

FRSUU
Fall 2024 Program Booklet
October - November



For details about upcoming programs this fall please visit our online calendar at www.frsuu.org/events

October Highlights



Sacred Journeys continues with Rev. Rebecca
(virtual bi-weekly)

Mystic and Contemplative Circles and Services
with Rev. Jane (10/8 and 10/22)

Membership Classes with Rev. Laurel 10/16, 10/23 and
10/30

Mindful Yoga Series (Mon, Wed, Fri) through 10/18

Indivisible-RISE and FRS Join Forces to Support:
Get out the Vote! 10/10

Exploring Elderhood Together 10/17

Justice Sunday: Addictions Ministry Team 10/20

Caregivers Support Group 10/23

Newburyport's Annual Trick or Treat 10/25
(candy donations needed!)

David Rogers Guitar Concert 10/26

Sunday Workship with the Special Guests from the Sikh
Tradition 10/27

Join Rev. Jane in October:

Mystic and Contemplative Circles and Services
October 8 and October 22

This program will be facilitated by Rev. Jane Tuohy.
Sessions will be co-led by Rev. Rebecca and group
members Johnathon Pape, Susan Swan and Carolyn
Coman.

Session Two Oct. 8: Spiritualism

Johnathon Pape

The Spiritualist Movement began in the U.S. in the 1840s,
but spread widely, particularly in English-speaking
countries. Spiritualism holds a firm conviction in the
existence of spirits “from the other side” who maintain
ongoing communication with the living world. Spiritualist
Churches usually offer a fairly traditional Christian service,
but in addition to standard elements of worship, spirit
messages are delivered to those in attendance.

Session Three Oct. 22: Shamanism as an Introduction to Mysticism

Rev. Rebecca Bryan

Rev. Rebecca will share her early and personal experiences
with shamanism that were integral to her mystical
understanding and theology. This will include a guided
shamanic journey. Participants are encouraged to wear
comfortable clothes and bring a mat or a blanket to lay on
the floor during meditation, if that is available to you.

Join Rev. Laurel in October:

Membership Classes

October 16, 23, 30 from 6:30-8pm

This series of three classes is designed to help answer questions about Unitarian Universalism, give you tools to navigate all that FRS has to offer, and foster connections with other newcomers as well as longtime members.

Wed. October 16: Roots and Values

Who are we and what do we believe?

Location: Parish Hall (the building next door)

Wed. October 23: Nuts and Bolts

How does a UU congregation operate?

Location: Lower Meetinghouse Main Room (by the offices)

Wed. October 30: Growing in Community

How can we engage in this community?

Location: Lower Meetinghouse Main Room (by the offices)

Join Rev. Rebecca in October:

Self-paced online spiritual exploration

Every other week via email

Rev. Rebecca will be offering a special self-paced online spiritual exploration as part of this year's annual ministry theme of truth.

This series includes biweekly videos, practices, and reflection questions designed to encourage your path and journey toward truth.

There will also be a few optional meetings over the course of the year, including informal gatherings and daylong retreats led by Rev. Rebecca and others.

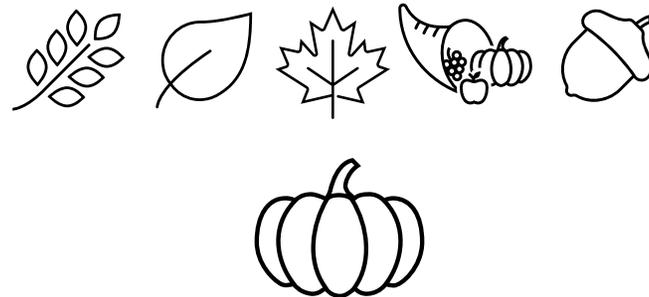
“We all need space and time in our lives to return to the sanctuary within us and around us. My intention is to offer you ways to create that and support your spiritual journeys.” -Rev. Rebecca

Questions:

To join Rev. Jane: please email your name and phone number to janetuohy@frsuu.org

To join Rev. Laurel: please email revlaurel.gray@frsuu.org

To join Rev. Rebecca: please email kate.lamie@frsuu.org and we will add you to the email list.



