



The Bell-Ringer

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

 **FEBRUARY 2014** 

WORSHIP SCHEDULE

Feb. 9th: *Our Annual Church School Play – “Our Family Tree”* - Each year during the middle unit of our church school, the children in grades 2-6 explore a theme and then prepare a play or program on that theme for the congregation.

Feb. 16th: *"Love Your Enemies"* Great spiritual teachers like the Buddha and Jesus have encouraged us to love our enemies. Is that really possible---or even desirable? Is there some way to make peace with our "enemies" and bring more happiness and peace into our own lives?

Feb. 23rd: *"You Are The Holy Temple"* – Our Student Minister, Tom Bozeman will be speaking on this interesting topic.

March 2nd: *"THE Interconnected World Wide Web"* Today people are "connected" more than ever thanks to smart phones and communication tools such as Facebook and Twitter. Yet American's are statistically some of the loneliest people on Earth! In this talk Peter Bowden, a TV producer and Unitarian Universalist consultant, will share how we can use the best of both worlds -- online and offline - to create the communities and world we dream of.

COMING EVENTS

TUESDAY FEB. 4

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

WEDNESDAY FEB. 5

Building & Grounds 10:00a.m.

R.E. Meeting 7:00p.m.

Growth Team 7:00p.m.

THURSDAY FEB. 6

Book Club 9:00a.m.

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

Worship 7:00p.m.

FRIDAY FEB. 7

Committee on Ministry 5:00p.m.

SATURDAY FEB. 8

Play Rehearsal 9:00-12:00p.m.

Dancers 8:30 a.m.

SUNDAY FEB. 9

CHURCH SCHOOL PLAY

Dancers 8:30 a.m.

Cast 9:00 a.m.

Worship 10:30a.m.

Social Justice 9:00a.m.

HIP 6-7:30p.m.

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

MONDAY FEB. 10

Meeting at the Moon 6:30-8:00p.m.

Finance Mtg. 7:00p.m.

Welcome Congregation 7:00p.m.

Bible Group 7:00-8:30p.m

TUESDAY FEB. 11

Memoirs 7:15p.m.

Bell Choir 7-8:30 p.m.

WEDNESDAY FEB. 12

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

Communications 7:00-9:00p.m.

DRE Relations 7:00p.m.

THURSDAY FEB. 13

Book Club 9:00 a.m.

Alliance 10:00-2:00pm.

Govern. Board Agenda 7-8:00 p.m.

A MESSAGE FROM YOUR MINISTER...

*Your great mistake is to act the drama
as if you were alone. As if life
were a progressive and cunning crime
with no witness to the tiny hidden
transgressions. To feel abandoned is to deny
the intimacy of your surroundings. Surely,
even you, at times, have felt the grand array;
the swelling presence, and the chorus, crowding
out your solo voice.....
Put down the weight of your aloneness and ease into
the conversation. The kettle is singing
even as it pours you a drink, the cooking pots
have left their arrogant aloofness and
seen the good in you at last. All the birds
and creatures of the world are unutterably
themselves. Everything is waiting for you---David Whyte*

Dear Friend,

Look around you---and know deep in your heart that you are not alone. Know that at the core of it all is a Love that will not let you go—*ever*. Know that this magical holiday of Valentine's Day was made *just for you*, because you are loveable and you are loved, just as you are.

Happy Valentine's Day!!

Catherine



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
Sunsue Fleming, Director of Religious Education
Edwin Swanborn, Music Director
Elaine Stephansky, Bell Choir Director

Rev. Robert R. Walsh, Minister Emeritus
Jackie Smith-Miller, Director of Religious Education, Emerita
Lenore O'Malley, Church Administrator
Alex Pevzner, Jr., Junior Choir Director

"To my dear church family, words and even action cannot convey the magnitude of my thanks for all you have done. Perhaps this letter that Bonnie wrote last year conveys it best. Brad"



I have realized how much I was loved I truly am grateful.



How many ways can I say it? In how many languages, to how many people? If I tried to name them all, I would run the risk of leaving out someone. I would neglect to mention some gift or act of kindness that has been helpful and meaningful. We have such bounty, every day. And now, my family has realized that our cornucopia overflows, but we had never paid attention. Thanks to all of you who took me into my radiation treatments at Dana-Farber, putting up with the Boston traffic, entertaining me while you got me where I needed to be. Often, it was even fun. Right?

Thank you to the doctors, to my family, and to everyone who has come by with flowers, food and other thoughtful gifts like books, funny movies and so many other nice things. Thanks for calling and sending cards.

What do I love more than flowers and gardens? And I have been surrounded by gorgeous flowers.

