

The Bell-Ringer

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



WORSHIP SCHEDULE

Oct. 4 --"How Do We Make Church" Join Catherine and our new Interim DRE Ruth Owen for an inspirational service about how and why FPC can become a truly 21st-century church! **Family Sunday (children will begin in the sanctuary)**

Oct. 11--"Universalism--Loving the Hell Out of the World" Our yearlong celebration of the Universalist stream of our tradition will begin by looking at its historical and theological roots. **(HUNGER WALK)**

Oct. 18--"Bringing Justice to our Justice System" The Rev. Dr. Bill Gardiner and Meghann Perry will be our guest speakers Dr. Gardiner will be discussing how Unitarian Universalists are responding to the issue of the mass incarceration in our society. Ms. Meghann Perry will share her experience of being incarcerated and her work to reform the criminal justice system. **(Following the service our speakers will lead a discussion group for those interested in learning how to be more engaged with issues of incarceration in our state.)**

Oct. 25--"Deliver Us From Evil"--This month's BIG QUESTION is: What is Evil? 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. **(Pumpkin Sunday – See page 4) (noon: Adult program on "Creating Your Own Memorial Service", please see Page 4 for further info.)**

Nov. 1 – "Fifth Annual Union Service" – Duxbury will host our Union Service (with Plymouth and Duxbury) with an amazing guest preacher, Rev. Michael Walker, the charismatic African-American pastor of the American Baptist congregation in Brockton. This service is Intergenerational (all ages). **PLEASE PUT THIS SPECIAL WORSHIP EVENT ON YOUR CALENDAR.** Rev. Michael is not to be missed!

COMING EVENTS

THURSDAY OCTOBER 1

Book Club 9:00am
Alliance Sewing Grp. 10:00-2:00pm
Worship 7:00pm

FRIDAY OCTOBER 2

Committee on Ministry 5:00pm

SATURDAY OCTOBER 3

DIC-Holy Family, 9:00 am
Mary Guillemin Memorial 2:00pm

SUNDAY OCTOBER 4

ANNUAL FINANCIAL MTG.
12:00pm

Jr. & Sr. Choir 9:30am
Worship 10:30am
HIP 6:00-7:30pm
Buddhist Group 5:00-6:30pm

TUESDAY OCTOBER 6

RE Meeting 7:00-9:00pm
Bell Choir 7:00-8:30pm

WEDNESDAY OCTOBER 7

Building & Grounds 9:00am
Kindred Spirits 10:00am tentative

THURSDAY OCTOBER 8

Book Club 9:00am
Alliance Sewing Grp. 10:00-2:00pm
Agenda Setting Meeting 7:00pm
COMM. CHAIRS MTG. 7:30 pm



A MESSAGE FROM YOUR MINISTER...

*Let go of the ways you thought life would unfold,
the holding of plans or dreams or expectations – Let it all go.
Save your strength to swim with the tide.*

*The choice to fight what is here before you now
will only result in struggle, fear, and desperate attempts to flee
from the very energy you long for.*

*Let go. Let it all go and flow with the grace that washes through your days
whether you received it gently or with all your quills raised to defend
against invaders.*

*Take this on faith; the mind may never find the explanations that it seeks,
but you will move forward nonetheless.*

*Let go, and the wave's crest will carry you to unknown shores,
beyond your wildest dreams or destinations.*

*Let it all go and find the place of rest and peace, and certain
transformation.-- Danna Faulds*

(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 . . .

Autumn is the season of letting go. Just look around you and stop for a moment to watch a falling leaf. Do you know what causes leaves to fall from the tress in the autumn? According to *Highlights For Children*, here is the answer:

"When winter approaches, our part of Earth receives less sunlight, and the air grows colder. When these changes happen, trees prepare for winter. Trees that drop their leaves seal the spots where the leaves are attached. Then fluids cannot flow in and out of the leaves, which change color and fall off.

