

Winter 2009

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

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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. All are welcome to our programs, regardless of religious affiliation or lack thereof.

SMALL GROUP MINISTRY

Twice a month.

Facilitated by North Parish member

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 or minister@northparish.org), Denise Vanvooren (617-501-5279 or dvanvooren@analysisgroup.com), Nancy Adrian (room4fitness@comcast.net), and Alison Green-Will (alisongreenwill@gmail.com).

THEOLOGY AND PHILOSOPHY

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

Thursdays, Jan. 29, Feb. 5 and Feb. 12, 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 or emailing the office, office@northparish.org or 978-687-7948.

CAKES FOR THE QUEEN OF HEAVEN

Dates TBD

Led by Marylou Johnson 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. Materials fee of \$30. Contact Marylou Johnson at MLDiz109@verizon.net or 978-374-5386 to sign up or learn more.

SCRUMPTIOUS SCRIPTURES

Thursdays, Feb. 5, Feb. 12, Feb. 19 and Feb. 26, 7:30 – 9:00 p.m.

Led by Anna Choi

This seminar will provide participants with the fundamental background in biblical historical facts, the development of biblical theology and an understanding of ancient cultural practices so that they can better understand some of the more difficult issues from the Bible. The format will be dessert and coffee and discussion. Examples of issues to be discussed are: *Physical Realities*, *Social Prejudices*, *Cultural Issues*, and *Biblical Issues*: Anna S. Choi is a professor of religion at Merrimack College with a focus on the Hebrew Bible. To register, contact Professor Choi at andychoi@comcast.net.

SPIRITUAL PRACTICE

CONFLICT RESOLUTION THROUGH MEDITATION

Sundays, Feb. 8, Feb. 22 and March 8, 7:00 – 9:00 p.m.

Led by Susan Van Drie

Are you interested in learning a unique way to make social action part of your spiritual practice? This workshop offers an introduction to a nondual, individually practiced, meditative process originally created to assist with global resolution. The Magi Process, developed by Jason Shulman, is now used to address conflict at any level, from the global to the interpersonal and to conflicts within ourselves. These classes will focus on learning to use the process for issues at the national and international levels. A fourth class can be arranged for interested participants who would like to learn to use it for personal issues as well. Cost: \$95. Please contact Susan Van Drie, LICSW to register at 978-886-3311 or susanvandrie@mindspring.com.

COURAGE IN DIFFICULT TIMES

Saturday, February 21, 9:00 a.m.-4:00 p.m.

Facilitated by Adam Pattanyus and Michael Levine

A Day of Meditation with Teachings of Joanna Macy, who is widely known as a deep ecologist, social activist, and Buddhist scholar and practitioner. Over many years, she has developed and taught contemplations and exercises for recovering our connection to our planet and the life it supports by confronting our fears and hesitations and transforming them into joy and compassion. Adam Pattanyus is a student of Joanna Macy and Shambhala Buddhism. Michael Levin is a teacher and meditation instructor in the tradition of Shambhala Buddhism. Please bring a bag lunch. Beverages will be provided. A \$10 donation is requested for those who can afford it. To register, please email your name to: dawasango@comcast.com.

EXPLORING THE ENNEAGRAM

February 11, 9:30-11:30 a.m., February 17, 7:00-9:15 p.m. or

March 10, 9:30-11:30 .m.

Facilitated by Roberta Whitney

Come discover a new means of deeply connecting with who you are and can be! The Enneagram is a tool that some find useful in developing insight and a transformative path for personal growth through exploration of nine unique patterns of thought, feeling and behavior. To register email Roberta Whitney at rwhitney@earthlink.net on or before February 6th for Feb. dates and on or before March 3 for March session.

FULL MOON CIRCLES

Jan. 12, Feb. 9, Mar. 12, April 9, May 8 and June 8, 7:00 p.m.

Led by Deb D'Onofrio

Each month Cakes for the Queen of Heaven will sponsor a Full Moon Circle with a celebration of ritual, healing, drum and dance. We will learn from a collection of master, guest and lay leaders from various cultural traditions, backgrounds and influences including but not limited to: West African, Native American, Middle Eastern and others. (Suggested donation: \$5-10 on lay lead nights. \$15 donation on guest/master drummer nights.) Event is open to public and all are welcome. Bring a friend and join us! To learn more: Deb D'Onofrio, comebackhome@comcast.net, 978-682-9285.

GREAT POND SANGHA:

Tibetan Buddhist Meditation

Wed. nights, 7:30 – 9:00 p.m.; also last Saturday of the month

Spiritual Director Laura Howell

Coordinators Susan and Phil Malloy

The Great Pond Sangha meets on the first and third Wednesdays for guided meditation, dharma talk and discussion, and on second and fourth Wednesdays for peer-led meditation and study group, and on the last Saturday of the month for an Intergenerational Meditation and Potluck in Old Center Hall. We come 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).

