

# 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)

January 11, 2018  
Volume XVI, Issue 5

**Sunday Services - 10:00 am**

Rev. Lise Adams Sherry  
preaching unless otherwise indicated



**January 14: Our Second Principle:  
Compassion, Justice and Equity for All**

We'll look at our second principle in the context of de-centering whiteness and check in with our old friend, Martin Luther King, Jr. This is also an **Outreach Sunday**.

**January 21: TBD**

**January 28:** Join Jim Pickel as he explores the life and work of Henry Lewis Mencken, "an American journalist, satirist, cultural critic, and scholar of American English". His social commentary in the first half of the 20<sup>th</sup> century has meaning for us in the first half of the 21<sup>st</sup>.

Worship volunteers are needed! If you would like to host a Coffee Hour, be an usher, or provide the pulpit arrangement, please sign up in the Parish Hall or contact the Church Office. If you are interested in acting as a Worship Associate and assisting Rev. Lise during a Sunday service, please contact Bev Gardner at [bevgardner@comcast.net](mailto:bevgardner@comcast.net).

## **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

[lasherry@uuma.org](mailto:lasherry@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, February 5, 2018**. Submissions should be emailed to Hope at [office@firstparishnorwell.org](mailto:office@firstparishnorwell.org).

## **LISE'S LETTER**

First of all, Happy New Year!! I hope so far it is going well and you all are spending a good amount of time with family, friends, and doing things you love.

Secondly, I wanted to check in with those of you who heard, or witnessed, that I was absent on Sunday morning due to a family emergency. For the moment, everyone is doing okay and is safe. My family has some work yet to do, but with love, compassion and persistence, I think we'll get there. Thanks so much to those of you who have reached out and/or sent silent prayers and positive thoughts our way. We greatly appreciate it! Kudos also go to Les T., Jessie S., Bob N., Scott and Marcia B., and Joanne H., for stepping in to complete the service on "Letting Go." Our community is great at caring for one another, and I know this includes care for me as well.

And finally . . . did any of you make New Year's resolutions this year? I did, but I'll tell you more about that later, maybe. Instead I want to share this gift that arrived in my email box a few days before the New Year. It came from the "Standing on the Side of Love" folks and was labeled as a holiday care package. Within their message was an opportunity to reflect along with seven great questions. They come courtesy of Courtney E. Martin who writes for [www.onbeing.org](http://www.onbeing.org). You can check out the actual article here: <https://onbeing.org/blog/courtney-martin-seven-questions-to-end-2017-with-clarity-and-start-2018-with-intention/#>.

In the meantime, here are the seven questions:

1. What was one of the moments I was most proud of this year? What does that tell me about what I want to spend my energy/time/money on next year?
2. Who really enriched my life this year in a big way? Who is someone I am wanting to get to know better in the year ahead?

**WE ARE UU!**

3. It was a year of resistance for many people. What did I resist most effectively? What did I surrender to?
4. Who did I feel most jealous of this year? What is that person up to that I want to bring more of into my own life?
5. When was I most physically joyful in 2017? How can I get there more in 2018?
6. What is one question that you found yourself asking over and over again this year? What version of an answer are you living your way into?
7. And finally, in honor of Krista Tippett's beautiful modeling: What makes me despair and what gives me hope right now?

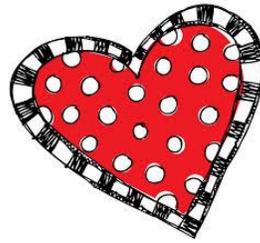
These are great questions, aren't they? They dig into some of the deepest parts of ourselves. Thinking about time spent, what's important, and whether those two jive is always something good to contemplate. Considering who we admire (or are jealous of) and why is also food for thought. I like these questions because they get to the heart of what we believe and care about. They help us to be intentional with our future actions as well. These questions also aren't easy to respond to, at least not for me. Some of them I could answer right away, others, I'm still pondering and will probably continue to do so for a while. They did help me come up with my resolutions though, and they are... drum roll, please!

- Be less lazy
- Breathe
- Practice more (self) compassion

I can tell you more about these in person, if you really want to know, but I'd be much more interested to hear what you have planned for this coming year, and beyond.

With love and blessings,  
Rev. Lise

## CARING CORNER



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).