The falling of the leaves does more than mark the season. *It also helps the tree survive the cold, dry air of winter.* In the warm seasons, leaves use sunlight, water, and air to make the tree's food. In that process, the tree loses a lot of water through tiny holes in the leaves. In winter, the tree does not get enough water to replace what it would lose through the leaves. If the tree did not seal the spots where the leaves grow, it would die. When spring brings warm air and fresh water, the tree will sprout new leaves and start growing again."

Well, my friend, I think that it's the same for us. *Let go of the ways you thought life would unfold, the holding of plans or dreams or expectations ---this is the only way for us to make it through the wintry seasons of our lives. And like the trees, when we let go and find the place of rest and peace, certain transformation will be ours!*

What plans, dreams or expectations do you need to let go of at this point in your life?

Blessings on your letting go--know that you will indeed move on, to unknown shores beyond your wildest dreams!!

Catherine



RELIGIOUS EDUCATION NEWS



We have lots of special events coming up in October. All of these events are a perfect opportunity to invite friends, or a grandchild or a neighbor to come and experience the wonderful community that is First Parish Church!

Sunday, October 11, 10:30 - Noon **Hunger Walk 2015**

On Sunday, October 11, 2015 our young people ages 3 through grade 8 will be walking to raise money to fight hunger by supporting Heifer Project International. A one mile route has been established on the roadways through the cemetery. The high school youth (grades 9-12) will help with security and directions.

Each young person can decide to repeat the one mile route as often as s/he chooses. Time will likely allow for five repetitions, maximum, so a pledge of \$5/mile would be a total of \$25 (of course you may pledge whatever amount you like).

Adults are invited to join the walkers after the walk at 11:45 for light refreshments and to congratulate the young people.

If your family will be away on the 11th, you can still participate. You and your children can choose an alternative time and place for your walk, just record your miles, collect your pledges and send them to Ruth Owen at the church. Thank you!

Creating a Family Altar, A Workshop for Adults and Children **Monday, October 12, 4-6 PM**

Children are deeply spiritual beings, even if they do not yet know the language of “church.” One way to nurture your child’s spiritual development and grow closer as a family is to create and maintain a family altar. An “altar” is simply a special place we set aside to focus on what is sacred to us. In this workshop we will create a special cloth to mark the space for our altar. Participants will also choose special items that are meaningful to their families, and especially their children, so their altar becomes a unique focus for their spiritual life. All are welcome, whatever you hold sacred. Please contact Ruth Owen, Interim DRE to sign up. There is a suggested materials fee of \$10/family.



Pumpkin Sunday
October 25, 11:45 AM – 1:00 PM

Once again this year the RE Committee has some great, fun activities planned:

11:45 Carving Pumpkins (bring a pumpkin to carve) and Haunted House (provided by the 7-8 graders)

Noon - Pizza for sale, made by the HIP group

12:30 Tricks for Treats

1 PM Closing circle

Ceilidh For All Ages
October 25, 6 PM (Note new time!)

Everyone is invited to bring a carved pumpkin with a candle. We will lead the Ceilidh, a sharing of Halloween stories and music. All ages are invited to participate and instruments are welcome.

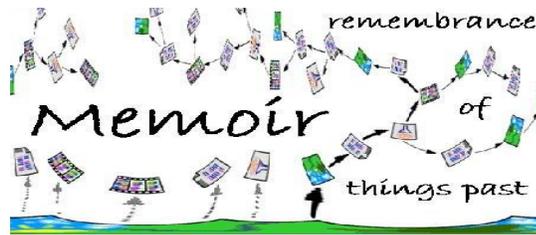


October Birthdays!

