

The Bell-Ringer

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



WORSHIP SCHEDULE

"This Month's Whole-Church Theme is "HEALING"

October 2nd -- **"Sixth Annual Union Service"** – Kingston will host our Union Service this year (with Plymouth and Duxbury) **Come join us once again for this amazing** Intergenerational service (our local version of a "mini GA") Contact our Caring Connection if you need a ride to our **UU Church in Kingston**, 223 Main St, Kingston, MA 02364.

October 9 – **"American Policing's Deadly Crisis and Hopes for Healing"** -- Michael Gardner, who worked for several years as the Personnel Director for the Boston Police Department, will speak on this issue.

October 16th -- **"The Neuroscience of Mindfulness: Healing Body, Mind and Spirit"** -- Come join us as we explore the value of mindfulness, a healing spiritual practice with a scientific basis!

October 23 -- **"The Healing Power of Forgiveness"** -- Holding onto grudges and bottling up negative emotions eats away at you emotionally and physically. Let's discover together the *healing power of forgiveness*.

October 30 -- **"From Grief to Gratitude"** -- Is it possible to move from grief to gratitude after suffering a heart-breaking loss? The answer is "yes." (In the tradition of the **Day of the Dead**, children and adults are invited to **bring a photo or other object to share in commemoration of departed loved ones**, people & pets, in our annual ritual honoring those who are no longer among us. Children will begin the morning in the Sanctuary.) **(SEE INSIDE PAGE---FOR INFORMATION ABOUT OUR WONDERFUL NEW PUMPKIN SUNDAY)**

COMING EVENTS

SATURDAY OCTOBER 1

DIC-Holy Family, 9:00 am

SUNDAY OCTOBER 2

UNION SERVICE KINGSTON 10:30

HIP Parents Meeting 5:00p.m.

HIP 6:00-7:30pm

Buddhist Group 4:00-6:30pm

MONDAY OCTOBER 3

Book Club 3:00 – 4:00pm

TUESDAY OCTOBER 4

10:00a.m. Small Group

RE Meeting 7:00-9:00pm

Bell Choir 7:00-8:30pm

THURSDAY OCTOBER 6

Book Club 9:00am

Alliance Sewing Grp. 10:00-2:00pm

Worship/Music 7:00p.m.

FRIDAY OCTOBER 7

YOGA 10:30 – 11:45a.m.

Office Closes at 12:00 noon

Committee on Ministry 5:00p.m.

COFFEEHOUSE 8:00p.m.

SUNDAY OCTOBER 9

HUNGER WALK

Jr. & Sr. Choir 9:30am

Worship 10:30am

Social Justice Meeting 9:15a.m.

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

MONDAY OCT. 10 Columbus Day

OFFICE CLOSED



A MESSAGE FROM YOUR MINISTER...

*"..to live in this world
you must be able
to do three things
to love what is mortal;
to hold it
against your bones knowing
your own life depends on it;
and, when the time comes to let it go,
to let it go"--Mary Oliver*

On many early mornings for the past two years Jackie Smith-Miller and I have walked along Duxbury Beach. During the summer months, our walks allow us to become quite familiar with the habits of the piping plovers, small sand-colored, sparrow-sized shorebirds that nest and feed along coastal sand and gravel beaches. The female piping plover usually lays four eggs, which hatch in about 25 days. The little chicks fledge when they are three to four weeks old.

(Continued on page 2)

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

Minister's Message continued from page 1 . . .

The parents of the piping plovers don't feed the chicks. The chicks must hop out of the nest and forage for food themselves. If the young bird is threatened by a predator, the adult may pretend to have a broken wing to lure the predator away. But in general the adult birds seem to instinctively know that the whole goal of "parenthood" is preparing the young to fly off on their own and take care of themselves in the world.

Intellectually, I know that this is the goal of human parenting as well--to prepare our young to make their own way in the world. This fall our youngest daughter Becky has begun her last year of college. She has recently signed an employment agreement with a firm where she interned last summer. Sometime next July, Becky will officially leave my "nest," move to New York, and begin her first "real" job. And as proud as I am of this amazing youngest child, I sense myself having trouble letting go. I'm afraid that she'll have claw marks when she "fledges"--and the claw marks will be made by her mom who's trying to hold on!!

