

# The Bell-Ringer

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

NON PROFIT  
ORGANIZATION  
U.S. POSTAGE  
**PAID**  
DUXBURY, MA  
PERMIT #12



JANUARY 2020



OUR ALL CHURCH THEME THIS MONTH IS "INTEGRITY".

## WORSHIP SCHEDULE

**Jan. 12th-- "The Allen's of Duxbury: Stewards of a Sacred Space"** -- As Cedar Hill Retreat Center celebrates its 40th year (see info inside) we are thrilled that Catherine will be joined by Duxbury Rural and Historical Society's former director, **the esteemed historian Patrick Browne!** Patrick will explore with us the story of the beautiful seaside Allen property through the lens of Transcendentalism -- invite your family & friends to this special service!!

**Jan. 19th -- "American Race Relations as seen through two paintings by Norman Rockwell"** -- Michael Gardner will be in the pulpit for this Sunday.

**Jan. 26<sup>th</sup> -- "Guilty of Being Gay"** -- Join us for this important and moving visit of several asylum seekers from the LGBT Asylum Task Force, a ministry of Hadwen Park Church in Worcester which is dedicated to supporting and empowering LGBTQI individuals seeking asylum in the United States. **MEETING THESE BELOVEDS LAST SPRING & HEARING THEIR STORIES WAS A POWERFUL EXPERIENCE---PLEASE JOIN US (AND BRING A FRIEND).** (We will be sharing our collection plate with this group---bring your open heart and your open wallet, if possible!)

## COMING EVENTS

### SATURDAY JAN. 4

DIC Mtg. -- Sisters of St. Margaret  
SS Folk Group Concert 7:00-9:30pm

### SUNDAY JAN 5

Sr. Choir 9:00a.m.  
Worship 10:00a.m.  
Buddhist Group 5:00-6:30p.m.

### MONDAY JAN 6

Historical Meeting 3:30pm

### TUESDAY JAN 7

Small Group 10:00-11:30am

### WEDNESDAY JAN 8

Building & Grounds 9:30am  
Kindred Spirits 10:00-11:30a.m.

### THURSDAY JAN 9

Book Club 9:00 a.m.  
Alliance 10:00-2:00p.m.  
Small Group 10:30-12:30p.m.

### FRIDAY JAN. 10

**FELLOWSHIP FRIDAY --**  
**BLAKE PLANETARIUM -- 5:30-6:30pm**

### SUNDAY JAN. 12

Sr. Choir 9:00a.m.  
Worship 10:00 a.m.  
Social Justice 9:00a.m.  
Buddhist Group 5:00-6:30 p.m.  
Youth Group 6:00-8:00pm



## A MESSAGE FROM YOUR MINISTER...

*"A Blessing For the New Year" by John O'Donohue*

*On the day when  
The weight deadens  
On your shoulders  
And you stumble,  
May the clay dance  
To balance you.*

*And when your eyes  
Freeze behind  
The grey window  
And the ghost of loss  
Gets in to you,  
May a flock of colours,  
Indigo, red, green,  
And azure blue,  
Come to awaken in you  
A meadow of delight.*

*(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](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. Dr. Catherine Cullen, Minister  
Edwin Swanborn, Music Director  
Lenore O'Malley, Church Administrator  
Elaine Stephansky, Bell Choir Director

Dr. Kate Sullivan, Acting Director of Community Life & Learning  
Jackie Smith-Miller, Dir. of Religious Education, Emerita  
Sunsue Fleming, Director of Religious Education, Emerita

### ***Minister's Message continued from page 1 . . .***

*When the canvas frays  
In the currach of thought  
And a stain of ocean  
Blackens beneath you,  
May there come across the waters  
A path of yellow moonlight  
To bring you safely home.*

*May the nourishment of the earth be yours,  
May the clarity of light be yours,  
May the fluency of the ocean be yours,  
May the protection of the ancestors be yours.*

*And so may a slow  
Wind work these words  
Of love around you,  
An invisible cloak  
To mind your life.*

Dear Friends,

Here we are---at the threshold of a new year *and a new decade*....*filled with infinite possibilities for us to get it right (whatever getting it right means in your life!)*

This new year is full of things that have never been. ***What would you like to see happen in your life this year?*** As a wise man once said, "New year—a new chapter, new verse, or just the same old story? Ultimately we write it. The choice is ours."