Julia Biagini
 Christopher Cantwell
 Miranda Moore
 Molly Brogan
 Marley Hamilton
 Maya Zukowski



ADULT EDUCATION:



MEMOIRS: WRITING YOUR LIFE STORY

The Memoirs group will meet on **Tuesday, October 13th at 7:15pm** in the Marion Fletcher Room to share stories of our **“Garden Memories”**. Hope you’ll join us – all are welcome! *Leader: Jackie Smith-Miller.*



CREATING YOUR OWN MEMORIAL SERVICE

Creating your own funeral or memorial service is an opportunity to reflect upon the reality of your death and what that means to you. It’s an opportunity to have some conversations with those you love about death and dying. Couples and family members may find that, when they do this sacred work together, new channels of communication open up. One session. **Sunday, October 25th, 12:00 – 1:00pm,**
Leader: Rev. Catherine Cullen



First Parish Duxbury
UNITARIAN UNIVERSALIST CHURCH

Mindful Parenting



RAISING A FAMILY IN OUR FAST-PACED AND OFTEN FRENETIC WORLD IS CHALLENGING. LEARN TOOLS TO HELP YOU AND YOUR CHILDREN:

- Reduce stress and anxiety
- Manage emotions and reactions
- Handle peer-to-peer conflicts
- Improve focus, concentration, and academic performance
- Develop greater empathy toward others

Our facilitator, Rev. Catherine Cullen (First Parish Duxbury), the co-parent of a blended family of six children, is a longtime meditator and has taught mindfulness and meditation for the past 12 years.

Marshfield Library, Monday, Nov. 2 6:30-8
Pembroke Library, Tuesday, Nov. 3, 7-8:30
Duxbury, FPC, Thursday, Nov. 5, 7:00-8:30

Come to the session closest to your home and bring a friend!



Ringing Out Justice!

News of social justice activities at First Parish Church



Clothes Needed for Head Start Children

There are many children at Head Start who do not have enough clothes especially **fall and winter clothes in sizes 3 to 6**. If you have some clothes that children have outgrown but are in **good condition**, could you please bring them to church this Sunday and put them on the bench in the hall. Thank you for looking and helping families who are struggling to meet the basic needs of their children.

Carrie Meier and the Social Justice Committee

Box Project - New Date: October 4th

Please sign up for the Box Project. The Box Project is a First Parish program that provides each month food, clothing, and household supplies to nine families chosen by South Shore Head Start which considers financial need due to a crisis such as health and employment conditions. They are considered to be the families that will most benefit from this support.

Please contact Carrie Meier if you have any questions or would like to sign up, carriemeier@comcast.net, or someone in the Social Justice Committee.
Thank you.

Common Cause Forum—Holding Power Accountable

This Thursday, October 1st at 7:00 at the Duxbury Senior Center, the Executive Director of Common Cause MA will speak about the impact of Super PACs and Secret Money. All are welcome. The Forum is sponsored by Duxbury's two State Representatives, Rep. Josh Cutler and Rep. Tom Calter.

A Big Thank you for the Special Collection for Refugees

Thank you all for contributing to the UUA-UUSC call for UUs to help the flood of refugees fleeing from Syria and other war-torn, oppressive regimes.
First Parish Church collected more than \$1300 on Sunday. FPC is a very generous congregation!



UU's Confronting Escalating Inequality Conference

Saturday Oct 24 9:30 AM to 1:00 PM

All Souls UU Braintree 196 Elm St

www.allsoulsbraintree.org

Questions: contact Rev Steve Wilson (617) 852-2292

We'll strategize about how we can work together to make a difference;

**Act on our UUA Economic Inequality Study Action Issue.
Gather signature for the Fair Share Tax Campaign
Chuck Collins, The Institute for Policy Studies (UU author: 99-1)**

**Lew Finfer, MA Community Action Network
Paul Drake, MA Interfaith Worker Justice
Representative from SEIU local 1199**

**FREE CONFERENCE Organized by UU Mass Action (uumassaction.org)
Facebook: <https://www.facebook.com/events/1618754421708691>**

What is this UU Mass Action Network?

Our mission calls UUs to lift up our UU Principles and Values in the public square—
—nurturing many lives across the Commonwealth—by impacting MA legislation through
education, community organization, witness, advocacy.

UU Mass Action Network, our MA statewide advocacy organization (140 UU churches plus lots of
Partner groups), focuses on four priority issues through these Working Groups:

- Economic Justice (Escalating Inequality)
- Climate Change (Clean Energy)
- Prison Reform (End Mass Incarceration)
- Immigration Reform.