Plus there has been an endless flow of delicious food. When we came home, exhausted from medical visits and overwhelmed by never-ending details, we had a refrigerator with food that had already been prepared, and there was even more in the freezer. It has been a real comfort. I never knew how many of you were such good cooks.

So, THANK YOU. All of you. And if I had started to try to pen notes or make personal phone calls, I would have run out of paper and I would have lost my voice. Just know that I am grateful.

XOX, BJJ

RELIGIOUS EDUCATION NEWS



Church School Play - "Our Family Tree"

Each year during the middle unit of our church school, the children in grades 2-6 explore a theme and then prepare a play or program on that theme for the congregation. This year our play will be presented on
Sunday, Feb. 9th, 10:30 a.m.

Attendance is Very Important!

****Saturday, February 8th****

Dress Rehearsal - 9:00 a.m. - 12 noon

Dancers – 8:30 a.m. – 12 noon

Sunday, February 9th

Rehearsal - 9 a.m.

Dancers – 8:30 a.m.

Church School Play - 10:30 a.m.

Adult Religious Education

If you have any questions, please call Sunsue Fleming (781) 934-6532, ext 4. Sign-up sheets are posted outside the church office.

BUDDHA'S BRAIN: THE MIRACLE OF MINDFULNESS AND MEDITATION

Neuroscience tells us that the ancient spiritual practice of mindfulness and meditation leads to an increased sense of well-being, greater stress resilience and deeper empathy in both professional and personal relationships. Even if you've never meditated before, you'll be amazed at how simple and effective it is! Leader: Catherine Cullen, founder of the Joyful Heart Sangha in Duxbury and an ordained member of internationally known Zen master Thich Nhat Hanh's Order of Interbeing. If you missed this class last fall or simply want a refresher, sign up now!

Monday, March 3rd and Monday, March 10th from 7:30-9:30 at Pembroke Library (note new location). *Bring your Pembroke friends!* Contact First Parish Church Duxbury to register (uuduxbury@verizon.net or 781-934-6532).

Bible Study

Mondays, 7:00-8:30pm, It's the best-selling book of all time. It's a foundational text of Western civilization. It has many adherents and detractors. It is regarded by different people, alternately, as science, history, myth, and/or literature. But how might UUs engage with it as a *sacred text*? Please drop in on a Monday night and join us as we engage with the lectionary text each week, looking at both its historical context and its relevance to our own lives. **Leader:** Tom Bozeman

"Nourishing The Sacred Masculine" **Intern Minister Tom Bozeman**

We're gathering a group of Unitarian Universalist men together to explore being in deeper brotherhood with one another. We'll be meeting **every other Wednesday evening, starting March 5**. This will not be a drop-in group – a regular commitment is involved.

So, we'll also be having two open houses for men to come by and check it out:

February 12 at 7pm at the Kingston church

February 19 at 7pm at the Duxbury church

I hope to see you there!

MEMOIRS

Our next meeting will be **Tuesday, February 11th, 2014** – Our topic is come and share your "Pet Peeves". Or if you missed last month's Memoirs about "Doors", you may share that instead.

This informal group meets monthly to provide support for people interested in writing their memoirs. It is great keepsake to pass on to your children. If you are interested, but have never participated, feel free to come and just listen. Hope you can join us! **Leader:** Jackie Smith-Miller.

UNIT III Leaders Meeting

Sun. Feb.16th, 9:30 a.m.

Childcare will be provided.



February Birthdays **Happy Birthday to All!**

Sarah Burton

Robert Egan

Megan Masterson

Maeve Hart

Klara Geder

Julia Geder

Owen Hamilton



Ringing Out Justice!

News of social justice activities at First Parish Church



Social Justice Cell Fund Grant Applications

As a church we are fortunate to have money available from our cell tower revenues for Social Justice related grants awarded two times during the church year. Applications for upcoming Cell Fund Grants are available in the church office or on our church website in the Social Justice section. Any member or friend of First Parish may submit a grant request that is related to social justice. In the past grants have been awarded to Habitat for Humanity, our Partner Church, UUSC, Father Bill's Mainspring House in Brockton, fuel assistance programs and many other organizations and projects.

The applications for this round of grants are due on March 15th. The applications may be left at the church office or e-mailed to Cindy Ladd Fiorini.

Any questions can be directed to Carrie Meier, Cindy Ladd Fiorini or Marilyn Christmann.



The Next Special Collection will be on March 23rd

We will be collecting funds to support the program called Project Hope that we have supported in the past. This program helps parolees with adjustments to life after prison, finding employment, housing, education all are difficult tasks. This is First Parish's prison ministry at this point. The special collection will be a second offertory and we will have special envelopes to use.

