



The Spire

The Newsletter of
**First Parish of Norwell,
Unitarian Universalist**
24 River Street
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Norwell, Massachusetts 02061
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www.firstparishnorwell.org

October 4, 2017
Volume XVI, Issue 2

Sunday Services - 10:00 am

Rev. Lise Adams Sherry
preaching unless otherwise indicated

October 8:

Learning from Indigenous Peoples

As many celebrate Columbus Day weekend, let's instead celebrate our indigenous neighbors, learn about some of their spiritual practices and how we might be able to incorporate some of their philosophies into our lives.

October 15: **Blessing of the Animals**

Bring your animal best friends to church for a blessing! Pets should be on a leash or in a carrier. You may also bring photos of shy pets who would rather stay at home, or who have passed away. We'll bless larger animals in the parking lot outside after church.

October 22: **Our Transylvanian Partners**

FPNUU has been part of the partner church movement for over 25 years. How can relationships outside of our country enrich our lives? This will be Outreach Sunday, and the collection will benefit our partner church in Kadacs.

October 29: **topic TBA**

Rev. Dick Fewkes, Minister Emeritus, will join us for what will certainly be a fulfilling and joyful service.



OFFICE HOURS
(September to
mid-June):

Closed on Mondays
Tuesday, Wednesday,
Thursday: 9 am-1 pm
Friday: 9 am-12 pm

Minister:

Rev. Lise Adams Sherry, x11
lsherry@uuma.org

Director of Religious Education:

Jessie Slade, x12
dre@firstparishnorwell.org

Music Director: Gingy Grimes

Office Staff:

Hope Weinman, Office Administrator, x10
office@firstparishnorwell.org

Donna McDonald, Bookkeeper, x14
donna@firstparishnorwell.org

Parish Committee 2017-2018:

Chair: Les Taylor

Members: Scott Garland, David Hockman,
Amanda Metzger, Gabrielle Millins, Mary
Nickerson and Jim Pickel

Treasurer: Marta Reese

Minister Emeritus: Rev. Richard M. Fewkes

The deadline for the next issue of the Spire is
Monday, November 6, 2017. Submissions
should be emailed to Hope at
office@firstparishnorwell.org.

LISE'S LETTER

“Lions and tigers and bears, oh my! Lions and tigers and bears, oh my!” Do you remember this scene from the 1939 movie *The Wizard of Oz*? Dorothy, the Scarecrow and the Tin Man are walking through a particularly dark and scary patch of woods as they follow the yellow brick road. One person’s imagination ignites another’s and before they know it they are terrified of all the unseen beings that could be lurking in the woods ... waiting ...

It seems to me like our world is on a similar journey at the moment. Unfortunately, in our reality, dealing with the roaring lions (both the natural disasters and the human kind) is not as easy as slapping the lion on the nose (in the movie!). But it does provide a good metaphor. However, there are only so many times a person can slap a lion on the nose— it gets tiring, even exhausting. What is a person to do then?

Take a break.

Find a nice little rest stop on the side of the yellow brick road and stay a while. Or if there doesn’t seem to be a place readily available, make your own little oasis.

I know I wrote about the need for respite a little bit last month, but given the continue pounding of world events (and it does feel like pounding, doesn’t it?), part II seems in order. I want to encourage us all to do the best we can to find some healthy balance in our lives between the world stage and our own personal dramas. Yes, the two are definitely interlinked, but the world stage is more challenging because our influence is limited despite our strong yearnings to change and fix things. Worrying about what we have no control over can be the most exhausting thing of all. So here are some specific ideas:

- Create an oasis in your mind. Where do you feel most relaxed and refreshed? Create that spot in your



mind and heart, maybe even improve it. Draw a little picture of it if that helps you imagine it better. Visit often.

- Limit your exposure to news and social media. Really!
- Look for funny videos of cats and other animals that will make you laugh.
- Take a walk outside. Breathe the fresh air. Garden. Watch children play. Better yet, play with them!
- Develop a spiritual practice. Read *Everyday Spiritual Practice*, edited by Scott W. Alexander or drop in our adult religious enrichment class on some Tuesdays (check the schedule).
- Read a good book, memorize inspiring poetry or watch a rom-com.
- Carve out time to do something nice for yourself on a daily basis.
- Spend time with friends and family. Ask them what they do when life feels overwhelming.