Spirit of Life, make me like the piping plover mom. Help me let go of all my chicks. Keep me from my delusions that if I try hard enough, I can actually control the future outcome of their lives. Help me accept the reality that, no matter how hard I try, I can control very little in either their lives or mine. Help me learn to love deeply ---and then, with love, let go.....

Catherine



An update on Sunsue Fleming, our Director of Religious Education, Emerita:

*Over the summer Sunsue was diagnosed with breast cancer. She has undergone a successful operation and has now begun further treatments. Her prognosis is very good. From time to time Sunsue may need rides from our Caring Connection and I encourage you to help out when you can. Sunsue is hopeful to be able to participate in church events from time to time this year and will keep us apprised of her journey with cancer. Loving thoughts and prayers will be received in gratitude. **Cards and notes can be sent to Sunsue at: 225R Carver Road, Plymouth, MA 02360.***

Hunger Walk 2016 - Sunday, October 9

This year, once again, the children will be walking to support Heifer International. Everyone will have a chance to pledge and to cheer them on. We are trying something a little different this year, though. In the past it has seemed cumbersome to collect pledges made to individual children. So, this year we are seeking pledges in an amount per circuit walked.

For example, if there are 20 children participating and all go round 10 times, that would be 200 circuits. If you pledged \$.10/circuit that would be \$20.00. All the pledges will be paid directly to the church, not to individual children. We are asking for a pledge per circuit (up to a maximum, if you like) and you can still give a shout-out to particular kids to encourage them, if you like. If you plan to be away on the 9th, you can email your pledge to ruthowendre@gmail.com. Thank you for your support.



Pumpkin Sunday **October 30** **4:00 – 6:00 pm**

We are already looking forward to Halloween and everyone is invited! We will be doing all the traditional, fun Halloween activities. There will be a haunted house, pumpkin carving, “tricks for treats” and, of course, the Ceilidh - a wonderful celebration with song and stories. But, this year we are combining all the activities into one, super-fun afternoon. So, bring your kids, your grandkids, your neighbor’s kids - everyone! Come in costume and enjoy the activities starting at 4 PM, followed by the Ceilidh at 5PM. Spread the word, this is going to be a fun, old-fashioned, family-style Halloween.



Adult RE Survey

As we enter the second year of the interim period in religious education, the focus will shift to Adult RE. The Adult RE Task Force is working on a survey (similar to the one we did last year for children’s RE) which will be arriving in your inbox in October. There will also be paper copies available. Please take a few minutes and fill out the survey. Even if you aren’t especially involved in Adult RE, we need to hear from you.



MEMOIRS: WRITING YOUR LIFE STORY

The Memoirs group will meet on **Tuesday, October 11th at 7:15pm** in the Marion Fletcher Room to share stories as last month, our **“Memories of a Grand Parent”**. Hope you’ll join us – all are welcome! ***Leader: Jackie Smith-Miller.***



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
Please Join Us! All Welcome!

How Does the Box Project Help Families?

FPC volunteers provide food, clothing and household supplies to nine of the neediest families who have a child in our local Head Start schools. Each volunteer is part of a team that helps one of the families. The team's coordinator divides the family's monthly request among the team who share the effort and expense. You can make a significant difference by being part of the Box Project!



Box Project Thank You

We at FPC are very proud of our ongoing and enthusiastic support of the Box Project the past 22 years! We appreciate your generous contributions to help needy Head Start families and hope we can count on your continued and valued support. If you would like to be a part of the Box Project this year for the first time or for another year, please sign up at the SJC table or contact **Carrie Meier** at carriemeier@comcast.net or **Carol Nappellio** at petercarol1966@gmail.com.

Justice & Equity Conference

When: Sat Oct 1st 10:00 AM (9:30 Registration) to 2:00 PM - Free with Lunch Included

Where: All Souls Church, 196 Elm St, Braintree (Handicap Accessible)

Sponsored by UU Mass Action.org

This is an important time in the struggle for equity, issues of faith and the need for action. **Equity panel** presenters will provide information on the progress of the **Fair Share Amendment** and what you can do help get this passed. An **End Mass Incarceration panel** will discuss **Criminal Justice Reform** in Massachusetts and the anticipated impact of the *Council of State Governments' Study* that's due to be published near the end of 2016.

Participants will have the opportunity for discussion and to learn more about how individuals and congregations can join the movement for justice.