The special collection on January 26 will help tremendously to bring our Partner Church Minister to GA. Thanks for the contributions which totaled more than \$1500.00.



Father Bill's - Thank you to All!!

Thank you so much for all the socks, mittens and more for **Bob Hughes and Father Bill's**. Bob was so surprised of how much we donated and was overwhelmed with our generosity at FPC!!



Box Project Book Drive

We are collecting new or used books in excellent condition for the Box Project Book Drive. Please bring your books anytime before February 23rd. You may drop them off in the church or outside in the shed. Thank you.

NEW: JUSTICE EVE at FPC

Would you and your friends (UUs and beyond) like to attend a **JUSTICE EVE** at First Parish Church?

What's that, you ask? — a film or a speaker triggering a discussion of an issue of current interest and import to us all. Plus popcorn!

What is needed is a small team of folks to pull off this simple, stimulating Justice Eve. Not much time involved, but lots of learning—and fellowship!

Would YOU be interested? Please contact *Nancy Nowak*.



Overnights of Hospitality

Overnights of Hospitality is an emergency sheltering program for single men coordinated by the Plymouth Task Force for the Homeless. It is housed in multiple Plymouth churches on a rotating basis. This cold-weather program welcomes homeless men in to have a hot meal and stay warm for the night. **First Parish of Duxbury** will be providing and serving the meal for up to 20 individuals on Friday, March 21st and one other evening during the week of 3/2 - 3/8 (date to be determined).

For each date we need 3 or 4 folks to provide and cook the food (main dish, salad, dessert, drinks) and 2 volunteers to serve.

Want to help? Call *Mary Flanagan* or sign up at the Social Justice table after worship service.

Connect on-line with UU MASS ACTION

Join other MASS UUs in lifting up our voices for values we hold dear....and advocating for societal change. Sign up today at UUMASSACTION.org! Actions like a phone call to our legislators, take just a couple of minutes. Our lawmakers want—and need—to hear from us.

SAVE these DATES—Social Justice Activities Sponsored by UU Mass Action Network and coalition members:

Stop Mass Incarceration in Massachusetts: “Jobs Not Jails” Workshop; Saturday, February 8 – 10:30 to 2:30; First Parish UU of Arlington, 630 Massachusetts Ave, Arlington, MA. Please pre-register by emailing end-mass-incarceration@firstparish.info. Hear about the *Jobs Not Jails* Campaign and what you can do to end mass incarceration.

Tenth Annual Interfaith Homelessness Forum Sunday, March 2

3:00–5:00pm, Trinitarian Congregational Church, 54 Walden St, Concord, MA.

*Between 2008 and 2013, the number of Massachusetts families living in motels and shelters paid for by the state increased by 71%

*A record number of over 2100 homeless families are in motels: the numbers in motels has increased by 228% since 2008.

*Learn about state homelessness prevention programs – especially state plans for significant increases in low income housing from state and local leaders.

*Find out how you can focus your advocacy efforts to have the greatest impact. See www.endfamilyhomelessness.net.

UUSC has a NEW and IMPROVED WEBSITE! UUSC.org

Check it out. Sign up to receive Advocacy—Action Alerts.

On the website is lots of information about UUSC’s inspiring work in 15 countries around the world. UUSC—our UU Human Rights organization!



Continued Calendar:**FRIDAY FEB. 14****VALENTINE'S DAY** **SUNDAY FEB 16**

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

Worship 10:30 a.m.

Unit 3 Leader's Mtg. 9:30 a.m.

Denom. Affairs 12:00 noon

Buddhist Group 5-6:30 p.m.

MONDAY FEB. 17**OFFICE CLOSED****PRESIDENT'S DAY**

Bible Group 7:00 p.m.

TUESDAY FEB. 18

Bell Choir 7-8:30p.m.

Historical Committee 7:00p.m.

Intern Committee 7-8:30p.m.

WEDNESDAY FEB. 19

Men's Group Open House 7-9:00p.m.

THURSDAY FEB. 20

Book Club 9:00 a.m.

Alliance 10-2:00 p.m.

Govern. Board Meeting 7:00-9:00p.m

SATURDAY FEB. 22

Community Table 9-1:00p.m.

SUNDAY FEB. 23

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

Worship 10:30 a.m.

Unit 3 Begins

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

Buddhist Group 5-6:30 p.m.

MONDAY FEB. 24

Building Use Mtg. 11:00a.m.

Bible Group 7:00p.m.