With this list, I am not saying that we all need to leave the lions alone, for good. I am saying that we need and deserve some healing space from the wounds of the world. It's as simple as putting on your own air mask first. What good are we to ourselves or anyone else if we're gasping for breath all the time?

And here's a little good news from our Wizard of Oz metaphor. Dorothy's slap on the lion's nose was really just an attention getter. Things really improved once they understood each other and they became friends.

Let's all take care of ourselves so we can lend our strength and joy to others.

With love and blessings,
Rev. Lise



CARING CORNER

Our hearts and thoughts go out to Denise Rachel who continues to deal with health issues.

Ed Mosher is recuperating at home in the capable hands of his wife Carol Altshuler. He is driving again but still appreciates cards, phone calls and visits.

The sympathies of the parish are with Anne Kannan on the recent death of her mother.

The knitting group was overjoyed to see Phyllis Cohen this week! Phyllis has been dearly missed over the last few months as she deals with health challenges.

Help us to keep in touch, celebrate the happy moments in life and support you during the difficult times. Please send your news to Hope Weinman in the Church Office at 781-659-7122 or office@firstparishnorwell.com, or contact any member of the Pastoral Care Team (Sue Robinson, Rev. Lise Adams Sherry, Marcia Babcock, Noel Constantino, Betsey Detwiler, Joanne Howard and Joyce Hockman).



CAROLYN HOUSMAN TO PRESENT BOOK REVIEW

Please join the Alliance on **Wednesday, October 18** at 10 am in the Fogg Parlor. We will serve light refreshments before Carolyn Housman presents an insightful and interesting review of some of her favorite books. All are welcome to Alliance meetings and book reviews - we look forward to seeing you.



HOLIDAY FAIR 2017
Saturday, November 18
9:00 am - 2:30 pm

Mark your calendar - we need your help with this major fundraiser.

We will need you to bake, make handcrafts, clean out your closets and bring your clean, good toys, books/CDs and household treasures to the church the week before. The Jewelry Table has put out a special call for good jewelry items. See Bev Gardner for ideas on gift baskets you could make.

Marcia Babcock and Betsey Drollett need some craft lovers to assist them with the aim of taking over next year as chairs of the handcraft table. Joan Nahigian will chair the artists' table, featuring work by First Parish artists and friends. Grandma's Attic needs a co-chair available to help during the week for set-up.

New helpers are needed. To volunteer, call any of the following coordinators or Peg Kitchenham:

- Set up & Handcrafts** - Marcia Babcock, 781-659-2956 & Betsey Drollett, 781-934-6672
- Silent Auction** - Marina Selby, 781-659-2019 & Joanne Howard, 781-826-6561 & Joyce Hockman, 781-545-6517
- Snack Bar**- Jim Miller, 781-837-6620
- Books** - Sally Turner, 781-659-4646,
- Grandma's Attic** - Phyllis Buell, 781-659-2203 (co-chair needed)
- Jewelry** - Kerry Ouellet, 781-834-3472 or kerrysuzi@gmail.com
- Gift Baskets** - Bev Gardner, 781-829-0932 & Noel Constantino, 339-244-4778
- Baked Goods** - Prue Miller 781-826-2914 and the Alliance.
- Toy Table** - Debi Meddaugh, 781-659-2901 and Patti Waters, 781-659-2633
- Electronics/sports** - Chris Kitchenham, 781-447-5831 & Larry Baker, 781-826-3284
- Face Painting/Popcorn** - (proceeds to Youth Group) Jessie Slade, drefpnuu@gmail.com

- Artists' Table** - Joan Nahigian, 781-834-4105
- Publicity & Raffle** - Peg Kitchenham, 781-447-5831
- Clean-up** - Don Messinger, 781-659-7574 & Les Taylor, 781-837-2929

Don't leave items in the sheds unless protected. They get very dirty there. **NOTE:** We will not accept large sports equipment, TV's or very old skis. Bring pictures of any large furniture, instead of the actual item.

