

# The Steeple



First Parish in Framingham  
Unitarian Universalist  
*A Welcoming Congregation*

VOL 8 NO. 10 October 1, 2015

## Monthly Reflection Theme: Truth /Faith

### Minister's Column

HELP ME WRITE THE OCTOBER 25TH SERMON!

As I write the Pope has just addressed Congress and then gone to have lunch with homeless people in Washington D.C. I am moved by the simple power of his words, and more so, his actions. His message might be summarized in one statement which he delivered gently but firmly: There should not be people without homes in this rich country; nor should the majority of the population be struggling so much. Or, in more religious terms, "Do unto others as you would have them do unto you".

There are 83 Democrats and 81 Republicans in Congress who are Catholic. The two men seated behind the Pope, Vice President Joe Biden and Speaker of the House John Boehner, are both Catholic. They were both obviously moved by the Pope's message. And, they have very different views on what economic policies will achieve that of which the Pope speaks. Why?

How to do we empower the "least of us" to have enough of an economic life to have a roof over their heads and food to eat? Does unrestricted enterprise lift all economic boats? What does income inequality have to do with what the Pope said?

(continued on page 2)

### Worship Services, 10 am

#### Sunday, October 4

*What is Truth?*

Rev. Kathleen Hepler

Who has the truth? Is there any such thing? What is the nature of truth? How is it related to belief? How is it related to faith?

*Guest Soprano Jayne West singing today with Steve Greeley and the First Parish Choir!*

Noon Discussion, Black Lives Matter, Memorial Room

#### Sunday, October 11

*Social Justice as a Spiritual Practice*

Laura Wagner, LICSW, Exec. Dir, UU Mass Action

Our wholeness as individuals is realized in connection with other human beings. It is through this connection that we define our values. Being aware of the struggles of others and engaging in social justice allows us to put our values into action. Living our values helps us to create a living, meaningful spiritual practice that both heals the world and ourselves.

#### Sunday October 18

*The Least of Us*

Rev. Kathleen Hepler

A service about the American economic system.

Noon Discussion, Black Lives Matter, Memorial Room

#### Sunday October 25

*Your Path, My Path, Our Path*

Rev. Kathleen Hepler

A service about how things like personality, generation, class and background inform our individual spiritual inclinations. And, then, how do we forge a common path as a community?

**Volunteer Fair** during social hour:

*Find out how to join in!*

**Congregational Meeting at 11:45 in Scott Hall**

## ***From the Board of Assessors***

As the summer days wind down and our water communion signals the fall ingathering, it's great to see our community back in full force. It always makes me feel a little like a kid sitting with his new binder and freshly sharpened pencils, waiting to meet my new teachers on the first day of school. I'd sit in my new seat, hoping that I'd have good teachers and interesting topics. Of course, I know that the people in my FP church community will be those good teachers and our UU discussions will be those interesting topics.

A lot happened over the summer. Ben Gustafson deserves our applause for managing the summer services. Your Board of Assessors met several times and the 110 Edgell Road Exploration Committee prepared recommendations that the Board will consider. Under the tireless guidance of Larry Decker, Sara Morrison Neil and many others, overdue Meeting House repairs were accomplished, restoring the brickwork, painting and repairing windows. This work was funded through to the Capital Campaign Fund, thanks to your generous gifts and the fantastic efforts of Mary Rose Wells and the Capital Campaign team. (Check out the bricks in the Greeley Courtyard!)

Best of all, frugal planning left us with some funds remaining for a couple of other improvements we sorely need. **The Board will present further plans at a Congregational Meeting on October 25 (11:45AM in Scott Hall; snacks to be provided).**

Other improvements include new doors and new carpets in the Parish House, removal of the beech tree that fell on our labyrinth and many other improvements. These represent generous gifts from additional sources, including the Women's Alliance, the Framingham Center Nursery School and the Pay It Forward fund from the Auction. Repair of storm damage at 110 Edgell Road was funded through our insurance.

Maybe it's a little like that first-day-of-school analogy, where the classroom has been spruced up during the summer, with the smell of polished floors and the clean, dark chalkboards ready for us to meet new people and learn new things. We are thankful for the work that clears space for our more spiritual endeavors. Thanks to all for keeping our campus healthy and ready for us to bring the best we have to offer one another!

