

The Bell-Ringer

FIRST PARISH CHURCH
UNITARIAN UNIVERSALIST
P.O. Box 1764, Duxbury, MA 02331



FEBRUARY 2017



WORSHIP SCHEDULE

February 5th -- "**We Can't Keep Quiet**", **Guest Speaker, Lisa Perry-Wood**, "First they came for the Socialists and I did not speak out...Then they came for me and there was no one left to speak for me." At this time in our country's history, we are called, more than ever, to speak up for the marginalized. Tens of thousands of voices were heard at the Women's marches two weeks ago, but we can't go quiet again. How will you let your voice be heard?

February 12th-- "**Practically Imperfect**", **Reverend Jill Cowie** -- "Perfectionism is one of the scariest words I know", says spiritual writer Kathleen Norris. She goes on to say, "It is a marked characteristic of our American culture where we try hard to do the best we can yet always fall short of some imaginary, usually unattainable standard." Our Unitarian Universalist ancestors viewed perfectionism as growth. Come explore how we can live into their vision and of being practically imperfect.

February 19th - Past PFC member returns with special sermon, "**Raising Transgender Children at First Parish - Our Shared History.**" With the sustaining support of the FPC community and her UU faith, a mother guides her transgender children to wholeness in the first years of the new millennium. **Maureen McNamara Mulhern**, former FPC member, social worker and transgender rights activist, joins the Welcoming Congregation Comm. in the pulpit for this very special service.

February 26th -- "**Families of the Heart**", **Reverend Jill Cowie** -- A colleague asked me the other day "has kinship ever saved you?" In answering, I realized I have two families, the "vertical family" to which I was born and a "horizontal one," a kinship with others based on an inherent sense of self not shared with my vertical family. Understanding our identity in our first family says psychologist Andrew Solomon helps us go "where the spirit beckons" towards families of the heart.

COMING EVENTS

WEDNESDAY FEB. 1

Building & Grounds 9:00-11:00am

THURSDAY FEB. 2

Book Club 9:00a.m.

Alliance 10:00-2:00p.m.

Worship/Music 7:00p.m.

FRIDAY FEB. 3

Yoga 10:30-11:45am

Committee on Ministry 5:00p.m.

COFFEEHOUSE 7:00pm

SATURDAY FEB. 4

DIC – St. John's

SUNDAY FEB. 5

Jr. & Sr. Choir 9:30a.m.

Worship 10:30a.m.

HIP 6-7:30p.m.

Buddhist Group 4:00-6:30p.m.

TUESDAY FEB. 7

R.E. Meeting 7:00pm

Bell Choir 7:00-8:30p.m.

WEDNESDAY FEB. 8

Kindred Spirits 10:00-11:30a.m.

THURSDAY FEB. 9

Book Club 9:00 a.m.

Alliance 10-2:00 p.m.



If prayer would do it

I'd pray.

If reading esteemed thinkers would do it

I'd be halfway through the Patriarchs.

If discourse would do it

I'd be sitting with His Holiness
every moment he was free.

If contemplation would do it

I'd have translated the Periodic Table
to hermit poems, converting
matter to spirit.

If even fighting would do it

I'd already be a blackbelt.

If anything other than love could do it

I've done it already
and left the hardest for last.

~ Stephen Levine ~

First Parish Church

Unitarian Universalist, Duxbury, Massachusetts

P.O. Box 1764, Duxbury, Massachusetts 02331

842 Tremont St. (Route 3A)

Email: uuduxbury@verizon.net

Telephone: 781-934-6532

Website: www.duxburyuu.org



A liberal religious community dedicated to nurturing individual spiritual development, promoting understanding and working for social justice.

We welcome people of all races, backgrounds and sexual orientations.