Be a part of this year's fair and make special memories! Be sure to bring a good appetite for lunch and don't miss the fun of this important all-church activity.

GOT TOWELS?

As part of the Blessing of the Animals service on **Sunday, October 15**, we are conducting a special outreach project. The Animal Protection Center of Southeastern Massachusetts in Brockton provides services for a very large population of animals in need. There is a desperate need for old towels, sheets, and lightweight blankets to provide soft bedding for animals in the shelter. Please look through your linen closet for donations. An old bath towel can be a perfect bed for an abandoned kitten!



(This is Hector, my 14 ½ year old Jack Russell terrier. He's not spoiled or anything... ~Hope)



RELIGIOUS EDUCATION NEWS

Hello First Parish!

I hope you have all enjoyed a wonderful start to the new church year! September was a whirlwind as I prepared for and completed many firsts as your new DRE! Thank you all for your warm reception, kind words, encouragement and support as I begin this new journey with all of you.

Our Sunday RE classes have been busy! Our children in grades 1-4 are enjoying the Love Will Guide Us curriculum. Projects and activities have focused on two of our six sources: science and reasoning, interconnectedness of all beings and harmony in nature. Projects have included seed art, pondering the concepts of belief vs. fact, and exploring the ecosystem of First Parish's backyard. The children also created a class chalice and are well on their way to knowing all of the words to the *Love Will Guide Us* hymn!

Our Questing Year class (grades 5-6) has been busy as well. The children worked collaboratively to create a class covenant that reflects how they would like to work together as a group over this upcoming year. Children were very thoughtful in offering their ideas and feedback, tweaking here and there, to be sure that the covenant was something that all participants could affirm. Discussions and activities have also focused on the 7 Guiding UU Principles as well as pondering big questions and learning more about each other as individuals.

The Coming of Age/Neighboring Faiths group (grades 7-8) has also created a thoughtful class covenant and spent time each week bonding, learning more about each other, and working toward creating a community where each individual feels safe, respected, and

cared for. Discussions have included the importance of taking care of others as well as ourselves, considering various scenarios and how one might react or intervene. The class has worked together to create opening and closing rituals for each meeting.

The SciCohRockWell Youth Group has met several times and already has several activities planned for the upcoming months, including a holiday gift exchange, movie night, and game night. Youth Group will be attending a Con in Westminster, RI from **Friday, November 10 to Saturday, November 11**. SciCohRockWell Youth Group meets every two weeks at a different member church. Our next Youth Group meeting will be at First Parish of Norwell on **Sunday, October 15** at 4 pm for movie night.

Upcoming RE Events:

- **Friday, October 6** - First Game Night/Potluck at 5:30 pm in Parish Hall
- **Sunday, October 15** - Youth Group Meeting (movie night), 4-7 pm, Parish Hall Norwell (earlier meeting time than usual)
- **Sunday, October 22** - Carolina Hill Share a Meal, following church. See Mandy Metzger or Jessie Slade for information.
- **Thursday, October 26** - Pumpkin Carving for New England Wildlife Center, 5:30-7:00 pm in the Parish Hall. Participants must RSVP to Jessie Slade by October 20 (drefpnuu@gmail.com)
- **Sunday, October 29** - Neighboring Faiths class visits Messiah Baptist Church, Brockton for the 10:45 am service
- **Sunday, October 29** - Youth Group Meeting (game night), 5 pm-7pm at the Channing Church Rockland
- **Friday, November 3** - Halloween-themed First Friday Game Night/Potluck at 5:30pm in Parish Hall (costume optional!)

Please contact Jessie Slade with any questions about the above events (drefpnuu@gmail.com). We hope you will join us!

CHURCH COUNCIL COMING SOON!

Our annual "Church Council" is set for **Tuesday, October 24** from 5:30 - 8pm in the Parish Hall. If you are a chair or point person of an elected or standing committee, please reserve that date. As usual, those folks may expect a mailing from Hope with more specifics in the coming days. In addition, anyone else interested in church leadership, how committees function and the direction the church is headed this year are invited to attend. Count on more in-depth conversation regarding the Parish Committee's FY18 goals, various church leadership topics and discussion of the goals established by the individual committees. Please contact Les Taylor at lestaylor@me.com for further information.



