

# The Spire

The Newsletter of  
**First Parish of Norwell,  
Unitarian Universalist**  
24 River Street  
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[www.firstparishnorwell.org](http://www.firstparishnorwell.org)

November 8, 2017  
Volume XVI, Issue 3

**Sunday Services - 10:00 am**

Rev. Lise Adams Sherry  
preaching unless otherwise indicated

November 12:

**Let's Celebrate Gender, All of Them!**

November 20 is the Transgender Day of Remembrance. In preparation we'll learn more about what it means to be transgender and how we can help all of us live more authentic lives. This is also Outreach Sunday.

November 19: **We Are Thankful for Stones!**

Join us for our annual multigenerational bread communion and a bit of Stone Soup as well.

November 26:

A lay-led service with David Turner -  
topic TBA

December 3: **In Expectation...**

Today is the first Sunday of Advent as we countdown 'til Christmas. What other things await us in our lives? How can we remain faithful and open to whatever may come?



**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](mailto:lsherry@uuma.org)

**Director of Religious Education:**

*Jessie Slade, x12*

[drefpnuu@gmail.com](mailto:drefpnuu@gmail.com)

**Music Director: Gingy Grimes**

[gingygrimes@gmail.com](mailto:gingygrimes@gmail.com)

**Office Staff:**

*Hope Weinman, Office Administrator, x10*

[office@firstparishnorwell.org](mailto:office@firstparishnorwell.org)

*Donna McDonald, Bookkeeper, x14*

[donna@firstparishnorwell.org](mailto: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, December 4, 2017**. Submissions should be emailed to Hope at [office@firstparishnorwell.org](mailto:office@firstparishnorwell.org).

## LISE'S LETTER

I've been thinking about gratitude a lot lately, and it's not because Thanksgiving is upon us. Rather, it's because I find it to be a useful spiritual tool for keeping my heart and mind positive when life seems to be full of doom and gloom. A spiritual director once told me that it's difficult, if not impossible, to feel down in the dumps when one is practicing gratitude. I have found this to be profoundly true. The trick of course, is to remember to practice gratitude, which can be difficult since we know our brains have been wired to look for the bad and dangerous in order to survive.

Did you ever see the animated movie "The Croods"? It's about a prehistoric cave family led by the father, Grug (Nicolas Cage), who spends all his waking moments worrying about their safety. One of his biggest challenges is his teenage daughter, Eep (Emma Stone), who wants to explore and appreciate everything new. Eep's love of life is inspiring and also a bit careless. Of course, as the movie progresses, Grug becomes less fear-based, and Eep becomes a little more cautious. They find balance. This is what practicing gratitude can do, help us to find an "in between" place.

Lest you think practicing gratitude will turn you into an overly optimistic and unrealistic person, research by Emmons, McCullough and Tsang has shown that people who practice gratitude still notice all the bad stuff, but they also notice and express thankfulness for all that is good. That habit can cause a profound shift in one's attitude and life. In addition, Emmons and McCullough also discovered that those who kept a gratitude list of sorts could transfer that positive focus into improved life habits. They exercised more, were better at reaching goals, and had better physical and mental health as a result. Gratitude encouraged them— it worked like a positive feedback loop.

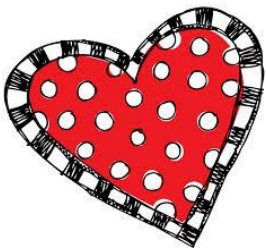
If you need a little help beginning your gratitude practice, I highly recommend



*Attitudes of Gratitude* by M.J. Ryan. It contains short meditations on gratitude and reading one a day is a good heart and mind reset when things are more challenging in our world. *The Book of Joy* and its chapter on gratitude is where I found the research information listed above, and it has much more wisdom beyond what I shared.

So yes, let's pray for those harmed or in danger, and work for a better world, but also appreciate and share what is good and loving already.

With love and blessings,  
Rev. Lise



### CARING CORNER

We send healing thoughts to Larry Baker as he recovers from planned surgery.

Thank you to Carol Neely who brought in house plants to share with parishioners last Sunday! She donated money she was given to the Helen Fogg Service Committee.

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](mailto: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).



