



**THE UNITARIAN CHURCH
IN FALL RIVER.**

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New Years, and we enter the time for making resolutions about how we're going to do things better, differently, more caringly, more carefully, more creatively — or perhaps how and what things we're not going to do. It's easy to make the lists, to think about how to make things better, or at least different, and what new directions we want to take.

It is a little bit more complicated to turn those thoughts into actions, and we can't expect (or even hope) to be perfect. But the challenge is to do better, without worrying because we know that we cannot be perfect. Religion has always taught that we need to do the best we can, but it has usually reminded us that we can't be perfect. Perfection has always been reserved for God.

What resolutions can we make?

What resolutions should we make? The first challenge is to keep a realistic estimate of our abilities. But the second challenge is to see if we can stretch our abilities a little (or a lot?) farther than we had expected. There are at least two basic kinds of resolutions. Perhaps the first could be to do whatever we need to do and do these things better. The second could be to discover what new or different things we could be doing that we haven't done regularly in the past.

We know, consciously or otherwise, that life is filled with opportunities, with chances to grow, to learn, to extend ourselves into new and, we hope, better situations, conditions, opportunities, and achievements. Perhaps the best resolutions we can make for the New Year is to make the best effort we possibly can, alone or together, successfully or otherwise, realistically or not.

How can we measure our success in such matters unless we try!

— *C.F. Flagg*

**Undoubtedly a man is to
labor to better his
condition, but first to
better himself.**

— *William Ellery Channing*

Sundays at 10:30

Followed by Coffee and Fellowship (and something more the first Sunday of the month)

January 24th **Hope as a Spiritual Value**
January 31st **The Wonder of Life**
February 7th **See Any Shadows?**



Guest at Your Table

Did you take home a guest at your table box? **Guest at your Table** supports the Unitarian Universalist Service Committee's projects and programs to meet many needs around the world

For more than thirty years, the **Guest at Your Table** tradition has helped UUs build lasting connections to UU principles and support the movement for universal human rights. It is a simple and meaningful way to incorporate "faith in action" into your life. Contributions can be sent directly to the UUSC or to our church and will be forwarded to the UUSC.

Simple donations by check can be mailed to UUSC, PO Box 845259, Boston, MA 02284-5259.

Hoar Frost

by Joan Adams Burchell

**Branches were dipped in frosting this morn
and the sun cast a fairyland spell;
Each fragile twig looked feathered and white
and beckoned a heart to swell.
A winter treasure - a sight to behold -
while silence augmented the scene;
I wanted to walk through an open gate
to find the artist, supreme.
No gate could I see, the artist unseen,
awe captured my soul;
The canvas would change, as nature intended,
but I'd witnessed her morning's goal.**

Order of Service

We've been using essentially the same order of service for quite a while now. It's time to rethink it. We can keep it the same, rearrange it completely, make small or large adjustments, add or remove or alter current elements, but it is important to reevaluate it from time to time.

What would you like to change? What would you like to keep the same? What would you like to eliminate? What would you like to add? What would you like to adjust? What would you like to rearrange?

Please look carefully at our current order, to the right, and make whatever minor or major adjustments you would like. What changes would possibly encourage our occasional visitors to come again? What would appeal to more people? What would appeal more to you? Let us know! Reply by sending your response by post to the church to preserve anonymity or send it to ehdarling@unitarianchurchfr.org. We are trying to meet your needs, wants and desires. Won't you help us?

Present Order of Service

Prelude
Welcome and Lighting of the
Candles and Chalice
Hymn #
Affirmation #471 "Love is the doctrine..."
Announcements
Musical Selection
Invocation
Antiphonal Reading #
Music • Readings
Meditation
The Lord's Prayer
Hymn #
Sermon
Sharing of Joys and Concerns
Offertory
Hymn #
Closing Words
Choral Amen
Postlude (time for listening and reflection)

Yoga and meditation Classes

Yoga/Meditation classes feature easy exercises, postures and breathing techniques designed to reduce stress and give greater energy and clarity of mind. No prior experience in Yoga is necessary. Thom Carr, the instructor, has been practicing Yoga for 36 years and teaching for 24 years. The classes are presently held on Sunday's before the service.

Pledge Your Support!