May you choose wisely, my friend---**may 2020 be the best year of your life!!**

***Catherine***

## Thoughts from your Director of Community Life & Learning

Happy New Year to all! What a wonderful holiday Season we had at FPC. From kicking off the festivities with our Fun Friday caroling with members and friends at the Village in Duxbury, to the Holiday Fair, Holiday Pageant and our wonderful Candlelight Christmas Eve service, it was so wonderful to celebrate the season with all of you!

Our Fun Friday community event this month is a FREE trip to the Blake Planetarium in Plymouth on



January 10<sup>th</sup>, 5:30pm. You don't want to miss it! Bring your family & friends. Let me know if you need a ride and we'll pick you up!

This month in Religious Education we'll be learning about our UU Principles and Promises. We'll begin with our **Red Promise – Respect for all beings**, which is the children's version of our

1<sup>st</sup> Principle that states that UU's believe in the Inherent Worth of Dignity of All People. For kids, the issue of what to do about people who are mean (think of the school bully) plays a large role in their understanding of the struggle to be respectful to all. What do you think? How can we best respond to people who are behaving badly? Ask your children & grandchildren what they think and share with them what YOU think!

Our theme this month is **Integrity** which is defined as the quality of being honest and having strong moral principles; moral uprightness by the New Oxford American Dictionary. I like this definition by Ben Dean: *Integrity goes beyond speaking the truth to include taking responsibility for how one thinks and feels and what one does.* I like it because of the focus on taking responsibility for our behavior which underlies our respectful treatment of others.

Our Soul Matters monthly packets include the following suggestion about Integrity: Don't make this month just about "being better," but make some time to also be quiet. Think of the hunt for integrity more like getting away from all the noise of the traffic so the song of the birds can be heard. Or like when we wandered off a bit too far into the woods as a kid. We knew the call of our parents would soon come, leading us back home. It's the same with our memories and our deepest selves: They are calling to us from the edge of the woods. All we have to do is stop and listen."

Peace & Blessings, Kate



# Governing Board 2019-20

## **Message from Governing Board President**

**Rooted, Inspired, & Ready!** That's the theme for General Assembly (GA), the annual meeting of our Unitarian Universalist Association happening June 24-28, 2020. And we are so fortunate that it's happening near us in Providence, RI.

GA is a great UU experience! Attendees worship, witness, learn, connect, and make policy for the Association through democratic process. More than 100 workshops, panel discussions, worship services, and other presentations provide concrete and usable tools, inspiration, and innovative ideas. **Financial aid for First Parish youth and adults will be available thanks to a Cell Fund grant.**

Sunday Morning Worship at GA is a powerful, communal experience and is the largest annual gathering of UUs in Worship. **First Parish will have a bus for those wanting to attend Sunday.**

Whether for the entire experience or for one day, plan to participate at GA and you'll leave with renewed energy and ideas to share with our congregation and community-at-large!

To learn more find flyers across from the church office or go online: <https://www.uua.org/ga>. Watch this space for specifics about financial aid and registration deadlines.

**Mary Flanagan**



**GENERAL ASSEMBLY INFO MEETING  
SUNDAY FEBRUARY 2, 2020  
11:30-noon  
COME HEAR CATHERINE TALK ABOUT GA !!**



## ***Ring Out Justice!***

### **News of Social Justice Activities at First Parish Church**

#### ***Social Justice Committee Members:***

***Ann Callanan, Sally Delisa, Mary Flanagan, Sherry Gardner, Bob Hughes, Eleanor McGonagle, Carrie Meier, Sarah Moran, Carol Nappellio, Peter Nappellio, Susan Rudman, Judy Savage, Donna Savicki, Mark Schlesinger, PJ Simeone, Jana Tolisano, Cindy Simmons, Ronnie Whelan.***

*Membership in the Social Justice Committee is open to all FPC members and friends. If you are interested in joining us, please contact Donna Savicki (781-585-8041 or [dsavicki@comcast.net](mailto:dsavicki@comcast.net)) or just drop in on one of our meetings. In odd numbered months (Sept., Nov., Jan., March, and May) we will meet before church, at 9:00, in the Harvey Assembly Hall. In even numbered months (Oct., Dec., Feb., April, and June) we will meet at 11:30, after church in the parlor.*



