

Winter 2010  
THE CENTER *for*  
SPIRITUAL RENEWAL  
*at The North Parish*

## Welcome

to the Center for Spiritual Renewal at The North Parish!

Within these pages, you will find multiple opportunities...

- to broaden your knowledge of religion and theology,
- to try out or deepen a spiritual practice,
- to engage with critical issues at the intersection of religion and society, and
- to gather support and information from people with similar life experiences.

We at the Center believe in lifelong learning and its potential for personal and societal transformation. Our mission is to be a catalyst for spiritual growth, renewal and progressive change within our congregation and the wider community.

We live in a culture that often pulls us away from what really matters. The Center for Spiritual Renewal seeks to be a place that will help you to reconnect...

with Unitarian Universalism,  
with your Self,  
with others,  
with your spiritual path,  
with religious wisdom from the ages,  
with the interdependent web of life,

and with that greater Mystery to which we belong, that we call by many names—God, Spirit of Love, Creativity, Universal Energy, Mindfulness, Ruah, Shekinah, Life.

We hope you will join us!

The Reverend Lee Bluemel and the CSR Steering Committee

## PROGRAM LISTINGS

### Theology and Philosophy.....p.4

This I Believe  
The Basics: New UU  
Cakes for the Queen of Heaven

### Spiritual Practice.....p.5

Great Pond Sangha  
Buddhist Intergenerational Gathering  
Accessing Inner Wisdom  
Five Element Awakening Yoga  
Shawl Ministry  
Vocal Choir

### Religion and Society.....p.7

Desserts and Divinities  
Green Sanctuary: "Kilowatt Ours" Screening  
Interfaith Discussion: "The Woman Who Named God"

### Life Passages and Affinity Groups.....p.8

Artists Group  
Book and Movie Group  
Men's Group  
Lunch Bunch  
Wellness Day Retreat  
Wellness Network

### Small Group Ministry... ..p.10

*For updates or more information, please see the webpage of The North Parish, sponsoring congregation of the Center for Spiritual Renewal, at [www.northparish.org](http://www.northparish.org). All are welcome to our programs, regardless of religious affiliation or lack thereof.*

*For information about the congregation, contact Membership Coordinator Carolyn Zimmer at [MembershipCoordinator@northparish.org](mailto:MembershipCoordinator@northparish.org) or the Rev. Lee Bluemel at [minister@northparish.org](mailto:minister@northparish.org).*

## THEOLOGY AND PHILOSOPHY

### THIS I BELIEVE

**Wednesdays, February 3 and 10, 7:30-9:00 p.m.**

*Facilitated by Rev. Bluemel*

What core beliefs guide your daily life? What values or beliefs did you learn from your family and retain-or rebel against-as an adult? Join a group of North Parish friends in exploring what we believe. (If the Coming of Age 9th grade class can do it, you can too!) We'll begin with some exercises that help us reflect as individuals and as a group on what we hold to be true-- how we feel about familiar axioms or theological ideas and how others "line up" across the spectrum of beliefs with us. Participants will also get pointers on writing a brief reflection about what they believe, which we'll have opportunities to share with each other during the second evening. This class follows the public radio project done 50 years ago by Edward Murrow and re-started recently to collect the thoughts of famous and not-so-famous people. To sign up email Carolyn Zimmer at [MembershipCoordinator@northparish.org](mailto:MembershipCoordinator@northparish.org).

### THE BASICS: NEW UU (or "NORTH PARISH 101)

**Wednesdays, March 3, 10 and 17, 7:00-9:00 p.m.**

*Led by Rev. Bluemel and John Van Drie*

Are you a newcomer to North Parish—whether new to Unitarian Universalism or just new to this particular congregation? Are you someone who is considering joining the congregation as a member? Are you a long-term member who would like to meet some newer members, reflect on why you're a UU, and get a quick re-grounding in UU history and theology? Join this class! We'll cover how we got here (our spiritual/religious journeys or lack thereof), get a whirlwind tour of UU theology/history/philosophy, and learn the "nuts and bolts" of how to become a member and/or get connected at North Parish. Sign up by calling the office at 978-687-7948 or emailing [MembershipCoordinator@northparish.org](mailto:MembershipCoordinator@northparish.org).