## WANTED: A FOOTBALL LOVER

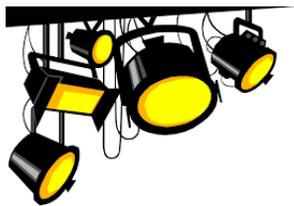
The Super Bowl will be **Sunday, February 4** starting about 6:30 pm. Over the last few years, we have had a viewing party at the church as a fundraiser for your Youth Group. We need someone to organize the selling of grid squares ahead of time and to be at the party to work the Parish Hall TV and figure out who the winners are. Can you help? If so, please contact Peg Kitchenham (781-447-5831 or [chrispegk@verizon.net](mailto:chrispegk@verizon.net)).



## PUT ON YOUR DANCING SHOES!

We will have an All Church Dance on **Saturday, January 20** starting at 5:30 pm in the Parish Hall. So hold the date and plan to come.

We will supply music via an iPhone. If you are interested in learning that or helping let us know. We will have pizza, dessert and snacks. If you can bring dessert or snacks, let Peg Kitchenham know or just bring them with you.



## CHURCH TALENT SHOW

Join us on **Saturday evening, March 17** in the Parish Hall.

Mark your calendars! Get out your music! Tune up your sax! Put on your dancing shoes!

We are looking for all kinds of talent to join us in making winter a lot of fun. Young people who would like to sing, dance, play an instrument or drum, let Marie Miller ([mariemiller@verizon.net](mailto:mariemiller@verizon.net)) or Peg Kitchenham ([chrispegk@verizon.net](mailto:chrispegk@verizon.net)) know. We'll help you. Adults also should let us know what their act will be and about how long it runs.



## GET READY FOR VALENTINE'S DAY!

Please join the Alliance on **Wednesday, January 17** at 10:00 am in the Parish

Hall for a fun filled card making party led by Bev Gardner and Linda Hurt. All materials will be provided, and guidance given in customizing and personalizing your own Valentine cards and perhaps some other special cards. You'll leave with wonderful one-of-a kind cards for friends and family. Refreshments will be served.



## RELIGIOUS EDUCATION NEWS

Happy New Year, First Parish!

We certainly had a busy month of December filled with community, celebration, and joy. Our *Nativity in a Trunk* went off without a hitch thanks to the hard work of the RE Committee and the zealous volunteerism of our many sheep, shepherds, stars, angels, etc. We even had an

enthusiastic cameo from our resident pup, Leo Metzger! Thank you also to Nora Millins, Otto Slade, Maebon Puleio, Cassidy Grant and Molly Carey for offering early on to play Mary, Joseph, Caesar, uddha, and our Big Angel. And *Nativity in a Trunk* ended with a big exclamation point when Jim Pickel volunteered to be our bearded friend in red. Thank you to Jim as well. A job well done, FPNUU!

Thank you to all who donated to our mitten tree. It was beautiful and decorated with more than mittens, scarves, and hats. It was clear that there was a lot of love attached to that tree as well. I delivered several bags of this thoughtful warm winter gear to Carolina Hill Shelter in Marshfield. They welcomed all of it with much gratitude and beaming smiles. Again...a job well done, FPNUU!

Betsy Gordon so eloquently shared some details about the gift drive for children in foster care on January 7. Betsy thanked everyone for their efforts to bring this event to life, but truly Betsy's dedication, hard work, and amazing organization are what pull this event together. Thank you to Betsy for helping to bring more cheer, love, and goodwill to each of these children's Christmas celebrations! Nora Millins and Otto Slade were also a key part of this effort, as they spent a Sunday afternoon shopping for gifts that hadn't been purchased yet. Time and money management skills abound with these two, as does great taste and dare I say a penchant for shopping! Thank you to Nora and Otto as well for helping to complete each child's wish list.

As for RE classes, the semester has rolled to an end. Thank you to the teachers who volunteered their time and energy to bring each Sunday to life for the youth of First Parish. Thanks to... Debb Welsh, Amanda Adams, Jordan Grant, Emily Grant, Mary Nickerson, Erin Puleio, Thad Robey, and Elizabeth Robey. You are all wonderful teachers and our children gain much from your kind approach, thoughtful nature, and deep dedication.

Mini-sessions will begin January 14 and will run through February 18. Thank you to the members of our community who have volunteered to lead a group!

