

# The Bell-Ringer

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

 MARCH 2016 

## WORSHIP SCHEDULE

**March 6<sup>th</sup>** -- *“Does This Church Still Matter?”* Join us for this important conversation with Catherine and Ruth. (See Ruth’s article for more information.)

**March 13<sup>th</sup>** -- **Youth Service, “Beyond Stereotypes”**, a service presented by the HIP youth group. **COME SUPPORT OUR CREATIVE HIGH SCHOOLERS IN THEIR ANNUAL WORSHIP SERVICE.**

**March 20<sup>th</sup>** -- *“Celebration Sunday”*. Our Annual Stewardship Sunday will include testimonials from young and old, special music and a homily on "Green & Growing--Moving Our Beloved Church into the Future". This will be a Family Sunday & **ONE OF THE BEST SERVICES OF THE YEAR!**

**March: 24<sup>th</sup>--Maundy Thursday Communion Service @ 7 p.m.** In the Chapel. –a UU Communion Service WITH SOME OF OUR CHURCH SILVER returned from the Museum of Fine Arts. (See Michael Gardner’s article.)

**March 27 -- Sunrise Service on Duxbury Beach @ 6:20 am (sunrise is at 6:34 a.m.)** - The hardy among us will gather on the beach to the right of the handicap ramp to share a beautiful sunrise service!

**March 27 -- “Our Annual Intergenerational Easter Service”** - Our Annual Intergenerational Easter Service featuring the Egg Tree, and our wonderful choirs. Our younger children (age grade 1 & younger) may go downstairs for an egg hunt. **BRING AN EASTER EGG THAT YOU HAVE DECORATED FOR OUR EGG TREE. BRING YOUR FRIENDS AND RELATIVES!**

### COMING EVENTS

#### TUESDAY MARCH 1

Bell Choir 7:00-8:30p.m.  
 RE Meeting 7:00-9:00p.m.  
 Trustees Meeting 7:30pm

#### WEDNESDAY MARCH 2

Building & Grounds 9:00a.m.  
 Audit Committee 7:00pm

#### THURSDAY MARCH 3

Book Club 9:00a.m.  
 Alliance 10:00-2:00p.m.  
 Worship 7:00p.m.  
 SGM Steering Meeting 4:30p.m.

#### FRIDAY MARCH 4

First YOGA 10:30-11:45a.m.  
 Committee on Ministry 5:00p.m.

#### SATURDAY MARCH 5

DIC – First Parish Church Duxbury

#### SUNDAY MARCH 6

##### YOUTH SERVICE

Jr. & Sr. Choir 9:30am  
 Worship 10:30a.m.  
 Inequality Workshop 12:00 noon  
 Green Sanctuary 12:00 noon  
 Buddhist Group 4:00-6:30p.m.  
 HIP 6:00-7:30p.m.

#### MONDAY MARCH 7

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

#### TUESDAY MARCH 8

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



*From the Staff at First Parish Church!*

*Rev. Catherine Cullen*

*Ruth Owen*

*Elaine Stephansky*

*Dawn MacKechnie*

*Alex Perzner*

*Lenore O'Malley*

*Paul Frongillo*

*John Russo*

*Edwin Swanborn*

## *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. 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**

### **Listen, Do You Want to Know a Secret??**

One of the Biggest Secrets here at First Parish is **How Wonderful** the **Maundy Thursday Service** is each year. We gather in the Chapel at 7:00 pm on the Thursday before Easter (this year March 24<sup>th</sup>) for a special service that celebrates our indebtedness to each other in an interdependent world, our heritage, and the sacred bonds that link all of us together, one to another.

The intimacy of the Chapel helps create a reverent, worshipful aura about the service that is hard to duplicate upstairs in Big Church. The Communion ritual (non-alcoholic wine and Nancy Landrgren's great baked bread) acknowledge the religious traditions from which, as our UU Principles remind us, we draw strength. (And please try not to be turned off by this; even if memories of Communion are uncomfortable for you, this is really different, and worth a try.) There can be in fact, a very Buddhist feel to this part of the service.

