

# The Spire

The Newsletter of  
**First Parish of Norwell,  
Unitarian Universalist**  
24 River Street  
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phone 781-659-7122  
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[www.firstparishnorwell.org](http://www.firstparishnorwell.org)

May 8, 2019  
Volume XVII, Issue 9

## Sunday Services - 10 am

Rev. Lise Adams Sherry preaching  
unless indicated otherwise

### May 12: Home Is Where the Heart Is

It's our monthly **Outreach Sunday** and our beneficiary is Habitat for Humanity. Our congregation has the opportunity to participate in a Habitat Build in Duxbury on June 1. Please see the article on page 5 for more information. This will be a multigenerational service.

### May 19: How We Give Joanne Howard, Worship Leader

This is the second opportunity to share your personal volunteer stories with the congregation. Many of our community members volunteer at a number of service and outreach organizations beyond our shared church projects. Individual stories are much appreciated by the congregational audience and can result in increased interest in your support organization. Please call or email Joanne Howard (781-826-6561 or [msomsjbh@aol.com](mailto:msomsjbh@aol.com)) to join the list of speakers.

### May 26: Those Who Continue to Fight

How many of us really know, or pay attention to what's happening with our US troops in Iraq and Afghanistan? We still have a presence in these countries and many are sacrificing their lives. We'll learn more about and honor these soldiers' commitment.

## DID YOU KNOW?

We have assisted listening devices available in the Meetinghouse for congregants and guests who are hard of hearing. We have large print hymnals available, both "Singing the Living Tradition" (the gray hymnal) and "Singing the Journey" (the teal hymnal). We also have a Braille copy of "Singing the Living Tradition". Large print copies of the weekly Order of Service are always available. For your convenience, we are now including copies of the sheet music and lyrics (both hymns, the Joys and Sorrows response and the Children's Recessional) in each week's Order of Service. Our ushers will gladly help you find each of these - just ask!



**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  
[lsberry@uuma.org](mailto:lsberry@uuma.org)

**Director of Religious Education:**

Gabe Millins, x12  
[DREfirstparishnorwell@gmail.com](mailto:DREfirstparishnorwell@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, Asst. Treasurer, x14  
[donna@firstparishnorwell.org](mailto:donna@firstparishnorwell.org)

**Parish Committee 2018-2019:**

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

**Treasurer:** Dave Traggorth

**Minister Emeritus:** Rev. Richard M. Fewkes

The deadline for the next issue of the Spire is  
**Monday, June 3.** Submissions should be  
emailed to Hope at  
[office@firstparishnorwell.org](mailto:office@firstparishnorwell.org).



## LISE'S LETTER

Did you know that May is Mental Health Awareness Month? I didn't. It seems like something I would have, knowing friends, family members, and even myself, who have dealt with depression and other forms of mental illness. I imagine many of you have known folks with mental illnesses as well, and it is such a tricky illness. Even today there are still stigmas attached—people who have mental illness are accused of faking their illness. They might be called lazy, undisciplined, attention seeking. They are often told to simply snap out of it. If only it were that easy. Unfortunately, 1 in 5 people will face some sort of mental illness in their lifetime—that's 20% of our population.

Fortunately, more and more people are realizing (whether or not they're aware that May is Mental Health Month . . .) that mental illness is a real and serious health condition. The association, Mental Health America, has been getting the word out at least since 1949, which is the first year they promoted May as Mental Health Month. 1949!! They have a toolkit which you can sign up for and download at this web address: <http://www.mentalhealthamerica.net/may> It has lots of good information and resources. Two of my favorite sections have to do with religion and spirituality and humor—both are areas that nurture our soul or inner being.

Many of you have heard me speak in the pulpit about the benefits of meditation. This practice helps us increase the levels of chemicals (dopamine, serotonin and endorphins) that can positively affect our well-being. We talked about it how it is used in prisons to help prisoners and guards deal with everyday stresses and learn to make better choices. The prisoner that I work with through Partakers meditates daily and he says it has changed his life. Having a religious or spiritual community can also help decrease the chances of developing mental illness because of the relationships one develops and the common purpose one shares. A 14 year study in Canada showed that folks who attend

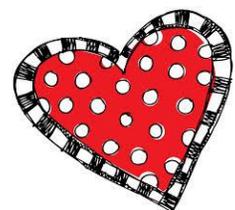
religious services monthly have 22% less risk of developing depression (<http://www.mentalhealthamerica.net/conditions/4mind4body-spirituality-and-religion>).