Rev. Catherine Cullen, Minister

Ruth Owen, Interim Director of Religious Education

Edwin Swanborn, Music Director

Elaine Stephansky, Bell Choir Director

Alex Pevzner, Jr., Junior Choir Director

Rev. Robert R. Walsh, Minister Emeritus

Jackie Smith-Miller, Director of Religious Education, Emerita

Sunsue Fleming, Director of Religious Education, Emerita

Lenore O'Malley, Church Administrator

Green Shoots

You may think January is too early for green shoots, but we have been seeing some in the RE program for children and youth. Last year we reported 36 children and youth to the Unitarian Universalist Association annual census of congregations. This year we will be reporting 51. It has been really encouraging that almost every week since Thanksgiving we have had visiting families and many folks are choosing to stick around and really check us out. I'm not entirely sure who we have to thank for this uptick in visitors (maybe Donald Trump?) but I am grateful and glad it is happening. But, I do know that new folks are not here just to meet me or the RE teachers. They are here looking for a church community and that means all of you. So, here are some things you can do to help us grow the RE program and build a strong foundation for the church's future:

- If you see someone who seems unsure about where they should be for the service or for RE on Sunday mornings, please speak to them, offer to show them where to go.
- If you see someone (anyone!) standing alone at coffee hour, go up and introduce yourself.
- If someone asks about the church or our programs, remind them of our website www.uudux.org where there is lots of detailed information. We also have pamphlets near both entrances to the sanctuary.
- Take a moment to think about what you would want if you were new and resolve to do that for any new folks you see.

I know we are New Englanders and we take pride in respecting peoples' privacy, but if people are looking for community, they are not going to find it if we don't reach out.

And there is one more easy thing you can do to support the church's young people. Come downstairs some Sunday and look around. Think about what our facilities would look like to a new family. Our RE space is beloved and well used, but let's be honest here, it has seen better days. There are plans being worked on for a refresh - a coat of paint, new ceilings and doors, etc. This isn't about our space competing with kiddie gyms and fancy playgrounds. It is about making a concrete statement that the people downstairs are just as important to the church as the people upstairs in our lovely assembly hall. Please, won't you help us tend and cultivate these new, green shoots?

Ruth Owen, Interim Director of Religious Education

One of the happiest words in the English language:



BINGO!

Sponsored by the HIP group as a fundraiser for their mission trip to West Virginia

Sunday, Jan. 29, 5-7 PM

\$10 for spaghetti dinner and first Bingo card

(up to a family max of \$25)

Additional cards \$5 each or 3 for \$10

Bring the whole family for an old-fashioned spaghetti dinner and a fun night of bingo on Sunday, Jan. 29. We will have food, bingo and prizes for all. This is always such a fun evening. Bring your friends and come support the HIP group.



SUPER SPUDS!

SUPER BOWL SUNDAY FUNDRAISER

Sunday, Feb. 5 after church

Sponsored by the HIP group as a fundraiser for their mission trip to West Virginia

Stop by after church and pick up a delicious baked potato with all the toppings for your pre-Super Bowl celebrations (hey, the game doesn't start until 6:30 and you still need to eat lunch!). You can eat at church or take the potatoes to go.

Proceed go to support the HIP group's mission trip fund.





Ring Out Justice!

News of Social Justice Activities at First Parish Church

Social Justice Committee Members:

Carrie Meier, Carol Nappellio, Peter Nappellio, Callie Brandeis, Andrea Brandeis, Mary Flanagan, Donna Savicki, Cindy Wilson, Bob Hughes, Nancy Nowak, Sally Delisa, Cindy Ladd-Fiorini, Troy Riley, Bella Santorini (HIP Representative), and Nancy Landgren.

Meeting: second Sundays 12 noon to 1 PM

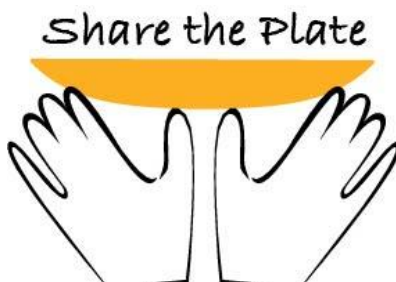
Please Join Us! All Welcome!

Open Minds Social Justice Speaker Series off to a successful start!

Our FPC Speaker Series recently made the front page of the Duxbury Clipper, and the first event featuring the Massachusetts Bail Fund drew 36 interested participants from the church and the wider community.