**And this year, as a special bonus, we hope to have back, and incorporate into the service some of our very own Paul Revere era silver which has been locked away in the Museum of Fine Arts lo these many years.**

If you value the spiritual life, if you are open to trying out a slightly different form of Common Worship, please put 7:00 pm Thursday March 24 on your calendar so you may share in the wonderful gift of this service. Very few of you, I think, will regret it. Come, let us worship together.

*Michael Gardner on behalf of the Worship and Music Committee.*



## **Working on Two Tracks**

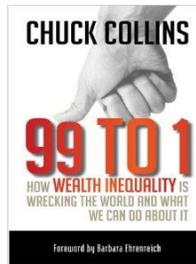
We have reached the point in this first year of interim work where it really feels like we are working on two, parallel tracks. The RE program is busy and active. After the holidays the children participated in an all-ages program called “The Heart of Home” (also the basis for our multi-generational service on Feb. 28) in which we reflected on all the meanings of home. Now, we are getting ready to begin our spring term. We have wonderful programming planned on nature (a HUGE THANK YOU! to the Lackeys), covenant and, for the littlest children, on our UU traditions. The governing board approved an enrichment grant so we can hire professional infant care. And, the HIP group is very busy planning the youth service (March 13), thinking about going to GA and looking forward to their trip to the Heifer farm. Also, make sure you check out the blog, “Think Sacred” on our website. Jen Shattuck is an amazing writer and spiritual resource for parents. On the adult RE side of things, the Bible Workbench group is going well, the 1+ Widows’ group has had some fun meetings and I have been working with social justice on after service discussions.

The other track, interim work, has also been very busy. 94 of you have filled out the survey (could we get over 100 by the end of February when the survey closes? That would be great!). I have read all of you responses and I will publish the complete results in March. But, I wanted to share some impressions with you now. First, it seems like you are basically very happy with the way children’s programming has been done. Of that very long list of activities on the survey, only five got scores of less than 4 (with a score of 5 being the best). I also got a very clear picture of who you are, as a group. You want children’s programming to center on our UU tradition, world religions and social justice. And, the three most important qualities you want to nature in our children are compassion, kindness and forgiveness (which was almost tied with helpfulness). So, really, if you’ve read this far you are probably thinking, “What is not to like?” I agree. I have come to really love this church and have very warm feelings for all the wonderful youth, kids and families here. I am so impressed with how much you care for each other and for this church.

But - and there had to be a “but” - more than 80% of you who filled out the survey have been in this church for more than 10 years. Only 10% of you had been here less than five years. And this is the crux of the issue. We have a great community here, but very few visitors. Since I have been here, we have had one new family visit. One. On March 6 Catherine and I will lead a service that we called, “Does This Church Still Matter?” Clearly, it matters very much to all of you. But how can we find other people to join us, for whom it will matter too. There are a few UU churches who seem to have found some approaches that work for them. Would they work for us? Come on March 6 and see what you think. After that service we will be convening some conversation groups to try and dig a little deeper into why our message and our community is not attracting or resonating with young families. If you would like to be a part of a group or would like to chat with me or Catherine, please be in touch. We have to figure this out together.

***Ruth Owen***  
***Interim Director of Religious Education***

## Adult Religious Education



### Inequality and You

An after-church discussion. This discussion is a follow-up to the service with Chuck Collins on income inequality. We will consider how inequality affects our lives and our children's lives. We will also discuss what our next steps might be in addressing this important issue. Bring a brown bag lunch, if you like and join us in the parlor after church. Sponsored by Social Justice and Adult RE. Ruth Owen will lead the discussion.



### 1+ Widows' Group

The 1+ Widows' group is a social group for any woman who has lost her spouse or partner. We go out to dinner once a month and have other activities in between. If you would like to be included on the Google group for this group to keep informed of our activities, please email [ruthowendre@gmail.com](mailto:ruthowendre@gmail.com). The group is open to all members and friends, and friends of friends of FPC.