#### **Mass Bail Fund**

The Mass Bail Fund pays bail so that low-income people can stay free while they work towards resolving their cases, allowing individuals and families to stay productive and stable. If you'd be willing to spend an occasional evening accompanying a First Parish volunteer while she posts bail at the Plymouth jail then gives the client a ride home, please contact Mary Flanagan (617-797-5996 or [mcflanagan46@comcast.net](mailto:mcflanagan46@comcast.net)) or Donna Savicki (781-585-8041 or [dsavicki@comcast.net](mailto:dsavicki@comcast.net))



#### **THANK YOU ON BEHALF OF THE BOX PROJECT FAMILIES**

Thanks to all of you who took a tag to help make this Christmas a happy one for the families we help through the Box Project. I was thrilled by all the support - as I have been every Christmas for the last 25 years. We are fortunate to be part of such a generous and thoughtful congregation.

***Carrie Meier, Coordinator for the Box Project***





## **SATURDAY, JANUARY 25TH FATHER BILL'S COMMUNITY TABLE**

*HUGE THANKS to all of you who have so generously supported Father Bill's this past year!*

Participating in Father Bill's Community Table is a meaningful opportunity for our community to offer good food and a connection with those less fortunate than ourselves. Please consider signing up to offer food or serve with your family, friends or small group for January 25<sup>th</sup>, 2020.

We are still in need of the following for January 25:

3 servers

14 casseroles -pan and recipe available @ the Social Justice table @ coffee hour ( *casserole can be made any time during the month and be brought to the church to be frozen*)

5 bags of Salad Fixings for 10+

5 Brownie desserts (*Brownies also can be made anytime during the month and brought to the church to be frozen*)

Please stop by the Social Justice table at coffee hour, or email me @ [sherrygardner47@hotmail.com](mailto:sherrygardner47@hotmail.com)

Thank you for all your support,  
Sherry Gardner



International  
Institute of  
New England

## **IMMIGRANT SUPPORT**

Thank you First Parish, for your generous support of immigrants and refugees served by the International Institute of New England. And thanks to our Share the Plate program.

IINE is also happy to have gently used household items of twin or double sheets and blankets for their many clients. Please contact Eleanor McGonagle, at 617 999 3798 or [eleanor9785@gmail.com](mailto:eleanor9785@gmail.com) to arrange a pick up or collection We will make a delivery to Boston in mid January.

The Safe Communities Act public hearings have been rescheduled for Friday January 24 at the State house. Gardner Auditorium.

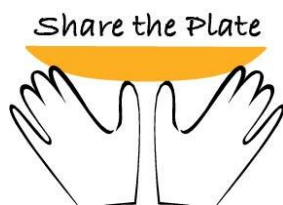
*Eleanor McGonagle*



### **HELP THE HOMELESS STAY WARM**

This January, Bob Hughes will once again participate in the state-wide count of homeless people. He will be in Brockton and is asking for donations of warm hats, scarves, gloves and socks as well as small toiletries. Anything Bob does not distribute the night of the count will be donated to Father Bill's Mainspring House. The stores are having great after-Christmas sales so now is a good time to pick these items up! There is a box on the bench in the hallway outside the parlor where you can drop off your donations by **January 26**. Thank you!!

*Donna Savicki and Bob Hughes*



### **Next Share The Plate**

**LGBT Asylum Task Force -- Sunday, January 26**



The next Share The Plate will be on **January 26**. Please come to hear the asylum seeker's incredible stories and to give generously to our "Share-the Plate" nominee.

A **talk back** with our guests will be provided after the service in the HIP room.



### **THANK YOU FOR DONATIONS**

Thanks to all of you who have donated funds to purchase baby furniture. Because of you, we can give a mother a car seat for infant through toddler age, a bassinet and a crib that can be made into a toddler bed. The mother is going through a very difficult time, but your support has helped her to build trust in others and to have hope.

*Carrie Meier, Box Project Coordinator, and the Social Justice Committee*

**MONDAY JAN. 13**

SSHAGLY 7:00pm

**TUESDAY JAN. 14**

Bell Choir 6:30-8:00pm

**THURSDAY JAN. 16**

Book Club 9:00 a.m.

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

Governing Board Meeting 7:00pm

**SATURDAY JAN. 18****SS Folk Music Coffeehouse****7:00pm****SUNDAY JAN. 19**

Sr. Choir 9:00 a.m.

Worship 10:00 a.m.

Membership 9:15am

Buddhist Group 5-6:30 p.m.