Regarding humor, the main message is to engage. Mental Health America suggests that we make a habit of recalling funny things that happened to us during the day or week. We can read funny books, and check out the comic strips. As much as many of us love *Game of Thrones*, it's also a good idea to find some show that makes us laugh, or watch a stand-up comic perform. Lately, I've been getting a lot of joy out of watching clips from *Outdaughtered* on Youtube. It's about a family with quintuplets (all girls) and how they're raising them. The girls are about 4 years old now and highly entertaining—I'm chuckling now as I write this.

Finally, if you'd like to officially support the cause of mental illness, NAMI (National Alliance on Mental Illness) is having a 5K fundraising walk in Boston this Saturday (May 11). Participating would get you some exercise, contribute to a cause, and help build relationships—all things that are good for coping with or decreasing one's risk for mental illness. Here's the link: <https://www.namiwalks.org/index.cfm?fuseaction=donorDrive.event&eventID=781>

As our lives continue to be busy, even overflowing, and especially given our current polarizing political climate, it's important that we take care of ourselves and the ones we love. Please let me know if I can help. Be well.

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).



## A NOTE FROM THE DRE

(who was called "DR. E" this past weekend by a British member of the church. The following Dr. Who references are a *complete* coincidence):

I've begun to look over my shoulder at this church year. Where did the time go? It felt a bit timey-wimey. I really thought there would be more time. No matter how many hours I put in, there was more I wanted to do. I sure could have used a sonic screwdriver once or twice for a quick fix. There have been more moments than I can count that I have been moved to tears. You've witnessed many of them! Sundays have been the heart of my week.

You and your children bring joy to others here at church. I know this because people talk to me every single week about how much they love watching how the kids play with one another, across ages. About how kind and gentle they are with one another. How much they enjoy talking with the children. How they are so very clever. Some day when I am an old woman, should a TARDIS appear to me, I'll say "24 River Street in Norwell, please. Winter of 2019". (See what I did there, 'River?') I know I will smile. But good news, we have more time. There's always more to do!

Like The Doctor says, "We're all stories, in the end. Just make it a good one, eh?" You and your children make the story at FPN a very good one. Thank you! I'm already thinking of some RE meet-ups over the

summer. Any interest? Good luck as we wrap up year end activities galore, here there and everywhere. Keep perspective, and in those sweet moments that happen? Hold on tight and just love.



## HELEN FOGG SERVICE COMMITTEE

*“You must be the change you wish to see in the world.” ~Mahatma Gandhi*

### CONVERSATIONS ABOUT RACE

Please join Rev. Lise and others for Conversations about Race on **Sundays, May 5, 12 and 19** at 7 pm in the Fogg Parlor. Topics for discussion include white privilege, white fragility and inclusion.

Sunday’s wonderful church service on the person and life of Helen Fogg (thank you, Elizabeth Robinson!) showed that Helen embodied being the change she wished to see in the world. The Service Committee bearing Helen’s name is charged with carrying out Helen’s legacy by providing opportunities for all of us to work toward the same goal. Here are our May events.

### SCHOLARSHIP



Are you a FPNUU graduating high school senior who will be attending an accredited post secondary educational institution that will lead to a diploma, certification, or license? You are eligible to apply for the Fogg Endowment Fund Scholarship. The Fogg Scholarship is awarded annually to a qualifying student of families and friends of First Parish of Norwell who has demonstrated the ideals of Helen Fogg by *serving their church and community*. Completed applications must be returned to the Church Office or to the DRE by May 31, 2019. The award letter for the \$1000 scholarship will go out June 7th and the scholarship will be received after successful completion of his/her/their first semester. If you would like an application for the Fogg Scholarship, please contact DRE Gabe Millins at [DREfirstparishnorwell@gmail.com](mailto:DREfirstparishnorwell@gmail.com). Congratulations 2019 Seniors!

- **Wednesday, May 8** - 5-6:20 pm. Our monthly free Community Dinner in the Parish Hall. Our May menu includes lasagna, salad, bread, and brownies. How can you help? You can join us to set up and decorate the tables in the Parish Hall at 9:30am on May 8. Or help serve or clean up. And definitely come to enjoy the dinner. Bring your family and/or friends. We usually serve between 65 and 90 guests—church members and folks from the wider South Shore Community. Good food, fellowship and fresh flowers – don’t miss it! No reservations needed.
- Habitat for Humanity – **Saturday, June 1**. Help build a house and change. Please see the article on page 5 for more information.
- \$20 Challenge. For our third year we give each family the chance to help someone or some organization by using \$20 from our committee budget. **How can you help?** In late May or early June, pick up your family’s \$20 envelope in the Parish Hall. Use the \$20 in any way your family chooses and write us a short note telling how you used your \$20.





