and August Worship Services

Pastoral Care

Summer Programming

Ministry Themes

Save the Dates for Fall 2022/Winter 2023

July and August Worship Services

Summer worship services will be held in the FRS sanctuary and livestreamed on YouTube starting at 10am unless otherwise noted.

Sunday, July 3: *Reading Frederick Douglass Together*

Gather around Garrison Statue*, 11 Brown Square, Newburyport, 10-11am

FRS and the Museum of Old Newbury will host an in-person community reading of Frederick Douglass's impassioned 1852 speech, "What to the Slave is the Fourth of July?" Lend your voice to this powerful participatory event.

The reading will be followed by a discussion led by humanities scholar Katrina "Kat" Hobbs Everett, M.Ed., Co-Founder of Power of Self-Education (POSE) Inc., a community engagement and advocacy nonprofit. She is the founder and curator of COCO Brown, a cultural community healing center and co-working space, and an Adjunct Instructor for the Social Justice program at Merrimack College. *Rain location is FRS sanctuary.

Sunday, July 10: *Concerns/Themes at End of Life* – Nancy Kidd

Nancy Kidd, LICSW, is a social worker who worked in the field of hospice for over 25 years. She will share her experience of working with patients and families at end of life. This will include their wishes, regrets, and joys as they reflected on their past and their hopes for the present and future.

Sunday, July 17: *Resilience and Courage in the Face of Adversity* – Judith Kamber

Judith's talk will reflect her experience with the power of relationships and community that have inspired her to new levels of appreciation, inquiry, and gratitude. Judith Kamber, Dean Emerita, Northern Essex Community College, is founder of Co-Creating Communities of Practice, which focuses on organizational development for non-profits and higher education.

Sunday, July 24: *Speaking of Gnats* – Reverend Rebecca

Reverend Rebecca will be preaching about what happens when we ignore the gnats in our lives, and the beautiful opportunities that open when we tend to them. Candace Temple is the guest organist. *Gnat: person or thing seen as tiny or insignificant, especially in comparison with something larger or more important.*

Sunday, July 31: *Cross Your Heart Kirtan Kriya: An approach to stress management, improving memory, and responding to Alzheimer's* – Reverend Rebecca and Sally Cote

Join Reverend Rebecca and guest Sally Cote for this unique worship service and special opportunity. They will introduce you to a healing meditation using a practice of internal chanting, hand mudras, and the gong. Sally Cote is a longtime resident of Newburyport and a successful real estate agent. Her passion is yoga, meditation, and sound healing. She is a kundalini yoga and meditation teacher and a gong practitioner, currently teaching classes at Roots to Wings in Newbury, MA. "The yoga connects me to my true self," she says.

Sunday, August 7: *Unitarian Universalism and Judaism: Similarities and Overlap of Beliefs and Philosophies* – Reverend Anna Smulowitz Schutz

Reverend Anna Smulowitz Schutz came to Newburyport in 1979 with the vision of creating a community children's theater. Today, Theater in the Open and Firehouse Center for the Arts continue to fulfill that mission. Anna continues to teach acting and direct dramas as well as musical theater in greater Newburyport. Her award-winning play "Terezin, Children of the Holocaust" is in its 51st year of continued touring in schools, synagogues, and churches both in the U.S. and abroad. Anna recently received an honorary doctorate in the humanities for her life's work through her play which addresses issues of social justice. In 2002, Anna returned to school and studied to be an Interfaith Minister. Trained at Beverly and Salem Hospitals, she was ordained in 2005 and began her work as a clinical chaplain in Brooksby Village, Peabody.

Sunday, August 14: *Patience and Time* – Holly Cashman

Holly Cashman is a professor of Spanish Linguistics and Women's and Gender Studies. She is also an amateur writer, brewer, and baker. She will be sharing reflections about time as it relates to these three hobbies, her work, and her lifelong struggles with procrastination.

**Sunday, August 21: *Dreams: Befriend the Gifts of Time* – Reverend Rebecca
Outdoor service, Atkinson Common, 388 High St, Newburyport and livestreamed on YouTube**

Join Reverend Rebecca for an outdoor summer service in person at Atkinson Common and livestreamed on YouTube. She will be looking at the relationship between time and our dreams. This often complicated and too often overly simplified interplay can become our friend, if we allow it.

**August 28: *Forging a Path of Meaning: How Story Impacts Our Life* – Reverend Rebecca
Service at 11am, Hampton Falls UU, 143 Exeter Rd, Hampton Falls, NH and livestreamed on YouTube**

The rhythm and pattern of Story is ancient and lives inside us all. Our lives are a great Story unfolding within and between us. Our stories carry the messages of our ancestors, our past and our pain. Story also sheds light on our dreams, passions, and hidden interest. Above all, Story is how we make meaning in a sometimes overwhelmingly difficult world and assuredly beautiful world. Reverend Rebecca shares her lessons with story as a guiding principle in her life.

Pastoral Care for July and August

Rev. Rebecca will be away on vacation or study leave the following weeks, including serving as the UU Minister of the week at Chautauqua in mid-August.

Please contact the Pastoral Care Associate or minister connected to each week for any pastoral concerns.

