

October 2023 Worship Services

October Worship Theme: Mindfulness

We tend to think of meditation in only one way. But life itself is a meditation.

—Raul Julia

October 1: Mindfulness: Ways to Navigate Life Transitions

Rev. Helen Murgida, head of FRS's Accessibility and Inclusion Ministry (AIM), will be preaching on "Mindfulness: Ways to Navigate Life Transitions." Change, transition, and transformation occur throughout our life span, sometimes with ease, but more often with difficulty. As we age, changes are more frequent. We will explore the difference between aging with disabilities and aging into disabilities.

October 8: Within, Between, and Among

What is the role of the church today in society and in our community? Reverend Rebecca will offer two shorter homilies. The first will be about the history and role of censorship, especially through banned books. How is the church called to respond? The second is a look at the future of the First Religious Society and your role in helping discern the vision of who we are becoming as we near the church's 4th century. Rev. Rebecca will share her priorities and how you can have your voice heard as we consider things including a renovation of Parish Hall.

October 15: The Axis Mundi: its role in mindfulness and across the disciplines

Our ability to be mindful enhances many important things in life, including how we listen, observe, and inquire about reality. Central to mindfulness is one's ability to know and return to our inner axis mundi, or still point, around which our lives and minds revolve. The axis mundi, also known as the axis of rotation, cosmic axis, and world tree, is recognized in disciplines including astronomy, botany, and mythology. Mircea Eliade believed that "Every Microcosm, every inhabited region, has a Centre; that is to say, a place that is sacred above all." Rev. Rebecca will be supporting the journey to our internal axis mundi through the use of mantra, music, and mindfulness.

October 22: Annual Animal Blessing at Atkinson Common and Online

All are invited to participate in our beloved Animal Blessing service and ritual, held outdoors at Atkinson Common. Join with others in honoring your beloved animals, living and deceased, in a ritual blessing offered by Rev. Rebecca. There will be great music and songs to sing for all ages. Rev. Rebecca will reflect upon "Unusual Friendships Between Animals." Please bring animals who are comfortable being around other animals. We've blessed cats, dogs, reptiles, guinea pigs, and more. You are also welcome to bring a photo of your animal, if that is better, and for the Blessing of Remembrance.

October 29: Mindfulness and the Habits Necessary for Living in a Free Democracy

In our ongoing exploration of mindfulness, Reverend Rebecca will be preaching on the habits necessary for living in a free democracy based on the work of Pamela Paresky and others. How is our thinking influencing our actions and is it supporting the values we espouse? Join us before church from 9- 10am for an exploring membership class.