### Bible Workbench

Bible Workbench is a Bible discussion group for religious liberals who are interested in learning about the Bible and how its stories may relate to our lives. Next meeting Monday, March 7, 7 PM. Contact Ruth Owen for more information.



### MEMOIRS

Our next meeting will be **Tuesday, March 8<sup>th</sup>, 7:15pm** – The topic for March is “**A Parent Listening to Music at School**” or feel free to write about any previous topic. If you are interested, but have never participated, feel free to come and just listen. Hope you can join us! **Leader: Jackie Smith-Miller.**



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



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

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

***Carrie Meier, Carol Nappellio, Peter Nappellio, Callie Brandeis, Andrea Brandeis, Mary Flanagan, Donna Savicki, Cindy Wilson, Bob Hughes, Nancy Nowak, Sally Delisa***

***Meeting: second Sundays 12 noon to 1 PM***

***Please Join Us! All Welcome!***

#### **Overnights of Hospitality, a program of Plymouth Taskforce to End Homelessness Update**

If you want the opportunity to help cook a meal for our neighbors who have no warm home, we have 2 remaining dates at the Overnights of Hospitality shelter: March 3<sup>rd</sup> and March 20<sup>th</sup>. Please contact Mary at mcflanagan46@comcast or 781-934-8125.

Would you consider helping to chaperone for one evening or more? The responsibilities are to come to the shelter by 6:00pm, interact with the guests, perhaps have a meal with them, and be a backup to the full-time Father Bill's staff person is in charge. There is no requirement to stay awake overnight. You can volunteer here: <https://www.mealtrain.com/trains/k4w5gd>

#### **Father Bill's Community Table**

We only have three Saturdays at Father Bill's for the rest of this church year. We will be providing and serving lunch to the guests at Father Bill's Community Table in Brockton on the following dates:

Saturday, March 26th

Saturday, April 23rd

Saturday, May 28th

Please stop by the Social Justice Table on a Sunday during coffee hour to sign up to provide a casserole, salad fixings, desserts and/or be a server or email me at [calbrandeis@gmail.com](mailto:calbrandeis@gmail.com).

#### **SJC needs YOU!**

Please consider joining the Social Justice Committee! What might your interests be related to **service** in the community, **education** at FPC, and **action** for systemic change, for justice? SJC has two special needs right now: we'd like to form a Justice Education Team bringing programs to FPC: movies, speakers, discussions...and... an Advocacy for Justice Team, helping out at our coffee hour with letter writing, petitions, or other ways to share our thoughts with local, state and national legislators. Please speak with a member of the Social Justice Committee about your possible interests. Justice Work Rocks!! Thank you!

#### **The UU-United Nations Office 2016 Seminar, "The Colors of Inequality: Costs and Consequences"**

### **April 7-9, 2016 in New York City**

The focus of this annual intergenerational seminar is global income inequality and racial discrimination and how UU's can engage with these issues. The conference is a fruitful learning experience and an opportunity for all UUs, especially for youth, who attend from the USA and Canada. Seminar speakers are leaders from around the world. A morning's session will be held at the United Nations headquarters.



Youth and a sponsor (one for 5 youth) arrive on April 6. Deadline for early registration is March 10; final registration is March 18. Visit [uuuno.org/spring](http://uuuno.org/spring) for details; for more info contact Nancy at [nowakdux@gmail.com](mailto:nowakdux@gmail.com).