Marcia Babcock and Lorna Phillips - Learn to Play Hand Chimes

Erin Puleio - Cookie Decorating

Mary Nickerson and Patti Walters - Learn about Dogs

Ben Metzger and Aidan Robey - Soccer Clinic

Amanda Adams - Origami Paper Puzzles

Bev Gardner and Linda Hurt - Scrapbooking

Bernie Gardner - Climate Change

Erin Puleio - No Sew Pillows

Tschol Slade - Card Games and Tricks

Joanne Howard - Symbols in Judaism

Adrianna McLane - Finger Knitting

With much hope for a peaceful and joyous new year,  
Jessie



### FIRST PARISH BOOK GROUP

We enjoyed a lively discussion last week on our favorite books of 2017. Join us for any of our upcoming discussions, held on the first Wednesday of the month at 7 pm in the Fogg Parlor:

**Wednesday, February 7:** "A Gentleman in Moscow" by Amor Towles

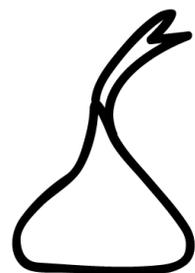
**Wednesday, March 7:** "This Is How It Always Is" by Laurie Frankel

Our April discussion will be led by Rev. Lise - her book selection is TBA, so stay tuned for the details. All are welcome!



### ADULT RELIGIOUS EDUCATION

We're still exploring spiritual practices in adult religious education. Some of these have included communal, justice and mind practices. If you'd like to join us, come **Tuesdays, January 16, January 30, February 13, February 27 and March 13**. We meet at noon in the Fogg Parlor. The curriculum is called Spirit in Practice. Ask Rev. Lise if you have questions.



### CHOCOLATE AUCTION

Our annual Chocolate Auction will take place on **Sunday, February 11** during Coffee Hour. Each year, the Youth Group puts on this event right before Valentine's Day to give everyone a chance to get something sweet for their sweetheart (or maybe just for ourselves), as well as raise money for their service projects and UU scholarships. We still need more donations to fill out the auction however, so if you have a great chocolate recipe you've been dying to try out, now is the time! Please contact Jessie Slade, our Director of Religious Education, at [drefpnuu@gmail.com](mailto:drefpnuu@gmail.com) with questions or to sign up.

### BUDGET SETTING MEETING

The Annual Budget Meeting is **Sunday, February 4** at 11:30 am in the Fogg Parlor. All committee chairs (or their representatives) need to present their budgets to the Finance Committee on that date.



## “SHOUT OUT” SUMMARIES

In case any Sunday worship services were missed by folks, the Parish Committee would like to re-cap our recent pulpit “SHOUT OUT” recipients:

### Bernie Gardner

Shortly after Rev. Lise’s arrival three years ago, Bernie took on chairing the Committee on Shared Ministry (COSM). This resurrected committee serves as a support group for the minister and as a communication channel between the minister and the congregation. Bernie recently stepped down as chair, but still serves on this committee. He helped to get COSM started in the right direction, as well as created the web suggestion box for congregational feedback.

### Amanda Adams

As an active friend of FPN for the past two years, Amanda jumped right in to volunteering in our RE program, served on our RE committee, shared a wonderful “Story for All Ages” this fall, and contributed strong work to the Gun Violence CHALICE project. She participated in our fall church clean up, attends cottage meetings, and regularly attends the monthly game night potlucks with her daughters, Zoe and Eva. Amanda’s terrific smile and strong involvement brightens our church community.

### Deane Howard

A FPN member for 40 years, Deane has been both a choir member and a major part of the Buildings and Grounds Committee for 35 years (chairing that committee for 23 years). He is always on-call for facilities issues and was one of the instrumental parties in the complete restoration of the Kent House, saving the church thousands of dollars. Deane spent 5 years on the Parish Committee, lead the church golf tournament for several years and spent years involved in the RE program & leading the church youth group. More

recently, Deane has been a valued member of the CHALICE Committee on Gun Violence.

### Jessie Slade

In her first year as Director of Religious Education, Jessie led a phenomenal “Nativity in a Box” program at the Sunday worship service on December 17. After never having seen the program before, this was quite an accomplishment. She also made ornaments for each child, which was very touching. Jessie is doing an outstanding job as our new Director of RE and we are quite thankful and appreciative to have her.

### All of FPN

The end of the year Shout Out went out to the entire First Parish community to recognize the new year. Here’s to all the hopes and dreams in 2018 for all church members and friends!

### John Litchfield

John grew up in the church in the ’50’s and has been a member of FPN for nearly 60 years, officially joining in 1960. He is Chair of the Capital Improvement Committee and is on the Building and Grounds Committee. He is also on the James Library Construction Committee for their Accessibility Project. John works quietly, without fanfare, donates his own equipment and countless hours to benefit the church in numerous ways. One example is during winter months, when John uses his own time and his snow removal equipment, to clean up after storms. John is friendly and low-key, but works very hard behind the scenes to upkeep FPN’s grounds and historic buildings and has done so for decades.

