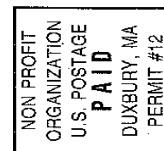


The Bell-Ringer

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



♥ FEBRUARY 2015 ♥

WORSHIP SCHEDULE

February 1st --- "Friendship" -- Rev. Catherine Cullen will talk about friendship with the littlest children and in her homily. We will be joined by the famous FPC musicians for some foot tapping music on the theme! Come. Let's explore friendship together in our beloved community.

February 8th -- Annual Church School Play -- "Wisdom Stories" from Around the World -- 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.

February 15th -- "To Repair and Restore" - With Spring comes the restoration of a world brimming with life. While the season is still a little way off, how might we prepare now to work with that spirit of restoration? There are often still burdens from the past that we're struggling with. What would it take to be able to repair or restore them?

February 22nd -- "Law and Justice", Dr. Len De Roche, Interim Minister at First Parish Norwell will reflect upon how people of faith can look at the events that have occurred since the fall in Ferguson. Catherine will be preaching in Norwell.

COMING EVENTS

SUNDAY FEB. 1

Jr. & Sr. Choir 9:30a.m.
Worship in Hall 10:30a.m.
Parent W. Virginia Meeting 12:00p.m.
Play Rehearsal
HIP 6-7:30p.m.
Buddhist Group 5:00-6:30p.m.

MONDAY FEB. 2

Building Use Meeting 10:30a.m.
Women's Ritual 7:30 p.m.
Bible Group 7:00-8:30p.m.

TUESDAY FEB. 3

SGM – 10:00-11:30a.m.
Bell Choir 7:00-8:30p.m.

WEDNESDAY FEB. 4

Building & Grounds 9:00a.m.
Growth Team 1:00p.m.
R.E. Meeting 7:00p.m.

THURSDAY FEB. 5

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

FRIDAY FEB. 6

Committee on Ministry 5:00p.m.

SATURDAY FEB. 7

DIC – St. John's
Play Rehearsal
SGM – 6:00pm

SUNDAY FEB. 8

CHURCH PLAY

Worship 10:30a.m.
HIP 6-7:30p.m.
Buddhist Group 5:00-6:30p.m.

MONDAY FEB. 9

Welcome Cong. 7:00p.m.
Intern Meeting 7:00-8:30p.m.
Finance Meeting 7:00p.m.
Bible Group 7:00-8:30p.m

A MESSAGE FROM YOUR MINISTER...

"As the brain evolved, it was critically important to learn from negative experiences – if one survived them! ... So the brain has specialized circuits that register negative experiences immediately in emotional memory. On the other hand, positive experiences – unless they are very novel or intense – have standard issue memory systems, and these require that something be held in awareness for many seconds in a row to transfer from short-term memory buffers to long-term storage. Since we rarely do this, most positive experiences flow through the brain like water through a sieve, while negative ones are caught every time...."

Dr. Rick Hanson

Dear Friend,

Dr. Hanson is one of my favorite experts on the new "brain science" (I often refer to his work when I teach meditation). What he describes is an example of what scientists call the "negativity bias" of the brain. Dr. Hanson teaches that, although this "negativity bias" served humans well in the days of the saber-toothed tiger, it has left twenty-first century humans with a "sensitivity to stress, upset, and other negative experiences; a tendency toward pessimism, regret, and resentment; and a long shadows cast by old pain."

So often our automatic response to life comes from a place of fear, rather than love. This month of February invites us to return to *love* --this is the month when love is celebrated and intentionally expressed! One of the best ways I know to return to love is to practice gratitude. The Nigerian Hausa put it this way: *Give thanks for a little and you will find a lot.* Gratitude does not change the facts of your life but it does have the power to make life more enjoyable.

(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
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

Minister's Message continued from page 1 . . .

Gratitude is like a flashlight. If you go out into your yard at night and turn on a flashlight, you suddenly can see what's there, wonderful things that were always there, waiting for you in your ordinary old back yard, waiting for you in the dark. *I believe that practiced with awareness and intention, gratitude has the power to transform our lives, opening us up to receive more joy, peace and love!*

At last week's lay-leader gathering at Cedar Hill, I shared a Gratitude Practice that I invite you to try at home. Often our "thank you's" are general and non-specific. This practice has three steps: (1) Think of one person in your life for whom you are grateful (2) Be very specific about what that person has done for which you are grateful and (3) Name how that person's action has impacted your life (again, be as specific as possible). This special "thank-you" can be shared in person or in a note or email.

What a wonderful "valentine" this gratitude practice could be for you this year!! If you use this gratitude exercise, I would be very interested in hearing how this experience was for you. At our Cedar Hill gathering, the exercise was much more powerful than any of us expected--try it!! ***Sharing this practice is my Valentine's Day gift to you!!***

Catherine



RELIGIOUS EDUCATION NEWS



Church School Play - "Wisdom Stories" from around the world

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. 8th, 10:30 a.m.

Attendance is Very Important!