### **MARK THESE DATES!**

If you want to learn more or attend these events, contact a SJC member! \*\* Want to ride together? Contact Nancy Nowak

**February 27 – The Art of Being a Voice for Justice** with Rev Stephen Shick from 10 AM to 3 PM at First Church in Belmont, 404 Concord Ave. visit [speaking-your-truth.eventbrite.com](http://speaking-your-truth.eventbrite.com) \*\*

**April 2 – Ballou Channing District Annual Meeting** at UU Society of Fairhaven, 102 Green St., Fairhaven, MA 02719 from 9 AM to noon. A workshop on *helping district congregations work with each other* will follow a brief business meeting. visit [newenglanduua.org](http://newenglanduua.org) \*\*

**April 7-9 – UU–UNO - Annual Intergenerational Seminar** in New York City, this year is focused on *Global Inequality and Racial Discrimination*, with special invites for *Youth*. Visit [uu-uno.org](http://uu-uno.org)

**APRIL 10 – UU Urban Ministry -- HOPE OUT LOUD**, an annual event that uses music and art to foster relationships and promote social justice within the Roxbury community. Fun and Fellowship! Time TBD. Visit [uum.org](http://uum.org)

**April 12 -- UU Mass Action – Annual Advocacy Day** at the Arlington St UU Church and the State House from 9 AM to 3 PM. Keynote speaker: *State Senate President Stan Rosenberg*. Come advocate for Justice! More info and registration at [uumassaction.org](http://uumassaction.org) or for a ride contact Nancy at [nowakdux@gmail.com](mailto:nowakdux@gmail.com) \*\*

**EVERYONE: Don't forget to VOTE March 1st!** Bring a friend to the polls! Encourage your neighbors to VOTE! Put your UU Faith in Democracy in action.

### **Receive UU Mass Action Legislative Updates and News**

Sign up on [UUMassAction.org](http://UUMassAction.org) to receive UU Mass Action weekly newsletter via email containing timely and critical information related to active MA legislation. Focus issues are *criminal justice reform* (ending mass incarceration), *economic justice* (escalating inequality), *climate action* (clean energy), and *immigration reform*. Other State House bills include *Transgender rights* and *amendment to nullify citizen's united*. Our congressional and state legislative leaders take note of constituents' visits, telephone calls, letters, or emails. Now is an especially important time to express your opinion to our legislators. They want to hear from us! Please sign up today at [uumassaction.org](http://uumassaction.org).

**WEDNESDAY MARCH 9**

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

Growth Team 1:00p.m.

**THURSDAY MARCH 10**

Book Club 9:00 a.m.

Alliance 10-2:00 p.m.

Agenda Setting Meeting 10:00p.m.

**FRIDAY MARCH 11**

YOGA 10:30-11:45a.m.

**SUNDAY MARCH 13****YOUTH SERVICE**

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

Worship 10:30 a.m.

Social Justice 12:00 noon

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

**MONDAY MARCH 14**

Finance Meetin 7:00p.m.

**TUESDAY MARCH 15**

Stewardship Meeting 7:00p.m.

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

**THURSDAY MARCH 17**

Book Club 9:00 a.m.

Historical Committee 9:00a.m.

Alliance 10-2:00 p.m.

Governing Board 7:00p.m.

**FRIDAY MARCH 18**

BAY PLAYER PERFORMANCE

**SATURDAY MARCH 19**

BAY PLAYER PERFORMANCE

**SUNDAY MARCH 20****Box Project Due Date****Family Sunday****Stewardship Sunday**

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

Worship 10:30 a.m.

Membership Mtg.

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

Buddhist Group 5-6:30 p.m.

**MONDAY MARCH 21**

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

**TUESDAY MARCH 22**

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

**THURSDAY MARCH 24****BELL RINGER DEADLINE!****MAUNDY THURSDAY****Service 7:00p.m.**

Book Club 9:00 a.m.

Alliance 10-2:00 p.m.

**FRIDAY MARCH 25**

YOGA 10:30-11:45a.m.

Cedar Hill-Coming of Age

BAY PLAYER PERFORMANCE

**SATURDAY MARCH 26**

Community Table 9:00a.m.

BAY PLAYER PERFORMANCE

**SUNDAY MARCH 27****EASTER!**

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

Worship 10:30 a.m.

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

**MONDAY MARCH 28**

PFLAG 7:30-9:00p.m.

**TUESDAY MARCH 29**

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

**THURSDAY MARCH 31**

Book Club 9:00a.m.