You are invited the next event in the series: **Trans 101: Transgender Identities and Experience**

Why should the average person know or care about the experiences of transgender individuals? What are the social justice issues involved? Come on Friday, February 24th at 7:30 to hear a panel of speakers share their personal stories, provide information and speak to the relevance of transgender issues for our community. Admission is free, the vibe is informal, refreshments are provided, and all are welcome.



Share the Plate

Our Share the Plate collection in January produced more than \$1800 for the Massachusetts Bail Fund. On February 12th we will give our collection to a local grass roots organization: the Pembroke Soup Connection. Our Share the Plate ministry is one way we work to transform our community and our world.



Box Project Thank You

Thanks to Carol and Peter Nappellio, the shed is clean and ready for donations to the Box Project. They cleared the shed out, organized and numbered the tables. They went through bins of donated clothing and sorted them neatly by size and sex. They looked for, found and bagged many of the clothes needed for this month's delivery to Head Start.

We are fortunate to have some perfect donated clothing from members of the congregation. We also receive some funds from contributors with which we buy clothes. We have been given many clothes from the Duxbury Thrift Shop, clothes that were past their consignment dates. This way, with the help of so many, we are able to give clothing that the children and adults need. For instance, this month six little boys needed jeans, sweaters, and sweatshirts. We were able to give each boy just what was needed.

*Thanks to you all,
Carrie Meier, Box Project Coordinator*



Saturday, February 25th - Father Bill's Community Table

Please consider signing up to serve with your family, friends or small group for Saturday, **February 25th**. We are in need of the following:

Five Servers

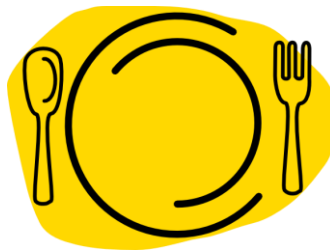
Thirteen Casseroles (pan and recipe available @ the Social Justice table @ coffee hour)

Five Salad Fixings

Five Desserts

Please stop by the Social Justice table at coffee hour ...or email Sherry Gardner
sherrygardner47@hotmail.com or Molly Bogan mollybgnn@gmail.com

*Thank you,
Molly Bogan, Youth Leader for Father Bill's Community Table
Sherry Gardner, Social Justice Committee*



Nights of Hospitality....Meals for Plymouth Taskforce to End Homelessness

A rewarding opportunity to display your epicurean talents!

Two volunteers are needed to make and serve dinner for 10-15 men one night in March.
One does entrée & vegetable...the other does salad, dessert and drinks. Arrive at 5:30...out by 7:00pm.

Call Carol & Peter Nappellio or Sally Delisa for details, or stop by at the Social Justice Committee table after church on Sunday . They served dinner at the First Baptist Church on January 21st (41 Westerly Rd in Plymouth).
Carol & Peter..781-264-4386



UUSC GAYT

Thank you to all who so generously contributed to the annual UUSC Guest at Your Table program in December! Your gift of \$1827.30, will help efforts to bring social justice to world-wide areas in greatest need.

Social Justice Unitarian Universalist Programs

UU Mass Action

Newsletter: To receive: uumassaction.org/newsletter

Join one of ten groups concerned with inequities due to race, ethnicity and economic status:

uumassaction.org/contact . Standing Up for Justice: A new resource for confronting fears keeping people apart. Black Lives Matter Group: Contact shepard.patty@gmail.com or Pathway to Justice on website uumassaction.org.

UU Urban Ministry

Renewal House: for women and children who have suffered abuse
 Children's Summer Camp and Youth Work Programs
 Academic and enrichment programming with after-school tutoring and mentoring
 Affordable housing at Bethany House: provides transitional housing
 Jericho Road/Roxbury: volunteer building services for Roxbury
 TOD@S: an inter-agency collaboration; a partner-abuse awareness campaign for LGBTQ/T and Latino people. www.Todosinaction.org.

UU College of Social Justice: Summer Internships for young adults ages 18 to 25 who wish to be involved in grassroots work. Priority deadline for submissions is Tues, Feb. 7 – 617-301-4347 — info@uucsj.org—www.uucsj.org.