Continued Calendar from pg.1

Book Club 3:00-4:00p.m.

Welcome Congregation 7:00p.m.

TUESDAY OCTOBER 11

Memoirs 7:15 pm

Bell Choir 7:00-8:30pm

WEDNESDAY OCTOBER 12

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

Building & Grounds 9:00a.m.

Committee Chair Meeting 7:00p.m.

THURSDAY OCTOBER 13

Book Club 9:00am

Alliance Sewing Grp. 10:00-2:00pm

FRIDAY OCTOBER 14

YOGA 10:30 – 11:45a.m.

Alliance Talk 6:00p.m.

SUNDAY OCTOBER 16

Jr. & Sr. Choir 9:30am

Worship 10:30am

Share The Plate

Intern Committee 12:00 noon

HIP 6:00-7:30pm

Buddhist Group 5:00-6:30pm

MONDAY OCTOBER 17

Book Club 3:00 – 4:00p.m.

TUESDAY OCTOBER 18

Bell Choir 7:00-8:30pm

THURSDAY OCTOBER 20

Book Club 9:00am

Historical Meeting 9:30a.m.

**Alliance POTLUCK Luncheon
12:30p.m.**

Governing Board 7:00p.m.

FRIDAY OCTOBER 21

YOGA 10:30 – 11:45a.m.

SATURDAY OCTOBER 22

Community Table 9:00am

Bay Player Performance

SUNDAY OCTOBER 23

BOX PROJECT DUE DATE

Jr. & Sr. Choir 9:30am

Worship 10:30am

SHARP DISCUSSION 12:00p.m.

HIP 5:00 – 6:30p.m.

Bay Player Matinee 3:00p.m.

Buddhist Group 5:00-6:30pm

MONDAY OCTOBER 24

Bell Ringer Due Date

Building Use 10:00a.m.

Book Club 3:00 – 4:00p.m.

PFLAG 7:30pm

TUESDAY OCTOBER 25

Bell Choir 7:00-8:30pm

THURSDAY OCTOBER 27

Book Club 9:00am

Alliance Sewing Grp. 10:00-2:00pm

FRIDAY OCTOBER 28

YOGA 10:30 – 11:45a.m.

Bay Player Performance

SATURDAY OCTOBER 29

Bay Player Performance

SUNDAY OCTOBER 30

PUMPKIN SUNDAY 4:00-6:00p.m.

Worship 10:30

Buddhist Group 5:00-6:30p.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 **OCTOBER & NOVEMBER**, please call **KIM WYMAN**, 781-834-4728, kwyman44@verizon.net.



Minister's Office Hours:

Catherine's regular office hours are **Mon., Wed., and Thur.** from **11 a.m. to 3 p.m.** Tuesdays are her days off and Friday's are her sermon writing days. She may be contacted by cell at (781) 635-5906. If you need to schedule an appointment during office hours or any time after office hours, please feel free to contact Catherine at TheRevCatherine@aol.com, at her cell number, or by leaving a message at the church.

STILL ROOM IN:

Spiritual Direction Opportunities at First Parish Church:

The still, small voice is with you whether you are racing through your busy days or sitting in meditative silence or contemplative prayer. Spiritual direction is for anyone who is searching for deeper spiritual insights and for spiritual growth in the events of our hectic daily lives. You can use your time in spiritual direction to slow down, to learn how to listen, to explore life's deeper issues and to make progress toward achieving greater consistency between your deeply held values and your actions. This fall Catherine is offering Individual Spiritual Direction (participants meet with Catherine once a month for an hour or so). Contact Catherine via email at TheRevCatherine@aol.com or call her here at the church (781)934-6532 ext 3, to learn more about this unique ancient spiritual practice. May this be the year you explore more deeply the spiritual meaning of your life!

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.

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)

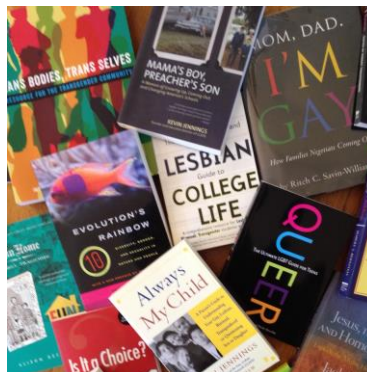
TUESDAYS - Hand Bells 7 p.m.
 Memoirs 7:15p.m. (2nd Tues. each month)
 Communications 7:00pm (2nd Tuesday of every month)

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)
 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)

**Books To Borrow**

Please feel free to borrow! A PFLAG library of books related to LGBTQ issues is available in the HIP room. First Parish members are welcome to borrow these. Simply use the clipboard to sign out what you borrow.