-David Mendelsohn, chair

## **Ministers Column (continued)**

Let us use our reason and our Unitarian Universalist Principles to explore what economic policies have proven most able in practicing the Golden Rule no matter what our faith tradition. I am going to preach on this topic on October 25th. Send any thoughts or comments or resources you wish to [minister@uuframingham.org](mailto:minister@uuframingham.org) and help me consider more sides of the issue than I might otherwise.

With Love,  
Reverend Kathleen

## Music Notes



Join us for worship on **Sunday, October 4** as we welcome our guest musician, soprano Jayne West. Jayne West has performed with many of the country's leading orchestras, including the Philadelphia Orchestra, National Symphony, Detroit Symphony and the Boston Symphony Orchestra. Concert venues have included Symphony Hall, Seiji Ozawa Hall, Kennedy Center and Tanglewood Main Stage. Ms. West has performed extensively with Emmanuel Music and played the part of Countess Almaviva in Peter Sellars' production of "The Marriage of Figaro." She has recorded several CDs and is on the faculty of the Longy School of Music and New England Conservatory. A Framingham native, Jayne is thrilled to be singing in her home town with her high school friend Steve Greeley!

### **Black Lives Matters Discussion parts 2 and 3**

Lunch and discussion in the Memorial Room with Rev. Kathleen Hepler, continuing the discussion started after her September 27 sermon *Black Lives Matter*. Explore the dialog about race. Can we who are white teach ourselves to be present to the stories of people of color? Can we find ways to heal this old American wound? Meets

Sunday, October 4, noon

Sunday, October 18, noon



### **First Parish Christmas Choir**

Ever wanted to sing in the choir, but weren't able to make the weekly rehearsal commitment? Join the FP Christmas Choir!

Attend four Wednesday evening rehearsals during the month of December:

December 2

December 9

December 16

December 23

and sing with the choir at the 7:30 service on Christmas Eve. Please let me know by November 1 if you'd like to participate, so that I may plan the music accordingly.

Feel free to contact me with any questions.

Claudia Keyian

First Parish Music Director

978-462-3405

[Claudia@claudiamusic.com](mailto:Claudia@claudiamusic.com)

## Because of You and First Parish...

One need only look at the First Parish calendar to see that we have a bumper crop of English as a Second Language classes this year. About 40 students are enrolled this fall to learn here, with native languages including Portuguese, Spanish, Russian and others. They are beginners and more advanced students, newcomers and immigrants who have been here for many years. They come to learn English because without it they struggle to reach the life they aspire to. They come because the better job they hope for requires greater English proficiency. They come because they want to support and advocate for their children in school. They come because they want to build community with English speakers who are all around them. And so, under the leadership of Eva Benda, you will find First Parish members and community partners teaching classes here day and night, on Mondays, Tuesdays, Wednesdays and Saturdays. They teach because there is a need. They teach because all people deserve the dignity of being understood. They teach because there is far more than language that unites us as human beings.

**Because First Parish exists, and because of the commitment of our members to bridge the division of language and embrace our common humanity, many more people in Framingham will have the fluency they need to participate in our community, share their gifts, and be understood.**

Diane Bassett, 2016  
Canvass Chair

## Caring Through Sharing

### Save the Date!

Volunteer Fair in Scott Hall on  
Sunday, October 25 at 11am.



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### Summer Services

Before the leaves turn color and frost forms on our window panes, a hearty thank you is in order. Bravo to all who participated in the Sunday summer lay-led services this year. Summertime is not only a chance to enjoy the good weather, but to hear from fellow congregants about their particular passions which they enthusiastically share with all. Lay-leaders who gave talks this summer were Aaron White; Donna Nelson; Dave Doucette; Janet Nichols; Diane Engel, Doug Sondak, and Bob King; Julie Porter; Ben and Lucas Gustafson; Ilene Hofrenning and Chris Ross; Margaret Krell; and last but not least, Senior Youth and Beth Walton. Also, a big thank you to those who helped set up and brought in refreshments: Carol Lawton, Stanley Tanenholtz, Jim Ansbro, Lucille Riddle, and others. The whole program was coordinated by Ben Gustafson and Marjie Rochon. Summertime gave us the opportunity to learn from you all. Much gratitude for your Time, Treasures and Talents. We are truly a church family made of passionate, intelligent individuals.