### CAKES FOR THE QUEEN OF HEAVEN

#### New Groups Forming

*Coordinated by Mary Lou Monteiro and Kim Lynn*

Cakes is for you if you are interested in exploring women's religious history and the ancient roots of civilization where the divine was seen as female - investigating the influence of mainstream religions on our position in society, and examining the emergence of the women's spirituality movement. All women are invited to join us; you do not need to be a member to enroll. Contact Mary Lou Monteiro at [m Monteiro@comcast.net](mailto:m Monteiro@comcast.net) or Kim Lynn at [kimberlylynn@gmail.com](mailto:kimberlylynn@gmail.com).

## **SPIRITUAL PRACTICE**

### **GREAT POND SANGHA:**

**Buddhist Guided Meditation, 1<sup>st</sup> and 3<sup>rd</sup> Weds., 7:30-9:00 p.m.**

**Peer-led Study Group, 2<sup>nd</sup> and 4<sup>th</sup> Weds., 7:30-9:00 p.m.**

**Buddhist Potluck Supper, 4<sup>th</sup> Saturday, 4:00-7:00 p.m.**

*Spiritual Director Laura Howell*

*Coordinators Susan and Phil Malloy*

The Great Pond Sangha comes together to practice Mindfulness, Love and Compassion, Self-Inquiry, Innate Wisdom and Natural Awareness (Dzogchen). Beginners/Newcomers are welcome. Activities are open to all Merrimack Valley residents. Children of all ages may attend the monthly Intergenerational Gathering.

In addition to our regular schedule, Great Pond Sangha offers Practice Days/Mini Retreats twice a year, coordinates "Field Trips" to Cambridge for Dharma talks and meditation with the Lamas at Dzogchen Center, hosts Movie Nights and other social activities and provides opportunities for Seva (sacred service) and social action.

Sangha Leaders Laura and Brad Howell have been practicing meditation since the late 1980's. They've had the great fortune to study with extraordinary teachers such as Lama Surya Das, Nyoshul Khenpo Rinpoche, Ram Dass, Thich Nhat Hanh, and Pema Chodron. Since 1993, Laura has been a student of Dzogchen Master Lama Surya Das who is a lineage holder in the Rime (non-sectarian) tradition of Tibetan Buddhism. For more information contact Susan and Phil Malloy (malloyps@yahoo.com) or Laura and Brad Howell ([chinacat108@comcast.net](mailto:chinacat108@comcast.net)).

### **BUDDHIST INTERGENERATIONAL GATHERING**

**Saturday, February 27, 4:00-7:00 p.m.**

*Hosted by Great Pond Sangha*

Everyone is welcome to gather for teaching tales, guided meditation, children's activities and a potluck dinner. Please RSVP to Phi Mally at [mally.ps55@comcast.net](mailto:mally.ps55@comcast.net).

## **SPIRITUAL PRACTICE (continued)**

### **ACCESSING INNER WISDOM**

**Saturday, January 30, 9:30 a.m.-4:30 p.m.**

*Led by Roberta Whitney*

Connect with yourself in a new way! Join Roberta Whitney upstairs in Old Center Hall for an exploration of Focusing and Authentic Movement as resources to help you cultivate a centered, clear approach to each day of the new year. No previous knowledge or experience is needed. Please bring a journal, water bottle and bag lunch, and wear comfortable clothes for sitting/moving. To register, contact Roberta at [rwhitney@earthlink.net](mailto:rwhitney@earthlink.net) or 978-470-2482. Fee: \$15.

### **FIVE ELEMENT AWAKENING YOGA**

**2<sup>nd</sup> and 4<sup>th</sup> Wednesdays, 6:30-7:15 p.m.**

*Led by Dieuwke Fiedler*

Developed high in the Himalayas, Tibetan yoga promotes well-being, opens the channels and awakens the body-mind continuum to the experience of innate wisdom. Uniquely derived by Lama Willa Miller from ancient Tibetans practices, Five Element Awakening Yoga includes breath, energy, and body work. Sign up for 10 classes for \$75, or drop in for \$10 per session. For more information contact Dieuwke at [popsyoga@me.com](mailto:popsyoga@me.com).

