

# The Bell-Ringer

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



## WORSHIP SCHEDULE

**March 5<sup>th</sup> – “For-give-ness”** -- Forgiveness comes with both risks and blessings. Come and explore the practice of forgiveness from both the Buddhist and Christian traditions to deepen your practice.

**March 12<sup>th</sup> -- “Questions”, YOUTH SERVICE** -- the high school youth (HIP) service. Our fourth UU principle affirms our commitment to “a free and responsible search for truth and meaning.” Questions are the heart of our faith.

**March 19<sup>th</sup> -- “Laughter of the Heart”, LM Montgomery**, author of *Anne of Green Gables* once said, “Sometimes a good laugh is as good as a prayer.” Join us as we explore humor as a spiritual practice that strengthens faith and builds community.

**March: 26<sup>th</sup> -- “Making Room” – Guest Preacher, Meghann Robern, M.Div.**, In periods of high anxiety and stress, it's an automatic reaction for us to focus on ourselves and our immediate dependents. How can we embrace truly loving ourselves as a path into building the beloved community, even when times are hard?



## COMING EVENTS

### WEDNESDAY MARCH 1

Building & Grounds 9:00a.m.  
 Adult Mission Trip Meeting 7:00pm

### THURSDAY MARCH 2

Book Club 9:00a.m.  
 Alliance 10:00-2:00p.m.  
 Worship/Music 7:00p.m.

### FRIDAY MARCH 3

Yoga 10:30-11:45a.m.  
 Committee on Ministry 5:00p.m.  
**COFFEEHOUSE 7:00pm**

### SATURDAY MARCH 4

DIC – Pilgrim

### SUNDAY MARCH 5

Jr. & Sr. Choir 9:30am  
 Worship 10:30a.m.  
 Church School Families Coffee Hour after church  
 Buddhist Group 4:00-6:30p.m.  
 HIP 6:00-7:30p.m.

### TUESDAY MARCH 7

Small Group 10:00-11:30am  
 Systems & Tech. Mtg. 7:00p.m.  
 R.E. Meeting 7:00p.m.  
 Bell Choir 7:00-8:30p.m.

### WEDNESDAY MARCH 8

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

### THURSDAY MARCH 9

Book Club 9:00 a.m.  
 Alliance 10-2:00 p.m.  
 Small Group 11:00a.m.

### FRIDAY MARCH 10

Yoga 10:30-11:45a.m.  
**COMM. CHAIR SOCIAL - CEDAR HILL**  
 7:00-9:00p.m.

God speaks to each of us as he makes us,  
 then walks with us silently out of the night.

These are words we dimly hear:

You, sent out beyond your recall,  
 go to the limits of your longing.  
 Embody me.

Flare up like flame  
 and make big shadows I can move in.

Let everything happen to you: beauty and terror.  
 Just keep going. No feeling is final.  
 Don't let yourself lose me.

Nearby is the country they call life.  
 You will know it by its seriousness.

Give me your hand.

~ Rainer Maria Rilke ~

## ***First Parish Church***

***Unitarian Universalist, Duxbury, Massachusetts***

**P.O. Box 1764, Duxbury, Massachusetts 02331**

**842 Tremont St. (Route 3A)**

**Email: [uuduxbury@verizon.net](mailto:uuduxbury@verizon.net)**

**Telephone: 781-934-6532**

**Website: [www.duxburyuu.org](http://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**

### ***Some Things You Cannot Count***

Our happy little surge in RE enrollment continues! Just about every week a new family registers a child or, in some cases, an inactive family returns. The numbers are great, but they do not tell the whole story. When you have an inflow of new energy, even beloved traditions take on a new life. The high school youth present a service every year in March. This year it will be March 12. The theme will be "Questions" which is so appropriate for folks who are newer to our church and our faith. I encourage especially the parents of young children to come to this service and see what a whole upbringing in this faith tradition looks like. I think the youth will do us proud. Then, the following Sunday, March 19, the Alliance and the RE Committee are bringing back a well-loved tradition, "Prime Time." This is another great opportunity for families to experience the life of the church. Last Sunday a young woman who grew up in this church said Prime Time was the reason she felt at home here as a child. Come and check it out!