**In Need of a Chair/Vice Chair for our Annual Holiday Fair**

We are in need of a chair or vice chair for our **Holiday Fair, December 3rd**. This fair basically “runs itself” but simply needs one or two people to coordinate all our “usual suspects” who participate in this annual holiday tradition at FPC.

If you could help out please contact Nancy Landgren at 781-934-6006 or clarkland@verizon.net.

You are guaranteed Santa will be good to you!!



Alliance News

This year the Alliance has planned both Evening Meetings and Third Thursday Luncheons. An outline of our scheduled of meetings will soon be available both online and in a brochure.

Here's an outline of our October Meetings:

I. FRIDAY, OCTOBER 14

6:30pm – Dessert

7:30pm – Program: “100 Miles in Maine”

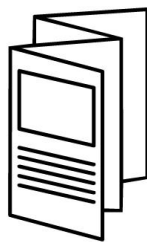
Speaker: Nancy Landgren, using slides, will share her 100 mile hike on the Appalachian Trail this summer. Come One! Come All!

II. 3RD THURSDAY – OCTOBER 20

12:30PM –Lunch in the Parlor – BYOL (Bring Your Own Lunch) followed by a short introduction to writing your Memoirs – Hope you can join us!

III. SEWING GROUP – Meets Thursday morning – 10:30am to create items to sell at our Church Fairs. We'd love to see you there!

All are welcome (Women & Men) to all of our programs!



Alliance Brochure

We will be including a Membership List in our Brochure. If you have not signed our new Membership Book but would like your name included on our Membership List, please notify **Nancy Ovaska** (617) 750-8833 or nanovaska@yahoo.com or **Jackie Smith-Miller** (781) 934-5750 – ASAP – Thank you ☺



FELLOWSHIP UPDATE

In an effort to have everybody involved in providing snacks during coffee hour this year, we are changing things up a bit. This year we will organize fellowship hosting by last name. Each week will be assigned to a letter of the alphabet. If your last name begins with that letter, you will be responsible for providing an edible item, and putting out the milk, cream sugar, etc. for coffee hour that Sunday morning (our Sexton makes the coffee and handles clean up). Examples of what to bring include: cookies, breads, cheese and crackers, fruit, or any kind of yummy snack. It can be homemade or store bought. The idea is that "many hands make light work" and we want everybody to be involved this year!

Each week, we will announce on the UUA Facebook page, as well as in the newsletter and by email or phone, who is responsible for contributing to coffee hour for the upcoming week. If you have any questions, please contact Katy Gaenicke at k.gaenicke@comcast.net.



October 16th First Parish Church Begins a Share the Plate Ministry

Once each month First Parish will give our entire non-pledge collection to a member-nominated non-profit whose mission and values align with those of our church. This month our recipient organization will be Médecins Sans Frontières - MSF or Doctors Without Borders - who deliver emergency aid to people affected by armed conflict, epidemics, healthcare exclusion and natural or man-made disasters.

Heads up! Here is how it works: On Sunday 10/16 please make all checks out to First Parish Church but indicate in the memo line whether your check is to go to MSF or towards your pledge, or to some split between the two. By giving to the broader community, we show who we are and for what we stand.





Let the Sun Shine!

After months of research and work, the Green Sanctuary Task Force of First Parish Church is excited to announce that the membership voted YES at the annual meeting for solar panels on the Harvey Hall roof!

Since our church as a nonprofit cannot take advantage of tax saving incentives for solar panels, we have followed the example of other UU churches (Kingston, Norwell, Winchester) and formed a Limited Liability Corporation (LLC) to accomplish this.

Church members are being given the opportunity to become shareholders in this LLC. The LLC will in turn sell FPC electricity for a 10-year period for roughly half of what the church is now paying, and return tax and other financial incentives to the shareholders. At the end of 10 years, the church will assume ownership of the array and the electricity it generates at zero cost for the life of the system. The array is warranted for 20 years.

We are soliciting interested church members during the rest of September 2016, to lock in the current solar incentives by October 1!