### IMPORTANT SEVERE WEATHER INFORMATION

Should severe weather this winter necessitate cancellation of any church activities, we will make every effort to leave an outgoing

message on the church's voicemail and send an all-church email with the information. Depending on the amount of advance notice, check our website as well: [www.firstparishnorwell.org](http://www.firstparishnorwell.org). We will notify WATD radio in Marshfield (95.9 FM), WCVB - TV (Channel 5), WHDH 7News and radio/AM 680. We will also make every effort to post updates on our Facebook page. However, power outages or lack of internet access may affect our ability to communicate with you all. **Please be cautious and use your best judgment!**



### ALLIANCE HOLIDAY LUNCHEON

Please join the Alliance on **Wednesday, December 6** at 11:30 am for its annual Holiday Luncheon. The menu will include casseroles and salads, mulled cider, coffee and tea with cake for dessert. Alex Gordon will once again provide background music and accompany us in a sing-along that will include Christmas Carols and other seasonal songs. This is a wonderful way to get the holiday season off to a good start. We look forward to having you with us.



### CANDLELIGHT VIGIL

On **Sunday, November 19** at 1 pm, First Parish will lead a vigil in remembrance of transgender people who have been harmed or lost their lives because of their attempts to live authentically. Please join us on the Norwell Common.



## HOLIDAY FAIR

Come one, come all to the Holiday Fair! Join us on **Saturday, November 18** from 9:00 am to 2:30 pm.

Can you smell the sweet breads, pies, cookies, baked beans, chili and chicken pot pie? Bring a good appetite for lunch and bring your kids to have fun downstairs in the toy shop. Come shop for a gift basket, wonderful knitted or hand-made items, holiday decorations or a good book to enjoy. Support us by buying raffle tickets for some great items: a decorated Christmas tree by Marcia Babcock, an Italian gift basket by Peg Kitchenham and a toddler sweater knitted by Joanne Howard.

We don't take TV's, large exercise equipment etc. You should take a picture of any large furniture or other items to post on a bulletin board. Bring your donated treasures the week of the fair and put your books in the Fogg Parlor, toys in the hall between the Church Office and Meetinghouse, and treasures upstairs where Grandma's Attic will be. The Church Office is open 9 am to 1 pm Tuesday through Friday, and 9 am to noon on Friday. There will be someone here to help you Tuesday morning, Thursday evening 7-9 pm and all day Friday until 5 pm. Your baked goods and art work can be dropped off then. See you at the Fair - come make some special memories!



## THEMED GIFT BASKETS

We have broken the gender barrier! We now have a man on our team who enjoys wrapping baskets and who is good at it! Come watch Jordan Grant work his magic

along with the other volunteers.

All donated themed gift baskets will need to be at the church by this coming **Sunday**,

**November 12**, along with a list of the contents and approximate price paid for the contents. We will help you wrap your basket with OUR supplies at Coffee Hour- you can do it at home or request that we do it. This year, we are asking you to make a tag for your basket. (Supplies are available at Coffee Hour or you can use your own materials.)

Thank you to Roberta Fairbanks who has once again made fabulous bows for our baskets! Thank you for all the generous parishioners who have donated or helped wrap for the Gift Basket Table at the Holiday Fair!

Bev Gardner, Noel Constantino and Debb Welsh, chairpersons for Gift Baskets



## WE NEED MORE "YUM"!

The Alliance needs help from First Parish to add to the stock of baked goods for the Bake Table at the Holiday Fair: pies, cookies, breads, casseroles and cobblers, candy, jams, jellies and baked beans; the possibilities are only limited by your creativity and willingness to contribute. So, let's put lots of "Yum" on the bake table and reap the rewards.



## FIRST PARISH BOOK GROUP

**Wednesday, December 6** at 7 pm  
"Goodnight, Mr. Wodehouse" by Faith Sullivan  
**Wednesday, January 3** at 7 pm  
"1894" by George Orwell  
**Wednesday, February 7** at 7 pm  
"A Gentleman in Moscow" by Amor Towles  
All bookworms are welcome to join our discussions in the Fogg Parlor!



## FROM THE DRE

Hello First Parish,

I hope you are all enjoying this beautiful autumn season. It's hard to believe that we are already approaching the holidays! I look forward to joy, peace, and community for all of us as we round out the end of the year.

Our Religious Education and Youth Group programs have been full of interesting and enriching activities for children, families, and First Parish parishioners. We had our first Friday Game Night and Potluck dinner, complete with excellent companionship, laughter, smiles, and excellent food! Please be on the lookout for our next potluck dinner. All are invited and of course, the more the merrier!

New England Wildlife Center was VERY thankful for our participation in their Halloween Festivities. First Parish family and friends carved 25 jack-o-lanterns, complete with a flaming chalice pumpkin! A wonderful time was had by all and everyone went home in one piece without any band-aids. Success! My car was temporarily turned into a pumpkin mobile, but it was well worth the perpetual smell of autumn to help out such a good cause!