There are other signs of energy and new life too. I received a call from a member who wanted to support the high school youth service trip to West Virginia. This person wanted to know where to send the check – not as a part of a fundraiser, just to send a check to be supportive. (The answer, by the way is, send it to the church to my attention.) We are having a special meeting with RE teachers to figure out how to split up the pre-school group because we have too many kids in one room. That is not a "problem" I expected to have, but it is a wonderful problem none the less. Finally, the RE Committee is hosting a special family coffee hour after church on March 5 so families can meet and chat with one another. Childcare will be provided. Yes, all around the energy is great and the outlook hopeful. Let's keep the momentum going!

***Ruth Owen***

***Interim Director of Religious Education***





**Prime Time for Families and Friends**  
**Sunday, March 19, 5-7 PM**



For over 15 years during the 1980's and 90's First Parish Church periodically enjoyed an evening known as "Prime Time for Families." Some of you may still remember this fun-filled intergenerational program. It was an opportunity for families or groups of friends to spend quality time together eating, talking, and playing non-competitive and parachute games for all ages.

We are excited to be reviving this special program and hope everyone will join in the fun. It begins with a potluck supper so everyone is asked to bring food to share. If you choose you may bring your own plates and silverware (paper plates and plastic utensils will also be available). To eliminate time being spent on set-up and clean-up everyone is asked to bring their own dishes etc. home to wash. When the tables and chairs are cleared away the games begin! Hope to see you there!

***Jackie Smith-Miller, DRE Emerita***





## ***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!***



**"In Our Own Voice:  
Living Life with a  
Mental Illness"**

**Friday, March 24  
7:30 PM**

**First Parish Church  
842 Tremont St, Duxbury**

**Free admission  
All are welcome**

Depression, schizophrenia, suicidal feelings — one in five Americans experience a mental illness at some point in life. One in 25 adults lives with serious mental illness.

Speakers from the National Alliance on Mental Illness will bring first-hand accounts that challenge common assumptions and stereotypes as they share how it can be possible to live well with mental illness.

In case of bad weather check [www.uudux.org](http://www.uudux.org)

*Part of the Open Minds Speaker Series  
at First Parish Church.*

### **Speaker Series to Examine Living With Mental Illness**

If you, a family member, or friend live with a mental health condition, you're not alone.

Depression, anxiety, suicidal feelings...one in 5 adults experiences a mental health condition every year. One in 17 lives with a serious mental illness such as schizophrenia or bipolar disorder. And too often, these experiences stay private.

**Join us on March 24<sup>th</sup> when our FPC Open Minds Speaker Series presents In Our Own Voice: Living with Mental Illness.** Hear first-hand accounts as presenters humanize this misunderstood topic. Gain a deeper understanding of how it's possible—and common—to live well with mental illness.

This talk is presented by a panel from the National Alliance for Mental Illness and is appropriate for family members, friends, professionals, lay audiences and people living with mental illness. March 24, 7:30 PM. Admission is free.



### **Box Project Thank You from a Family**

We received several thank you notes after Christmas from the nine families that you all help through the Box Project program. This one reflects the feelings of all.

*Dear Friends,*

*I am overwhelmed at the tremendous outpouring of love and generosity that you have shown to my family. Everything I suggested for my family and myself was provided and then some! Thank you for the blessing of these Christmas gifts.*

*When I picked up the food donation from you, I could not believe when I saw two large bags of gifts for us! Wow. I can't wait to watch my children open all their gifts. My little guy will love his new trucks and cars. We will surely have a fun and blessed Christmas morning!*

*You have been an amazing encouragement to me. I was wondering how to make it all work, to pay the bills and buy gifts. You answered my prayer. Please know you all have made a huge difference in our Christmas and in our everyday lives by the food and supplies you continue to provide.*

*May each of you have a wonderful day on Christmas as we celebrate Jesus birth. God bless.*

*A Grateful Family*

As we continue to provide food and clothing through the school year, please remember your donation does more than give needed articles. It also provides encouragement, trust and hope.