Marianne Orlando  
Worship & Arts Council

## **Around The Parish**

*If you would like to share a joy or a concern in the newsletter please contact the Caritas Coordinator. Caritas helps those in the Parish who face difficulties such as hospitalization, illness, and death of a loved one. Caritas coordinates cards, visits, meals, referrals to services and newsletter announcements.*

The October Coordinator is Jane Letteney Clarke, who can be reached at 508-877-4417 or via email at [Jeal11@comcast.net](mailto:Jeal11@comcast.net).

Karen Hirshman is back at home, recovering from her tenth orthopedic surgery. She would like visits!

Rich Lawton is at home, recovering well after his by-pass surgery and Carol and Rich appreciate all the help and caring they have received from the First Parish community.

Tony Greeley is back from St. Patrick's Manor and he was delighted to be back at Sunday service!

Myrna Howe had knee surgery on September 21 and will be rehabilitating on the Cape, near her daughters. She would appreciate cards.

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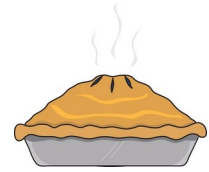
### **Newsletter Deadlines**

The October Mid-Month Update deadline is October 13. The deadline for the November Steeple will be October 20.

## **Programs & Announcements**

### **Pies on the Common Celebrating 25 Years!**

**Saturday, October 17  
10am-3pm**



Hundreds of homemade pies, crafter, local artists, music, refreshments, children's fun area, handmade candy and more!

Volunteers needed for preparation and day of. Sign up during coffee hour on Sundays or contact Sandy Porter [howiepie@verizon.net](mailto:howiepie@verizon.net).

### **WomenCircle**

Meets Tuesday, October 20 at 7:15 pm in the Memorial Room. This group meets monthly for discussion and exploration of women's spirituality. All First Parish women are welcome; for more information, please contact Karen Wagner at [blauaugen@comcast.net](mailto:blauaugen@comcast.net).

### **Meditation**

7 pm, Wednesday in the Memorial Room  
Half hour seated meditation. For those who would like to stay, there will an hour long film presentation of talks by Jack Kornfield about mindfulness.

9-10am, Friday in the Memorial Room.  
Simple silence followed by tea and perhaps a short reading. Drop in, by donation.

*Led by Joti Royster who has studied in both the Theraveda and Vajrayana Buddhist lineages, and completed intensive study at the Barre center for Buddhist Studies.*

### **Eckhart Tolle Evenings**

Thursdays, 7-8:30 pm, Memorial Room. Short silent meditation sitting followed by DVD presentation of Eckhart Tolle talk and discussion. Drop in, at-will donation. Program led by Joti Royster (see above).

# Announcements

## Meditation Retreat

October 10, Meeting House, 9am-1pm

A talk from Pema Chodron's teachings entitled "The Noble Heart" will be presented. In these talks Ani Pema offers key insights into the four limitless qualities, structuring a home practice, the four great catalysts of awakening and much more. The retreat will include practice time as well as teachings.

Register by email to [joti@sacredspaces.ws](mailto:joti@sacredspaces.ws).

Future retreats November 7 and December 5. Led by Joti Royster.

## Sacred Circle Dancing

Sunday, Oct. 25, 6-8 pm in Scott Hall. No partner, experience or RSVP needed; just come!

All dances taught; some live music. A \$5-\$10 donation to help defray First Parish expenses will be appreciated. Contact First Parish member Paula Adelson (508) 485-1030; leave your phone number slowly.



## Women's Alliance

The Women's Alliance will *NOT* meet October 12th. At the end of that week, Saturday October 17th, will be the 25th Annual Pies on the Common. Please support this fundraiser by baking a pie or two. —Susie MacDonald

## Men's Club & Others Dinner

Saturday, November 7, 2014

First Parish Scott Hall

Speaker: Janet Nichols, First Parish of Framingham Historian will speak about some of the founding people and events of our congregation.