SPIRITUAL PRACTICE (cont.)

GRATITUDE AS A LIFE PRACTICE

Saturday, February 7, 10:00 a.m.-4:00 p.m.

Led by Lama Willa Miller (Choying Palmo)

During this one-day retreat, Lama Willa will introduce us to the relative and ultimate practices of gratitude from the Tibetan Buddhist tradition. Through contemplations and meditation, participants will explore ways to deepen authentic gratitude and discover the powerful role that this practice of appreciation can play in helping us live a meaningful and joyful life. Lama Willa Miller has spent the last twenty years studying and practicing with eminent teachers from all schools of Tibetan Buddhism. She is an authorized lama who has completed two of the traditional three-year retreats and has spent extensive time in Nepal, India and Tibet in study and service work. She is the founder of the Natural Dharma Association and is working towards a PhD in Tibetan Studies at Harvard University. Lama Willa is the author of the upcoming book *Everyday Dharma: Eight Weeks to Enlightened Living* (2009, Quest Books), a practical guide for getting started on the spiritual path. Suggested donation \$75. Scholarships available for students and those in need. Appropriate for beginners as well as experienced practitioners. For more information or to pre-register, contact Susan/Phil Malloy (malloy.ps55@comcast.net) or 978-474-0823.

AN EVENING WITH MATTHEW FLICKSTEIN

Tuesday, March 24 (Time TBD)

Sponsored by the Great Pond Sangha

Matthew Flickstein, distinguished author and spiritual teacher, will be speaking on *The Seven Concentric Circle's of Spiritual Development*, showing a "short" of his upcoming documentary "With One Voice: The Meeting Point Of All Spiritual Traditions", and sharing his personal experiences with the teachers depicted in the film (www.withonevoicedocumentary.org). This important film highlights over thirty eminent teachers from fifteen of the world's spiritual traditions, sharing their own spiritual journeys and describing their vision of ultimate Truth and its connection to world peace. These contemporary mystics invite us to see beyond our illusionary separateness and hear the One Voice within us all. Matthew Flickstein is a former Buddhist monk, psychotherapist, meditation teacher for the past 30 years, author of several spiritual guidebooks, and the founder of The Forest Way organization (www.forestway.com). This is a free event but is a fundraiser for the production of the One Voice documentary. Suggested donation \$15 for those who are able.

THE INNER SEASONS

Jan. 22, Mar. 5, Apr. 23, June 4, July 23, Sept. 10, Oct. 22 and Dec. 10, 7:00-9:00 p.m.

Led by Helen Cymbala

Description (morwynna@earthlink.net)

What do we do differently at this time of year? How many of our modern religious celebrations and folklore customs are descended from the beliefs and conventions of our pre-industrial ancestors? The inner tides of the earth's seasons still have a strong impact on our daily and spiritual lives, as well as our communities and fellowship gatherings. It's easy to see parallels between winter solstice and Christmas, for example, but lesser-known holidays -- such as Candlemas and Lughnasadh -- are also rich in ancient traditions that help us along our spiritual path. We'll talk about the agricultural origins of each holiday, how they were translated into various religious traditions (Christian, Hebrew, Native American, Hindu, Muslim), and folkloric customs of the season, while giving special attention to "secular" customs surviving today. We'll discuss ways that individuals can integrate personal spiritual work with the seasonal cycle, and have a guided meditation on the inner and outer transformations of the season. Suggested donation: \$5 to cover cost of materials. For more info, please email Helen at helen@cymbala.com.

VOCAL CHOIR

Monday and Wednesday 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.

YOGA FOR FAMILIES WITH CANCER

Sundays, Jan. 11, Feb. 15, Mar. 22 and April 26, 4:00 -5:30 p.m.

Led by Connie Gloré

No experience needed for Restorative Yoga and Yoga Nidra (restful sleep with full awareness). Individuals with cancer, families, and other support persons affected by cancer will find this practice will promote well-being in body, mind and spirit. For ages 10 and over. Please bring 3 blankets, 2 full sized pillows per person. Free will donation to benefit the American Cancer Society. Led by Connie Gloré, Registered Yoga Teacher and Co-founder UnionStudio Yoga, Andover, MA. Pre-registration required at 978-376-1100.

RELIGION AND SOCIETY

GREEN SANCTUARY

Dates TBD

Facilitated by Pat Grimm

Stay tuned for opportunities to get involved in “the greening of the Meeting House” and our own lives! Becoming a Green Sanctuary is one of two congregation-wide social action foci for 2008-2010. We’ve generated a list of over 75 possible projects; in the early months of 2009, we will be holding discussions with interested parties to decide which 12 projects to tackle. For more information, contact Pat Grimm at pagrimm@comcast.net or check out our blog at www.northparish.org/green.

