



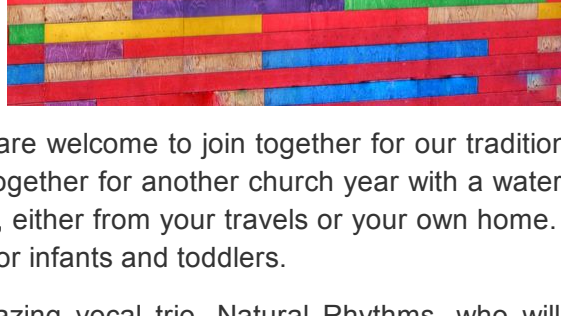
# Weekly Update Wednesday, September 4, 2019 First Parish in Lexington

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## Worship Service at 10:30 AM Sunday, September 8, 2019

### Ingathering



This Sunday morning, all are welcome to join together for our traditional Ingathering Service. We will celebrate our joining together for another church year with a water ceremony, so please bring a small container of water, either from your travels or your own home. This is an All Ages service. The nursery will be open for infants and toddlers.

We will welcome the amazing vocal trio, Natural Rhythms, who will join Rip Jackson and the sanctuary choir in singing inspirational songs for worship. Natural Rhythms consist of 3 dynamic singer/instrumentalists. Becky Reardon's voice is familiar to the millions of people who heard her sing on the Charlie Brown TV specials (Charles Schultz called her his favorite singer!). Becky's songs and rounds are treasured for their ability to move singers and listeners to ancient places of pleasure and healing. Terry Garthwaite is an internationally known singer, songwriter, composer, producer, and teacher and has shared the stage with BB King, Janis Joplin, Bonnie Raitt, The Band, Allen Ginsberg, Santana, Rosalie Sorrels, and many others. Elise Witt is a singer, composer, musical ambassador, and community activist and has sung with Bobby McFerrin. She has been a cultural ambassador to South Africa, Italy, Nicaragua, Switzerland, China, and Bosnia.

## Choir Rehearsals Resume



Music is an important part of our worship, and our Adult Choir sings at most Sunday services from September through June. Choir rehearsals at First Parish Church will start on the Wednesday after Labor Day, September 4th. We rehearse from 7:30-9:30 on Wednesdays and sing on Sunday mornings at the 10:30 service. The Sanctuary Choir also takes part in the annual Candlelight Services on Christmas Eve, and plays a lead role

in two exciting and creative concerts each year. If you would like to try us out, please feel free to start coming to our fun and inspiring rehearsals. We sing music from a huge variety of genres. All are welcome!

Start-up Dates

**Wednesday, September 4, 7:30-9:30 PM** – weekly choir rehearsals resume

**Saturday, September 7** — Retreat with guest artists Elise Witt (has sung with Bobby McFerrin) and guests. **Rehearsal 2:30-6; dinner break; then 7:30 concert**

**Sunday, September 8, 9:30 AM** – Weekly Sunday morning rehearsals resume

## Natural Rhythms Concert at First Parish

Natural Rhythms

With Elise Witt, Terry Garthwaite and Becky Reardon

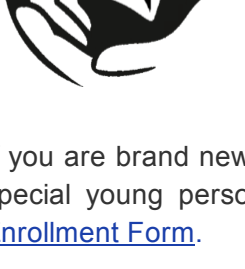
**Saturday, September 7, 2019 at 7:30 PM**

Free Will Offering



Imagine Janis Joplin, Joan Baez, Annie Ross, and Edith Piaf taking a turn from Barbara Kingsolver and Dr. Seuss and you'll have some idea of these mad and moving musical adventures! Whether it's a plaintive cry for families at the border, a polyrhythmic improvisation on the physics of sound, an anthem to the preservation of wild rivers and oceans, or a musical ride on the love train, Terry, Becky & Elise cook from the minute they hit the stage. Bringing three radically different voices to the blend, their voices find each other in that mysterious world of harmony in diversity. The trio's concerts are also famous for getting the audience singing, and even self-professed "non-singers" find themselves part of an Impromptu Glorious Chorus. Elise Witt, who has sung with Bobby McFerrin, along with Terry Garthwaite and Becky Reardon, will also collaborate with Rip Jackson and the First Parish sanctuary choir during part of the concert. A free will offering will be taken to defray concert costs. For more information call the church at 781-862-8200 or [visit our website](#).