*We very much would welcome your suggestions for future Shout Out recipients! Please feel free to reach out to any member of the Parish Committee. Thank you.*



## FROM THE PARISH COMMITTEE CHAIR

Happy New Year! I trust everyone had an enjoyable holiday season. The Parish Committee is busy and back at work this month on our goals as we head into the second half of FY18.

Back in November's Spire, coming off of our annual Church Council Meeting, I mentioned that the Parish Committee was compiling a list of committee chair tasks/guidelines, along with how to run successful committee meetings. We had started with a basic list earlier in the fall and then successfully built upon that, thanks to the many helpful suggestions from committee chairs and point people at October's Church Council Meeting. Following this column is the newly revised list to share that we have compiled.

Besides our document, I would like to share a couple of other resources on the same subject, courtesy of the UUA. They are:

- "How to Run a Successful Meeting" is two pages long and may be found at the following link: [https://www.uua.org/sites/live-new.uua.org/files/how\\_to\\_run\\_a\\_successful\\_meeting.pdf](https://www.uua.org/sites/live-new.uua.org/files/how_to_run_a_successful_meeting.pdf)
- "Meetings That Work" is 37 pages(!), extremely detailed needless to say, but a valuable resource should you have time to explore: <https://www.uua.org/sites/live-new.uua.org/files/documents/congservices/meetingswork.pdf>

For our list, we broke things up into "Responsibilities" followed by "The Meeting" and then items to consider "Post-Meeting." Please let me or anyone on the Parish Committee know your feedback on this or any other church matter that is on your mind. Without further ado, please keep reading below... and thank you!

In fellowship and love, Les Taylor

## BASIC COMMITTEE CHAIR TASKS AND GUIDELINES

*Please note: this list is neither exhaustive nor mandatory. It is a basic outline, compiled by the Minister and Parish Committee. Use these suggestions, when/where applicable, and please feel free to infuse it with your own style and personality.*

### The Responsibilities

1. With the committee, determine strategy & set goals for your group.
2. Attend the annual Church Council meeting in the fall.
3. Attend the annual committee Budget Setting meeting in the winter.
4. Submit the annual report for the committee to our Office Administrator (Hope) in the spring.
5. Attempt to identify a vice-chair and/or potential replacement should you need to step aside.

### The Meeting

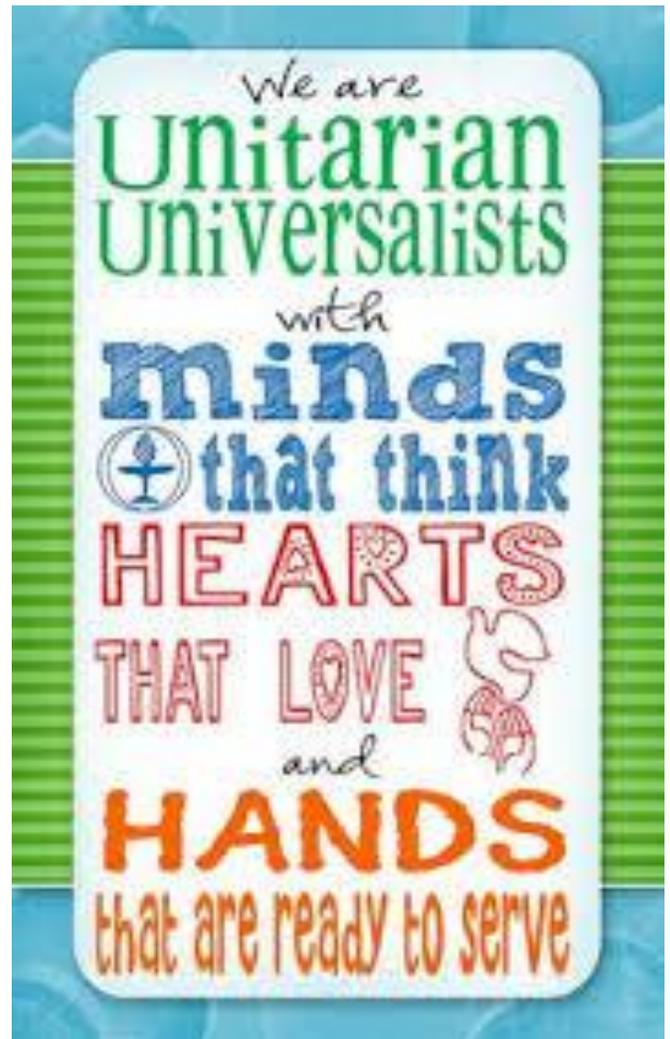
1. Organize date(s) to have meeting(s). Check with our Office Administrator, Hope Weinman, to schedule meeting space.
2. If planning a large event/activity, which would require set up, advance notice of the event is needed for set up by our Tom Fazio, our sexton. Our Office Administrator, Hope Weinman, has a map available of the Parish Hall she can send out.
3. Prepare agenda (with input from other committee members).
4. If possible, send agenda out ahead of time; remind members of meeting.
5. Consider sharing the task of bringing food or snacks to meetings.
6. Prepare, or ask another to prepare, a brief reading for chalice lighting.
7. At meeting, invite members to do a brief check-in. This is not meant to be