**Sunday, Feb. 1st 9:30-12:00 Play Rehearsal in Sanctuary
8:30 Dancers on Stage**

****Saturday, February 7th****

**Dress Rehearsal - 9:00 a.m. - 12 noon
Dancers – 8:30 a.m. – 12 noon**

Sunday, February 8th

**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.

Soul Collage For Families

Saturday, March 28th, 10:00-12:00

Mix Imagination and intuition with a group of powerful, "cut-out" Images and you can make a Soul Collage card. Soul Collage is a process developed by Seena B. Frost, in which you create an incredible deck of cards that have deep personal meaning. With these cards you can explore your inner self and nourish your precious soul. **Leader: Sunsue Fleming**

Bible Study

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. Facilitator: varies

Men's Group

In our society, men often don't have close relationships with other men. To blaze a different trail, we gather as Unitarian Universalist men to explore being in deeper brotherhood with one another. We meet every 2nd and 4th Thursday at 7pm at the home of a member of the group. Leader: Tom Bozeman

MEMOIRS

Our next meeting will be **Tuesday, February 10th 2015**— Our topic is come and share your **“Valentine Memories”**. 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.15th, 9:30 a.m.

Childcare will be provided.



February Birthdays **Happy Birthday to All!**

Sarah Burton
Robert Egan
Maeve Hart

Owen Hamiton
Elena Gosalvez
Anderson Shattuck



Ringling Out Justice!

News of social justice activities at First Parish Church



February Box Project

Due to the school vacation the delivery date is uncertain. Watch for an announcement in the Thursday NUUS.

Large Totes Needed

The Family Advocate at Early Education (HeadStart) in Marshfield is working with two families with hoarding issues. She is looking for large totes to use with these families. Leave any donations on the bench in the hallway. Thank you from the Box Project People.

News from the Community Table at Father Bill's

There are only four Saturdays left this church year at the Community Table at Father Bill's in Brockton. Our Saturdays are: **February 28th, March 28th, April 25th and May 23rd.**

Please consider volunteering as a server or donor of food with your family, friends or small group ministry.

Thank you to the HIP Group for volunteering on Sat, Jan 24th. We had a lot of fun being together and serving the guests at the Community Table.

Please stop by the Social Justice table during coffee hour to learn more about the Community Table and/or to sign up to serve, donate a casserole, desserts or salad fixings.

Thank you.

Callie Brandeis, Youth Coordinator of The Community Table and Social Justice Committee Member

MISSION TRIP UPDATE:

The First Parish Church HIP group (high school youth) and their chaperones will be driving to McDowell County West Virginia during April vacation for a week of work and learning in one of the poorest areas of our country. Although not all of the youth can go, they are all busily fund-raising to help cover the costs of those who are going. Two Sundays ago they sold delicious hot chocolate and goodies during coffee hour. This past Sunday they provided us with a wonderful evening of Spaghetti and Bingo. Watch for their fund-raisers in the future and support them if you can!

We also assigned our January Special Collection to be a fundraiser for the organization that our HIP group is working for and staying with – Big Creek People in Action. Our youth will be able to present a very generous check to Big Creek to help them continue their work building warm safe and dry houses for the citizens of their county. We as a church should know how very generous we are as a congregation and be proud of our generosity.

Enjoy An Early Evening at UU Urban Ministry with FPCers, UUUM Staff and Roxbury Youth

Join Social Justice Committee members in March for an evening at UUUM and FPC-UU Roxbury, a church founded in 1631! After a tour of 200 year old UU Urban Ministry and the 384 year old church, we'll eat the dinner we prepared while chatting with Roxbury Youth. If you're interested in participating or helping make the meal (meat dish; salad, drinks or dessert), please sign up on the bulletin board or let Carol Nappellio, Nancy Nowak or Sally Delisa know. Specific date to be determined. Stay tuned for details of this fun and rewarding evening with UUUM Youth and staff.

UU Mass Action News

SAVE THE DATE: Advocacy Day at the State House, April, 14, 2015. Details to follow.

TUESDAY FEB. 10

Memoirs 7:15p.m.
 Bell Choir 7:00-8:30p.m.

WEDNESDAY FEB. 11

Safe Congregation 9:30a.m.
 Kindred Spirits 10:00-11:30a.m.

THURSDAY FEB. 12

Book Club 9:00 a.m.
 Alliance 10-2:00 p.m.
 Agenda Setting Meeting 7:00p.m.
 Communications 7:00p.m.
 Men's Group 7:00p.m.

FRIDAY FEB. 13

SJC/UUSC Meeting 2:00-3:30p.m.

SATURDAY FEB. 14**HAPPY VALENTINE'S DAY****SUNDAY FEB 15**

Jr. & Sr. Choir 9:30a.m.
 Worship 10:30 a.m.
 Membership 9:00a.m.
 Unit III Leader's Meeting 9:30a.m.
 HIP 6:00-7:30p.m.
 Buddhist Group 5:00-6:30 p.m.

MONDAY FEB. 16th**PRESIDENT'S DAY****OFFICE CLOSED**

Bible Group 7:00p.m.

TUESDAY FEB. 17

SGM – 10:00-11:30a.m.
 Bell Choir 7:00-8:30p.m.