UU-UNO Intergenerational Seminar: Register for “Arm in Arm: Interfaith Action to Disarm Our Planet” in New York City, April 5-8. Contact unitednations@uua.org

UU-UNO: Academic and Summer Interns: visit UU-UNO.org

UUSC.org/Advocacy Center: Sign letters to representatives about refugee families detained in prisons, quality, affordable water in Michigan, and Dominican Republic's deportation of Haitians.



FRIDAY FEB. 10

Yoga 10:30-11:45am
Bay Player Performance

SATURDAY FEB. 11

Bay Player Performance

SUNDAY FEB. 12

Social Justice Meeting 9:15am

SHARE THE PLATE

Jr. & Sr. Choir 9:30a.m.

Worship 10:30 a.m.

HIP 6:00-7:30p.m.

Buddhist Group 5:00-6:30 p.m.

MONDAY FEB. 13

Welcome Congregation 7:00pm

Stewardship 7:00pm

TUESDAY FEB. 14TH**HAPPY VALENTINE'S DAY**

Memoirs 7:15pm

Bell Choir 7:00-8:30pm

MONDAY FEB. 15**PRESIDENT'S DAY****OFFICE CLOSED****THURSDAY FEB. 16**

Book Club 9:00 a.m.

Historical Committee 9:30a.m.

Alliance 10-2:00 p.m.

Governing Board 7:00p.m.

FRIDAY FEB. 17

Bay Player Performance

SATURDAY FEB. 18

Bay Player Performance

SUNDAY FEB. 19**Box Project Due Date**

Jr. & Sr. Choir 9:30 a.m.

Worship 10:30 a.m.

HIP 6:00-7:30p.m.

Buddhist Group 5-6:30 p.m.

MONDAY FEB. 20**PRESIDENT'S DAY****OFFICE CLOSED****TUESDAY FEB. 21**

Bell Choir 7:00-8:30p.m.

THURSDAY FEB. 23

Book Club 9:00 a.m.

Alliance 10-2:00 p.m.

FRIDAY FEB. 24**Bell Ringer Due Date**

Yoga 10:30-11:45pm

Speaker Series 7:30pm**SATURDAY FEB. 25**

Community Table 9:00a.m.

SUNDAY FEB. 26

Jr. & Sr. Choir 9:30 a.m.

Worship 10:30 a.m.

HIP 6:00-7:30p.m.

Buddhist Group 5-6:30 p.m.

MONDAY FEB. 27

SSHAGLY 7:30 – 9:00pm

PFLAG 7:30-9:00pm

TUESDAY FEB. 28

Bell Choir 7:00-8:30pm

**CARING CONNECTION:**

There are many caring members of our church community who are willing to lend a hand to those having a difficult time! The Caring Connection can coordinate meals, transportation, babysitting or visits to shut-ins. For the month of **FEBRUARY**, please contact **DEB WORSH**, 781-837-9030, deborahworsch@gmail.com.

**Minister's Office Hours:**

Our Minister Rev. Catherine Cullen is currently on sabbatical. For pastoral or other concerns please contact our Sabbatical Committee Chair Michael Gardner at 617-833-9606, sgmgardner4746@gmail.com, or Co-chair, Jim Hamilton at 781-834-4779 at jim@greenharbor.com.

Church Office Hours

The FPC church office is open **Monday, Wednesday, Thursday & Friday, 8:30 a.m. – 2:00 p.m. and Tuesdays 8:30-11:30am**. Please call Lenore, 781-934-6532 or email at uuduxbury@verizon.net if you need anything.