Alliance 10:00-2:00p.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 **MARCH**, please contact **DEB WORSH**, 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-Friday, 8:30 a.m. – 1:30 p.m.** Our email address is [uuduxbury@verizon.net](mailto:uuduxbury@verizon.net). If you need anything, please call Lenore and I will be happy to help you.

**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 (1<sup>st</sup> & 3<sup>rd</sup> Sun. each month)  
 Silent Joys & Concerns (4<sup>th</sup> Sun. each month)  
 Membership 9:00am (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)  
 Buddhist Meditation 5-6:30p.m. (weekly)

**MONDAYS** – Building Use 9:30 a.m. (4<sup>th</sup> Mon. 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)  
 PFLAG – 7:30-9:00pm (4<sup>th</sup> Monday of each month)

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

**WEDNESDAYS** – RE Committee 7 p.m. (1<sup>st</sup> Wed. of each month)  
 Staff meeting 11:30 a.m. (weekly)  
 Buildings & Grounds 9-11 a.m. (1<sup>st</sup> Wed. each month)  
 "Kindred Spirits" 9:30-11:00 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)  
 Agenda Setting 10:00a.m. (2<sup>nd</sup> Thurs. each month)  
 Governing Board 7 p.m. (3<sup>rd</sup> Thurs. each month)  
 Historical Committee 9:00a.m. (3<sup>rd</sup> Thurs. of each month)

**FRIDAYS** - Committee On Ministry 5 p.m. (1<sup>st</sup> Fri. each month)

**SATURDAYS** - Brockton Soup Kitchen 9:15 a.m. (4<sup>th</sup> Sat. each month)

**PRESIDENT'S LETTER**

The UUA's General Assembly will be held in Columbus, Ohio on **June 22-26**. Registration is now open. People, who plan to attend, please contact the Governing Board so we can consider the financial support that we usually offer.

Lenore and I are working on setting up a notebook to record where church equipment is kept with a sign out sheet for church property that is taken off site.

The Green Sanctuary group is working on the possibility of bringing solar panels to the church. The panels would probably be on the Harvey Assembly Hall and not the Meetinghouse. We will be planning some informational meetings to gauge the level of support.

Nancy Landgren, 781-934-6006 or [clarkland@verizon.net](mailto:clarkland@verizon.net).



**Alliance Pot Luck Luncheon**  
**3<sup>rd</sup> Thursday of the Month, March 17th**  
**12:00 noon in the Parlor**

Everyone is invited to gather for a Pot Luck Luncheon and sociability at 12:00 on Thursday.  
 Look forward to seeing you there!



**Next Bell-Ringer Deadline:**  
**Saturday, March 24th, 2016**



## **Keep Our Church Green and Growing!!**

The Stewardship Pledge Drive for the next fiscal year will take place in March, for ALL members and friends of First Parish Church. It's how we keep our church open and operating, offering such rich worship, music, programming, and religious education. Sometimes people believe that because we have a good sized endowment and because we have cell antennae in our steeple that they don't need to pledge very much or at all. NOT TRUE! Common wisdom is that today's congregants should pay for today's needs. If we rely on our ancestors (the endowment) to pay our way then we don't have an investment in our community and we slowly die out. As far as the cell antennae, the congregation voted 5 years ago to not use ANY of the cell money to fund the budget. It's off limits. So, we don't want to die out and we can't use the cell money. We need to fund ourselves. We need to think about what our church means to us and pledge as generously as our budgets will allow.

There is an URGENT need for you to increase your pledges. As you will hear from our interim DRE, Ruth Owen and our minister, Catherine Cullen on the first Sunday of March - we are at a tipping point. Right now our numbers are holding steady - except for the church school that is way down from years past. As Catherine and Ruth have explained to us before - the common US trend for mainline churches is decline. WE WANT TO BUCK THAT TREND! How important is the church and its community in your life? How important was it or is it to your children and grandchildren??

