


# Deepening Connections Sampler 2023

First Parish is a chalice full of hope-restoring, community-creating, difference-making opportunities. Join us in exploring ways to deepen your understanding, have fun, and make FPUU your true spiritual home.

Connect with the <a href="#">Social Justice Committee</a> to find practical and inspirational ways to live our faith including the Two for Tuesday weekly action email.	Center yourself with <a href="#">meditation Sundays at 9:00 a.m.</a> on Zoom or Mondays at 6 p.m. in the parlor, Tuesdays 6PM on Zoom.. (click <a href="#">HERE</a> for more information)	Choose up to 100% renewable electricity. <a href="#">Click on your town</a> to learn more	Learn more about <a href="#">Covenant Groups</a> . Get to know others at a deeper level while discussing topics that explore our spiritual paths and life experience	Volunteer to <a href="#">usher</a> one Sunday, providing a warm welcome and helping the service flow
<b>Men</b> can join <a href="#">First Parish's Men's Group</a> , meeting online every other Sunday at 7 p.m. <b>Women:</b> Check out the <a href="#">Women's Alliance</a> programs to support women in our congregation	Read about pronoun usage <a href="#">HERE</a> , then add your own pronouns to your email signature, Zoom name, social media bios, etc. Learn why <a href="#">HERE</a>	<a href="#">Lectio Divina</a> is a spiritual practice of reading, listening, and sharing personal responses to sacred texts. Tues 7–8 a.m., Wed 9–10 a.m., or Thurs 8–9 a.m. via Zoom.	Introduce yourself to someone new at an in-person Sunday service or First Parish event. Stay on <a href="#">Zoom</a> after services to join a “coffee hour” conversation	Have a good browse at <a href="#">InSpirit</a> , the UUA bookstore. Hear about new titles and author events through <a href="#">their newsletter</a> . Check out <a href="#">Justice and Spirit</a> , the UU Book Club on GoodReads
Check out the online <a href="#">FPConnection Board</a> – an opportunity to meet new friends with similar interests and to give and receive help	Tap your inner creativity by making your own chalice. Find some great ideas <a href="#">HERE</a>	<p><a href="#">Attend the New UU class</a> Learn more about life at First Parish and what we believe</p>  <p><b>March 18 and 25, 2023 9 a.m. to 12 noon</b></p>	Enjoy a <a href="#">STAR program</a> , FP's adult education series. STAR offers a variety of programs to illuminate our world and help us navigate our lives	Hit the right note with our <a href="#">music program!</a> Email <a href="mailto:music@firstparish.info">music@firstparish.info</a> to learn more about our adult and all-ages choirs, handbell choir and more!
Read a good book recently? Write a brief review and offer to swap with a fellow parishioner on the <a href="#">FPConnection Board</a>	Add your voice to the <a href="#">Unitarian Universalist Urban Ministry</a> . Check out the <a href="#">videos</a> of compelling UUUM programs	Apply to be added to FP's directory, <a href="#">Realm</a> . Send a card or email to someone in your Sunday break-out group who is having a hard time. Care and be cared about!	A quick and fun way to learn more about our congregation: Watch the <a href="#">First Parish video</a> on our website	Life is full of hard edges and complicated choices. <a href="#">Braver/Wiser</a> is a weekly message of courage and compassion, grounded in Unitarian Universalism
Be a <a href="#">Property Worker Bee</a> – help our Property Committee with one-time special projects, such as gardening, fixing sanctuary chairs, or lending a hand on shared work days	Find some quiet time in your day with these FP <a href="#">Prayer Selections</a> . Use the <a href="#">UUA search engine</a> of meditations and prayers on specific topics, or explore the <a href="#">“WorshipWeb” app</a>	Read, discuss, and learn at the monthly <a href="#">Women's Book Group</a> (first Thursdays, 7 p.m., <a href="#">email</a> for Zoom link) or <a href="#">Diversity Book Club</a> (third Mondays, 7 p.m., <a href="#">email</a> for Zoom link)	Learn how to stand up for Asylum Seekers at <a href="#">ArCS Cluster</a> , which actively supports people through its outreach programs	Want to learn more about First Parish and don't know where to start? <a href="#">Fill out a connection form</a> or reach out to the <a href="#">Membership Committee</a> . We look forward to getting to know you!

To download a PDF, go to <http://firstparish.info/newcomers>

Click on the [blue text](#) in each box for more information.

Note: The activities are loosely grouped in five themes:

- ★ Meet someone new (light magenta)
- ★ Learn more about First Parish (light green)
- ★ Make a difference (light orange)
- ★ Build community (light blue)
- ★ Deepen your faith (light yellow)

We hope you enjoy this opportunity to feel more connected to the life of First Parish. If you have additional suggestions, please [let us know!](#)

—The Membership Committee