

The Spire

The Newsletter of
**First Parish of Norwell,
Unitarian Universalist**
24 River Street
P.O. Box 152
Norwell, Massachusetts 02061
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www.firstparishnorwell.org

September 5, 2018
Volume XVII, Issue 1

Sunday Services - 10 am

Rev. Lise Adams Sherry
preaching unless otherwise indicated

Sunday, September 9

Backpack Blessing and
Multigenerational Water Communion Service



Join all ages as we bless our young students' backpacks along with briefcases, purses, diaper bags and other conveyances that may be brought forward as we all begin our fall schedule again. We'll follow this with our Water Communion Service where we share water from the sources that fed us spiritually this summer, whether that was the Ganges, an ocean, the North River or our own garden hoses. The water we blend together represents our loving and diverse community,

and will be used for other blessings throughout the year. After the service, join Rev. Lise to disperse last year's water in the Memorial Garden. If you forget your own water collection, we'll have proxy water available. (*Water Communion chalice logo courtesy of the Unitarian Universalist Church of Annapolis, MD*)

September 16: The Blessings of Forgiveness

This year we're examining our Christian and Judeo roots. To begin, we'll explore the High Holy Days of Rosh Hashanah and Yom Kippur, the Jewish New Year and time of atonement, when all in the faith are to reflect on their transgressions, ask for and give forgiveness to begin the new year. We'll also have our Teacher Installation.



**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:

Gabe Millins, x12
DREfirstparishnorwell@gmail.com

Music Director:

Gingy Grimes
gingygrimes@gmail.com

Office Staff:

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

Donna McDonald, Bookkeeper, x14
donna@firstparishnorwell.org

Parish Committee 2018-2019:

Chair: Dave Hockman
Members: Scott Garland, Mary Mercier,
Amanda Metzger and Prue Miller

Treasurer: Dave Traggorth

Minister Emeritus: Rev. Richard M. Fewkes

The deadline for the next issue of the Spire is
Monday, October 1, 2018. Submissions
should be emailed to Hope at
office@firstparishnorwell.org.

September 23:

450 Years of Religious Tolerance!

“Where?” you might ask. In Transylvania under King John Sigismund, our first and only Unitarian king. He also had a lot of help and encouragement from his mom, Queen Isabella. How did this come about? Come on Sunday and find out! This is an **Outreach Sunday**; the funds will go to our partner church in Kadacs, Romania.

September 30 - TBA

LISE’S LETTER

In just a few days we’ll see each other (all together!) after a summer of being in and out, traveling, spending days at the beach, reading books, gardening and doing all the things that contribute to our summer holidays. Our first service in September will be our Water Communion and Backpacking Blessing. This is the time when we bring water from somewhere that spiritually fed us during the summer. We’ll have an opportunity to *briefly* share why it’s important and then blend it with the water others have brought; it’s another way to show the diversity among us and how we walk with one another in our lives with respect and care, even though we are different. Our backpack blessing will give us an opportunity to wish our children (and others with bags in their lives) well as they start off on their school (work) year once again. From that point on, we’re back in the thick of things! OWL will start for our middle school students, we’ll have adult religious education classes about our Judeo-Christian heritage, white privilege and racism, and our environment. We have some potlucks on our calendar already, the holiday fair will be in November and we’ll try some new things, too. Be sure to read your iSpis and Spires so you know what’s coming up!

But before we get too carried away with our upcoming year, I want to thank and share with you a wonderful experience I had this summer, thanks to my professional expenses. Some of you may have heard a little bit about it on Facebook as I reported on being stranded at airports on the way to spending one week at a Buddhist monastery in California. Because of these travel travails I joked online that my experience of non-attachment was beginning before I had even arrived. My luggage even arrived a day late- but I digress. It was a week unlike any I had ever spent before. Here's a brief description of our days:

- 5 am, wake, get ready for the day and walk up the hill to the "Big Hall" for 45 minutes of meditation beginning at 5:45 am—all in silence
- Walking meditation or quiet pursuits because we're still not talking
- 7:30 am, breakfast which we began and ended with a silent prayer of thanks as we did all meals
- 8 ish, do our own dishes, and finally, we can talk!
- 9 am, announcements and then working meditation—we can talk, but still are mindful about our main task
- 12 pm, lunch, which is silent for first 20 minutes, do our dishes
- 1:30, Dharma talk (learning more about Buddhism and/or our own challenges with our practice)
- 4 pm, exercise and self-care
- 4:45 pm, meditation in the "Small Hall" for 30 minutes followed by chanting
- 6 pm, dinner, do our dishes
- 7 pm, meeting with a mentor, time with friends, walking, reading, etc.
- 9 pm, Noble Silence (no talking until breakfast dishes the next day) begins
- 10 pm, lights out