There are ideas afloat to help us become a true 21<sup>st</sup> Century growing congregation. But those ideas take money. Already we are funding, through a one-time cell grant, a nursery teacher for our littlest ones through June, so that young families can attend worship. But we need to keep that initiative going and that will require increases in the RE budget. We need to become more technologically savvy and advanced to attract and hold the young families that our church needs. A social media consultant has been discussed. That costs money.

**ARE YOU WILLING TO INVEST IN OUR FUTURE BY INCREASING YOUR PLEDGE???**

### **NUTS AND BOLTS OF THE STEWARDSHIP PLEDGE DRIVE**

- We are jumping into the future with ONLINE PLEDGING! (Although paper will be available if you prefer.)
- Stewardship Sunday is Sunday March 20. There will be a great worship service.
- There will be computers set up in the Harvey Assembly Hall after church for you to make your pledge.

- You can have a nice lunch of sandwiches and cake while you pledge!
- You can pay your pledge in many different ways – check, credit or direct deposit.
- The pledge year goes from July 1 – June 30.
- Putting money in the plate is NOT as good as a pledge. We can't make a budget around an unknown amount of money going into the plate. It's not that we don't appreciate money in the plate and we do try to guess at the yearly amount for our budgeting but it's really only a guess.
- If you want a visit or call from a member of the Stewardship Committee, all you have to do is ask. Let Lenore know in the office. Or contact any one of us – Cindy Ladd Fiorini, Sharon Nabreski, Bob Clark, Mary Ann Kauffman, Amy Hamilton, and Audra Shattuck.
- Thank you, thank you, thank you in advance!

## ***Reserve Flowers for Easter Sunday!***



***Tulips, Daffodils & Lillies***

***Price will be on sign-up sheet!***

***Please use the sign-up sheet on the bulletin board and leave your check in the envelope. Please make checks payable to “First Parish Church Duxbury” and indicate “Flowers” in the memo section.***

***If you have any questions, please contact Sherry Wyman  
781-834-4728, [sherwyman@yahoo.com](mailto:sherwyman@yahoo.com).***





**A COFFEE HOUSE COMES TO FIRST PARISH !**

If you are interested in helping to launch a new monthly Coffee House here at FPC, please join us in the parlor for a conversation after church on **March 6th (at noon)**.

The plan is a monthly event (8-10pm) with an hour of "open mike" and an hour of paid performers.

BRING YOUR IDEAS & ENERGY ---and let's get this off the ground!



**Save the Date - Sunday, April 10<sup>th</sup>**  
**Human/Sex Trafficking and Talk Back After Church**

Sarah Hennessey, soon to be a Northeastern University graduate, will join Catherine in the pulpit to talk about her professional role in finding and rescuing current victims of human traffickings and ultimately preventing future victimization through the destructions of the networks that allow the slave market to exist with impunity in Buenos Aires, Argentina.

After church, Sarah will participate in our Talk Back in the parlor to further the conversation about the Buenos Aires community scarred by the exploitation of human trafficking, domestic violence, and a pervasive sense of hopelessness caused by a fundamental lack of economic opportunities and how it affects our global village and humanity.



### **Rescheduled Snowy Owls**

We are planning a Snowy Owl outing for March 13 immediately following coffee hour. Four wheel drive vehicles may be needed. Therefore, it will be important for you to sign up for this event in advance. Also, let us know if you have a four wheel drive and can drive that day. Contact either Cindy Ladd Fiorini([claddfiorini@gmail.com](mailto:claddfiorini@gmail.com)) or Sally Delisa ([delisasally@yahoo.com](mailto:delisasally@yahoo.com)).



### **Nourishing Yoga** **Beginning March 4<sup>th</sup> at FPC! – Fridays 10:30am – 11:45am** **With Lee Anne Pellegrini**

Join us in this Nourishing Yoga class focusing on opening and stretching the body along with yogic breathing. We will do floor exercises and basic standing poses to build strength and endurance. The last 15 min. will include meditative practices. This is a gentle yoga class perfect for all levels. We will focus on yoga as a practice for self-care and self-compassion. \$10 for 1 ¼ hours.

Bring your mat and a larger towel and get ready to feel refreshed!