PHOTOS REQUESTED (TWICE)!

As a reminder, we will be updating FPN's committee photos in the Parish Hall this fall. If you have an updated photo of your committee for the 2017-2018 church year, please submit them to Les Taylor at lestaylor@me.com.

As well, if you have any pictures which you would like to go into our church album for the last church year, please leave them in the Church Office for Bev Gardner. This year, please share your pictures of church events by putting them on the bulletin boards in the Parish Hall. If you wish to get them back, make a note on the back. Otherwise, they will be put into the church album for next year. Thank you!



SHARE A MEAL AT CAROLINA HILL

Please help the RE committee and Activities Committee with our upcoming service project at Carolina Hill Shelter. We will be visiting them on **Sunday, October 22** after Coffee Hour. We will be hosting a Share-A-Meal lunch and Halloween craft. We need people to volunteer to bring sandwiches, salad, fruit, snacks and drinks. We also need adults & kids volunteers to help serve lunch, help with the craft and play outside with the kids. Also, any donations of frisbees, balls, or outside toys would be greatly appreciated. See Mandy Metzger or Jessie Slade at Coffee Hour to sign up.



THEMED GIFT BASKETS

Welcome back! It's time to think about donating a themed gift basket to be sold at the all-church Holiday Fair which will be on **Saturday, November 18!** We are asking that you keep your purchases, if at all possible, to under \$40, so we can keep the prices of the baskets reasonable.

A sign-up sheet with suggestions of basket themes will be at Coffee Hour from now until the Fair. If you have any *large or gigantic baskets* for people to fill, we can use them! Just bring them to Coffee Hour. Remember- YOU provide the items on a theme of your choice, and WE provide the basket and help you wrap, decorate and label it with our supplies. This year we are asking that you make a tag with a list of contents. Thank you!

~ Bev Gardner and Noel Constantino





FIRST PARISH BOOK GROUP

Check out our next few months'

selections:

November 1: "A Piece of the World" by Christina Baker Kline

December 6: "Goodnight, Mr. Wodehouse" by Faith Sullivan

January 3: "1984" by George Orwell

Our full list of selections can be found on the bulletin board outside the Parish Hall, or on our website at <http://www.firstparishnorwell.org/adulted.html>. Join us in the Fogg Parlor on the first Wednesday of the month at 7 pm. Our discussions are low key, and all are welcome!



JAMES LIBRARY AND CENTER FOR THE ARTS

Roofs of the Western Hemisphere

Monday, October 16 at 7 pm

Led by Glenn Ferguson

Free, but donations are appreciated

What is the view like from 20,000 feet? Glenn will share his experiences from the mountain tops of North and South America with photos and lively stories. He will review 40 years of mountain climbing and exploration in one evening.

Sponsored by the Cordelia Family Foundation and South Shore Music Circus

Stephen Sheffield Photography and Mixed Media

On view October 20-November 15

Opening reception **Friday, October 20**, 6-8 pm

Stephen Sheffield creates images that are often heroic and dreamlike at the same time. Using large format black and white film and an antique press camera, the mood of his photos is enhanced by the purposeful and expressive imperfections of age and medium.

Weekend Classics: Boston Duo with Tatiana Dimitriades and Jonathan Bass

Sunday, October 22

Doors open at 2:30 pm - concert at 3 pm

\$25 General Admission/\$22 Senior/\$10 Student

Noted for their "exemplary artistry" (The Berkshire Eagle), the Boston Duo has been a fixture of the musical scene in Boston and the Berkshires for over 20 years. Performing sonatas by Beethoven, Debussy and Richard Strauss, Boston Symphony Orchestra Violinist Tatiana Dimitriades and Boston Conservatory Piano Department Chair Jonathan Bass are a musical team not to be missed!

For more information on any events at the James, please visit www.jameslibrary.org or call 781-659-7100.