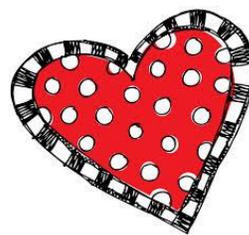
So those were the nuts and bolts, but it was so much more. Every time some kind of bell rang, we were to take a moment to stop, breathe, and reconnect with ourselves. Over

half of the nuns and monks were Vietnamese so much of the time I couldn't understand what was happening; I had to learn by watching and following others. Everyone got along, was pleasant and helpful—genuinely so. Except for taco night when we had cheese, all of our food was vegan. I laughed a lot. I checked in with friends and family only once a day, in the evening, by texting. I took many photos, pondered and wrote. Time had a spaciousness to it that I don't think I have experienced since I was a child.

What do I hope to bring from this experience into our ministry with one another? A deeper meditation practice, permission to give one another more time, more patience and compassion in our relationships, a couple of sermons and ... I guess we'll just have to see what unfolds. The week was restful, deep, unexpected and I'm so thankful for it. Please don't hesitate to ask me questions about it if you have them.

In the meantime, don't forget your water or your bag! I'm looking forward to having us all together again.

Blessings,
Rev. Lise



CARING CORNER

We are continuing food support and transportation for several folks. Everyone is welcome to join the casserole brigade and transport crew - contact Sue Robinson (artsue45@hotmail.com).

A memorial service for Denise Rachel will be held in the Meetinghouse on **Saturday, September 15** at 11 am, followed by a reception honoring Denise in the Parish Hall. Denise was a long time parishioner whose children, Genevieve and Saban Poole, grew up in our church school. Denise shared her

musical talents with us in many ways – soloist (voice and flute), choir member, piano tuner, music committee, drumming – and donated several boxes of rhythm and percussion instruments to our church school children. Volunteers are needed for the reception. If you can bring food (sweets, fruit, cheese and crackers, finger sandwiches, or cupcakes) for the reception or help with set up, serving or clean up, please call or email Marcia Babcock (781-659-2956 or marciabab@aol.com.)

Former member Alice Davis of Plymouth passed away in August. Active in our Alliance (and a past president), Alice was sister to Eleanor Gaudette. Her service was held at First Parish in Plymouth.

We're continuing to send healing thoughts to Ed Mosher. After time spent in his beloved Maine in August, Ed will be seeing his doctors again to consider next steps.

We send our condolences to Jordan Grant and family on the passing of Jordan's father in August.

Sending healing thoughts and speedy recovery to our Office Administrator, Hope Weinman who had outpatient surgery in August.

Dave and Julia Traggorth are the proud parents of August Lee Traggorth, born August 27 at 10:22 pm in Plymouth. He weighs in at 7 pounds 13 ounces, and is 21 inches long. The Traggorth family is overjoyed and Ellie and Whit are loving their role as big brother and sister (but are adamant that they "don't change diapers").

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).



DEXTER ROBINSON TO SPEAK AT ALLIANCE MEETING

All are welcome to join the Alliance of First Parish to hear Dexter Robinson describe his experience hiking the Maine 100-mile wilderness trail on **Wednesday, September 19** at 10 am in the Parish Hall. Dexter will share his preparation and experience backpacking this section of the Appalachian Trail using a gear display, photos and video clips. This program will be an inspiration for us to get out and enjoy some walking this fall, if perhaps not such a long walk!



RELIGIOUS EDUCATION NEWS

“Roots hold me close, wings set me free. Spirit of Life, come to me. Come to me.”

-Carolyn McDade

Happy September! When asked what my favorite season is, my answer is “the CHANGE of season!” How lucky I feel to live in this corner of the world where the seasons each hold their own gifts, just waiting to be noticed and enjoyed by many, or few and with no expectations! Since my children have become school-aged, September is the time of year I am most reminded of Carolyn Dade's lyrics (which I've read she intended as a prayer, not a hymn), “Roots hold me close, wings set me free.” So however you greet September, the season, the return to the school and the church calendar, may you find peaceful and wondrous moments in the change of season!

