



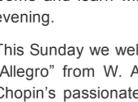
Weekly Update Wednesday, May 22, 2019 First Parish in Lexington

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Worship Service at 10:30 AM Sunday, May 26, 2019

"The Spirituality of Ramadan"



Ramadan is the sacred month of fasting and prayer for our Muslim brothers and sisters. Rev. Anne will welcome Amber Iqbal, Gazala Kazi, and Tahir Choudry as our honored guests to share a sermon dialogue on what Ramadan means to them. Then on May 31st, we will share the traditional Iftar meal, which is shared with Muslims and their neighbors as they break their daily fast.

Come and learn with us on Sunday, then come and share the celebration feast of Iftar on Friday evening.

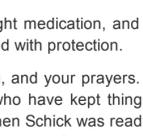
This Sunday we welcome guest pianist Yukiko Sekino. She will play the lyrical "Andante" and joyous "Allegro" from W. A. Mozart's Piano Sonata in F Major, K. 533/494. She will also play Frédéric Chopin's passionate "Etude in E major, Op. 10 No. 3" and Edvard Grieg gently "In Ballad Style." Praised for her "thrilling, inspirational performance" (Florida Sun-Sentinel) and "elegance of line, leaping energy" (San Jose Mercury News), Dr. Sekino's career encompasses a wide range of interests. She made her debut with the Boston Symphony Orchestra at age 16, and has since performed with the New World Symphony and Harvard-Radcliff Orchestra, among others. Dr. Sekino graduated from Harvard University and the Juilliard School, and holds a doctoral degree from SUNY Stony Brook. She has given masterclasses in the US and China.

There will be no Sunday school classes today. The nursery will be open for infants and toddlers.

[Click here for last week's sermon by Stephen Schick](#)

From Your Minister

As many of you already know, this has been a challenging time for me personally. I have been in the process of helping to care for my mother and to attend her while dying, and it has been a sacred and emotional process. As it is for everyone.



And in the midst of this, I came down with a fever and chills which would not quit, which led to a diagnosis of Lyme Disease (or at least that's what we suspect until the test results come back) But I was given a clear sign with an unmistakable "bull's eye" indicator. I already feel better now that I'm on the right medication, and I have every confidence that I will be absolutely fine. And gardening again, covered with protection.

In the meantime, I cannot thank you enough for your good wishes, your caring, and your prayers. I have felt them all. And I'm so grateful for our Worship Associates and staff who have kept things going. Elisabeth Jas did a wonderful job leading the Mother's Day service, Stephen Schick was ready and willing to write a sermon at the last minute, the Members and Friends did a fantastic job welcoming all of our newcomers, and Lisa Maria and Rip kept things rolling beautifully.

Thank you to everyone, for your expressions of concern for me and for showing each other how strong our community is when we pull together. I feel blessed to be with you and look forward to seeing you all.

Love, Rev. Anne

Floor Coverings Needed for Iftar

Do you have large tablecloths or sheets that we can place on the floor of Robinson Hall for kids to sit on during dinner at the Community Iftar on May 31?

If you can lend one, please drop off at the church to Lisa Maria. Thank you!

Now Accepting Submissions for Art Show



We have begun our intake of art submissions from First Parish members and friends for our next art exhibit entitled, "BEAUTY." The exhibit dates are June 2 - September 1, 2019. Anyone in the church is invited to share their work, whether you have already exhibited or not. We know that there is much artistic talent in the church!

Please bring your artwork to the church Monday through Thursday from 9am to 4pm along with the [completed artist form](#) about the piece. Jane Foley will be there during those hours to receive the work. Special arrangements can also be made with Lew Counts or Lynne Yansen.

Each submission must be accompanied by the form about it and the artist. We plan to hang the exhibit a few days before the 2nd of June. We will have a reception for the exhibit on Sunday, June 9th at 4:00pm in parish hall. We look forward to another wonderful exhibit!

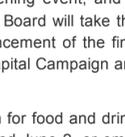
Lew Counts and Lynne Yansen, curators.

Focalpoint Deadline

The Summer issue of The Focalpoint will be published on June 1st. Submissions for events happening in June, July, and August should be sent to Jane Foley at admin@fplex.org by **Friday, May 24th**.

"Generate Creative Ideas" Workshop

All are welcome to a "Generate Creative Ideas" workshop, facilitated by Jim Poage, to be held on **Thursday, May 30th from 7-8:30pm** at First Parish. We will explore generating ideas for creative endeavors in whatever medium you work. It will include heightening ideas so that they excite you and your audience. There will be exercises to experiment with approaches discussed.



A variety of approaches will be covered. For example, Leo Tolstoy says art is an infection. This can be interpreted positively as: "Will a feeling get under your audience's skin to intrigue them?" Another example is from Corey Mandell who coaches Hollywood scriptwriters on techniques he calls Impossibilizer and Literalizer.

This workshop was scheduled for last November as part of a two-part series, but was cancelled due to snow. This May workshop is independent of the one held last November so attendance at the first workshop is not a prerequisite.

Jim Poage will facilitate. He wrote *Flair* with his daughter Jennifer Poage, a fashion designer. They interviewed many creatives for the book. Email Jim if you want to attend. For more information, [click here](#).

News from the Board

This year, General Assembly is June 19-23 in Spokane, Washington. First Parish can send 5 delegates to the GA. **If you are planning to go to General Assembly this year and would like to be a delegate, please email Board@fplex.org by June 2.** To find out more about being a delegate, see here: <https://www.uua.org/ga/congregations/delegates>



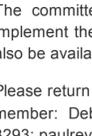
Also, General Assembly 2020 is coming to New England! It will be June 24-28, 2020, in Providence, Rhode Island. We hope to have a large group from First Parish attend. Save the date, and we hope you will join us next year!