**MONDAY JAN. 20****MARTIN LUTHER KING DAY****OFFICE CLOSED**

MLK Breakfast &amp; Service

**TUESDAY JAN. 21**

Small Group 10-11:30am

**WEDNESDAY JAN. 22**

Lifeline Screenings 8:00-4:30pm

**THURSDAY JAN. 23**

Book Club 9:00 a.m.

Alliance 10-2:00 p.m.

**SATURDAY JAN. 25**

Community Table 9:00a.m.

**ROBERT KAUFFMAN MEMORIAL  
& COLLATION 3:00pm****SUNDAY JAN. 26****Welcome Congregation Service****After Church Talk Back****SHARE THE PLATE**

Sr. Choir 9:00a.m.

Worship 10:00a.m.

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

Youth Group 6:00-8:00pm

**MONDAY JAN. 27****BELL RINGER DUE DATE**

SSHAGLY 7:00-9:00pm

PFLAG 7:00-9:00pm

**WEDNESDAY JAN. 28**

Bell Choir 6:30-8:00pm

**THURSDAY JAN. 30**

Book Club 9:00 a.m.

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

**Picture Taking 2:00-9:00pm****FRIDAY JAN. 31****Picture Taking 2:00-9:00pm****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 **JAN. & FEB.**, please contact **DEB WORSH** at 781-837-9030, [DEBORAHWORSH@GMAIL.COM](mailto:DEBORAHWORSH@GMAIL.COM).

**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](mailto:TheRevCatherine@aol.com), at her cell number, or by leaving a message at the church.

**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.



**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 (3<sup>rd</sup> Sun. each month)Silent Joys & Concerns (4<sup>th</sup> Sun. each month)Membership 9:30am (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. In odd numbered months (Sept., Nov., Jan., March, and May) we will meet before church, at 9:00, in the Harvey Assembly Hall. In even numbered months (Oct., Dec., Feb., April, and June) we will meet at 11:30, after church.

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

**MONDAYS** – Building Use 10 a.m. (4<sup>th</sup> Mon. each month)Historical Committee 3:30p.m. (1<sup>st</sup> Mon. of 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)SSHAGLY – 7:00-9:00p.m. (2<sup>nd</sup> & 4<sup>th</sup> Mon. of every month)PFLAG – 7:00-9:00pm (4<sup>th</sup> Monday of each month)**TUESDAYS** - Hand Bells 6:30p.m.**WEDNESDAYS** – RE Committee 7 p.m. (1<sup>st</sup> Wed. of each month)Building & Grounds 9:00-11:00a.m. (1<sup>st</sup> Wed. of each month.)

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

"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)Alliance Luncheons 12:30pm (3<sup>rd</sup> Thurs. each month)Governing Board 7 p.m. (3<sup>rd</sup> Thurs. each month)**FRIDAYS** - Committee On Ministry 5:30p.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 Trip to the Fuller Craft Museum****3rd Thursday Luncheon/Field Trip****Thursday, January 16th**Gather at church 10:00am to carpool to the **Fuller Craft Museum** in Brockton.

Senior Admission fee is \$10.00.

We will stop on the way home at **Grille 58 in Halifax** for lunch.

(Scholarships available for Admission Fee)

See Nancy Ovaska or Jackie Smith-Miller

If you would like more information or see the current exhibits, website link is: [fullercraft.org](http://fullercraft.org)**February Bell Ringer Deadline****January 27<sup>th</sup>, 2020**

**Welcoming Congregation Service January 26, 2020 with LGBT Asylum Task Force**



**Did you know that in over 70 countries being LGBTQI is illegal?**

In 26 countries same-sex acts can result in prison sentences from 10 years to life? In 11 countries; the death penalty?

The **Welcoming Congregation Committee** proudly announces that *Alford Green, Director of the LGBT Asylum Task Force*, and several asylum seekers will join Catherine in the pulpit to share stories and explore the struggles of LGBTQI folks around the world for its annual service on **January 26<sup>th</sup>**.

The **Hadwen Park Church LGBT Asylum Task Force** is a welcoming community-based organization in Worcester, Massachusetts dedicated to supporting LGBTQI persons seeking asylum protection from torture and abuse in their home countries. Asylum seekers are prohibited from working for at least 180 days after submitting a petition for asylum. As a result, many are forced into homelessness and resort to stigmatized means of survival. The LGBT Asylum Task Force assists asylum seekers in several ways:

- Providing housing, food and a small monthly stipend to cover their most basic of needs.
- Facilitating connections to existing pro bono legal services. Studies have shown that asylum seekers who have an attorney stand a much greater chance of being granted asylum than those who do not.
- Engendering a sense of community and providing emotional support desperately needed by those fleeing persecution.