September dates:

September 9: Multi-Generational Water Communion and Backpack Blessing. Please bring water from someplace meaningful in your life (and proxy water will be available, so no worries!) and your backpacks, work bags, knitting bag, or any other bag that often travels with you. The bags we carry tell stories of our lives and are worthy of blessing! This will be our second annual Blessing of the Backpacks. I will be around before and after the service to help you register your child(ren) for religious education and/or baby care. If I look slightly frazzled, I probably am, so let's laugh and do what we can to have fun with the transition of back to church!

September 16: All RE teachers and students will begin in the Meeting House for the beginning of service and then will move into the Parish Hall for some all-ages fun and cooperative games. If you have suggestions for activities, please see me! We will also brainstorm with the children what they would like to see this year in the RE program. This (trial run) day is in lieu of the Summer gathering we have done in years past with RE families/teachers as a way to keep things simple for our RE families and teachers (a theme that will drive my planning all year).

September 23: First day of regular RE classes

September 30: Regular RE classes

Babycare at FPNUU:

Welcome and thank you to, Jonah H. and Maebon P. who will be our babysitters on Sunday mornings for childcare and to Crista T. who will be our adult volunteer in the nursery. We all look forward to the fun to be had for the littlest of our parish. As always, children of all ages are welcome to stay with their families for the entirety of the church service if that is the family preference!

First Semester Teachers at FPNUU:

Deb W. and Amanda A. will be teaching elementary grades though 4th. Patti W. and Mary N. will be teaching grades 5-6. Nelson S.

and Mandy M. will be leading the OWL program this year. As your DRE and as a parent of a child in each of these classes, I am grateful to the volunteer teachers and the children of the parish for making our programs what they are!

Shout Out:

A moment of gratitude to Patti W. who has offered to help me with RE office work or projects that I need help with this fall. What an unexpected gift! I look forward to spending time with her and her infectious laugh and know busy hands will help make work "light." Thank you to those of you who this past month have said yes to future OWL trainings, raised your hands to sub in class, offered to draft spreadsheets for me, and have just been beyond kind and supportive as I have begun navigating the waters of RE.

Elsewhere in this Spire there will be a one page summary of RE class schedule for the remainder of 2018. Please print and add it to your family calendar. Copies will be available at church and also posted on our bulletin board in the hallway (near coat racks). Parents, keep your eyes open for a SurveyMonkey that I will send to you in the upcoming month to get feedback on what you wish for RE this year. I want to keep things family-friendly and simple and based on family interest level. Your honest feedback will help me shape the upcoming RE year.

I am no longer serving on Parish Committee, but will continue attending the monthly PC meetings in a non-voting capacity as your DRE. I am happy to represent the needs and interests of children and families of the parish! So let's keep chatting.

Let's "make it so!"

Gabe Millins





PHOTOGRAPHS

If you have any pictures which you would like to go into our church album for 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! Thanks!

Bev Gardner



ACTIVITIES COMMITTEE

The Activities Committee will meet on **Sunday, September 16**, the second week of church, at 11:30 am in the Church Office. Newcomers are welcome. We especially want to know what younger families would enjoy.

Sunday, September 9 at 10 am - opening Water Communion service

Wednesday, September 12 - 5:00-6:20 pm Community Dinner (plans are to have a dinner the 2nd Wednesday of each month)

Wednesday, October 10 - 5:00-6:30 pm Community Dinner

Saturday, October 20 - All-ages Halloween Dance & Potluck - costume optional!

Wednesday, November 14 - 5:00-6:20 pm - Community Dinner. All hands will be need to help set up for fair and bring down boxes Wednesday pm)

Saturday, November 17 - Holiday Fair

Wednesday, December 12 - 5:00-6:20 pm Community Dinner

Saturday, January 26 - Trivia Night and Potluck

Sunday, February 3 - Super Bowl Party

Sunday, February 10 - Chocolate Sale

Saturday, February 23 - to be announced (will be a dance or potluck)

February-March - Canvass

Saturday, April 6 - LGBTQ Dance

Sunday, April 21 - Easter

FPNUU RE CLASS SCHEDULE FOR 2018

(Please add to your family calendar)

September 9: Multi-Gen Water Communion and Backpack Blessing

September 16: Teacher Installation in Meetinghouse followed by All Ages Activities in Parish Hall with all teachers and DRE

September 23: all RE classes

September 30: all RE classes

October 7: Multi-Gen topic TBD

October 14: all RE classes

October 21: all RE classes

October 28: DRE and teacher led all ages Halloween/ Day of the Dead (Dia de Muertos) activities in the Parish Hall and costume parade

November 4: all RE classes

November 11: all RE classes

November 18: Multi-Gen service on "Gratitude"

November 25: all RE classes

December 2: all RE classes

December 9: all RE classes

December 16: Nativity in a Box

December 23: DRE led activity in Parish Hall

December 30: NO RE classes, babycare only

Saturday May 4 - Goods and Services Auction

Saturday, May 18 or June 1 - Golf Tournament

Sunday, June 16 - All Church/RE Potluck Lunch

Ongoing Activities:

Every Friday at 8:30 am - Breakfast at Sam's in Scituate Harbor (all are welcome).