SAVE THE DATE! Friday, June 7th

On June 7th we will be having a stewardship celebration. This is a Friday evening event, and in addition to refreshments and time to socialize with your First Parish friends, the Board will take this time to thank you for your stewardship of the church. We will make an announcement of the final results of the pledge drive, as well as give updates concerning the plans for a Capital Campaign and our goals for the 2019-2020 church year.

Please join us for a great evening of fellowship and celebration! In order to plan for food and drink, please let us know you are coming. You can sign up at the piano on May 26 and June 2, or email board@fplex.org.

Book Discussion



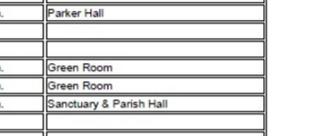
Buy the book now and plan to join us on **three Sundays in June**: June 2nd, June 9th, and June 16th, from 9-10:15am. Debbie Armstrong and Lee Jeffers Brami will be facilitating an open-ended, interactive discussion of *White Fragility: Why It's So Hard for White People to Talk About Racism*, by Robin DiAngelo.

It's available in paperback at [Beacon Press, the UUA publishing company](#) or through Amazon. You can let either [Debbie Armstrong](#) or [Lee Jeffers Brami](#) know if you're planning to participate, or you can just come.

Even if you haven't read all of the book, or even part of the book yet, you're still welcome to come and join the conversation about this provocative topic.

First Parish Flea Market

Doing spring cleaning? Just finish reading *The Life-Changing Magic of Tidying Up: The Japanese Art of Decluttering and Organizing* by Marie Kondo? Working your way through *The Gentle Art of Swedish Death Cleaning: How to Free Yourself and Your Family From a Lifetime of Clutter* by Margareta Magnusson?



Whatever process you followed, you and we all have gathered "stuff" we no longer need, that do not "spark joy" for us, or that other people won't want to deal with when we're, well, gone. First Parish has an opportunity for you!

On **Saturday, June 15, from 9:00 AM to 12:00 PM**, we will be running a Flea Market on our very visible side lot on Harrington Road, with all proceeds going to the church. It's a way of "paying it forward" to help balance our budget and enable FP to give more generously to the wider community.

Here's the deal:

1. Sign up to reserve a First Parish table for your stuff. There's no fee to reserve, but no reservation means no table. We can't advertise the flea market until we know whether we'll have a enough tables/stuff to sell to offset the cost.
2. Bring your stuff to FP and set up your table before 9:00.
3. Monitor your table and agree with buyers on prices. Direct them to pay the church's cashier.
4. When the market is over, remove your leftover stuff and take it right behind Walgreen's to the Goodwill truck or to your favorite charity. Done!

If it rains, we'll move into Parish Hall.

Both Magnusson and Kondo agree: getting rid of your stuff will not only lead to a cleaner, more organized household but also to a more [positive and happy](#) lifestyle overall. And who doesn't want that?

For questions, please contact [Toni Tasker](#) or [Ruth Rose](#).

Adult Programs for 2019-2020

The Adult Programs Committee of First Parish (Debbie Armstrong, Dave Horton, Ruth Rose) invites all members of the congregation to submit proposals for programs you would like to offer and lead at the church next year and for those you would like to see offered, but not necessarily lead.

The committee reviews and schedules programs for adults and provides logistical support to implement them. Please click on the button below to fill out an Adult Program Request Form. It will also be available at the piano.

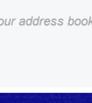
Please return the form by Friday, June 14th. For further information, feel free to contact a committee member: Debbie Armstrong (781-799-6200; darmstrong@verizon.net), Dave Horton (781-862-3293; paulreveread@aol.com), or Ruth Rose (781-863-8237; ruth_rose67@hotmail.com).

The committee looks forward to hearing from you and encourages you to bring programs for adults to First Parish!

[Adult Program Request Form](#)

This Week at First Parish

Day	Event	Time	Location
Wednesday, May 22 nd	Deborah Abel Dance Class	1:30 p.m.	Parish Hall
	Spanish Academy	4:30 p.m.	Staples Hall & Yellow Room
	LYFS Board Meeting	6:30 p.m.	Green Room
	Choir Rehearsal	7:30 p.m.	Sanctuary
	Master Singers Annual Meeting	7:30 p.m.	Parker Hall
	Thursday, May 23 rd	Meditation Group	4:00 p.m.
Scrabble Club		7:30 p.m.	Parker Hall
Friday, May 24 th	LYFS Executive Team Meeting	1:00 p.m.	Green Room
	Lex Pride teen drop-in	5:00 p.m.	Green Room
	Piano Recital - Eli Willis	7:00 p.m.	Sanctuary & Parish Hall
Sunday, May 26 th	Worship Service	10:30 a.m.	Sanctuary
Monday, May 27 th	Office Closed - Memorial Day		
Tuesday, May 28 th	Deborah Abel Dance class	4:00 p.m.	Parish Hall
	Empty Sky Sangha	7:30 p.m.	Parker Hall
Wednesday, May 29 th	Deborah Abel Dance Class	1:30 p.m.	Parish Hall
	Chalice Circle	2:00 p.m.	Robinson Hall
	Spanish Academy	4:00 p.m.	Staples Hall & Yellow Room
	Choir Rehearsal	7:30 p.m.	Sanctuary



First Parish is an accredited Green Sanctuary and a Welcoming Congregation.

[>>> Shop at Amazon to benefit First Parish. <<<](#)

First Parish in Lexington
7 Harrington Road, Lexington, MA 02421
781-862-8200/fplex.org

Weekly Update submissions are due on Tuesdays at 9:00 am.
Please email submissions or inquiries to admin@fplex.org

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