TUESDAY FEB. 25

Small Group Ministry Steering 4:30p.m.

Welcome Congregation 7:30p.m.

Pam Garramore -PFLAG

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

WEDNESDAY FEB. 26

Membership Committee 7:30p.m.

THURSDAY FEB. 27

Book Club 9:00 a.m.

Alliance 10-2:00 p.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 month of **FEB.**, please contact **REJEANA PARKER**.

**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. 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.

Church Office Hours

The FPC church office is open **Monday-Friday, 8:30 a.m. – 1:30 p.m.** Our email address is uuduxbury@verizon.net. If you need anything, please call Lenore and I will be happy to help you.

People News

Congratulations to **Catherine's daughter, Amanda** and **son-in-law, Mike** on the birth of a new daughter, **VIVIAN MARGARET!** Any of our Marshfield high-schoolers who have Mrs. Benard as a guidance counselor should know she will be on family leave for the next several weeks!!

JEAN WHALEN continues to recover from open heart surgery. Cards and notes can be sent to Jean at her home address 102 Millbrook Way, Duxbury, MA 02332.

Congratulations to our new members who signed our Membership Book!! **SALLY DELISA, MARYELLEN DAWSON, and AMY AND BRIAN SACK** signed the book on **Sun., Jan. 26th, 2014**. Also, **DAWN PARENT**, signed the book on **Sun., Feb. 2nd, 2014**. So wonderful to have you among us!

**Next Bell-Ringer Deadline:****Monday, March 3rd, 2014 9:00 a.m.**

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)
 Music Committee (1st Sun. each month) 12 p.m.
 Social Justice 9 a.m. (2rd Sun. each month)
 Welcoming Congregation 9:30 a.m. (3rd Sun. each month)
 Denominational Affairs 12:00 (3rd Sun.)
 Buddhist Meditation 6-7:30p.m. (weekly)

MONDAYS - Build. Use 11 a.m. (4th Mon. each month)
 Finance Committee 7 p.m. (2nd Mon. each month)

TUESDAYS - Hand Bells 7 p.m.
 Historical 7 p.m. (3rd Tue. each month)
 Memoirs 7:00p.m. (2nd Tues. each 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” 10-11:30 p.m. (2nd Wed. each month)
 Membership 7:30 p.m. (3rd 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)

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

SATURDAYS - Brockton Soup Kitchen 9:15 a.m. (4th Sat. each month)

Interning Grace**“Nourishing The Sacred Masculine”****Intern Minister Tom Bozeman**

As a man, are you interested in a greater sense of brotherhood in your life? Or in feeling more fulfilled by life in general? Maybe you've been feeling a sense of complacency or even mediocrity. Or maybe wanting to feel more inspired. Or maybe just having a desire to network and share resources.

Men in our society all too rarely develop deep connections with one another. Particularly heterosexual men tend to turn primarily to women for emotionally intimacy and to keep their conversations with other men to a more surface level.

To develop a deeper brotherhood with one another is a powerful thing – to both support and challenge, to feel truly seen and to truly see one another.

We're gathering a group of Unitarian Universalist men together to explore being in deeper brotherhood with one another. We'll be meeting **every other Wednesday evening, starting March 5**. This will not be a drop-in group – a regular commitment is involved. (more info. on

So, we'll also be having two open houses for men to come by and check it out:

- * February 12 at 7pm at the Kingston church
- * February 19 at 7pm at the Duxbury church

I hope to see you there!

Also, There will be no Bible study on Monday, February 24th.





GENERAL ASSEMBLY (GA) 2014

The UUA General Assembly will be held in Providence, RI from June 25-29. On Sunday, June 29th, two busses will leave First Parish at 9:00am to attend the GA Sunday morning worship service (11-12:30) and visit the U.U. Marketplace before returning to First Parish by 3:00pm. Bus fare and GA attendance will be free of charge. Neighboring churches will be invited to join us, so it will be first come, first served to get on the bus. Approximately 28 people have signed up already. Call the church office if you wish to add your name to the list.

BUT, if you really want to experience GA and can fit it into your schedule and budget, you should attend the entire GA. You could drive back and forth every day, or you could stay overnight in Providence. Activities run into the evenings. There will be varied accommodations available, including hotels, dorm rooms sleeping up to four, and home hospitality which includes breakfast. Prices will vary and will be posted on the GA website sometime in February. Early registration will run from March 1st to 31st. After that, prices go up. The lower priced accommodations will be snapped up early, **so if you plan to stay in Providence, be sure to go to www.uua.org/ga as close to March 1st as possible to register.**

General Assembly is a wonderful experience!