*Carrie Meier and the Social Justice Committee*



### **Saturday, March 25<sup>th</sup> Father Bill's Community Table**

Please consider signing up to serve with your family, friends or small group for Saturday, **March 25<sup>th</sup>**. 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](mailto:sherrygardner47@hotmail.com) or Molly Bogan [mollybgnn@gmail.com](mailto:mollybgnn@gmail.com)

Thank you,

***Molly Bogan, Youth Leader for Father Bill's Community Table***

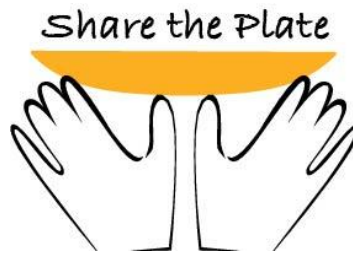
***Sherry Gardner, Social Justice Committee***



### **Social Justice Grant Application Dates**

We are accepting applications for a Social Justice Cell Tower Fund Grants from March 1<sup>st</sup> to the deadline of April 1<sup>st</sup>. They may be sent to Lenore by email at [uuduxbury@verizon.net](mailto:uuduxbury@verizon.net) or given to Lenore at the First Parish Church office. The applications are available on our website or outside the office in the file holder. Only friends or member of First Parish Church in Duxbury may apply for a grant.

*Carrie Meier, Facilitator of the Social Justice Cell Tower Fund Grant Committee*



### **Share the Plate**

In February our Share the Plate collection raised \$1,101.01 to support the work of the Pembroke Soup Connection.

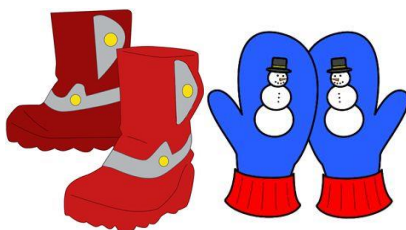
On March 12th our Share the Plate recipient will be Big Creek People In Action, Inc in McDowell County, West Virginia. This is the organization our HIP youth will be working with in April during their mission trip.



### **UU Urban Ministry is Hiring!**

The UU Urban Ministry is seeking to hire a Director for *Believe in Success*, a new job- and educational- readiness program for trauma survivors. Go to [UUUM.org](http://UUUM.org) for the [job description](#) and contact information.





### **Special Delivery to Head Start**

Thanks to all who donated winter clothing, Carol and Peter Nappellio were able to bring a large box of boots, hats and mittens to the Head Start school in Marshfield. This extra delivery will allow children to be able to go out and play and be warm through our remaining cold winter days. Teachers can give the winter outerwear to the child or parents. If a child does not have warm outerwear, they cannot go out for recess. Now they will be able to do so. This is a great help to the school and the children.



### **SAVE THE DATE:**

**UU Mass Action ADVOCACY DAY April 11** at Arlington St UU Church from 9:30 to 4:00, concluding at the State House.

Keynote Speaker is Rev Paul Robeson Ford, Senior Pastor of the Union Baptist Church in Cambridge. He is currently completing a Ph.D. in Theology at the University of Chicago, where his research interests focus on the intersection between prison ministry, mass incarceration and theology that is centered on transformation and liberation. More details to follow. Let's get a group together and go!



**SUNDAY MARCH 12****YOUTH SERVICE  
SHARE THE PLATE**

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

Worship 10:30 a.m.

Social Justice 9:15a.m.

Agenda Setting Mtg. 12:00 noon

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

**MONDAY MARCH 13**

Welcome Congregation 7:00p.m.

Stewardship 7:00p.m.

**TUESDAY MARCH 14**

Memoirs 7:15p.m.

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

**THURSDAY MARCH 16**

Book Club 9:00 a.m.

Historical Committee 9:30a.m.

**Alliance Potluck 12:30p.m.**

Governing Board 7:00p.m.

**FRIDAY MARCH 17**

Yoga 10:30a.m. – 11:45a.m.

**SUNDAY MARCH 19****STEWARDSHIP SUNDAY****BOX PROJECT DUE DATE**

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

Worship 10:30 a.m.

**ALLIANCE POTLUCK –  
PRIME TIME – 5:00PM SUPPER,  
6:00PM PROGRAM**

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

Buddhist Group 5-6:30 p.m.

