



# 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.

<p>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.</p>	<p>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)</p>	<p>Choose up to 100% renewable electricity. <a href="#">Click on your town</a> to learn more</p>	<p>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</p>	<p>Volunteer to <a href="#">usher</a> one Sunday, providing a warm welcome and helping the service flow</p>
<p><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 <a href="#">the Women's Alliance</a> programs to support women in our congregation</p>	<p>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></p>	<p><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.</p>	<p>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</p>	<p>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</p>
<p>Check out the online <a href="#">FPCConnection Board</a> – an opportunity to meet new friends with similar interests and to give and receive help</p>	<p>New to Unitarian Universalism or First Parish? Sign up for our New UU Class offered twice a year to learn about our principles and traditions. Email <a href="mailto:membership@firstparish.info">membership@firstparish.info</a> for Spring or Fall dates.</p>	<p> <b>First Parish of Arlington, MA</b> UNITARIAN UNIVERSALIST</p>  <p><b>Scan to download</b></p>	<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</p>	<p>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!</p>
<p>Tap your inner creativity by making your own chalice. Find some great ideas <a href="#">HERE</a></p>	<p>Add your voice to the <a href="#">Unitarian Universalist Urban Ministry</a>. Check out the <a href="#">videos</a> of compelling UUUM programs</p>	<p>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!</p>	<p>A quick and fun way to learn more about our congregation: Watch the <a href="#">First Parish video</a> on our website</p>	<p>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</p>
<p>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</p>	<p>Find some quiet time in your day to use the <a href="#">UUA search engine</a> of meditations and prayers on specific topics, or explore the <a href="#">“WorshipWeb” app</a></p>	<p>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)</p>	<p>Learn how to stand up for Asylum Seekers at <a href="#">ArCS Cluster</a>, which actively supports people through its outreach programs</p>	<p>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!</p>

To download a PDF, go to <https://www.firstparish.info/connect/new-to-first-parish/>

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