November Highlights



Contemplative Worship at FRS:
Touching the Sacred Within with Rev. Alan Seale 11/3

Ladies Who Lunch 11/6

Spirit Strong for Election Day 11/4, 11/5, 11/6

ROMEIO: Retired Old Men Eating Out 11/13

Mystic and Contemplative Circles and Services
with Rev. Jane 11/19

Exploring Elderhood Together 11/14

Justice Sunday: Welcoming Committee 11/17

Happy Thanksgiving 11/28

Holiday Bazaar 11/29 and 11/30
(details coming soon!)

Spirit Strong: Election Time Services:

November 4, 5, 6

FRS will host services designed to provide perspective, build community and offer vision and hope for the future. More information will be forthcoming in The Steeple.

Join Rev. Jane in November:

Mystic and Contemplative Circles and Services in the month of November include:

Nov. 19: Music as a path to transcendence

Susan Swan

"Mysticism is the encounter with the presence of God. It is unity in the sacred."

Not everyone listens to classical music. However, for me, this genre leads to the sacred. I have selected very brief excerpts- some choral, some instrumental, some old, a few contemporary, some religious, some secular. We'll listen to each one, and I'll ask you to write down one or two words that might express the feeling of the piece for you; i.e., more than I like or dislike it. Please note that I've heard these pieces many times and I rarely listen to other genres. I'll give my own reactions and then play the excerpt once more. You'll then have time to record your feelings again. Members who wish can then share these reactions with the group.

Young Church, Youth Group and Halloween!

Young Church engages K-6th grade children and supports them in creating and experiencing meaningful connection with:

- Ritual, stories, crafts and games and joyful community building
- Special guests, activities and projects that support our curiosity and spiritual growth
- Explorations of UU Principles, social emotional learning and social justice engagement

Our nursery is available for children under age 5 and "littles" are also welcome to join us in Young Church with a parent/guardian in attendance.

Youth Group, for 7-12th graders, meets bi-monthly on Sunday mornings and gives teens opportunities for service work and a safe place to ask questions, explore life issues and socialize with peers.

This program will be led by Director of Youth and Children's Ministry, Mara Flynn and by Assistant Minister Reverend Laurel who will be leading a "Coming of Age: Finding Your Spiritual Center" curriculum throughout the church year.

Questions? Email Mara Flynn, Director of Youth and Children's Programming at mara.flynn@frsuu.org



Downtown Newburyport's Annual Trick or Treat

Friday, October 25th from 4-5pm

Stop by FRS for treats from costumed FRS staff and congregants. This year we'll be partnering with Theater in the Open!

We are looking for candy donations (bags of individually wrapped candy) which can be dropped off in the back of sanctuary - thank you!

Please contact mara.flynn@frsuu.org with questions!

Church Operations Ministries

Name:	Intention:	Meeting Time:	Contact:
300 th Celebrations Committee	We work to plan and implement events to celebrate the 300th anniversary of our congregation.	no set meeting time	Laurie Evans Daly lauriedaly35@@icloud.com
Accessibility and Inclusion Ministry	With the tragic passing of our chair Rev. Murgida, we're taking some time to re-envision our way forward. What would help you feel more included? What accommodations would make it easier for you to participate in	In the past, we have done monthly zoom meetings on Wednesdays at 5 PM	Lea Pearson – interim leapearson@mac.com
Fourth Century Vision Team	The FRSUU Parish Board charged the 4th Century Vision Team with the development of a timeline and action plan for the Church Year 2024–2025 outlining plans for the 300th Anniversary and long-term financial planning including; the grants team, planned giving and a capital campaign	First Wednesday of the month at 9:30am	Vernon Ellis vellis@ellisdesign.net
FRS Lay Leadership	FRS Lay Leadership is comprised of the Parish Board, several "standing committees", and a mix of ad hoc committees and/or task forces created to cover particular activities or needs as they arise, such as for the 4th Century. These provide various opportunities for members to get more involved in helping FRS in its mission.		Tina Benik tiben1989@gmail.com Tom Himmel thimmel43@mac.com
Parish Board	The Parish Board is the governing body of FRSUU and works alongside our Senior Minister in a shared ministry. The Board is also the fiduciary body for the operations of the church	The third Wednesday of every month from 6-8pm	Tina Benik tiben1989@gmail.com