1st Monday of the month at 6 pm - Men's Dinner at someone's home.

1st Wednesday of the month - Book Group - 7 pm in the Fogg Parlor

3rd Wednesday of the month at 10 am - Alliance events

Please join us for our meetings (usually the first Sunday of each month at 11:30) and for all these events.



FIRST PARISH BOOK GROUP

Are you a reader? Want to borrow a FPNUU book group selection? This year, RE has purchased one copy of each book for anyone to borrow, read, and return. The book copies and printed schedules are available to anyone on the top shelf of the bookshelf near the piano in our Parish Hall. We meet in the Fogg Parlor on the first Wednesday of the month at 7 pm in the Fogg Parlor. Join us for any book discussion throughout the year.

October 3: "Nothing to Envy" by Barbara Demick and/or "The Girl with Seven Names" by Hyeonseo Lee - read one or both

November 7: "A Tree Grows in Brooklyn" by Betty Smith

All are welcome! Hope to see you there!
Gabe Millins



THEMED GIFT BASKETS

With all the end of the summer sales going on, it's a good time to think about donating a themed gift basket to be sold at the November all-church Holiday Fair! We are asking that you

keep your purchases, if at all possible, to under \$40 (\$15-\$40), so we can keep the prices of the baskets reasonable.

A sign-up sheet will be at Coffee Hour from September until the Fair. If you have any large or gigantic actual baskets for people to fill, we can use them! (Noel keeps an eye out all year long for used large baskets! Thank you, Noel!) Just bring them to Coffee Hour. Remember-YOU provide the items and a list of the items, and WE help you put them in one of our baskets and wrap, decorate and sell it! (Or we will do it if you really wish us to!) Thank you!

Several of our "basket people" volunteer because they truly enjoy the creativity of wrapping baskets. If you would like to be on the Themed Gift Basket team to help people wrap their baskets at Coffee Hour in October and November, please let Bev or Noel know!

Bev Gardner and Noel Constantino

ATTENTION, COMMITTEE CHAIRS

Please send an updated list of your committee members to Hope in the Church Office at office@firstparishnorwell.org. She will be happy to schedule meeting space for you as well; the calendar does fill up quickly, so act now!



TAI CHI

Our popular Tai Chi and Qigong classes will begin a new 8 week session on **Tuesday, September 18**

and continue each Tuesday through November 6. We gather at 9:15 am at the church Parish Hall for a group lesson with instructor Mike Showstack. \$50 is payable at the first class. No special equipment, clothing, or shoes are needed. New students are welcome at any time - try it once as a "drop-in" for \$5. Prior registration is not necessary. Begin the new church year with a great way to relax, heal and improve balance. Invite friends and neighbors. Contact Sue Robinson for additional information at artsue45@hotmail.com or 781-294-8840.

SOCIAL JUSTICE NEWS

From Love Resists (a joint campaign by the Unitarian Universalist Association and the Unitarian Universalist Service Committee):

"Two key ballot initiatives—one in Ohio and one in Florida—will create justice in those states and strategically push forward this movement in other states as well.

In Ohio, Issue 1—Safe & Healthy Ohio (Drug & Criminal Justice Policies Initiative)—will reduce non-violent crimes such as drug possession and probation violations from felonies to misdemeanors retroactively, freeing thousands from state prisons and disrupting the school-to-prison pipeline.

In Florida there are 1.4 million people with past convictions who would gain the right to vote if Amendment 4—the Second Chances Amendment (Voting Rights Restoration for Felons Initiative)—is passed. Florida is one of four states with a lifetime ban on voting for anyone who has served time for felony convictions, a law stemming from Jim Crow-era voting restrictions.

Winning in Florida and Ohio will not be easy, but is something we all can help achieve. You can help from anywhere in the country!"

If you would like information, please contact Bev Gardner at bevgardner@comcast.net.

(Information provided by First Parish of Norwell's active CHALICE group, "Reintegrating People into Society", led by Marcia Babcock and Bev Gardner and in the spirit of Partakers mentoring program for people in local prisons, with which First Parish has been involved for the last 19 years!)