People News

MIRIAM WICKHAM is in Wingate in Kingston for a few weeks. She would love cards and visitors. **Brief visits are highly encouraged.** Her address at Wingate is: **Miriam Wickham, Wingate at Silver Lake, Pine Unit – Room 2B, 17 Chipman Way, Kingston, MA 02364.**

SARIE BOOY has broken her ankle. She is coming home from the hospital in a couple of days. She would love cards and well wishes. Her address is: **Sarie Booy, 1112 Tremont Street, Duxbury, MA 02332.**



Next Bell-Ringer Deadline:
Friday, February 24th

ON-GOING CHURCH MEETINGS

SUNDAYS - Family/Child Sunday (1st Sun. each month)
 Joys & Concerns (2nd Sun. each month)
 Announcement Sunday (1st & 3rd Sun. each month)
 Silent Joys & Concerns (4th Sun. each month)
 Membership 9:00am (3rd Sun. each month)
 Music Committee (1st Sun. each month) 12 p.m.
 Social Justice 9 a.m. (2nd Sun. each month)
 Buddhist Meditation 5-6:30p.m. (weekly)

MONDAYS - Building Use 10 a.m. (4th Mon. each month)
 Finance Committee 7 p.m. (2nd Mon. each month)
 Welcoming Congregation 7:00pm (2nd Monday of each month)
 PFLAG - 7:30-9:00pm (4th Monday of each month)

TUESDAYS - Hand Bells 7 p.m.
 Memoirs 7:15p.m. (2nd Tues. each month)
 Communications 7:00pm (2nd Tuesday of every month)

WEDNESDAYS - RE Committee 7 p.m. (1st Wed. of each month)
 Staff meeting 11:30 a.m. (weekly)
 Buildings & Grounds 9-11 a.m. (1st Wed. each month)
 "Kindred Spirits" 10:00 -11:30 a.m. (2nd Wed. each month)

THURSDAYS - Book Group 9 a.m.
 Sewing Group 10 a.m.
 Worship Committee 7:00 p.m. (1st Thurs. each month)
 Agenda Setting 7-8 p.m. (2nd Thurs. each month)
 Alliance Luncheons 12:30pm (3rd Thurs. each month)
 Governing Board 7 p.m. (3rd Thurs. each month)
 Historical Committee 9:30a.m. (3rd Thurs. of each month)

FRIDAYS - Committee On Ministry 5 p.m. (1st Fri. each month)

SATURDAYS - Community Table 9:15 a.m. (4th Sat. each month)

**ALLIANCE NEWS**

Alliance Luncheon -- 3rd Thursday of the Month
February 16th, 12:30 noon in the Parlor

12:30pm – Lunch in the Parlor/Organ Talk
 BYOL (Bring Your Own Lunch)

Ed Swanborn will tell us what's happening
 with our organ.

Everyone is invited to gather for a Pot Luck Luncheon
 and sociability at 12:30 on Thursday.

Look forward to seeing you there!

Evening Program**Date and Time To Be Announced Soon!**

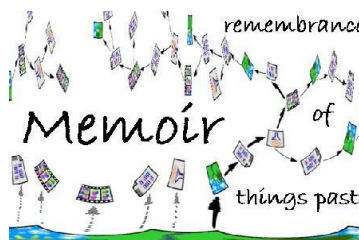
POTLUCK Supper

PROGRAM: Household Highs

Speaker: Liisa Budge-Johnson

Plymouth County Sheriff's Dept.

Liisa will speak about the danger of prescription drugs and
 inhalants in the home.

**Next Memoirs**

Our next meeting of Memoirs will be **Tuesday, February 14th** at 7:15pm in the Fletcher Room.

Our topic will be "**SHOPPING MEMORIES**"

Come and join us!



Note from the Fellowship Committee

We want to thank all those you have participated in bringing food for Sunday Coffee hour. Our new plan of assigning Sunday alphabetically has been very extremely successful.

We are nearing the end of the alphabet so will be starting over soon. To ensure fairness we will pick up next fall where we left off in the spring. So if you have to do two coffee hours this year you will most likely only have one assignment next year.

Your Fellowship Committee,
 Sharon Nabreski, Chair
 Katy Gaenicke
 Troy Riley
 Laura Stallings
 Lee Anne Pellegrini



The Power of Community, The Spirit of Giving

The annual pledge drive for all Members and Friends of First Parish Church will take place next month. Our church relies on the generosity of each of us, expressed in many forms - donations to the plate offering at Sunday worship... participation in the leadership and committees that provide opportunities for engagement, fun, and education... helping teach the children in church school... and, of course, our delightful fairs.