## HABITAT FOR HUMANITY BUILD DAY

First Parish Norwell will volunteer as the work crew to help build a Habitat Home in Duxbury on **Saturday, June 1**. Construction requirements are for adult workers. Children between 16-18 are allowed on site, but cannot use any power tools. Working as the “FPN CREW” will give us the shared opportunity to help build a home, and perhaps work with the family who will move in soon!

Habitat requires advanced registration for workers and an acknowledgement of receipt of a safety statement. Your personalized ‘hard hat’ awaits. We will always be able to say “I helped build a home for a deserving family!” Sign-up and details available are at Coffee Hour - see Joanne Howard.

Babcock, Chair of the Helen Fogg Service Committee, at our Sunday morning service on April 28.

In case folks are wondering what to do with their bottles and cans now that the church campaign is over, there are several choices worth considering. The simplest answer is to toss them into your home recycling bins. However, the state pockets the money on all those CRV labeled items. If you are still inclined to help the church, consider turning those items in to a local redemption center yourself. There are plenty around, just check out this link to see the closest one near you: <https://www.mass.gov/service-details/find-a-bottle-can-redemption-center>. Perhaps you could consider a contribution of those collected “returnable” funds into the church’s Sunday morning offering plate. Maybe you could consider an increase in your church pledge accordingly or perhaps make a separate donation to the Helen Fogg Service Committee itself. Whichever way you choose, there are different ways to help both First Parish AND Planet Earth.



## RETURNS FOR PLANET EARTH

First Parish’s “Returns for Planet Earth” campaign has successfully concluded! This six month program involved collecting as many “returnable” bottles and cans as possible (the ones that are marked CRV and worth a nickel a piece in Massachusetts). The idea was to help the environment, as well as make some money for one of our most treasured and worthwhile church committees, the Helen Fogg Service Committee. This program ended on Earth Day a couple of weeks ago.

Congratulations, First Parish! You really made a terrific push in the final weeks of the campaign. We collected nearly half of what we had done over the entire campaign up to that point! In all, 4,500 bottles and cans were collected which came to a grand total of **\$225**. A check was presented to Marcia

Thank you very much to all who participated!



## HELEN FOGG’S JOURNALS

Journals belonging to Helen Fogg were recently given to the church for our archives. They are being transcribed by Sue Robinson and finished ones have been posted on the Service Committee’s web

page: <http://www.firstparishnorwell.org/servicecom.html>. Additional journals will be added as completed. Eventually, the original journals and supporting material will be housed in the Fogg Parlor and available for study.

## COTTAGE MEETING

The Strategic Planning Committee invites our congregation to a Cottage Meeting to be hosted on **Sunday, May 19** from 11:30 am to 1 pm. The meeting will be held in the Parish Hall and a light lunch will be served. The Committee would like to engage our church members in the preparation of the strategic plan to insure that the plan reflects our common beliefs and values.

Members of the Committee include: Consultants, Sandy Batchelder and Peg Holda. Church members include: Rev. Lise Adams Sherry, Dave Hockman, Tommie Magazu, Marie Miller, Gabe Millins, Alan Prouty, Sue Sulc, Dave Traggorth and Sally Turner. More information will be forthcoming!



## MUSICAL OPPORTUNITIES

Music Sunday will be held on **Sunday, June 16** during the church service. The choir will be singing selections from the popular movie “The Greatest Showman”, which is based on the life of P.T. Barnum. Well-known for creating his traveling circus, Barnum was also a Unitarian Universalist.

The choir invites both adults and youth, who are interested, to join them on Music Sunday. If interested, you may join us for a few rehearsals which are held on Thursdays at 7:30 PM, in the Skylight Room.

There is also an opportunity to sing with the Multi-Generational Choir on **Sunday, June 2**. On that day, we are planning to sing “A Million Dreams” from “The Greatest Showman”. Please consider joining the choir for either the Multi-Gen Choir on June 2, or Music Sunday on June 16, or BOTH! The Multi-

Gen Choir will rehearse on Sunday morning, June 2, at 9:15 am.

Contact Marie Miller at [mariemiller@verizon.net](mailto:mariemiller@verizon.net) or Gingy Grimes at [gingygrimes@gmail.com](mailto:gingygrimes@gmail.com) if you are interested in these opportunities!