**TUESDAY MARCH 21**

Small Group 10-11:30a.m.

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

**THURSDAY MARCH 23**

Book Club 9:00 a.m.

Alliance 10-2:00 p.m.

**FRIDAY MARCH 24****BELL RINGER DUE DATE**

Yoga 10:30-11:45a.m.

**Speaker Series 7:00pm**

Living Life w/ a Mental Illness

**SATURDAY MARCH 25**

Community Table 9:00a.m.

**SUNDAY MARCH 26**

Jr. &amp; 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 MARCH 27**

SSHAGLY 7:30-9:00p.m.

PFLAG 7:30-9:00p.m.

**TUESDAY MARCH 28**

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

**THURSDAY MARCH 30**

Book Club 9:00a.m.

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

**FRIDAY MARCH 31**

Yoga 10:30-11:45a.m.

**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 months of **MARCH & APRIL**, please contact **GINA ANGELL**, 781-585-3444, [gina444angell@gmail.com](mailto:gina444angell@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](mailto:sgmgardner4746@gmail.com), or Co-chair, Jim Hamilton at 781-834-4779 at [jim@greenharbor.com](mailto: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](mailto:uuduxbury@verizon.net) if you need anything.



**Next Bell-Ringer Deadline:**  
**Friday, March 24th**



**ON-GOING CHURCH MEETINGS**

**SUNDAYS** - Family/Child Sunday (1<sup>st</sup> Sun. each month)

Joys & Concerns (2<sup>nd</sup> Sun. each month)

Announcement Sunday (1<sup>st</sup> & 3<sup>rd</sup> Sun. each month)

Silent Joys & Concerns (4<sup>th</sup> Sun. each month)

Membership 9:00am (3<sup>rd</sup> Sun. each month)

Music Committee (1<sup>st</sup> Sun. each month) 12 p.m.

Social Justice 9 a.m. (2<sup>nd</sup> Sun. each month)

Buddhist Meditation 5-6:30p.m. (weekly)

**MONDAYS** - Building Use 10 a.m. (4<sup>th</sup> Mon. each month)

Finance Committee 7 p.m. (2<sup>nd</sup> Mon. each month)

Welcoming Congregation 7:00pm (2<sup>nd</sup> Monday of each month)

PFLAG - 7:30-9:00pm

(4<sup>th</sup> Monday of each month)

**TUESDAYS** - Hand Bells 7 p.m.

Memoirs 7:15p.m. (2<sup>nd</sup> Tues. each month)

Communications 7:00pm

(2<sup>nd</sup> Tuesday of every month)

**WEDNESDAYS** - RE Committee

7 p.m. (1<sup>st</sup> Wed. of each month)

Staff meeting 11:30 a.m. (weekly)

Buildings & Grounds 9-11 a.m. (1<sup>st</sup> Wed. each month)

"Kindred Spirits" 10:00 -11:30 a.m. (2<sup>nd</sup> Wed. each month)

**THURSDAYS** - Book Group 9 a.m.

Sewing Group 10 a.m.

Worship Committee 7:00 p.m. (1<sup>st</sup> Thurs. each month)

Agenda Setting 7-8 p.m. (2<sup>nd</sup> Thurs. each month)

Alliance Luncheons 12:30pm (3<sup>rd</sup> Thurs. each month)

Governing Board 7 p.m. (3<sup>rd</sup> Thurs. each month)

Historical Committee 9:30a.m. (3<sup>rd</sup> Thurs. of each month)

**FRIDAYS** - Committee On Ministry

5 p.m. (1<sup>st</sup> Fri. each month)

**SATURDAYS** - Community Table

9:15 a.m. (4<sup>th</sup> Sat. each month)

**ALLIANCE NEWS**

**Alliance Luncheon -- 3<sup>rd</sup> Thursday of the Month**  
**March 16<sup>th</sup>, 12:30 noon in the Parlor**

12:30pm – Lunch in the Parlor/Martha's Vineyard Talk  
 BYOL (Bring Your Own Lunch)

Heidi Hasselmann will give an arm chair tour of Martha's Vineyard. Everyone is invited to gather for lunch and sociability at 12:30p.m followed by Heidi's enjoyable program.