That being said, pledging is the dominant factor in the financial health of the congregation. Pledges account for most of our budget and are, in fact, a vital part of the budgeting process for the coming year. Our theme: The Power of Community, The Spirit of Giving calls your attention to the blessings we enjoy from practicing generosity combined with the notion that we are strongest when acting in unity. We are a stronger congregation when we all give, because we ALL give.

Your Stewardship Committee is planning to focus on online pledging again this year. It's a fast and easy process. To those who have pledged in previous years, we ask that you consider the amount of your pledge. While it's easy to renew your pledge at the same amount, please remember that costs tend to rise over time: your pledge simply doesn't go as far as it did last year or the year before.

If you are new to pledging, or new to First Parish, we hope to schedule a time to meet with a stewardship visitor, so that you can discuss the importance of this church and its community in your life and decide on an amount that feels appropriate and generous.

Committee Chairs

Attention all Committee Chairs and Vice Chairs: **Please Come to the Annual Social at Cedar Hill** **Friday March 10, 7-9pm.**

Mark your calendars for our annual gathering at Cedar Hill for food, fellowship, and a chance to preview some of the upcoming projects proposed for First Parish. This is always a fun evening and an opportunity for the governing board to thank you all for your hard work throughout the year. We hope you can make it and we look forward to seeing you and your significant other on **Friday, March 10th!**

Please RSVP to your liaison.

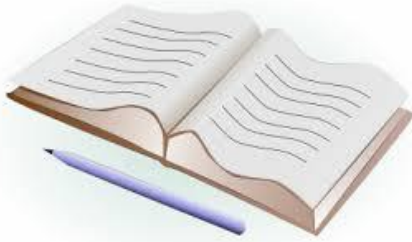


February is Small Group Sign-Up Month

During the month of February, all members and friends in the congregation will have the opportunity to sign-up and/or re-commit to Small Groups.

So what is Small Group you ask? Small Groups are intentional lay-led groups that deepen and expand the ministry of a congregation. Small means a group of 6-10 people, selected at random, or sometimes over a specific interest, with a focus on spirituality and ministry. The groups meet either once or twice a month, and the act of coming together over a period of time provides the act of caring for or being present for one another. We come together with the process of deep listening, over topics that challenge us to grow spiritually while helping the church itself grow in numbers, generosity and connection. There is so much more to know - come visit us at our table in the Harvey Assembly Hall after service in February or contact any member of the Steering Committee! Maybe THIS is the year to join a group?

Also, if you feel you need to take some time off from Small Groups, or if your schedule has changed and you would like to be placed in a group that meets at a different time, this is the month to do it! Just visit us at the Small Group sign-up table after church any Sunday during the month. Or contact one of the Steering Committee members. We are David Murphy, Mary Langner, Cindy Ladd Fiorini, Gina Angell and Rev. Catherine Cullen.



Have You Signed The Membership Book?

Invitation to become a member of First Parish Church. If First Parish feels like your church home and you have not as yet become an "official" member by signing our historic Membership Book, please know that you may do so while our minister, Catherine Cullen, is on sabbatical. You may call the church office and make an appointment with Lenore, our church administrator, and/or arrange a meeting with a Membership Committee member. When Catherine returns from sabbatical, she will witness your signature.

Tuneful Brew Coffee House @ FPC

Friday, Feb. 3

7-9 PM, \$10 at the door

**Singer/Songwriter Jay Psaros
Featured performer**



This month's featured performer, Boston based Singer/Songwriter Jay Psaros, writes songs. In fact, he writes lots of songs. Psaros is currently celebrating the release of his fourth studio release, a self titled collection of ten songs ranging from mellow crooners to roots rockers. Psaros has been called a "storyteller of precision," a "master guitar player," and a musical "painter of beautiful, rolling images." His musical versatility has allowed him to share the stage with a variety of international acts such as Eddie Money, Rick Springfield, The Mavericks, Donovan Frankenreiter, Boz Scaggs, Daughtry, The Los Lonely Boys, Tower of Power, The Little River Band, Ziggy Marley, The Original Wailers and many more. It promises to be a great show and there will be delicious goodies too! Please join us and invite your friends.