## PARISH COMMITTEE SHOUT OUT

Thank you to Thad Robey who works behind the scenes as our Head Usher here at First Parish of Norwell! Thad ensures that every service has two trained ushers. From training, to scheduling, to monitoring pulpit and worship supplies, to filling pew pockets with updated brochures... Thad oversees all the details. He has been involved in various volunteer work at church over the years, as well as supporting Elizabeth in her volunteer work and their children in religious education. Thank you, Thad, for all you do behind the scenes and in the Meeting House to make all feel welcomed! We appreciate all you do.



## DISTRICT NEWS

On May 4, 2019, the Ballou Channing District by a 2/3 majority vote of its member congregations voted in favor of dissolution by merger with the UUA. This was a momentous occasion for all involved, as it marks the end of an era for this beloved local district. Ballou Channing District (or BCD) served as a valuable connection between local churches on the South Shore, Cape, and into RI. In recent years; however, as the UUA has reorganized into regions and funded the work of the New England Region, BCD's offerings became redundant and its personnel resources stretched thin. Though bittersweet, there was celebration as quorum was confirmed and the vote made. We look forward to working with the New England

Region office and taking part in the enriching programs they offer. To learn more, visit <https://www.uua.org/new-england>. I encourage everyone to sign up for their emails and learn more about the UU community beyond Norwell!

~ Elizabeth Robinson,  
Denominational Affairs



## FPN GOLF TOURNAMENT

Once again, the Silver Chalice of golfing superiority is back up for grabs. The Annual First Parish Golf Tournament is **Saturday, May 18** at Squirrel Run Golf Course in Plymouth. Gather at 12:30 and tee off at 1:00. \$100.00 per golfer includes dinner in the Parish Hall of steak or swordfish, or come to dinner only for \$25.00. BYOB. Corporate sponsors are needed at \$50 per hole. Sign up with Don Messinger, Deane Howard, Chris Kitchenham or John Meddaugh.



Jackie Garceau, Joanne Howard, and Deane Howard claimed the silver chalice last year.

The Finance Committee thanks you for your support of  
**“In Gratitude We Give”**,  
the 2019-2020 Annual Pledge Drive.  
As of May 3, 2019,  
72 pledges have been received,  
totalling \$122,275.

Pledges have been received from the following members and friends:

Amanda Adams, Jeff Angley, George and Meredith Atkinson, Scott and Marcia Babcock, Larry and Karen Baker, Paul Bourque, Laurie Brown and Dan Carroll, Bill and Staci Carey, John and Peg Carpenter, Jean Christensen, Noel Constantino, Patty Crumley, Bob Cullum, Betsey Detwiler, Peter and Roberta Fairbanks, Bernie and Bev Gardner, Scott and Shastin Garland, George and Linda Goodwin, Ralph and Betsy Gordon, Jordan and Emily Grant, Clayton and Ellie Handleman, Cathy Harder-Bernier, Bob and Barbara Hickey, Dave and Joyce Hockman, David Horton, Deane and Joanne Howard, Steve Hurt, Pearl Jayko, Helen Keeler, Joan Kenworthy, Chris and Peg Kitchenham, Phillip and Diane Koury, Joan Kuhn, John Litchfield, Tommie Magazu, John McCann and Debbie Chase, John and Debi Meddaugh, Mary Mercier, Don and Joan Messinger, Jon and Mandy Metzger, Jim and Marie Miller, Prue Miller, Jim and Gabe Millins, Jeannette Mitchell, Joan Nahigian, Bob and Carol Neely, Mary Nickerson and Patti Walters, Kerry Ouellet, Bernie Perry, Jim and Joyce Pickel, Alan Prouty, Dan and Cathy Phillips, Harold and Lorna Phillips, Deanna Riley, Thand and Elizabeth Robey, Dexter and

Sue Robinson, Elizabeth Robinson, Paul and Denise Shaw, Greg and Tove Smith, Derek and Jen Sulc, Les and Marlon Taylor, Dave and Julia Traggorth, Crista Trapp, David and Sally Turner, Peter and Linda Twomey, Paul and Netta Vercollone, Mark and Judy Witcher and George and Donna Wilson.



## FIRST PARISH BOOK GROUP

Join us on Wednesday, June 5 at 7 pm in the Fogg Parlor for our Book group meeting of the church year. We will be discussion “Shanghai Girls” by Lisa See.