Our Sunday school classes continue to be filled with smiling participants and thoughtful reflection. Several of our groups have been

working to collaboratively determine what social action project they would like to complete. Ideas have included a toy drive, clothing drive, and/or visit to Cradles 2 Crayons. The best part of this is that the children are generating the ideas!

Our Neighboring Faiths class has been learning about the Baptist Church. They were graciously welcomed into the Messiah Baptist Church in Brockton last month. Reports were that the service was long, musical, and joyful. We send a huge thank you to Lorna Phillips for talking with the Neighboring Faith participants after their visit! The class's next visit will be to Sha'aray Shalom in Hingham. As always, we are so thankful to our nearby faith communities for embracing our youth as they explore various beliefs and traditions.

Youth Group has been busy with several meetings and a visit to a flashlight corn maze in October. I was happy to emerge at the exit of the maze as the teens were confident that they did not need a map! But we made it and a fire pit and hayride awaited us on the other side. Youth Group held a movie night and game night in October. Watching an "ancient" movie from the nineties (Sleepy Hollow) with the teens entertained me and made me feel my decades at the same time.

We are in the process of planning for MINI-SESSIONS which runs from January 14 to February 18, 2018 (6 weeks total). Please reach out to Jessie if you are at all interested in working with our students during this time. You don't need to be a teacher, artisan, or professional anything! The children just enjoy working with various members of our church community and engaging in a fun and interesting program for 6 weeks. Ideas are limitless. Share your passion and joy with the youngest First Parish parishioners! Their energy will rub off on you and we'll be building community in the process!

Warmly,  
Jessie



## CHRISTMAS CAROLERS CHOIR

Families, children, and all church parishioners are invited to join our *3-day-only* Christmas Carolers Choir. We will rehearse after Coffee Hour (11:30-12:00 on the first two Sundays of December (**December 3 and 10**), and at 9:15 am before church on **December 17**, which is the morning we will perform our carols for our Multigenerational Christmas Service. Please speak to Gingy Grimes, Music Director or Marie Miller, Music Committee Chair, if you are interested in participating in this festive Christmas Carolers Choir.

### FROM THE PARISH COMMITTEE CHAIR

On October 24<sup>th</sup>, the Parish Committee hosted FPN's annual Church Council Meeting. This is when our committee chairs/point people gather to discuss this year's goals, brainstorm on key church issues and spend time with their designated Parish Committee liaison. We had 26 people in all, with nearly every church committee represented.

This year, one of the goals of the Parish Committee and Rev. Lise is to help honor those folks who need to step back from committee work for a while. Congregational life has ebbs and flows to it just like the other parts of our lives. Sometimes we need to just be able to come to a worship service and take things in, simply be present and then soak up the calories as well during Coffee Hour. We are trying to bring this aspect into our church life as we recognize how both our wonderful 375<sup>th</sup> anniversary celebration last year (we were busy!), and the current world climate are affecting our hearts and minds.

To this end we have a statement in our newly approved Right Relations Covenant that says it's okay to say no. We also have come to the realization that many committees work on the

model where the chair does a lot of the work, and other members are there mainly to brainstorm, which has caused some of our committee chairs to be overwhelmed. It's not anyone's fault, we just realize that perhaps we haven't been consistent about encouraging and modeling the invitation to help and the delegation of tasks. As part of this education we wanted to compile a basic list of committee chair tasks so we can all recognize the excellent and time consuming tasks that chairs do. These tasks aren't written in stone, and some of them can be shared with other committee members, but it is important that they are done in some fashion. Then it's up to the rest of the committee to help with all the other things. If energy is low, prioritize and only do as a group what is most important. Most of all, we hope all committee members will enjoy getting to know one another and working together.

It may seem funny to put together a list of committee chair tasks at the same time we say it's okay to bow out for a while and say no. However, both are important. By changing the culture of our congregation in this way (encouraging breaks and sharing the work) we hope to help keep everyone energized and excited about the ways that First Parish can help create Beloved Community- both within and outside the walls of our Meetinghouse.

We will be completing the list this month and I will be happy to share what we have come up with in next month's Spire. In the meantime, thank you to all who participated in this year's Church Council Meeting. Your time, dedication and participation were very much appreciated!