If you are an active member, an occasional visitor, or just one who believes the Unitarian Society is a worthy cause, we ask you to fill out and return a pledge card to the Church as soon as possible. This returned pledge card, indicating your support, would allow us to plan the year's program, activities, building and grounds expenditures, utilities, etc. We need a commitment to help us grow. That commitment needs to be your personal answer to our call. Please respond! **And, even more, we hope you will come and be an active part of this small community of freethinkers!** January 21, 2010 - UPDATE: As of today, three of our pledge cards have been returned. Please return yours soon. Thank you.

"People say, what is the sense of our small effort. They cannot see that we must lay one brick at a time, take one step at a time. A pebble cast into a small pond causes ripples that spread in all directions. Each one of our thoughts, words, and deeds is like that. No one has a right to sit down and feel hopeless. There is too much work to do."

Dorothy Day

And I liked this article so much that I thought it deserved a third try...

The Power of Appreciation

Originally written by By Mike Robbins for Jeffrey

Gitomer's Sales Caffeine

Have you ever had something taken away from you only to realize how much you appreciated it after it was gone? Most of us have taken someone or something for granted and only truly realized how much that person or situation meant to us after the fact such as our health, an important relationship, or business success.

For me, at the age of 23 my professional baseball career ended abruptly when I blew out my pitching arm. I was in my third season in the minor leagues with the Kansas City Royals, and just like that my childhood dream was over. I realized looking back on my eighteen years in competitive baseball that I had only one major regret; I'd pushed myself so hard that I'd forgotten to enjoy the game. Being so focused on "making it" and on overcoming my

weaknesses, I had not taken much time to appreciate what I was doing along the way. We often waste our time and energy focusing on what we don't like, what we're worried about, or what we think needs to be fixed, changed, or enhanced. We live in a culture obsessed with "bad stuff," – just turn on the news, listen to the conversations of the people around you, or pay attention to the thoughts in your own head. And, those of us in sales or who own our own businesses are often the worst offenders of this type of negativity.

The Power of Appreciation on your life and business

What if we stopped this negative obsession and started paying more attention to what and whom we appreciate, right now? Imagine how this simple but profound shift could transform our lives, our families, our relationships, our careers, our work groups, our results, and more. Our experience is a function of what we focus on. Each moment we have a choice as to where we place our attention.

I'm not advocating that we deny, avoid, or run from our challenges or sugar coat anything. It's important that we're able to confront, face, and deal with the stressful and difficult aspects of life and work. However, we don't have to obsess about the bad stuff, complain about it, and let it run us.

We each can consciously choose to focus on the good stuff in our lives, with others, and most importantly towards ourselves. There are great things happening in your life, your business, and around you all the time - if you look for and find them.



Five Principles for Living a Life Filled with Appreciation

In order to utilize the power of appreciation in your life as a way to enhance your relationships, improve your results, and empower yourself, here are five key principles:

- 1) **Be Grateful** – Focus on the many blessings in your life and all that you have to be grateful for.
- 2) **Choose Positive Thoughts and Feelings** – Make a conscious decision to transform your negative thoughts and feelings into ones that empower you.
- 3) **Use Positive Words** – Pay attention to the words you use with others, about things, and in speaking about yourself. Speak with the most positive words possible – our words have the power to create,

not just describe.

4) **Acknowledge Others** – Focus on what you appreciate about the people around you and let them know. Be genuine and let others know the positive impact they have on you and your life.

5) **Appreciate Yourself** – Celebrate who you are, what you do, and the gifts and talents that you have. Self-appreciation is not arrogance; it's an awareness of your own power and it's the key to self-confidence, success, and fulfillment.

When we truly focus on this good stuff, our world transforms and we're able to see and experience the GREAT FULLNESS of our lives. We don't have to wait until everything is handled, we get it all perfect, or people do things exactly as we want them to. We can just start appreciating life, others, and ourselves exactly as we are, right now.

2010

The Unitarian Church in Fall River

309 North Main St. Fall River, Massachusetts 02720

Name(s) _____

Address _____

Phone number : _____

e-mail address: _____

In Support of the Operating Budget, my/our pledge for 2010 will total

\$ _____

I will pay in weekly, monthly installments, Other.

Signed: _____

Date: ___ / ___ / ___

In addition to a pledge, I/we wish to make a special gift at this time to:

The Operating Budget of \$ _____

Other Special Purpose (specify): _____ \$ _____

The Endowment Fund of \$ _____