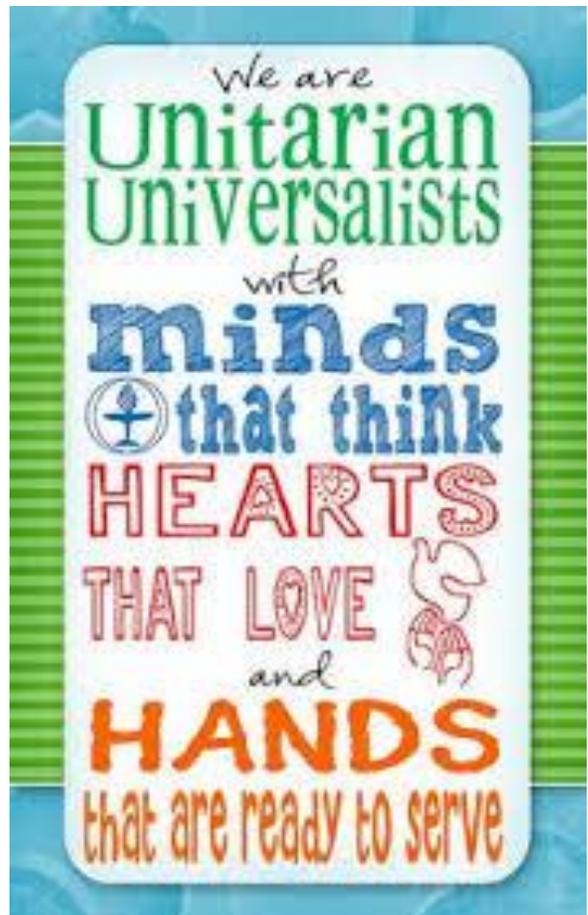
## BAKE OFF UPDATE

Mandy Metzger had been organizing a bake off competition to take place during Norwell’s SummerFest celebration on June 1. Sadly the Norwell Board of Health did not approve the permit application, so the event is cancelled.



## JAMES LIBRARY AND CENTER FOR THE ARTS

To learn more about any of the events at the James, please call them directly at 781659-7100 or visit [www.firstparishnorwell.org](http://www.firstparishnorwell.org).



MAY 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			8 Community Dinner, PH 5 pm  Dancers, PH 7-8 pm	9 Caregivers' Support Grp., Sky. 6 pm Dancers, PH 7-9 pm Choir, Sky. 7:30 pm	10 Private rental, MH 3-7 pm Campfire, lower parking lot 6:30 pm	11 Private Rental, PH 11 am-11 pm
			12 <b>OUTREACH SUNDAY</b> Morning Svc. & Church School 10 am Coffee Hour, PF 11 am Service Comm., FP 11:30 am Convo. About Race, FP 7 pm	13 Men's Dinner @ Pickel's, 6 pm AA, PH 8:30 pm	14 Tai Chi, PH 9:15 am Crafters, FP 9:30 am Sabbatical Comm., FP 1 pm Dancers, PH 7:30-8:30 pm	15 Alliance Board, FP 10 am iSpi deadline 9 am Dancers, PH 7-8 pm
19 Morning Service & Church School 10 am Coffee Hour, PH 11 am Cottage Mtg., PH 11:30-1 Private Rental, Sky 12-5 pm Convo. About Race, FP 7 pm	20 AA, PH 8:30 pm	21 Tai Chi, PH 9:15 am Crafters, FP 9:30 am Parish Comm., FP 6:30 pm Preschool Board, Sky. or Ofc. 6:30-9:30 pm Dancers, PH 7:30-8:30 pm	22 iSpi deadline 9 am Dancers, PH 7-8 pm	23 <b>CHURCH OFFICE CLOSSES AT 11:30 AM</b> Choir, Sky. 7:30 pm	24 Campfire, lower parking lot 6:30 pm Private rental, MH 3-7 pm	25
26 Morning Service & Church School 10 am Coffee Hour, PH 11 am	<b>MEMORIAL DAY</b>  AA, PH 8:30 pm	28 Tai Chi, PH 9:15 am Crafters, FP 9:30 am Dancers, PH 7:30-8:30 pm	29 iSpi deadline 9 am Dancers, PH 7-8 pm	30 Choir, Sky. 7:30 pm	31 Private rental, MH 3-7 pm Campfire, lower parking lot 6:30 pm	1 Habitat for Humanity Build, Duxbury Norwell SummerFest, Norwell Ctr. 1-7 pm