Karen Sankey, Denominational Affairs Committee

A Message from The Alliance

Many thanks indeed to all the good people who replied to the request for food for the collation after Bonnie's memorial service. The sandwiches, cheese and crackers, fruit, cakes, cookies and brownies were all delicious and enjoyed by all.

Special thanks to all the helpers – those who set-up, helped in the kitchen and cleaned up. Also, many thanks to Kuina Blackford, Mary Donovan and Liz Polvinen who took over when I left to play the bells.

Polly Lanman for the Alliance



Service Auction

Thank you to everyone, from those who donated items to those who came to bid, for making our Service Auction a great success. We raised over \$10,000, final figures not yet available.

And a very special thank you to our chefs, what an incredible meal they served us. How lucky First Parish is to have such a team of talented, hard working cooks.

The Service Auction Committee

How does Small Group Ministry Work at FPC???

Small group ministry is an integral part of the worship life at FPC. Groups of 8 – 10 people meet twice a month to discuss a Session Plan chosen by the group. The Session Plans are guides and springboards for exploration of a topic of interest to the group. They begin with an opening reading, have an opportunity for a brief check in on what has been happening in the participants' lives, then focus on the topic where participants speak from their own personal experiences in a process of Deep Listening. Deep Listening is when an individual is provided the opportunity to simply sit and listen to another without the need – or opportunity, really – to comment on the speakers words. Just listen. No comment. On the other side, the speaker gets the opportunity to be listened to without judgment, without feedback either positive or negative. Just listened to. It's powerful.

Topics range all over the place from “Prayer” or “Do you believe in God” to “Pets you have known and loved” and “Music” or “Dance”. Lots of things in between!

INTERESTED? See a member of the Steering Committee after church throughout the month of February or call or email them directly.

Cindy Ladd Fiorini, David Murphy or Mary Langner. You may also call or email Catherine.

Are you interested in SGM but only want to meet once a month? We are exploring the idea of offering once a month groups if we get enough people who are interested. So, please let us know if this is something that would work for you!!



From the Historical Committee

The First Parish Church has been given a wonderful gift recently. It is an original pew deed dating from January, 1814. That pew was in the third meeting house that stood about where the present meeting house does. In those days, pews were the property of individuals and could be bought and sold, were taxed as individual property and could be decorated and outfitted according to individual preferences. The gift is a gift from the Kopke family, including the Rev. Brian Kopke.

The framed document will be on display at coffee hour following the Feb.9th service before being archived.



From the Partner Church Committee

We thank you all for the wonderful response to our special collection on January 26th. As we told you during the service, this money will be used for the expenses involved in bringing our Partner Church minister, Rev. Szilard Sandor, to visit in June.

We are waiting for him to be able to tell us exactly when he can be here so we can begin planning his visit. We will keep you posted!



Thank you from the Leap of Faith Team

Thank you to all parishioners who helped make our weekend visitor from **The Concord New Hampshire UU Church Leap of Faith Team** feel so welcomed. Many visited with the Concord team by participating in the activities throughout the weekend. These activities included the Friday night Committee Chairs meeting held at Cedar Hill, the tour of our church lead by Historical Committee members Polly Nash and Betsy Stevens, lunch with the group we videoed as a part of this initiative, and finally the Saturday afternoon session with the Governing Board followed by a dinner for board members and their spouses. We appreciate that we asked a lot of our volunteers and are deeply grateful for their willing participation.

*Sharon Nabreski
Catherine Cullen
Peter Nappellio
Nancy Landgren
Steve Cunningham*



Pastoral Care Associates Available to Assist Parishioners

In January 2013, FPC Duxbury launched a new initiative to provide lay pastoral care and assistance to parishioners in circumstances where lay involvement might be appropriate. This work has included hospital and nursing home visits, as well as home visits for parishioners who may be home bound or have limited ability to fully participate in church activities. **Pastoral care associates** do not by any means replace the very important pastoral work done by Minister, but rather supplement it with home visits and other activities that the Minister's schedule does not realistically allow. The work of the pastoral care associates can also complement, but not replace, the work of the Caring Connection. Rather than focus the very important services provided by that group, like meals and rides, pastoral associates focus on providing company, conversation, listening, and being present. Any parishioners who themselves would like a visit from a pastoral care associate, or know of someone who might benefit, are encouraged to contact the Minister, the Pastoral Care Coordinator, Michael Gardner, or any of the other specially trained Pastoral Care Associates, who currently include Jean Baker, Mary Flanagan, Jack Hill, Bob Kauffman, Cindy Ladd Fiorini, Karen Sankey, Jackie Smith-Miller and Betsy Stevens.