Parish Friends	Supports our church community in times of challenge, crisis, transition and special needs. We deliver meals, provide rides to church functions and medical appointments, write cards to parishioners, perform local errands, provide emergency childcare, and assist with light chores, including occasional pet care. More volunteers are always welcome!	As needed	Susan Ricker smricker@aol.com
Pastoral Care Associates	To provide pastoral care to fellow congregants. Some of the care they provide includes visits to those who are ill at home or in the hospital, support for those going through transition or crisis, maintaining contact with those unable to attend church, supporting caregivers, and providing a caring and listening presence for the bereaved. Pastoral Care Associates work in collaboration with Parish Friends, expanding our loving care of this community.		Rev. Rebecca Bryan RevRebecca.Bryan@FRSUU.org
Stewardship Committee	We organize fellowship and fundraising events to help sustain our beloved community. "To be a steward of something means to conserve it; to give it attention and care, to cherish it, to be its guardian, to protect and sustain it and to keep it safe." That is our mission.	Future meeting scheduled to be determined.	Renee Wolf Foster rwoffoster@gmail.com
Trustees of the Endowment	The Trustees are the fiduciary body responsible for the well being of FRSUU's endowment.		Tim Fountain tsfountain@gmail.com
Worship Associate Team	The Worship Associate Team assists with leading worship services. We also serve as ambassadors for our worship; we are happy to connect with members and guests to talk about the worship experience.		Doug Latham dnlatham0129@gmail.com

<p>Welcoming Committee</p>	<p>Welcoming Committee at FRSUU aims to fulfill the UUA's annual requirements for renewing our designation as a Welcoming Congregation, including planning Welcoming Worship services, recognizing Welcoming Days of Remembrance, offering educational opportunities for the congregation, and supporting a local organization that uplifts the dignity of LGBTQ+ people.</p>	<p>Second Thursday of the month at 6pm</p>	<p>Holly Cashman cashman.holly@gmail.com</p>
<p>The Facilities Team</p>	<p>The Facilities Team is tasked with overseeing the stewardship of the FRSUU's campus. We keep track of and prioritize the work involved in maintaining as well as possible additions to our buildings and grounds, provide recommendations to the Parish Committee and meet with the Congregation to approve project budgets. We also are involved in getting the work done by specifying projects and working with contractors. Major recent work includes: replacement of the Meeting House roof, restoration of the steeple lighting system, and. replacement to the Meeting House HVAC system. In addition, we are working with the FRSUU Green Team in investigating modifications to our buildings which would reduce our carbon footprint.</p>	<p>We meet once a month at least (generally the morning of the first Wednesday) and more frequently when working through some issues.</p>	<p>Bill Zarakas billzarakas@gmail.com</p>
<p>The Grants Team</p>	<p>Less than a year old, The Grants Team searches for outside funding sources through grants to pay for Church projects. To date, we have successfully secured multiple grants approaching \$150,000 for projects, focused on preservation of our historic buildings and any required improvements. We see similar efforts emerging to address programmatic projects, including the Church music program, the 300th anniversary events, and other priorities.</p>	<p>We have been meeting weekly, mostly by ZOOM.</p>	<p>Ed Budelmann ebudelmann@gmail.com</p>

<p>The Newburyport Afghan Resettlement Program</p>	<p>Join the dedicated group of volunteers in assisting our Afghan families, with their resettlement in the US. The many opportunities to help vary from ESL tutoring, navigating our school system, finding and supporting medical and dental care, sewing business, housing and just being a friend, or taking the kids out for ice cream or to a movie. The goal is to help them become confident, financially independent and integrated into our community. The rewards have far exceeded our time involved.</p>	<p>The last Thursday of the month at 12pm- 1pm with Rev. Rebecca</p>	<p>Sarina Khan Reddy sarinakhanreddy@gmail.com</p>
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Social Justice Ministries (cont. on next page)