UU Mass Action is also active in the national movement to nullify *Citizens United* ruling: Corporations
are people; Money is Speech.

UUMassAction is particularly geared up to be visible and effective at the State House during this
important legislative year, the second —most active—of a two year legislative cycle. This UU
advocacy organization has educational resources on-line, speakers, workshops, conference calls.

If you'd like to learn more about UUMassAction, visit uumassaction.org. While on-line, sign up for
Action Alerts and the UUMAN newsletter. Alerts are an easy way to put your faith into action!

If you'd like to become involved here at FPC, please talk with Carrie Meier or Carol Nappellio, our
SJC co-chairs or a SJC member.



Continued Calendar:*(from page 1)***SUNDAY OCTOBER 11****HUNGER WALK**

Jr. & Sr. Choir 9:30am

Worship 10:30am

Social Justice 12:00pm

HIP 6:00-7:30pm

Buddhist Group 5:00-6:30pm

MONDAY OCTOBER 12**COLUMBUS DAY – OFFICE CLOSED****HIP HIKE**

Creating Family Altars 4:00pm

Finance Mtg. 7:00pm

Welcome Congregation 7:00pm

TUESDAY OCTOBER 13

DRE Cluster Mtg. 12:00pm

Memoirs 7:15 pm

Communications 7:00pm

Bell Choir 7:00-8:30pm

WEDNESDAY OCTOBER 14

Gifford Memorial Collation 12:00

THURSDAY OCTOBER 15

Book Club 9:00am

Historical Committee 9:30am

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

Governing Board Mtg. 7:00pm

FRIDAY OCTOBER 16

Educational Mtg – Boy Scouts 7:00

SUNDAY OCTOBER 18**BOX PROJECT DUE DATE**

Jr. & Sr. Choir 9:30am

Worship 10:30am

Membership Committee 9:00am

Discussion w/ Bill Gardiner

11:45-1:00pm

HIP 6:00-7:30pm

Buddhist Group 5:00-6:30pm

TUESDAY OCTOBER 20

Small Group 10:00-11:30am

Bell Choir 7:00-8:30pm

THURSDAY OCTOBER 22

Book Club 9:00am

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

SATURDAY OCTOBER 24

Community Table 9:00am

SUNDAY OCTOBER 25**PUMPKIN SUNDAY****CEILIH**

Jr. & Sr. Choir 9:30am

Worship 10:30am

Buddhist Group 5:00-6:30pm

MONDAY OCTOBER 26

PFLAG 7:30pm

TUESDAY OCTOBER 27

Bell Choir 7:00-8:30pm

THURSDAY OCTOBER 29

Book Club 9:00am

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

FRIDAY OCTOBER 30

Women's Ritual

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 **OCTOBER**, please call **GEORGE ANDERSON**, 617-416-5000, ganderson1951@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, 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 - Friday, 8:30 a.m. – 1:30 p.m.** 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)
 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

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 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)

**President's Letter**

Welcome to October. This is the time of the year for the Annual Financial Meeting of the Parish: Sunday, October 4th at noon. The Warrant has been posted and includes reports from the various financial committees, consideration of the budget, a change to an Endowment Fund, and changes to how we allocate cell funds. If you have any questions or concerns you would like to address before the meeting, please contact Jim Hamilton, our Moderator (781-834-4779) jim@greenharbor.com or myself (781-934-6006) clarkland@verizon.net.

CHURCH FINANCES – NOT YOUR HOUSEHOLD BUDGET

FPC's finances are complex but needn't be confusing. I'd like to suggest that you not think of them as analogous to your household budget. They are different and there are several reasons why.

1FPC's year is a fiscal year that runs from July 1 to June 30th of the following calendar year. We have a start and end date to be able to close the books and report our position at the end of the (fiscal) year. For the Operating Budget, we want to know how close we came to meeting our budget. We also report the status of the other two areas of finance, the Endowment and the Cell Funds.

2. Every number in our budget has been researched, studied and planned. We look at historic information and adjust revenue and expense categories to help create a new budget.