And from Wendy Bawabe, Chair of the James' Board of Directors:

The James Library & Center for the Arts Board was warmly welcomed to the First Parish service on September 17, and the James was pleased to host the Coffee Hour after services on September 24. As a program of First Parish, the James provides arts and culture to the entire South Shore community. The Board of Directors of the James (most of who are First Parish members) were pleased to announce to the First Parish community a new initiative: *The Arts for Everyone Accessibility Campaign* — a capital campaign to raise the funds necessary to bring arts to everyone on the South Shore.

How did *Arts for Everyone* come about? Not without a plan! In 2014, the James began a Strategic Planning process. A diverse group of 22 people met to brainstorm the James' core

beliefs and craft a new mission statement. The new mission statement we wrote said: “The mission of the James is to inspire creativity, learning, and an appreciation for the arts through music, visual, and literary programs, in a historic and welcoming space for the community.” From there, the group created four strategic objectives: Accessibility (to both our building and our programs), Identity (clarifying our mission and our purpose), Collaboration (expanding our reach into the community), and Resources and Revenues (planning for the James’ long-term stability).

But we had a realization: we can’t be (as our new Mission Statement says) “a historic and welcoming space for the community” if we are only accessible to some of the community. That was when we envisioned the Arts for Everyone Campaign.

We will build:

- An elevator at the rear of the building that will access all three floors— from the basement art gallery... to the lending library and the children’s room... to the Victorian concert hall
- A pathway to our existing side entry door— which will become fully accessible
- Two new handicapped parking spaces
- A new compliant bathroom where our existing bathroom currently is
- And, the James will expand its programs to ensure that art, music, and literature are available to everyone on the South Shore— no matter their physical or financial ability.

Arts for Everyone means that music lovers who’ve worried about navigating our Victorian staircase can now attend classical concerts. *Arts for Everyone* means that Norwell High School can once again hold their annual art show in the James gallery. *Arts for Everyone* means that the Norwell Cultural Council can fund literary programs held at the James.

The Board of the James encourages all First Parish members to visit our Arts Center and attend the many programs—listed in our season brochure (available at the First Parish Office or at the James) or on the James’ website: www.jameslibrary.org. We also encourage members to attend a James *Arts for Everyone* campaign event to learn more about the project. In fact, First Parish’s own Betsy Gordon and Sue Sulc are spearheading this initiative, so please contact Betsy or Sue to connect with one of these small informational events.

First Parish members should be proud that the James is a program of the church. It is your generosity that provides us with our beautiful Victorian home and allows our small staff to accomplish so much each year with our very limited budget.

FIRST PARISH OF NORWELL PARISH COMMITTEE MISSION STATEMENT FY18

It is the Parish Committee’s mission to represent the interests of the church, to develop church policy and to...

- Oversee the implementation of the church’s priorities, programs, and activities in order to assure that they are congruent with FPN’s mission.
- Create an ever-evolving partnership of shared ministry with the Minister to oversee the administration of the church, its committees, and its paid staff.
- Oversee the church’s finances, assets, and campus.
- Set realistic, clear goals for the congregation.
- Encourage leadership and commitment among the congregation.
- Work to promote the values of the church within the larger community.

WE FULFILL THESE RESPONSIBILITIES IN THE SPIRIT OF OUR UNITARIAN UNIVERSALIST RELIGIOUS PRINCIPLES AND THE COVENANT OF OUR CONGREGATION.

PUBLICATION GUIDELINES

FPNUU has several formal ways of communicating with you all:

- Our monthly newsletter, the Spire
- Our mini-newsletter, the iSpi
- The printed announcements on Sunday's Order of Service (OOS)

Here's a handy reference guide:

	Spire	iSpi	OOS
Length	unlimited	Brief	Brief
How far ahead will events be published?	Generally 1-2 months, but farther ahead is possible	Brief "save the date" when event is announced, then more detailed paragraph 2 weeks prior	Unlimited
Published how often?	Monthly Sept. to June plus August	Weekly Sept. to June of non-Spire weeks	Every Sunday, Sept. to June
Deadline	Monday of the first full week of the month	12 noon on Wed.	12 noon on Wed.
	Local events can be included if space is available and if event is not in conflict with UU beliefs	Church-related or sponsored events only	Church-related or sponsored events only

The Office Administrator reserves the right to edit all submissions. She doesn't write the articles, but will format what is submitted. Contact the Church Office with any questions (781-659-7122 or office@firstparishnorwell.org.)