- exhaustive, but a way to let folks know about something that might be on one's mind and to release it in preparation for the meeting.
8. Remember to welcome new members and help orient them to the group (or delegate this).
  9. Ensure that someone is taking minutes.
  10. Facilitate the meeting: follow the agenda, invite all voices to speak, keep things timely (sometimes it's helpful to ask someone else to be a time keeper so if things get side-tracked or long-winded they can help the chair bring things back to point).
  11. Make sure folks know their action items at the end of the meeting or soon thereafter (or ask the minute-taker to do this).
  12. End promptly (and start promptly).
  13. Thank folks (frequently!)

8. Remember, everything is not up to the chair! Facilitating is a big task all on its own. Encourage and invite others to share in the work— it's everyone's church community. Delegate, delegate, delegate!

### Post-Meeting

1. Keep conversations, communication and emails going between meetings. (Don't lose momentum or sight of the goals).
2. Follow up with members between meetings to see how they're coming along with their designated tasks.
3. Set up subcommittees when/if needed and follow up as needed.
4. Be prepared to deal with possible conflict resolution within the committee (our Covenant of Right Relations is a good resource).
5. With fellow committee members, be looking for others who might want to join in this work.
6. Inform the rest of the congregation about what is going on with your committee (Spire submissions may work best for accomplishing this).
7. Keep in touch with Donna McDonald, our Bookkeeper, regarding any committee budget expenses along with keeping tabs on the amount left available to the committee (if applicable).



## January 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			10 Dancers, PH 7-9 pm  Caregivers' Support Grp., FP 7 pm	11 Church Office closes at 11:30 am  Choir, Sky. 7:30 pm	12  Piano lessons, PH 2-5 pm	13
14  Morning Service & Church School 10 am  Coffee Hour, PH 11 am	15  AA, PH 8:30 pm	16 Tai Chi, PH, 9:15 am  Knitters, FP 9:30 am  Adult RE, Sky. 12 pm  Parish Comm., FP 7 pm  Dancers, PH 6- 8 pm	17  iSpi deadline, 9 am  Alliance, PH 10 am  Dancers, PH 7-9 pm	18  Choir, Sky. 7:30 pm	19  Piano lessons, PH 2-5 pm	20  Church Dance, PH 5:30 pm
21 Morning Service & Church School 10 am  Coffee Hour, PH 11 am  RE Comm., FP 11:30 am  James Lib. Event, PH 3 pm	22  AA, PH 8:30 pm	23 Tai Chi, PH 9:15 am  Knitters, FP 9:30 am  <b>Activities            Comm., FP 12            pm</b>  Dancers, PH 6- 8 pm	24  iSpi deadline 9 am  Dancers, PH 7-9 pm	25  Choir, Sky. 7:30 pm	26  Piano lessons, PH 2-5 pm	27
28 Morning Service 10 am  Coffee Hour, PH 11 am  Membership Comm., FP 11:30 am  RSVP Program, PH 2 pm	29  AA, PH 8:30 pm	30 Tai Chi, PH 9:15 am  Knitters, FP 9:30 am Adult RE, Sky. 12 pm  Dancers, PH 6- 8 pm	31  Dancers, PH 7-9 pm	1  Choir, Sky. 7:30 pm	2  Piano lessons, 2-5 pm  Movie filming, Sky. & Playground 10 am-10 pm	3  Movie filming, PH & FP 1-8 pm
4 Morning Service 10 am  Coffee Hour, PH 11 am  Finance Comm., Ofc. 11:30 am  Super Bowl Party, PH 6:30 pm	5  AA, PH 8:30 pm	6 Tai Chi, PH 9:15 am  Knitters, FP 9:30 am  Dancers, PH 6- 8 pm	7 Alliance Board FP 10 am  Book Group, FP 7 pm  Dancers, PH 7-9 pm	8  Choir, Sky. 7:30 pm	8  Piano lessons, PH 2-5 pm	9