*Look forward to seeing you there!*



**Evening Program -- Sunday, March 19th**

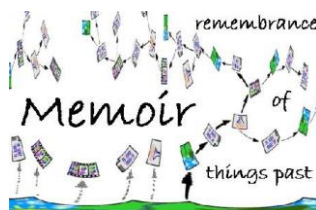
5:00pm -- **POTLUCK Supper**

6:00pm -- **PROGRAM: PRIME TIME**

Leader: Jackie Smith-Miller

Join us for an evening co-sponsored by the Alliance and the R.E. Committee. Following the Potluck Supper we will enjoy a program of playing non-competitive and parachute games for all ages.

Hope you can join us!



**Next Memoirs**

Our next meeting will be **Tuesday, March 14th, 7:15pm** – The topic for March is "**Dishes**". If you are interested, but have never participated, feel free to come and just listen. Hope you can join us!

**Leader: Jackie Smith-Miller.**

## 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 10<sup>th</sup>!**

Please RSVP to your liaison.



**Financial Aid Available for College-Bound Students –**  
**Means Scholarship and Hamilton Loan Fund**

First Parish Church has resources to help with college costs. Students who are themselves members of First Parish Church, as well as the children of church members, who will attend an accredited college or university next fall are invited to apply for the 2017-2018 Means Scholarship and/or a Hamilton Loan.

One **Means Scholarship** in the amount of \$3,000 will be awarded to the applicant with the highest GPA over 2.7. In the event of a tie, two scholarships will be awarded. Applicants must have already been accepted by a college or university that is accredited by an organization recognized by the US Department of Education. If the student selected to receive the scholarship decides to defer college, the Trustees will hold the award for one year. Interested students should contact Rudy Langner, by mail or email by **June 1, 2017**. Please state the name of the college you will be attending next fall and your High School GPA. Please include a copy of your High School transcript. Also include a phone number where you can be reached and your home address.

Qualified students (children of church members, or church members themselves, who will be attending an accredited college or university in the fall) who are interested in receiving loans from the **Hamilton Loan fund** should contact Rudy Langner. The amount of any one loan will not exceed \$2,500. Students and their parents will both be asked to sign promissory notes, agreeing to repay the loan within three years after graduating, or if they do not graduate, within one year after terminating their studies. The loans incur no interest if repaid on time. Loans not repaid on time will accrue interest. There is no deadline for applying for a Hamilton Loan.

Rudy's contact information is as follows: Rudy Langner, [rudylangner77@gmail.com](mailto:rudylangner77@gmail.com), Or PO Box 816, Green Harbor, MA 02041

*If you have questions, please feel free to contact any member of the Trustees: Rudy Langner, Peter Nappellio, Russ Pelham, Jeanne Penvenne, or Donna Savicki.*



**Snowy Owl Outing on March 5th, 12:00 noon**  
**(Sign up required)**

We're planning this outing in hopes of seeing Snowy Owls on the beautiful winter beach. Meet at noon at FPC. You must sign up in advance because we need to use 4 wheel drives. Let us know if you have a 4 wheel and can drive!

Contact either Cindy Ladd Fiorini or Sally Delisa.

Cindy Ladd Fiorini: [claddfiorini@gmail.com](mailto:claddfiorini@gmail.com), 617-921-6224 or on FB messenger

Sally Delisa: [delisasally@yahoo.com](mailto:delisasally@yahoo.com), 781-834-6851



**Tuneful Brew Coffee House**  
**Friday, March 3, 7-9 PM**

Featured performer: Christine Hedden, composer and fiddler

Join us for an evening of great music, yummy treats and good company. This month's featured performer is composer and fiddler Christine Hedden. One critic wrote:

"Christine Delphine Hedden creates a sound that draws upon many wells: traditional, classical, and contemporary. As a performer and a composer, she is exploring the fiddle in a variety of contexts: in free jazz and improvisation, in electronic music, in contemporary classical music, and of course, in the great rivers of tradition."

It should be a great evening. \$10 at the door.