Founded in 2008, the **Task Force** volunteers have raised money and sourced donations to support more than 100 individuals during their asylum-seeking process.

Please join The Welcoming Congregation Committee on January 26<sup>th</sup> to hear the asylum seeker's incredible stories and to give generously to our "**Share-the Plate**" nominee.

A **talk back** with our guests will be provided after the service in the HIP room.



**History Matters**  
**Lights on in our showcase**

You probably have walked past the showcase located in the Foyer of the sanctuary many times but have never examined its contents. Recently the Historical committee has added much needed lighting to the showcase and plans to rotate displays there from time to time. At present there is a display, created by Polly Nash, describing the various buildings that have housed First Parish Church and their locations. As you will learn from the display we are currently occupying the fourth meeting house built in 1840. The first two “Town Houses” as they were called were built in 1632 and 1706 respectively. They were located almost a mile away from the present site.

Something happened in 1834 that stopped the use of the name “Town House” and made our present church known as only First Parish Church. I will let you find out for yourself what that was. The answer is in the showcase.

*Submitted by Jim Savicki*



**MARTIN LUTHER KING, JR.**  
**PRAYER BREAKFAST & SERVICE**

Duxbury Interfaith Council invites you to its annual Martin Luther King, Jr. Prayer Breakfast & Service on Monday, January 20 at Holy Family Church, Duxbury, beginning with Breakfast at 8:15 am in the lower church followed by a Prayer Service in the main church at 9:00 am. Guest Speaker will be Ms. Lorna DesRoses, Coordinator of Black Catholic Ministries for the Archdiocese of Boston. Donation is \$5/person or \$15/family.

## **Time to Sign up for your New Church Directory Photo!**

Sign up soon to get your preferred time slot for your new directory photo. All members are welcome to include their families and even pets for their photo session. Everyone that is photographed gets a free directory, 8x10 portrait, and a deep discount on any further photos you would like to purchase.

How do you sign up?

- 1) Follow this link to sign up online Quick and easy!

<https://booknow-lifetouch.appointment-plus.com/b3dlvmtg>

- 2) Sign up at the membership table during coffee hour.

Whether or not you want a photo included in the new directory, we're asking everyone to please review and update your contact info on one of the printouts on the round table in the parlor after church on Sunday. Thank you!

## **IT'S TIME TO SIGN UP FOR THE NEW DIRECTORY!**



We are partnering with Lifetouch to create a new photo directory for our congregation. Photos will be taken here at Church Jan 30, 31 & Feb 1. It is time to sign up! Look for the Membership sign-up table at coffee hour all month or stay tuned for instructions to sign up easily on line . Got questions? Ask KATE



**Where everyone knows your name**

Be a part of the new First Parish Duxbury directory as we strive to create an even more welcoming community

Photography

Thursday, January 30th - Saturday, February 1st

## Rooted, Inspired, & Ready!



**GENERAL ASSEMBLY INFO MEETING  
SUNDAY FEBRUARY 2, 2020  
11:30 -noon**

**COME HEAR CATHERINE TALK ABOUT GA!!**



### **First Parish Knitters and Crocheters**

You are invited to join with other knitters and crocheters for an hour of fiber crafting and conversation. We will meet and decide how we want to go forward.

**WHEN:** January 5 and once a month thereafter at 11:30.

**WHERE:** The garden level - HIP room, which you get to by going left at the bottom of the stairs and then down hall to last room on the left.

