



# THE WEEKLY REMINDER

FIRST UNITARIAN CHURCH OF ROCHESTER, NY  
A SPIRITUAL COMMUNITY OF HOPE, HEALING AND OCCASIONAL HERESY

## **EVENTS FROM MONDAY, MARCH 8, 2010 THROUGH SUNDAY, MARCH 14, 2010**

### **Introduction to Vipassana Meditation**

Monday, March 8<sup>th</sup>, 6pm-7:15pm

Are you curious about meditation for yourself? Are you one who says, "Someday . . . I'll get to it," or "I want to, but I can't!" Make the leap from curiosity or self-doubt to/BEING/one who can confidently practice alone, or within our community. Led by Jan Cook; Mondays: 3/8 and 3/22; 4/5 and 4/19 in the Thoreau Room, 6pm-7:15pm. Each session will build upon the last, or can be attended as a stand-alone. You are then welcome to join our well-established Vipassana sitting-group immediately following. Please contact Jan at [Jancook@frotinet.net](mailto:Jancook@frotinet.net) if you plan to attend or for further details.

### **Vipassana Meditation**

Monday, March 8<sup>th</sup>, 7:30pm

From the Buddhist tradition, Vipassana is a simple form of mindfulness and breath awareness practiced by many in the West. You do not have to be familiar with Buddhism or sit on the floor! Participants take part in a 40-minute sit. The cost is \$2 per session. Led by church members on a rotating basis.

### **Labyrinth Quest**

Monday, March 8<sup>th</sup>, 7pm-9pm

First Unitarian Church

You are welcome to attend our next Labyrinth Quest, and experience the transformative, spiritual, and healing qualities of the labyrinth. Orientation to labyrinth walking is 7pm-7:15pm. Reiki, chair massage, and other healing arts are also available from 7pm-8:45pm. No registration or fee—just come. Everyone and all ages are welcome.

### **Bring Them Home Vigils**

Tuesday, March 9<sup>th</sup>, 4:30pm-5:30pm

(Peace Advocates meeting at 5:30pm)

First Unitarian Church, 220 S. Winton Road.

Witness against the wars in Iraq and Afghanistan. Come and leave as it fits your schedule. The goal is to bring an awareness of the wars into our daily lives, remind those driving by that the wars are still going on, call for our troops to come home, and advocate for another approach to healing in Iraq and Afghanistan. STAND WITH US! Signs are provided.

### **The Morning Book Discussion Group**

Wednesday, March 10<sup>th</sup>, 11am

The Morning Book Discussion Group will have its next meeting on Wednesday, March 10<sup>th</sup>. Marge Neuman will review the novel, *The White Tiger*, by Aravind Adiga, winner of the 2008 Man Booker Award. This is a darkly comic and satiric view of life in India today, and has received great critical acclaim. The review will begin at 11am, with coffee and conversation from 10:30am. Many members bring bag lunches and stay on through lunch. All are welcome.

### **Poetry as Spiritual Connection**

Thursday, March 11<sup>th</sup>, 12:30pm-1:30pm

March 11, 18, 25 and April 1 & 8.

Naomi Shihab Nye speaks of poetry as a conversation with the world, with words on the page in which you allow those words to speak back to you. Explore and enjoy the music and unspoken meanings of great poems. We will look at poems about everyday life, gravity points, situations that say "Pause, take note! A story is being told here". We will discuss and examine the universal condition of longing triggered by poems

so as to appreciate other experiences and words imagining them and share our own. If you cannot make every week or only a few sessions please drop in when you can. Offered by Kitty Jospé. MA, French Literature, MFA, Poetry. I have always been inspired by the magic of words and it is my pleasure to share my enthusiasm for the power of language, whether in the French or ESOL classroom, in music or in the collaborations which make relationships between words and art--dance as expression of the human heart.

### **The Vagina Monologues**

Saturday, March 13<sup>th</sup>, 7pm

Hochstein School of Music and Dance

The proceeds of this performance support the Rape Crisis Center of Rochester.

**Sunday, March 14, 2010**

***Worship: 9:30am & 11:15am***

***Monthly Theme: Here & Now***

***Rev. Scott Tayler, Preaching***

***“Celebrating Our Church’s Birthday”***

**The Membership Committee**

invites everyone to celebrate the church birthday during coffee hour on Sunday morning in the Susan B. Anthony Lounge and in the Williams Gallery with a special birthday cake. Marla Schweppe has offered to make a cake in the shape of our building! We will have supplemental cakes, since the main attraction probably won't be big enough to feed us all, but it will be very special! Our congregation was founded March 16, 1829.

## **NEWS & NOTES**

### **Sunday Peace Vigils**

The March, noon-1 pm, Sunday peace vigils sponsored by Peace Action and Education are indeed scheduled for Sundays, March 14, 21, and 28, not the Saturdays listed in the March Faith Works column in the most recent newsletter. - Ellen Asprooth

### **Soul Matters Packets Available Even If You Are Not in a Group**

Over 200 of our church members and friends are in a Soul Matters small group. Each month, members get a packet with many rich readings on the monthly worship theme as well as a recommended spiritual assignment to help you engage the worship theme experientially. Now these packets are available to all interested church members; you do not have to be in a group to get—and benefit—from them. Of course, the material is enriched by having a group with which to discuss the readings and assignments, but if your schedule doesn't allow that right now, this is a great alternative. Email Reverend Tayler at [scott@rochesterunitarian.org](mailto:scott@rochesterunitarian.org) to get on the email list, which receives a copy of the monthly packets.

### **Save the date . . .**

#### **March 21st: UU201, STEP TO MEMBERSHIP LUNCH**

If you're starting to feel that First Unitarian is your spiritual home, you're invited to learn about membership in our church community. Rev. Kaaren Anderson will discuss privileges and responsibilities of membership. Our March session will be over lunch in Gilbert Hall at 12:30 pm. RSVP's are encouraged, so we know how much food to prepare! [memberservices@rochesterunitarian.org](mailto:memberservices@rochesterunitarian.org)