### **SHAWL MINISTRY**

**Third Saturday of the month, 9:30-11:30 a.m.**

*Facilitated by Cathy French*

Do you like to knit or crochet? Are you looking for a practical way to be involved at the North Parish? The Shawls are knitted or crocheted by using a pattern that uses a simple combination of basic stitches. Those that are creating the shawls intentionally knit into each stitch their love, care and blessings. At our minister's discretion, the shawls are given anonymously to members of the North Parish community. All are welcome and newcomers can join any time. Contact Cathy French at [cmfrench@juno.com](mailto:cmfrench@juno.com) if you are interested in joining us.

### **VOCAL CHOIR**

**Tuesday and Thursday nights, Sunday mornings**

*Led by John Middleton-Cox, Director of Music*

Do you sing? Would you like to make a joyful noise (and get to know a great group of people while doing so?) Join the Vocal Choir and bring your singing to a new level of spiritual/religious practice and power. Speak to, email or call John Middleton-Cox with your questions, [middletonmusic@yahoo.com](mailto:middletonmusic@yahoo.com).

## **RELIGION AND SOCIETY**

### **DESSERTS AND DIVINITIES**

**Thursdays, Feb. 4, 11, 18 and 25, 8:00-9:30 p.m.**

*Led by Anna Choi*

The class will provide an introduction to the religions of Hinduism, Buddhism, Judaism and Christianity. Each week the class will focus on a different religion – exploring where the religion came from historically and its main precepts. Anna Choi is a professor of religion at Merrimack College with a focus on the Hebrew Bible. To register, contact Professor Choi at [choiwright@verizon.net](mailto:choiwright@verizon.net).

### **“KILOWATT OURS: A PLAN TO RE-ENERGIZE AMERICA”**

**Sunday, January 31, 3:00-5:00 p.m.**

*Facilitated by Pat Grimm and Tina Klein*

Award-winning film *Kilowatt Ours* is a timely, solutions-oriented look at one of America's most pressing environmental challenges: energy. Filmmaker Jeff Barrie offers hope as he asks the question, "How can I make a difference?" In his journey Barrie explores the source of our electricity and the problems caused by energy production including mountain top removal, childhood asthma and global warming. Along the way he encounters individuals, businesses, organizations and communities who are leading the way. This often amusing and always inspiring story shows, "You can easily make a difference and here's how!"

### **“THE WOMAN WHO NAMED GOD”**

**An Interfaith Dialogue with the author**

**Wednesday, February 17, 7:00-9:00 p.m.**

*Led by Dr. Charlotte Gordon*

Dr. Charlotte Gordon's book is about the saga of Abraham, Sarah and Hagar, which is the tale of origin for all three monotheistic faiths. A Biblical historian, Dr. Gordon offers a new perspective on this legendary love triangle, revealing three biblical characters who behave like real people, racked with the very modern ailments of jealousy, fear, passion, and self-doubt. Dr. Gordon, currently a professor at Endicott College in Beverly, has also published two books of poetry, "When the Grateful Dead Came to St. Louis" and "Two Girls on a Raft," as well as a biography "Mistress Bradstreet," which is a Massachusetts Book Award Honor Book. Dr. Gordon, who lives in Gloucester, graduated from Harvard College and received a master's degree in creative writing and a PhD in history and literature from Boston University. A free will offering will be taken to support this event; \$5 to \$10 contributions welcomed.

7

## **LIFE PASSAGES AND AFFINITY GROUPS**

### **ARTISTS GROUP**

Looking to connect with other artists? Email [artists@northparish.org](mailto:artists@northparish.org).

### **BOOK AND MOVIE GROUP**

**Second Thursday of each month, 7:30 p.m.**

*Facilitated by Martha Bancroft*

The book and movie discussion group meets in the parlor for coffee, cookies and discussion. Please join us, no RSVP required, new faces always welcome. Enjoy one or all and come to the meeting ready to discuss. Contact Martha Bancroft at (978) 475-6930 or [donandmartha@hotmail.com](mailto:donandmartha@hotmail.com).