3. The budget lasts from July 1 to June 30th; nothing is carried over. If you don't spend your committee budget, the balance reverts to the general church funds. You can't spend someone else's budget, even if you know they aren't going to use it.

4. If we have a bad financial year, the money to make up for any shortfall in the budget can only come from prior year surplus funds.

5. We can, and have, borrowed from our Endowment and Cell Funds.

6. We try to consider the future of the church, not just next year, but 50 years in the future.

Generally it appears that we are in pretty good shape. We have three fundraisers planned for the year, so mark your calendars for Decemberfest – the first Saturday in December, the Silent Auction in February, and the Summer Fair in June. Don't forget to join the fun.

We will be having a Committee Chair's meeting on October 8 at 7:30 in the Hall. It is very important that every committee be represented –expect lots of information on how things work at FPC.

Thanks to the Membership Committee for the new name tags. Please keep yours at the church rather than home.

At our last Board meeting we approved a change to the Building Use Policy regarding the Boy Scouts in recognition of new BSA policies eliminating national restrictions barring participation by gay scouts and leaders. We hope that the Boy Scouts will continue to make progress on issues of inclusion.

*Nancy Landgren,
President*

By the Numbers

It has been a busy month, settling in as your new Interim Director of Religious Education, meeting everyone and starting the program year. I have especially enjoyed my work so far with the high school HIP Group. I know this group was a special passion of your former DRE, Sunsue and it shows. It is a wonderful, lively group of 17 teenagers. They have all kinds of plans for the upcoming year. I am also looking forward to getting to know our Coming of Age group, the 7-8 graders. These 11 young people are in for a fun year, full of spiritual and personal growth. Coming of Age is a touchstone program in most U.U. congregations and we plan to work hard this year to make it special for our kids.

I also lead my first children's chapels, one for the youngest children and another for the children in grades 2-6. The chapels were warm and meaningful. It was lovely to see the connections these children already have with each other and the church, even at such a young age. However, the total number of children in both chapels combines was 8. Yes, you read that right, 8. Right now, we have 6 children registered in grades Pre-K – 1 and 8 children registered in grades 2-6. Now, it is still early and we may get a few more registrations in, but clearly this is an area that demands our attention now. If we cannot attract more families with very young children, there will not be a Coming of Age or a HIP group in a few years.

You should also know, that we are not unusual. The Lutheran church reports declines of 40% or more in Sunday school attendance and other denominations report even steeper declines. Perhaps the most important task of the interim period in religious education here is to decide, as a church, how to address this issue. But, in the meantime, there is something we all can do. We are blessed with a tradition that includes lots of fun activities outside of Sunday morning RE classes. In October alone we have the Hunger Walk as well as all the Halloween events. All these activities are a perfect opportunity for all of you to invite your friends and neighbors to join us. It can be a hard sell to get a child to Sunday School, but who doesn't like carving pumpkins or making a difference in the world?

*Ruth Owen,
Interim DRE*

Father Bill's Community Table

Thank you for supporting Father Bill's Community Table! We provide and service the guests (women, children, men, seniors,) at Father Bill's Community Table in Brockton on the following dates (fourth Saturday of the month):

October 24
 November 28
 December 26
 January 23
 February 27
 March 26
 April 23
 May 28

Please visit the Social Justice table during coffee hour after church to learn about our relationship with Father Bill's Community Table and how you can make a difference locally (22 miles from our church but a world away).

We will need donations of casseroles (American Chop Suey recipe and pan provided at SJ table), salad fixings, desserts and volunteers (young and old) to prep in the kitchen and to serve the guests.

Thank you.

Callie Brandeis

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

CLASSIFIEDS



Kneehole Desk Free for the Taking

The church has a solid wood kneehole desk in reasonably good condition that we need to dispose of. 7 drawers, 2 of them letter-size file drawers. Dovetail joints. Some scratches on the top. If you want it, please contact the church office this week (781-934-6532). If not claimed, it will go to the transfer station.



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, 2016, shorter terms considered.

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