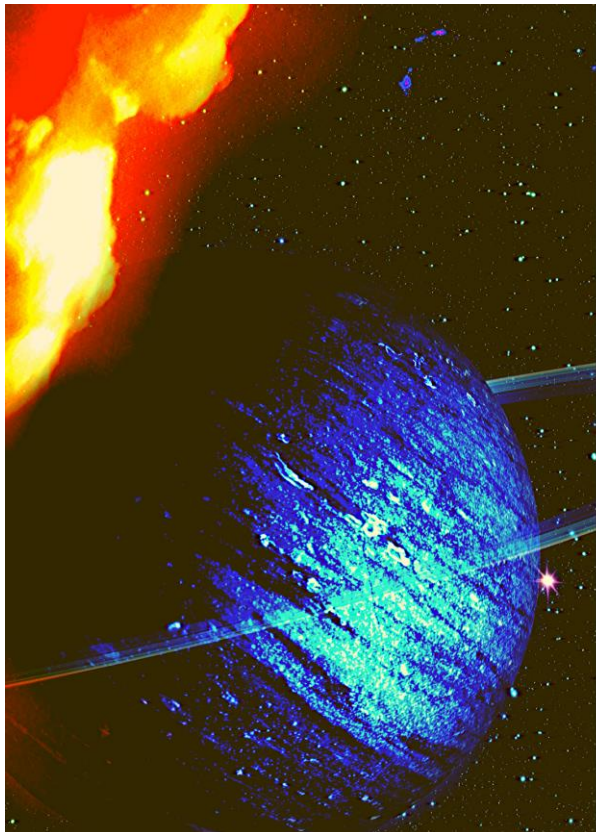
**WHO:** EVERYONE who is interested. Men, women, never-knitters, experienced knitters/crocheters. Parents of young kids, older folks, teens. Kids welcome!

**WHAT:** Either working on a charitable project or a personal project.

Last year we worked on Welcome Blankets for immigrants. What might we do this year?

If you have any questions, please contact Cindy Ladd Fiorini at [claddfiorini@gmail.com](mailto:claddfiorini@gmail.com) or 617-921-6224





## FUN FRIDAY PLANETARIUM

Friday January 10th  
5:30 - 6:30pm

Blake Planetarium  
Plymouth Community  
Intermediate School

117 Long Pond Road  
Plymouth, MA 02360

All Ages Welcome | FREE

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Seating limited  
Advance registration  
required

Email [re@uudux.org](mailto:re@uudux.org) to  
reserve seats

*Cedar Hill  
Retreat Center  
is  
Celebrating  
40 Years!*



**January 12, 2020 • 12-3pm**  
346 Standish Street, Duxbury

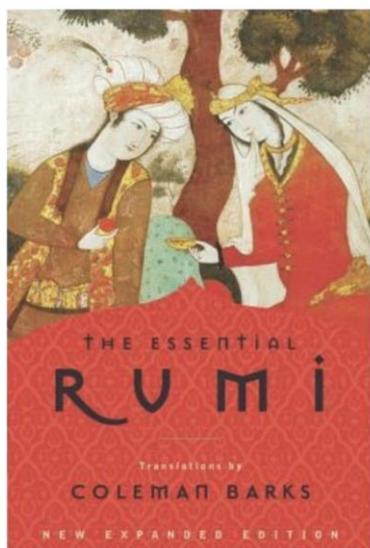
***Join us for an Open House with guest speaker Tony Kelso, Duxbury Historian***

Learn about the history & legacy of Cedar Hill's benefactor Rosamond Allen  
and the future of Cedar Hill Retreat Center & nature preserve.

**CONTRIBUTE TO CEDAR HILL RENEWAL FUND:**

Send a check or money order (no cash) made payable to Cedar Hill Retreat Center, P.O. Box 1371,  
Duxbury, MA 02331. Do not send cash. Please indicate on the check memo line: CHRC or visit Go Fund Me.  
CHRC, Inc. is a non-profit organization, so all gifts are Tax Deductible. Gifts of \$100 or more will be acknowledged on their website.  
Regardless of the size of your patronage, all donors will be updated on our progress annually.

***Hosted by the Cedar Hill Renewal Committee [cedarhillcenter.org](http://cedarhillcenter.org)***



## **The Essential Rumi**

*Come experience the poetry of this popular 13th century Sufi mystic.*

Co-facilitated by  
Rev. Dr. Catherine Cullen and  
Andrea Brandeis

**At the Duxbury Senior Center**

**3-Week Monday Rumi Series**

**February 3rd, 10th & 24th**

**9:30 to 11 a.m.**

**Class fee: \$15**

**Book \$15 (If you order with us at the time of sign up)**

**Duxbury Senior Center**

**Reservations: 781-934-5774 ext. 5716**

**Series registration begins Monday, January 6th**

**(Snow make up date: Monday, March 9th 9:30 am to 11 am)**



## **Room for Rent**

In Sarie Booy's antique house on 2.5 acres, conveniently located near schools, the beach, town center and Rt. 3.

Large furnished bedroom with skylight; shared kitchen and ample parking. Includes all utilities, house cleaning, Wi-Fi and more.