## Religious Education Classes



Whether you are a new or returning family to First Parish, we extend to you a warm welcome. Below are all the details about programming for this year, and links for returning families (update/registration) and new families (enrollment/registration).

If you are a returning family to First Parish with children or youth from birth to grade 12, [please fill out this Family Update Form](#).

If you are brand new to First Parish, or you are a returning family with a new grandchild or other special young person occasionally attending on Sundays with you, please fill out our [Family Enrollment Form](#).

What does programming look like this year?

PreK-2nd Graders will depart early in the service for the Primary Class with our Staff Teacher, Annelie Nygren-Mitchell, returning for her third year with us. 3rd-8th graders will depart later in the service, with 3rd-5th graders meeting with our Staff Teacher John Roop, and our 6th-8th graders meeting with Lisa Maria Andreoli Steinberg. All classes will utilize age-appropriate lessons from the Soul Matters curriculum to work with our monthly themes and topics in worship. About once a month, we'll have an All Ages Worship Service.

For Junior High:

JHYG, 6th-8th Grades, will meet three times during the church year- fall, winter, spring- for Youth Group activities, two of which will be social justice in focus.

For High School:

SHYG will continue to meet on Sunday evenings 7:00-9:00, led by John Roop our Youth Coordinator and our volunteer advisors. SHYG will meet most Sunday evenings. If you are interested in working with our youth as a volunteer- please contact me or John!

Coming of Age for 9th and 10th Grade will be led by me and volunteer mentors. The group will meet once a month on Sunday's after service, and once a month on a weekday afternoon/evening (TBA).

Contact [Lisa Maria](#) for more information!

## Fall Potlucks

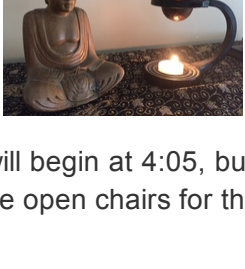
Beginning **Sunday, September 8th**, please consider signing up at the piano in Parish Hall after church for the fall series of our popular Small Group Potluck Dinners.



Those who sign up are assigned to one of several groups of 8-12 people who gather for a potluck dinner in a member's home on a weekday or weekend evening once a month for four months. The dinners are a great way for newcomers to get acquainted with others in the church.

Sign-ups continue through September 30. The small groups will be formed in October and will run through January. Contact [Linda Coyne](#) for more information.

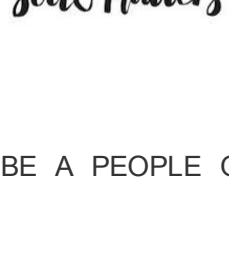
## Thursday Meditation Group



All are welcome to join the Thursday Afternoon Meditation Group, a drop-in group with no long term commitment; just come on the days when your schedule allows and your spirit moves. We meet each week from 4:00-5:00 which includes quiet meditation for 30 minutes, a brief reading offered voluntarily, and time for conversation. If no one brings a reading, there are books available so a passage may be chosen by those present. Meditation will begin at 4:05, but if you arrive later just slip in quietly and find a place to sit. There always will be open chairs for those who wish to come. Please direct questions to [Dori Reuss](#).

## Soul Matters 2019-2020

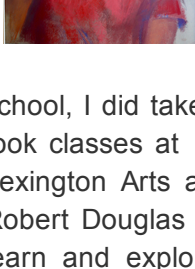
One of the most important ways that we connect with each other here at First Parish is through our small group ministry - Soul Matters. In groups of 17, we meet with a facilitator once a month to explore in a meaningful way themes of spirituality and personal growth using material that is crowd-sourced by Unitarian Universalists across the country. If you want to consider being part of Soul Matters this year, please be in touch with [Rev. Anne](#) who will try to connect you with an existing group or start a new one!