In fellowship and love,

Les Taylor





## JAMES LIBRARY AND CENTER FOR THE ARTS

Civil War Veterans  
of Norwell and

### Their Historic Homes

**Monday, November 13** at 7 pm

Led by Chad Forman and Janet Watson

Longtime Norwell residents and Historical Society Board members Chad Forman and Janet Watson have researched the veterans of the Civil War who lived in South Scituate (today's Norwell). Hear about the lives of these soldiers with a photographic "tour" of the Norwell homes they lived in. Discover stories of bravery, sickness, and heartbreak, and view actual Civil War memorabilia from an extensive local collection. Printed brochures for your own self-guided tour of these Norwell sites will be available to everyone after the program.

### Best Books of 2017 for Children

**Thursday, November 30** at 7 pm

Not sure what the best book for your child is? Norwell Public Library Children's Librarian Nancy Perry and Inly School Librarian, author, and book reviewer Shelley Sommer present their top picks for holiday gifts at this program. Buttonwood Books and Toys will be there with the suggested titles.

### The Holiday Marketplace

**Saturday, December 2** from 9 am to 3 pm

Looking for locally made, one-of-a-kind gifts this holiday season? Include the Marketplace when you shop this year. Artisans on three floors of the James offer quality items for holiday gift giving. Each year we feature new craftspeople who create unique gifts.

### Donna Byrne with the Marshall Wood Trio

**Saturday, December 9** at 7 pm

Jazz singer Donna Byrne will perform at the James with Marshall Wood, Tim Ray, and Les Harris, Jr. of the Marshall Wood Trio, who,

together, have been honing their craft for over 25 years. Musical selections will include a wide range of American standards, and perhaps a few holiday classics. A limited number of complimentary senior tickets are available for this performance, courtesy of the Cordelia Family Foundation.



For more information on any of these events, please contact the James Library directly at 781-659-7100 or visit [www.jameslibrary.org](http://www.jameslibrary.org).

## Upcoming COMMUNITY EVENTS

The National Day of Mourning will take place at noon on **Thanksgiving Day** across from Plymouth Rock in downtown Plymouth. An annual event that began in 1970 and is led by Native Americans, it is a time to reflect on how indigenous peoples in the United States have been treated and to consider how best to move forward in right relationship. All are welcome to attend.



**NOVEMBER 2017**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			8 Alliance, PH 10 am  Caregiver Support Grp., FP 7 pm  Dancers, PH 7-9 pm	9  Choir, Sky. 7:30 pm	10  Piano lessons, PH 2-5 pm	11  Scrapbookers, PH 11 am-11 pm
			12  <b>OUTREACH SUNDAY</b>  Morning Service & Church School 10 am  Coffee Hour, PH 11 am  Private rental, PH 1:30-6:30 pm	13  AA, PH 8:30 pm	14  <b>FP &amp; PH reserved for Fair set up</b>  Tai Chi, PH, 9:15 am  Knitters, FP 9:30 am  Adult RE, FP 12 pm	15  <b>FP &amp; PH reserved for Fair set up</b>  iSpi deadline, 9 am
19 Morning Service & Church School 10 am  Coffee Hour, PH 11 am  Finance Comm., Ofc. 11:30 am  Transgender Vigil, 1 pm, Norwell Common  Men's Potluck, PH & Kit. 4-8 pm	20  AA, PH 8:30 pm	21  Tai Chi, PH 9:15 am  Knitters, FP 9:30 am  Adult RE, FP 12 pm	22  iSpi deadline 9 am  Dancers, PH 7-9 pm	23  CHURCH OFFICE CLOSED  <i>Thanksgiving</i>	24  CHURCH OFFICE CLOSED  Piano lessons, PH 2-5 pm	25
26  Morning Service & Church School 10 am  Coffee Hour, PH 11 am	27  AA, PH 8:30 pm	28  Tai Chi, PH 9:15 am  Knitters, FP 9:30 am  Dancers, PH 6-8 pm  Parish Comm., FP 7 pm	29  iSpi deadline 9 am  Dancers, PH 7-9 pm	30  Choir, Sky. 7:30 pm	1  Piano lessons, 2-5 pm  Game Night & Potluck, PH 5:30 pm	2  Piano lessons, 9 am- 5 pm  Scrapbookers, PH 4-11 pm
3 Morning Service & Church School 10 am  Coffee Hour, PH 11 am  RE Comm., FP 11:30 am  Youth Group, FP & PH 5-7 pm	4  <b>SPIRE deadline</b> AA, PH 8:30 pm	5  Tai Chi, PH 9:15 am  Knitters, FP 9:30 am  Alliance set-up, PH 10:30 am	6  Alliance Luncheon, PH & Kit. 11:30 am    Dancers, PH 7-9 pm	7  Choir, Sky. 7:30 pm	8  Piano lessons, PH 2-5 pm	9