Vacation: June 27 – July 4

Pastoral Care Associate: Tom Himmel, thimmel43@mac.com, cell: 781-883-4412

Minister on Call: Rev. Helen Murgida, murgida@comcast.net, cell: 978-500-3196

Vacation: July 9 – July 15

Pastoral Care Associate: Nancy Kidd, nankdd@gmail.com, cell: 978-376-8687

Minister on call: Rev. Rebecca, 860-882-9410 (please text or call only as she will not be on email)

Vacation: July 16 – July 20

Pastoral Care Associate: Nancy Kidd, nankdd@gmail.com, cell: 978-376-8687

Minister on call: Rev. Jane Tuohy, jt@cambridgehill.com, cell: 617-359-0079

Study Leave: August 5 – August 12

Minister on call: Rev. Helen Murgida, murgida@comcast.net, cell: 978-500-3196

UU Minister at Chautauqua: August 13 – August 20

Pastoral Care Associate: Bettina Turner, bettinatu4@comcast.net, 978-518-7618

Minister on Call: Rev. Stan Barrett, stan.barrett1@verizon.net, cell: 978-407-0222

Reverend Rebecca will working her normal church schedule, including preaching for all other weeks, during the summer.

Ministry Themes for 2022-2023

Annual Theme

Peace

September

Making Room

October

Inner Peace

November

Justice

December

Earth

January

Change

February

Grief

March

Discernment

April

Water

May

Spiritual Teachers

June

Offering

July

Happiness

August

Humor

Summer Programming

Summer Wilson Music Series: A Series of Concerts in our Historic Sanctuary

A suggested donation of \$20 for adults and \$10 for seniors will be taken at the door. Children 18 and under can attend for free. All concerts begin at 4pm.

July 10 - Folk Music with the Last Optimist, featuring Susan Levine

July 17 - Organ Recital with FRS Director of Church Music Justin Murphy-Mancini

July 31 - The Del Sol String Quartet (rescheduled from January 22)

Monday Night Meditation

Mondays, 6:30pm, Lower Meetinghouse (also accessible via Zoom)

These weekly sessions are led by Joyce Haydock, Senior Dharma Teacher with the International Kwan Um School of Zen. She has been with the school since 1989. This FRSUU Monday group was established over ten years ago. Our sessions consist of two or three chants, two readings/teachings and 30 minutes of sitting meditation. Beginners are welcome.

Contact Joyce at 978-363-5457 or email joycehaydock@outlook.com to be added to our list and receive access information.

Short Story Group

First and third Tuesdays (June 7 & 21, July 5 & 19, August 2 and 16, September 6 & 20), Noon-1pm, Lower Meetinghouse

The short story group meets to discuss short stories it has read in advance. All are welcome! You do not need to be a literature "expert." The emphasis is on sharing what the given reading means to each of us and learning from each other. For more information contact Tom Himmel at thimmel43@mac.com.

Wednesday Morning Guided Relaxation

Wednesdays, 10am, on Zoom

Join FRS member and LICSW Susan Cooper on Wednesdays at 10am for a brief period of mid-week relaxation and renewal. Each 30-minute session will include a guided visualization and reflection on questions around where we hold stress and how we can release it. You'll also learn some relaxation techniques to use on your own. This is a drop-in program; come onetime or many.

Join Zoom Meeting:

<https://us02web.zoom.us/j/87349458812?pwd=dXdIUvBj0F1MnVjLOZDakErVIRldz09>

Forest Walks and Meditation

Thursdays (July 7 & 21 and August 4 & 18), 8am, Maudslay State Park

Much research in recent years has brought to light the benefits of being in nature mindfully, using all the senses, giving rise to practices such as Forest Bathing (Shinrin-Yoku) in Japan and Scandinavia. Join us for four such walks, experiencing the forest in the warmth of summer. The walk will include a number of mindfulness practices and an invitation to share our experiences with others. Come to one or all. By registering, you are not necessarily committing to being there, but you will be on the email distribution to get details about meeting place, etc.

Register here: <https://bit.ly/SummerForestWalk>

Friday Book Group (Hybrid)

Fridays, 10-11am, LMH Room A and on Zoom

Friday Book Group is a welcoming and valuable FRSUU resource providing opportunity for both personal growth and relationship building. We turn to fiction and nonfiction to stretch our intellect, challenge our belief systems, and increase our compassion for differing perspectives. Books are chosen by a democratic process and are discussed over a period of weeks. Contact Tom Himmel for the Zoom link, or for more information, at thimmel43@mac.com.

Sunday Afternoon Spiritual Gatherings

One Sunday afternoon per month at 3pm, dates TBD, Atkinson Common

Join us for these gatherings to reflect, connect and support each other on our soul journeys. We start with a poem, questions to reflect on and end with a guided meditation. For more information and dates of gatherings, contact Susan Cooper at susanc0805@gmail.com.

Save these dates for Fall 2022/Winter 2023!

Saturday, November 5, 2022, 2pm, Guest Speaker and Pulitzer Prize winner Megan Marshall

Megan Marshall will be coming to speak in our sanctuary about her writing, with the focus of the conversation on her first biography *The Peabody Sisters: Three Women Who Ignited American Romanticism*. In describing the story, Marshall writes, "Elizabeth, Mary, and Sophia Peabody were in many ways our American Brontës. The story of these remarkable sisters—and their central role in shaping the thinking of their day—has never before been fully told." These remarkable women were Unitarians, transcendentalists, and friends with Reverend Thomas Wentworth Higginson and other influential 19th Century Unitarians. It's a deep dive into our Unitarian history and an important read. The perfect thing to read this summer!

Saturday, November 12, 2022, 1pm, Tour of Sleepy Hollow Cemetery, Concord MA

We will be given a personal tour of Sleepy Hollow Cemetery where the Peabody sisters and other famous Unitarians are buried. Save the date and look for information in the fall about options for transportation. The tour will be given by the Reverend John Gibbons.

Saturday, March 11, 2023, Full Day Retreat, Alnoba Retreat Center, Kensington, NH

Join us for a full day retreat at Alnoba Retreat Center. The retreat is a time for reflection, spiritual renewal, and connection and will be facilitated by Reverend Rebecca and Alan Seale.