THURSDAY FEB. 19

Book Club 9:00 a.m.
 Historical Committee 9:30a.m.
 Alliance 10-2:00 p.m.
 Governing Board 7:00p.m.

SUNDAY FEB. 22

Jr. & Sr. Choir 9:30 a.m.
 Worship 10:30 a.m.
 HIP 6:00-7:30p.m.
 Buddhist Group 5-6:30 p.m.

MONDAY FEB. 23

Building Use Mtg. 10:30a.m.
 Bible Group 7:00p.m.
 PFLAG 7:30p.m.

TUESDAY FEB. 24**BELL RINGER DEADLINE!**

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

WEDNESDAY FEB. 25

DRE Meeting 7:00p.m.

THURSDAY FEB. 26

Book Club 9:00 a.m.
 Alliance 10-2:00 p.m.
 Men's Group 7:00p.m.
 Capital Projects 7:00p.m.

SATURDAY FEB. 28

Community Table 9:00a.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 **FEBRUARY**, please contact **KATHY BRAY**

**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 via email, on 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

We send our condolences to the Nash Family on the passing of **John Nash** last Friday morning. Arrangements are pending. We are holding all the Nash family in our thoughts and prayers.



Next Bell-Ringer Deadline:
Saturday, February 24th, 2015 9:00 a.m.

“Interning Grace”
By Intern Minister Tom Bozeman
“Compelled To Inclusivity”

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

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

TUESDAYS - Hand Bells 7 p.m.
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)

THURSDAYS - Book Group 9 a.m.
Sewing Group 10 a.m.
Worship Committee/Music 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)
Capital Projects 7 p.m.
Historical Committee 9:30a.m. (3rd Thurs. of each month)
Communications (2nd 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)




When asked about what can be done to continue the trend of growing acceptance of sexual diversity (such as lesbian, gay, transgender, etc.), advice columnist Dan Savage often talks about the value of heterosexuals knowing homosexuals (for instance) in their own lives. In his case, coming out to his parents initiated his their growing ability to be accepting. In cases of sexual diversity, such conversations can be great stepping stones to greater awareness and inclusivity.

In other cases of diversity (such as across lines of race or class or ability), there are often other institutional and cultural barriers to even having those conversations in the first place. From rental ordinances to public transportation access to the local real estate market to disparities in employment and incarceration, it is often the exception that we find ourselves in conversation with someone of a different race or class – and, when we do, it can be hard to find a real connection that can overcome our differences.

Sometimes those real connections happen despite the challenges – such as through marriage. Other times, finding and developing those real connections often means repositioning ourselves in society as a whole – maybe moving somewhere else, maybe attending different kinds of events. Regardless of *how*, though, finding and developing real connections with those from whom society keeps us separate most often involves some departure from what feels typical or comfortable – so there has to be a compelling enough reason for us to do so.

Do you have a compelling reason to find and develop real connections with those different from yourself? If so, what is it? I’d love to chat with you about this at the next Coffee Hour!



*What can
you do with an
orange?*

- Eat it for breakfast
- Put it in a lunch box
- Add it to a salad

Help support your local AFS Chapter
The organization that helps Duxbury High School students study in foreign countries, & enriches the experiences of foreign students living with local families.

Duxbury Area AFS Annual Fruit Sale
Offering highest quality fresh-picked fruit.

Order cases now for delivery in March

- California Naval Oranges \$27
- Florida Red Grapefruit \$22
- Florida Juice Oranges \$23
- Combo Box* \$24

*Navels, Grapefruits & Pears

Info and ordering: Fruit Sales Coordinator
781.934.0419 or lmarples@yahoo.com



A New PFLAG Support Group Meets at First Parish

Founded by members of the Welcoming Congregation committee, the South Shore Duxbury PFLAG support group for families and friends of asexual, bisexual, gay, intersexual, lesbian, queer, questioning, and transgender people meets every fourth Monday of the month at 7:30 pm at First Parish Duxbury. This month the fourth Monday is February 23rd. Please spread the word!

Pathways to UU - Sunday, March 8 from 12 noon-2pm

We invite you to join us for this informational session! Led by Rev. Catherine Cullen this program is for new members and people who are drawn to our principles and purposes and are possibly considering membership.

It is designed to offer information and lend support during your exploration of membership. You will discover options for finding community, spiritual growth and service within our Church. A light lunch will be served!

Please RSVP at uuduxburymembership@gmail.com or sign up on the Membership board in the Assembly Hall! On behalf of the Membership Committee, Caroline Mitchell

Small Group Ministry - February is Small Group Sign-up Month

Beginning on February 1st, all members and friends in the congregation will have the opportunity to sign-up and/or re-commit to Small Groups. We have openings in many groups and the opportunity to start a new group or two. Also, if you feel you need to take some time off from Small Groups, or if your schedule has changed and you would like to be placed in a group that meets at a different time, this is the month to do it! Just visit us at the Small Group sign-up table after church any Sunday during the month. Or contact one of the Steering Committee members. We are David Murphy, Mary Langner, Cindy Ladd Fiorini and Rev. Catherine Cullen.

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

Classifieds

Dan Frongillo and his two boys are still looking for housing, please contact Paul Frongillo.