**January 14:** *The Story of Edgar Sawtelle* by David Wroblewski

**February 11:** *Broadway Danny Rose*

**March 11:** *Calculating God* by Robert Sawyer

**April 8:** Movie TBD

**May 13:** *The Physick Book of Deliverance Dane* by Katherine Howe

### **MEN'S GROUP**

**Meets monthly**

*Coordinated by Dave Amiralian*

The Men's Group welcomes all men to join us for the possibility of friendship, food and fun. Please join us for monthly dinners and occasional events such as the Day After Father's Day golf outing, skiing at Mt. Sunapee and summertime cookouts. Register by emailing [MensGroup@northparish.org](mailto:MensGroup@northparish.org).

### **LUNCH BUNCH**

**Third Tuesday of the month, 12:00-1:00 p.m.**

*Facilitated by Rev. Bluemel*

Bring a brown bag lunch, your news, opinions, politics, questions, observations and your sense of humor. If any are interested, we'll read and discuss books by UU authors or share "This I Believe" reflections. All are welcome.

### **WELLNESS DAY RETREAT**

**Saturday, March 6, 11:00 a.m.-5:00 p.m.**

Enjoy a restful day of meditation, life coaching, health workshops, massage, yoga and other events provided by North Parish's own network of wellness providers. For further information, contact Ann Knowles at [awknowles@comcast.net](mailto:awknowles@comcast.net).

## WELLNESS NETWORK

Are you in the field of wellness or healing? Connect with other practitioners at North Parish. For more information, email Susan VanDrie, [susanvandrie@mindspring.com](mailto:susanvandrie@mindspring.com), or Ann Knowles, [awknowles@comcast.net](mailto:awknowles@comcast.net).

### Acupuncture and Shiatsu:

Elizabeth Harris, M.D (Acupuncture)  
Mind Body Medicine of Andover  
16 Haverhill Street, 2<sup>nd</sup> Floor  
Andover, MA 01810, 978-470-0240  
email: [DrElizabethHarris@mac.com](mailto:DrElizabethHarris@mac.com)  
website: [DrElizabethHarris.com](http://DrElizabethHarris.com)

Ann Knowles, ABT (Shiatsu)  
North Andover at North Parish: (cell) 978-475-5256, or  
Kismet Wellness, 204 Andover Street, 2<sup>nd</sup> Floor  
Andover, MA 01810  
978-289-4155  
website: [kismetwellness.com](http://kismetwellness.com)  
email: [ann@qibodywork.com](mailto:ann@qibodywork.com)

### Kabbalistic Healing:

Susan Van Drie, LICSW  
Andover, MA 978-886-3311  
email: [susanvandrie@mindspring.com](mailto:susanvandrie@mindspring.com)

### Personal Coaching/Counseling:

Grace Durfee, PCC, PMC  
Balance with Grace  
978-689-7446 or 888-833-1903  
website: [www.balancewithgrace.com](http://www.balancewithgrace.com)  
email: [grace@balancewithgrace.com](mailto:grace@balancewithgrace.com)

Lisa Martelli, LICSW, CMC  
Baystate Coaching  
978-686-5693  
website: [www.baystatecoaching.com](http://www.baystatecoaching.com)  
email: [lisa@baystatecoaching.com](mailto:lisa@baystatecoaching.com)

Lani Peterson, Psy.D:  
Andover, 978-387-5990  
email: [lanipeterson.com](mailto:lanipeterson.com)

Mary Lou Jelinek, LMHC  
One Elm Square, Suite 2A  
Andover, MA 01810  
617-271-4700

### Massage Therapy:

Kim Adami, LCMT  
North Andover & Cambridge  
978-687-9405  
email: [kim.adami@verizon.net](mailto:kim.adami@verizon.net)

### Massage Therapy:

Gerry Smeets Anson, LCMT, NCTMB  
Harmony Body Therapy, N. Andover  
978-686-0099  
email: [gsAnson@comcast.net](mailto:gsAnson@comcast.net)

Carole Gras, LCMT  
FirstHealth of Andover  
Dundee Park, Bld#1, Suite 1&2  
Andover, MA 01810  
978-474-9994, (H) 978-975-7724

Regina Kmet, LCMT, NCTMB  
Harmony Body Therapy, N. Andover  
978-686-0099  
email: [regina0713@earthlink.net](mailto:regina0713@earthlink.net)