This September's Soul Matters theme is "WHAT DOES IT MEAN TO BE A PEOPLE OF EXPECTATION?"

Regarding expectation, yes, it is a healthy attitude to expect the best out of people and to have faith in good outcomes. But there is also a spiritual skill in allowing life to hold us, just as it is. And so the question at the core of our souls is not just "Can I expect to make an imprint on life?" but "Can I trust life to carry me if I let go and rest?"

## First Parish Art Gallery News



The First Parish Art Gallery opens the church year with the beautiful work of First Parishioner Barbara Hills.

September 8 - November 3, 2019

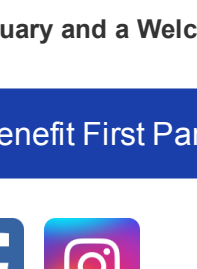
Reception is Sunday, October 6, 4:30- 5:30 after Julia Jaffe's concert

"I have enjoyed drawing and painting all my life. Although I did not attend art school, I did take classes at the Albright Museum in Buffalo. After I moved to the Boston area, I took classes at the Cambridge Center for Adult Education, the De Cordova Museum, and the Lexington Arts and Crafts Society. I have also taken workshops with various artists, including Robert Douglas Hunter and Connie Pratt. There are always challenges and something new to learn and explore...currently I'm exploring watercolor with Linda Dunn out here at Carleton-Willard. I just keep going." ~Barbara Hills

Interested in joining the Art Committee at First Parish? We welcome all in the FP community to attend our meetings and see if you'd like to join our team. Our next meeting is Sunday, October 13th at noon in the parlor. Contact [Margie Gibbons](#) for more information.

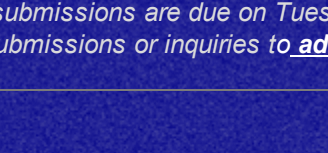
## This Week at First Parish

<b>Wednesday, September 4<sup>th</sup></b>		
LYFS Executive Team meeting	7:00 p.m.	Green Room
Master Singers Rehearsal	7:30 p.m.	Parker Hall
Choir Rehearsal	7:30 p.m.	Sanctuary
<b>Thursday, September 5<sup>th</sup></b>		
Meditation Group	4:00 p.m.	Parlor
Scrabble Club	7:30 p.m.	Parker Hall
<b>Saturday, September 7<sup>th</sup></b>		
Choir Retreat	2:30 p.m.	Sanctuary, Parish Hall
Choir Dinner	6:00 p.m.	Parker Hall
Natural Rhythms Concert	7:30 p.m.	Sanctuary, Parish Hall
<b>Sunday, September 8<sup>th</sup></b>		
Worship Service	10:30 a.m.	Parish Hall
SHYG Meeting	7:00 p.m.	Robinson Hall
<b>Monday, September 9<sup>th</sup></b>		
Minuteman Indivisible Executive Team	10:00 a.m.	Common Room
Climate Action Team	7:00 p.m.	Green Room
Minuteman Indivisible	7:00 p.m.	Parker Hall
Members & Friends Committee	7:00 p.m.	Common Room
<b>Tuesday, September 10<sup>th</sup></b>		
Staff Meeting	11:00 a.m.	Minister's Office
Board Meeting	7:00 p.m.	Green Room
Empty Sky Sangha	7:30 p.m.	Parker Hall
<b>Wednesday, September 11<sup>th</sup></b>		
LYFS Executive Team meeting	7:00 p.m.	Green Room
Master Singers Rehearsal	7:30 p.m.	Parker Hall
Choir Rehearsal	7:30 p.m.	Sanctuary



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

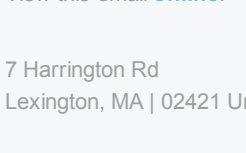
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*Weekly Update submissions are due on Tuesdays at 9:00 am.  
Please email submissions or inquiries to [admin@fplex.org](mailto:admin@fplex.org).*

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