Dinner: \$15 (collected at the door)

Dinner Seats limited to 50. Reservations Required

Cocktails: 6:30 pm

Dinner: 7 pm (by Chefs Leo and Janet Giorgio)

Speaker and Q & A: 7:45 – 8:3

Sign up online at <http://tinyurl.com/nh75uf8>

Or contact Marjie Rochon to RSVP

508-872-0410 - [marjie.rochon@verizon.net](mailto:marjie.rochon@verizon.net)

Setup & Clean up volunteers welcome!

## Yes, There Is An Afterlife

With legacy planning, your appreciation of and contributions to First Parish can go on, joining a more than 300-year-old tradition of First Parishioners building a foundation of support for the congregation they love. The First Parish Endowment Fund, managed by your Trustees, provides an annual pledge of more than \$20,000 to supplement the canvass. Building the fund helps bring financial stability to our faith community. You don't have to be a millionaire to leave a legacy gift; bequests of all sizes to the First Parish Endowment Fund work together to provide benefit to all. For information, contact the FP Trustees Walter Barker, Jen Long or David Ortmeyer.



# OCTOBER 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				<p><b>1</b> 8 am Coffee &amp; Muffins: Huntley Rm. 6:30 JYG, Huntley 7pm Eckhart Tolle Evening, Memorial Rm 7pm Fairs &amp; Squares, Scott Hall</p>	<p><b>2</b> 9am Meditation, Memorial Rm 12pm Women's Mindfulness Grp, Memorial Rm 5pm, Wedding Rehearsal, MH</p>	<p><b>3</b> <i>(Civil War Re-enactment on the Common)</i> 9am, ESL. 110 Edgell 4pm Wedding, MH</p>
<p><b>4</b> 10 am Worship, MH 11 am YRUU Bake Sale, SH 11 am Pies Comm, SH 12pm Discussion with Rev. Hepler, Memorial Room 6 pm YRUU, Huntley</p>	<p><b>5</b> 5:30p Free Med. Clinic, 110 Edgell 6:30 pm, ESL, 110 Edgell Rd 7pm, Rounds, SH 7 pm Bell Choir Rehearsal, MH 7:30 pm, Yoga, Huntley 7:30pm, Personnel Comm, Mem. Rm</p>	<p><b>6</b> 9:15 am Yoga, Huntley 6pm, ESL, 110 Edgell 7pm, FCNS Board, Huntley 7:30 SH Heritage Chorale</p>	<p><b>7</b> 10:30 am, ESL, 110 Edgell Rd 6pm, Wellspring Wednesday, Huntley 6pm ESL, 110 Edgell 7pm, Odyssey Writing Group, Huntley 7pm Pies, Servetus 7pm, Meditation, Memorial Room 7:30 Choir, MH</p>	<p><b>8</b> 8 am Coffee &amp; Muffins: Huntley 7pm BoA, Huntley 7pm. Eckhart Tolle Evening, Memorial Rm 7pm Fairs &amp; Squares, Scott Hall</p>	<p><b>9</b> 9am Meditation, Memorial Rm 12pm Women's Mindfulness Grp, Memorial Rm</p>	<p><b>10</b> 9am, ESL. 110 Edgell Private Rental, Scott Hall 9 am-4pm, Huntley 10am-2pm, Olympia Brown Rm 2-3 pm 9am Meditation Retreat, MH 7pm, Fairs &amp; Squares</p>