A tranquil spot for a busy professional. \$925 per month. Call 617-953-9444 or email to: [sariesweethome@gmail.com](mailto:sariesweethome@gmail.com)



at First Parish Duxbury

## January 2020 at the Club!

Great music, Friendly volunteers, Homemade Snacks, Folk atmosphere in a beautiful hall

**Refreshments: Homemade baked goods, wide variety of beverages including hot apple cider (NO light dinner this season)**

## Steve Morgan and The Kingfish

**CONCERT: Saturday, January 4, 7 PM (doors open 6:30)**



*Winners of the 2015*

*Boston Blues Challenge!*

*Healthy doses of sweet harmonies and  
horn-based R&B and jazz into sophisticated  
and rocking tunes.*

*It's gonna be a whole lot of music!*

**Saturday, January 18, 7 PM (doors open 6:30)**

## **It's our more informal Coffeehouse series!**



**Chuck Williams, our featured act**, is never at a loss for words. His lyrics, at times, are rural poetry. i.e. poems of the forests, roads, farmlands and prairie. If there's a touch of fantasy – in the hands of **Chuck Williams** it will work as a folk song. **Chuck** has a personable, expressive singing style and is considered a formidable traditional singer-songwriter. If an older folk-roots collection is your forte you won't go wrong with **Chuck**.

**Opening act CiCi Eberle** is a veteran, ever-evolving, performing songwriter, covering a range of musical styles, with influences drawn from folk, acoustic rock and blues. **CiCi** mines simple, every-day topics to create honest, quirky, off-beat songs that span the full range of emotions and a few belly laughs. **CiCi** is an accomplished guitar player, integrating her guitar as another voice in her story telling.



**Open Mic after CiCi and after the break. Sign up for 8 minutes when we open at 6:30.**

**For more info/advance tix:** <http://www.southshorefolkmusicclub.org/>

**See you at the Club!**



**At First Parish Church**  
**January 2, 2020**



**Life Line Screenings go  
beyond regular checkups  
to look inside your arteries  
for signs of plaque build-up**



**All 5 Screenings for \$139**

**Carotid Artery/  
Plaque Screening**

Ultrasound scan  
of the carotid  
arteries that screens  
for plaque buildup.

**Heart Rhythm  
Screening  
(Atrial Fibrillation)**

Screens for  
irregular  
heart beat.

**Abdominal  
Aortic Aneurysm  
Screening**

Screens for an  
aneurysm in the  
abdominal aorta,  
which could rupture.

**Peripheral Arterial  
Disease Screening**

Screens for  
peripheral  
arterial disease  
in the lower  
extremities.

**Osteoporosis Risk  
Assessment**

Ultrasound screen  
of the heel bone to  
determine abnormal  
bone mass density.

**We will be in your neighborhood soon on Wednesday, January 22, 2020  
at Duxbury - First Parish Church Unitarian Universalist**

**Get your special Community Circle pricing!**

**Three ways to register:**

**Call toll-free: 1-866-229-0469**

**Online: [www.lifelinescreening.com/communitycircle](http://www.lifelinescreening.com/communitycircle)**

**Text: the word **circle** to 797979**



**Getting Screened  
is Simple!**

**Painless, non-invasive,  
keep your clothes on.**



Screening results are provided to you in 21 days. We direct all participants with abnormal results to take the report to their physician. All tests are for screening purposes only. You should consult with your personal physician regarding your screening results. Insurance Note: Life Line Screening does not participate in the Medicare program and the cost of our screening services is not covered or reimbursable by Medicare. Life Line Screening does not file insurance claims. Screenings in California are provided by Life Line Mobile Screening, a physician owned practice. Screenings in Kansas are performed by Life Line Screening of America, Ltd. on behalf of Life Line Screening Physicians, P.A. Screenings in New Hampshire, New Jersey and New York are performed by Life Line Medical Screening, LLC (Dr. Andrew Manganaro, 70 Niagara Street, Buffalo NY, 14202). Life Line Screening does not engage in the practice of medicine in those states. This information is not intended to induce referrals by Life Line Screening to Life Line Medical Screening, LLC for any professional medical service. Texas residents: Physician authorization is required. A Life Line Screening affiliated physician will provide authorization for you if you qualify. Cancellation Policy: A full refund is issued if you call to cancel at least 2 days prior to your appointment. If less than 2 days' notice is given, we will issue a Gift Card for the full amount to be used, to purchase future screening services.