Cindy Mattingly, RMT, NCTMB  
FirstHealth of Andover  
Dundee Park, Bld#1, Suite 1&2  
Andover, MA 01810  
978-474-9994  
email: [handsoncm@yahoo.com](mailto:handsoncm@yahoo.com)

### Yoga:

Connie Glore, Registered Instructor  
UnionStudio Yoga  
305 North Main Street, Rt. 28  
Andover, MA 01810  
978-886-7944 cell: 978-376-1100  
website: [www.unionstudioyoga.com](http://www.unionstudioyoga.com)  
email: [unionstudioyoga@mac.com](mailto:unionstudioyoga@mac.com)

Chris Miyachi, Registered Instructor  
website: [www.tomariken.com](http://www.tomariken.com)

Ann Takvorian  
10 Liberty Street  
Haverhill, MA 01832  
978-372-4378  
email: [gntyoga@comcast.net](mailto:gntyoga@comcast.net)

### Acupuncture:

Marcia Misiorski  
223C Main Street  
Boxford, MA 01921  
978-561-1619  
[acudoc@rcn.com](mailto:acudoc@rcn.com)

## SMALL GROUP MINISTRY

### Twice a month.

*Facilitated by North Parish Members*

Would you like to know more about Small Group Ministry as a way to connect with members of the congregation?

Small Group Ministry sessions are held twice a month for about two hours at a time in a caring and confidential environment. Groups generally include 8-10 people. This provides enough diversity of perspectives to generate good conversation and learning, while maintaining intimacy and enough time for everyone to be heard.

Groups discuss topics relating to spirituality, personal philosophies, life passages and other issues that matter to us. Sample subjects include: A Sacred Place, Your Spiritual Path, Community, Consistency vs. Change, Forgiveness, Friends, Gratitude, How Can I Help, Learning from Failure, Living and Dying, Living Simply, Living Through Loss, Living with Fear, Mentors, Parents, On Lying, Poetry, Prayer, Quality of Your Daily Life, Repentance, Roots, Service, The Mystery of Healing, What We Love, Worship, etc.

This is a great way to get to know a group of fellow parishioners on a deeper level. If you're interested in learning more about Small Group Ministry, please contact Rev. Lee (978-685-2845, [minister@northparish.org](mailto:minister@northparish.org)) or Carolyn Zimmer (978-687-7948, [MembershipCoordinator@northparish.org](mailto:MembershipCoordinator@northparish.org)).

Monday morning: 2nd and 4th Mondays of each month, 9-11 am  
Facilitator: Nancy Adrian

Monday evening: 1st and 3rd Mondays of each month, 7-9 pm  
Facilitator: Kate Gilligan

Monday evening: 1st and 3rd Mondays of each month, 7:15-9pm  
Facilitators: Cathy French

Wednesday evening: 2nd and 4th Wednesdays of each month, 7-9pm  
Facilitators: Denise Vanvooren

Thursday evening: 3rd Thursday of each month, 7-9pm  
Facilitators: Keith Connors

# Our philosophy

Unitarian Universalists put religious insights to the test of our hearts and minds, and we cherish the free search for truth. Our living tradition draws from many sources:

- Direct experience of that transcending mystery and wonder, affirmed in all cultures, which moves us to a renewal of the spirit and an openness to the forces which create and uphold life;
- Words and deeds of prophetic women and men which challenge us to confront powers and structures of evil with justice, compassion, and the transforming power of love;
- Wisdom from the world's religions which inspires us in our ethical and spiritual life;
- Jewish and Christian teachings which call us to respond to God's love by loving our neighbors as ourselves;
- Humanist teachings which counsel us to heed the guidance of reason and the results of science, and warn us against idolatries of the mind and spirit;
- Spiritual teachings of earth-centered traditions which celebrate the sacred circle of life and instruct us to live in harmony with the rhythms of nature.

Grateful for the religious pluralism of our faith, we are inspired to deepen our understanding and expand our vision. We hope you will join us at the Center for Spiritual Renewal!



The North Parish of North Andover  
(3 Great Pond Road – mailing)  
190 Academy Road, North Andover, MA 01845  
(978) 687-7948 [www.northparish.org](http://www.northparish.org)