<p><b>11</b> 10 am Worship, MH 11am, Pies Committee, Scott Hall 11am JYG Bake Sale 11:15 Getting to Know You Coffee, Memorial Rm 11:30 SJCC, Huntley 6 pm YRUU, Huntley</p>	<p><b>12</b> <b>Columbus Day</b> 7pm, Rounds, SH 7 pm Bell Choir Rehearsal, MH 7:30 pm, Yoga, Huntley</p>	<p><b>13</b> 9:15 am Yoga, Huntley 1pm Stitches in Time, Memorial Room 6pm, ESL, 110 Edgell 7pm, FCNS Board, Huntley 7:30 SH Heritage Chorale</p>	<p><b>14</b> 10:30 am, ESL, 110 Edgell Rd 6pm ESL, 110 Edgell 6:30 pm, OUT Metro-West NEXUS Scott Hall 6:30 pm PFLAG, Huntley Room 7 pm Meditation, Memorial Room 7:30 Choir, MH</p>	<p><b>15</b> 8 am Coffee &amp; Muffins: Huntley 9am, Pies, Kitchen 5:30 pm Free Medical Clinic, 110 Edgell 6:30 pm JYG, Huntley 7pm Social Media Team, Min. Study 7pm Fairs &amp; Squares, Scott Hall 7pm Eckhart Tolle, Memorial Rm</p>	<p><b>16</b> 7 am Pies Committee, Scott Hall and kitchen 9am Meditation, Memorial Rm 12pm Women's Mindfulness Grp, Memorial Rm</p>	<p><b>17</b> 9am, ESL. 110 Edgell  PIES ON THE COMMON</p>
<p><b>18</b> 10 am Worship, MH 11:30am, Spanish Conversation Club, Servetus Rm 12 pm, Discussion with Rev. Hepler, Memorial Room 6 pm YRUU, Huntley</p>	<p><b>19</b> 5:30 pm Free Medical Clinic, 110 Edgell 6:30 pm, ESL, 110 Edgell Rd 7pm, Rounds, SH 7 pm Bell Choir Rehearsal, MH 7:30 pm, Yoga, Huntley</p>	<p><b>20</b> 9:15 am Yoga, Huntley 5:30 Olympia, FCNS Staff Mtg 6pm, ESL, 110 Edgell 7:15pm, Women-Circle, Memorial Rm 7:30 SH Heritage Chorale</p>	<p><b>21</b> 10:30 am, ESL, 110 Edgell Rd 6pm Potluck Dessert, Huntley 6pm ESL, 110 Edgell 7pm Odyssey Writing Group, Huntley Room 7pm, Finance Council, Servetus Room 7 pm Meditation, Memorial Room 7:30 Choir, MH</p>	<p><b>22</b> 8 am Coffee &amp; Muffins: Huntley 6:30p Parents &amp; Others, Olympia &amp; Dix 7pm Fairs &amp; Squares Scott Hall 7pm Eckhart Tolle Evening, Memorial Rm</p>	<p><b>23</b> 9am Meditation, Memorial Rm 12pm Women's Mindfulness Grp, Memorial Rm</p>	<p><b>24</b> 9am, ESL. 110 Edgell  Private Rental, Scott Hall 9 am-4pm, Huntley 10am-2pm, Olympia Brown Rm 2-3 pm</p>
<p><b>25</b> 10 am Worship, MH 11am Volunteer Fair, Scott Hall <b>11:45 Congregation Meeting, SH</b> 11:30 CAT, Huntley 6 pm Sacred Circle Dance, SH 6 pm YRUU, Huntley</p>	<p><b>26</b> 5:30 pm Free Medical Clinic, 110 Edgell 6:30 pm, ESL, 110 Edgell Rd 7 pm Bell Choir Rehearsal, MH 7pm, Rounds, SH 7:30 pm, Yoga, Huntley</p>	<p><b>27</b> 9:15 am Yoga, Huntley 1pm Stitches in Time, Memorial Room 6pm, ESL, 110 Edgell 7:30 SH Heritage Chorale</p>	<p><b>28</b> 10:30 am, ESL, 110 Edgell Rd 12:45 Covenant Grp, Memorial Room 5 pm, Parking Lot, Trunks or treats 6pm ESL, 110 Edgell 7pm, Meditation, Memorial Room 7:30 Choir, MH</p>	<p><b>29</b> 8 am Coffee &amp; Muffins: Huntley 5:30 pm Free Medical Clinic, 110 Edgell Rd. 7pm. Eckhart Tolle Evening, Memorial Rm 7pm Fairs &amp; Squares SH</p>	<p><b>30</b> 9am Meditation, Memorial Rm 12pm Women's Mindfulness Grp, Memorial Rm</p>	<p><b>31</b> 9am, ESL. 110 Edgell  Private Rental, Scott Hall 9 am-4pm, Huntley 10am-2pm, Olympia Brown Rm 2-3 pm</p>

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