Name:	Intention:	Meeting Time:	Contact:
<p>Anti Racism Initiative</p>	<p>The Antiracism Initiative team works with FRS members to raise awareness about how systemic racism and oppressions affect people in the Newburyport area and beyond. We look forward to using the UUA's 8th Principle to guide policy development and education around diversity, equity and inclusion in the coming year</p>	<p>Second Tuesday of each month Alternating between 2-3 pm and 7-8 pm (new meeting times!)</p>	<p>Sue Fasoli susanfasoli@gmail.com</p>
<p>FRS Green Team</p>	<p>The FRS Green Team is a group of members and friends who care deeply about the environment, the climate crisis, the loss of biodiversity, as well as many related issues that affect us all, and especially the generations to come. This year, we will advance work on ensuring that the climate crisis and our carbon footprint are considered as we address needed repairs to aging systems, and consider possible renovations.</p>	<p>Monthly on the 2nd Wednesday of the month At 7pmon Zoom (occasionally in person)</p>	<p>Annie Madden madden.anne.b@gmail.com</p>

FRS Habitat	Create affordable housing integrated in ordinary neighborhoods in Essex County	Third Saturday of the month	Howard Mandeville howard.mandeville@gmail.com
Little Free Diverse Library	We support the mission to circulate books in our community that amplify and empower diverse voices. We welcome book donations that center stories written about/by black, Indigenous, people of color, immigrants and LGBTQ+ authors.		Mara Flynn Mara.flynn@frsuu.org

Fellowship & Community Connection

Name:	Intention:	Meeting Time:	Contact:
Monday Morning Meditation	A safe place to meet weekly on Zoom and experience guided meditations/ visualizations... a time to connect and share experiences	Wednesdays 10-10:30am	Woman Cooper Susanc0805@gmail.com
Short Story Group	We read one or two short stories for each meeting from a chosen anthology, currently The Best American Short Stories - 2011. The discussion of each story is informal conversation about topics raised by the stories; people agree that we all learn something from the discussion of each story.	1 st and 3 rd Tuesday of each month at 12pm	Tom Himmel thimmel43@mac.com
Membership & Connection Team	Are you new and looking to join FRS? Or are you interested in helping welcome new members and friends at FRS? The Membership Team works with Rev. Laurel to support new people finding their way into FRS.		Rev. Laurel Gray revlaurel.gray@frsuu.org

Wednesday Morning Meditation	To connect and practice meditation in a loving, safe environment.	Wednesdays 10- 10:30am	Woman Cooper Susanc0805@gmail.com
Friday Book Group	The Book Group reads both fiction and nonfiction books, as chosen by the group. We typically read 40-70 pages a week depending on the book, then meet each Friday to discuss the reading for the week.	Fridays 10- 11:30am	Tom Himmel thimmel43@mac.com
Afghan Support Group	Supporting the Mirzayee family of 11 to become fully independent and flourishing in our country		Sarina Khan Reddy sarinakhanreddy@gmail.com
Community Outreach	To support the Food and Personal Care Drives, Jeanne Geiger walk, Christmas Giving events, management of Swazey Children's Fund etc.	Meet as a group when necessary	Linda Buddenhagen lbuddenhagen@aol.com
Ladies Who Lunch	A Monthly Luncheon open to all women of FRSUU. Hosted at various area Restaurants to encourage conversation and help new members get to know others.	First Wednesday of the month	Nancy Colby Colbynancy857@gmail.com
ROMEO	Meets at a different area restaurant on the second Tuesday of every month. Join other retired guys for lunch and sociability.	Second Wednesday of each month	Ed Budelmann ebudelmann@gmail.com
The Tiny Gallery	A space for FRSUU artists to exhibit their work.		Bettina Turner bettinatu4@comcast.net
Exploring Elderhood Together	Exploring Elderhood Together provides opportunities for members and friends, ages 60 and older, to explore what it means to ages in the 2020s. We have monthly programs for reflection and discussion about topics of interest, sharing of our own lived experience, and building a greater sense of belonging within our community.	Programs on a Thursday each month (usually the 3rd Thursday). 1-2:30pm	Jean Noonan Noonan.jean@comcast.net