Expenses for getting the array up and running and forming the LLC will be about **\$70,000. Twenty shares priced at \$3,500 each will be sold to cover costs.** At the outset, we are limiting the share purchase to one share per family. If there are more than 20 members interested, we will hold a lottery.

At this time we are projecting the following returns to shareholders:

- One-time tax credit of \$980
- 10 years of annual cash income of about \$280
- Additional tax deductions should make almost all cash income non-taxable.
- Overall return of approximately 5-6% possible on your investment. Your actual rate of return on this investment will vary depending on your tax rate and sources of income. Please call for more details.

Eight people have committed so far. Please join us if you'd like to be part of First Parish Church reducing its carbon footprint, saving \$\$, and fulfilling our UU 7th principle!

Contacts: *Lois Wood, 781-934-9070, lw@loiswood.com, Lynn Marples, 781-934-0419 lmarples@yahoo.com, Nancy Landgren, 781-582-421, clarkland@verizon.net, Phil Angell 781-775-5132, angell_phil@yahoo.com.*



Wine and Cheese Committee Chairs Meeting – October 12

Hello to all committee chairs and vice-chairs. We will be holding our first committee chairs meeting on **Wednesday, October 12 at 7:00 pm**. An official invitation will be sent out shortly.

The annual meeting is designed to:

- 1) allow chairs to meet the other chairs in their cluster
- 2) open a dialog between chairs and the governing board, especially their cluster reps
- 3) answer questions about budget issues
- 4) help with organization and answer any other questions
- 5) discuss the concept of looking at our actions “through the lens of growth”
- 6) have fun! We will be having wine and cheese.

We hope to see all the committee chairs and vice chairs there!



Tuneful Brew Coffee House -- Friday, Oct. 7, 8-10 PM

The coffeehouse debut in September was spectacular and October's show might be even better. The featured performer on Oct. 7 is Rob Flax, an award-winning multi-instrumentalist, composer, and educator from Evanston, IL with a playful heart and an open mind. He has performed locally, nationally, and internationally with groups of many different styles, including opening for B.B. King and Tower of Power, collaborating with dancers and filmmakers (including work on the soundtrack of James Franco's film *As I Lay Dying*), and several original projects. There will be a multi-instrument jam at 8 PM and Rob will play at 9 PM. There will be some great food too, so come and bring your friends. \$10 at the door.



Father Bill's Community Table - Saturday, October 22nd

FPC will be providing and serving lunch to the guests at Father Bill's Community Table in Brockton on Saturday, October 22nd. Please stop by the Social Justice table at coffee hour on Sundays to sign up to make a casserole (recipe and pan provided), salad fixings, desserts and/or to serve. You can also sign up by emailing me at calbrandeis@gmail.com.

If you sign up to serve, we will meet at 9 am at church on the 22nd to load up the food and caravan over to Father Bill's in Brockton. We will be back in Duxbury around 1:45 pm.

Thank you.

Callie Brandeis

Youth Coordinator of Father Bill's Community Table & Social Justice Committee Member

Two Upcoming Events in First Parish Kingston!



"Treasures of First Parish"

On our 300th year, we will display historic artifacts that will help illuminate the importance of First Parish to the Kingston community.

When: October 15th from 12:00 - 2:30pm

Where: First Parish Kingston's Beal House located at 222 Main Street

Free Admission



Family Concert

When: October 15, 2016 from 3:00-5:00 pm

Where: First Parish Kingston's Sampson Hall at 222 Main Street

To help celebrate our 300th birthday, First Parish in Kingston presents a "Family Concert." Parents, grandparents, aunts and uncles will want to bring their children to experience the magnetic talents of

Mr. Whirlygigs & The Toe Jam Puppet Band



Be prepared to move, dance and sing along with these well-known performers loved by children of all ages!

Tickets are \$20 for a family of four. Extra adults are \$10 each.

Additional children 5 and older are \$5.

Additional children under 5 are free.



Three Bedroom House for Rent

Three bedrooms, One and one half baths, fully furnished house for rent in Green Harbor, Marshfield. House is on a quiet side street, one block from the beach. Energy efficient, gas heat and hot water, fully insulated. House is available until June 1, 2017, shorter terms considered.

Please contact Rudy or Mary Langner for more info, 781-837-2968