“RACE: THE POWER OF AN ILLUSION” AND “MIRRORS OF PRIVILEGE”

Is racism real? What is it, how does it work, and what is its impact? These DVDs are being shown at small group meetings throughout the congregation. To borrow them, contact Jeri Bayer at jbayer@necc.mass.edu.

COMMUNITY SPANISH CLASSES

Mondays, January 12th – March 30th, 7:00 - 8:00 p.m.

Taught by Lynn McGovern

Lynn McGovern, Chair of the Merrimack College Modern Languages Department, will be offering Community Spanish classes to those who would like to learn Spanish and communicate with the large community of Spanish-speakers among us. She has lived in Spain and Venezuela and has enjoyed travels through Mexico and the Dominican Republic. Service learning opportunities in both Lawrence and the Dominican Republic for those interested. The ten week session will highlight situations in which students will find themselves when in Spanish-speaking areas of the USA or when traveling through Spanish-speaking countries. Fee: \$130.00 (\$13.00 per class). Please contact the North Parish office to register, 978- 687-7948 or office@northparish.org

LIFE PASSAGES AND AFFINITY GROUPS

BOOK AND MOVIE GROUP

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

Facilitated by Donna Cooper

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 Donna Cooper at 978-470-2717

CARING FOR PARENTS SUPPORT GROUP

Dates TBD

Facilitated by Kim Adami

As I said to a friend recently, "It's not all bad and sometimes it is." Come explore feelings and share information with others as we care for our parents. You might be surprised to find wonderful, cherished experiences in the process of what generally feels confusing and overwhelming. You really aren't alone. For more information, call Kim Adami at 978-687-9405.

DIVORCE SUPPORT GROUP

Dates TBD

Facilitated by Rev. Robin Zucker and Rev. Lee Bluemel and North Parish members

An occasional gathering for those experiencing divorce or separation. The group offers a chance to connect with others in the North Parish community experiencing a similar difficult life passage, to share stories and resources. Rev. Robin Zucker is a UU minister who is a divorce coach, educator, parenting coordinator and mediator whose practice “Divorce Without Destruction” is in Hamilton (www.divorcewithoutdestruction.com ; dwdnow@comcast.net). For more information or if you have been through divorce and would like to offer a ministry of support to others, please call or email Rev. Lee at minister@northparish.org.

GLBT FAMILIES GROUP

Second Saturday of each month, 10:00 – 12:00 p.m.

Facilitated by Mary Kilpatrick

The North Parish hosts a playgroup on the second Saturday of each month for kids with GLBT parents. We meet from 10:00-12:00 in the Parish Hall. Please feel free to pass this information along to anyone who might be interested in joining us. For more information, contact Mary Kilpatrick at mkilp@comcast.net.

LIFE PASSAGES AND AFFINITY GROUPS

RETIREES AND FRIENDS 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. Those interested will talk about the book "Team of Rivals" and discuss President Lincoln's legacy, as the nation observes the 200th anniversary of his birth on Feb. 12, 2009.

WELLNESS DAY RETREAT

Saturday, March 7, 11:30 a.m. - 4:00 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 a complete schedule of events, please check northparish.org. A nutritious lunch will be available. Everyone is welcome. This will be a fundraiser for the church with an entrance fee. For further information, contact Ann Knowles at awknowles@comcast.net.

NORTH PARISH 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, or Ann Knowles, awknowles@comcast.net.

Acupuncture and Shiatsu:

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

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

Kabbalistic Healing:

Susan Van Drie, LICSW
Andover, MA 978-886-3311
email: susanvandrie@mindspring.com

Personal Coaching:

Grace Durfee. PCC, PMC
Balance with Grace
978-689-7446 or 888-833-1903
website: www.balancewithgrace.com
email: grace@balancewithgrace.com

Lisa Martelli, LICSW, CMC
Baystate Coaching
978-686-5693
website: www.baystatecoaching.com
email: lisa@baystatecoaching.com

Lani Peterson, Psy.D:
Andover, 978-387-5990
email: lanipeterson.com

Massage Therapy:

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

Massage Therapy:

Gerry Smeets Anson, LCMT, NCTMB
Harmony Body Therapy, N. Andover
978-686-0099
email: 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

Cindy Mattingly, RMT, NCTMB
FirstHealth of Andover
Dundee Park, Bld#1, Suite 1&2
Andover, MA 01810
978-474-9994
email: 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
email: unionstudioyoga@mac.com

Chris Miyachi, Registered Instructor
website: www.tomariken.com

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

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!



3 Great Pond Road, North Andover, MA 01845 (978) 687-7948
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