You can find us on Facebook at First Parish of Norwell Unitarian Universalist Church. If you don't use Facebook, you can still view our page (but you won't be able to comment on a post). Simply go to our website at www.firstparishnorwell.org. There is a bright yellow bar at the very top of the page. In that yellow bar on the right hand side, you will see a white "f", just like the one on the Facebook logo accompanying this paragraph. Clicking on the "f" will take you right to our Facebook page.

Upcoming **COMMUNITY EVENTS**

The United Church of Christ (460 Main Street, Norwell) is presenting "Being Mortal," a film exploring end-of-life care based on the book of the same name by Dr. Atul Gawande of Boston. "Being Mortal" delves into the hopes of patients and families facing terminal illness. The film investigates the practice of caring for the dying and explores the relationships between patients and their doctors. It follows Dr. Gawande, a surgeon, of Brigham and Women's Hospital, as he shares stories from the people and families he encounters.

Following the screening, audience members can participate in a guided expert panel conversation on how to take concrete steps to identify and communicate wishes about end-of-life goals and preferences. Free resource materials will also be available following the program, and light refreshments will be served. The event is **Sunday, October 22, 2-4 pm**. Space is limited. Registration not required, but appreciated for this **FREE EVENT** by contacting Gwen Morgan at whatifworkbook@comcast.net; 781-210-2045 or Ann Finnie at ann@footprintsholistic.com; 781-545-2663.

OCTOBER 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			4 Alliance Board, FP 10 am Book Group, FP 7 pm Dancers, PH 7-9 pm	5 Choir, Sky. 7:30 pm	6 Piano lessons, PH 2-5 pm Potluck/Game Night, PH 5:30 pm	7
8 Morning Service & Church School 10 am Coffee Hour, PH 11 am RE Comm., FP 11:30 am	9 AA, PH 8:30 pm	10 Tai Chi, PH, 9:15 am Knitters, FP 9:30 am Adult RE, FP 12 pm Dancers, PH 6-8 pm CHALICE - LGBT+, Ofc. 7 pm	11 iSpi deadline, 9 am Dancers, PH 7-9 pm	12 Choir, Sky. 7:30 pm	13 Piano lessons, PH 2-5 pm	14 Memorial Service, MH 2 pm Reception to follow in PH
15 Morning Service & Church School 10 am Coffee Hour, PH 11 am Music Comm., Ofc. 11:15 am Youth Group, FP & PH 4-7 pm	16 AA, PH 8:30 pm	17 Tai Chi, PH 9:15 am Knitters, FP 9:30 am Parish Comm., FP 7 pm	18 iSpi deadline 9 am Alliance Book Review, FP 10 am Dancers, PH 7-9 pm	19 Choir, Sky. 7:30 pm	20 Piano lessons, PH 2-5 pm	21 Scrapbookers, PH 4-11 pm 
22 OUTREACH SUNDAY Morning Service & Church School 10 am Share a Meal @ Carolina Hill, after Coffee Hour	23 AA, PH 8:30 pm	24 Tai Chi, PH 9:15 am Knitters, FP 9:30 am Adult RE, FP 12 pm Church Council, PH & Kit., 5:30-8 pm	25 iSpi deadline 9 am	26 RE Pumpkin Carving, MH 5:30 pm Choir, Sky. 7:30 pm	27 Piano lessons, PH 2-5 pm	28
29 Morning Service & Church School 10 am Coffee Hour, PH 11 am	30 AA, PH 8:30 pm	31 HALLOWEEN Tai Chi, PH 9:15 am Knitters, FP 9:30 am Dancers, PH 6-8 pm	1 iSpi deadline 9 am Alliance Board, FP 10 am Dancers, PH 7-9 pm Book Group, FP 7 pm	2 Choir, Sky. 7:30 pm	3 Piano lessons, PH 2-5 pm Potluck/Game Night, PH 5:30 pm (costume optional)	4