EXPECT LIFE!

*Do not live too far into the past or the future.
Live now.*

In each moment expect a miracle; ten kinds of birds at the feeder, and the tracks of a fox in the snow.

Pick up a magnifying glass and scrutinize that crocus. See the pollen at the center of the daffodil, life's dust, death-defying life. Be astonished at the flower, arrested by its beauty.

Run naked through the garden early in the morning and hope the wild geese fly by.

Get silly and laugh loudly with your grandchildren. Refuse to leave the dead behind, but bring their memory to your chores and games and corners of quiet warm tears.

Know always that joy and sorrow are woven together; one cannot be without the other. If you love, know that sometimes your love will bring you tears; if you grieve, know that it is because at some time you were willing to love.

Do not be afraid to die today. But expect life!

~Elizabeth Tarbox

SEPTEMBER 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>For more information on any of the events at the James Library, please visit www.jameslibrary.org or call them at 781-659-7100</p>			<p>5 Book Group, FP 7 pm</p> <p>Dancers, PH 7-9 pm</p>	<p>6 Choir, Sky. 7:30 pm</p>	<p>7 Piano lessons (DM) MH 12:30-6 pm</p>	<p>8 Piano lessons (DM) MH 9 -4</p> <p>Scrapbookers (MO), PH 4-11 pm</p>
<p>9 Morning Service & Church School 10 am</p> <p>Coffee Hour, PH 11 am</p> <p>Piano lessons (DM), MH 1-4:30 pm</p>	<p>10 AA, PH 8:30 pm</p>	<p>11 Knitters, FP 9:30 am</p> <p>Piano lessons (DM), MH 1-8 pm</p> <p>Piano lessons (JB), Sky. 2-7 pm</p> <p>Dancers, PH 6-8 pm</p> <p>James Lib. Board, FP 7 pm</p>	<p>12 iSpi deadline, 9 am</p> <p>Piano Lessons (DM), Sky. 2:30-7:30 pm pm</p> <p>Piano lessons (JB), Sky. 3-8 pm</p> <p>Community Dinner, PH & Kit. 4-6:45 pm</p> <p>Dancers, PH 7-9 pm</p>	<p>13 Piano lessons (DM), MH 2:30-8 pm</p> <p>Piano lessons, (JB), PH 3-8 pm</p> <p>Choir, Sky. 7:30 pm</p>	<p>14 Piano lessons (DM), PH 12:30-6 pm</p>	<p>15 Memorial Service for Denise Rachel, MH 11 am - collation to follow</p>
<p>16 Morning Service & Church School 10 am</p> <p>Coffee Hour, PH 11 am</p> <p>Activities Comm., Ofc. 11:30 am</p> <p>Finance Comm., Sky. 11:30 am</p> <p>OWL Parents Meeting, FP 11:30-1:30 pm</p> <p>Piano lessons (DM), Sky. 1-4:30 pm</p> <p>Baby Blessing, MH 4 pm</p>	<p>17 AA, PH 8:30 pm</p>	<p>18 Tai Chi, PH 9:15 am</p> <p>Knitters, FP 9:30 am</p> <p>Dancers, PH 6-8 pm</p>	<p>19 iSpi deadline 9 am</p> <p>Alliance, PH 10 am</p> <p>Piano Lessons, Sky. 2:30-8 pm</p> <p>Dancers, PH 6:30-8:30 pm pm</p>	<p>20 Choir, Sky. 7:30 pm</p>	<p>21</p>	<p>22 First Day of Fall</p>  <p>Scrapbookers (MO), 11 am-11 pm</p>
<p>23 Morning Service & Church School 10 am</p> <p>Coffee Hour, PH 11 am</p> <p>Handbell Choir, Sky. 11:30 am</p>	<p>24 AA, PH 8:30 pm</p>	<p>25 Tai Chi, Sky. 9:15 am</p> <p>Knitters, FP 9:30 am</p> <p>Dancers, PH 6-8 pm</p> <p>Parish Comm., FP 7 pm</p>	<p>26 iSpi deadline 9 am</p> <p>Dancers, PH 6:30-8:30 pm pm</p>	<p>27 Staff Meeting, Ofc. 10:30 am</p> <p>DA Forum, PH 6-10 pm</p> <p>Choir, Sky. 7:30 pm</p>	<p>28</p>	<p>29 Scrapbookers (JC), PH 9 am- 8 pm</p>