

# The Steeple



First Parish in Framingham  
Unitarian Universalist  
A Welcoming Congregation

VOL 9 NO. 2 February 1, 2016

## Monthly Reflection Theme: Hospitality

### Minister's Column

#### AN INVITATION

I am seeking your suggestions and ideas about sermon/service topics.

Is there a topic (or several) that you would like to hear about? Please send them **in the form of a question** to [minister@uuframingham.org](mailto:minister@uuframingham.org) or to [office@uuframingham.org](mailto:office@uuframingham.org). You can also tell me in person or put your question in the box in Scott Hall or in the Church Office marked **Sermon Suggestions Questions**.

Example: Is free will an illusion?

Example: Is there a case for the death penalty?

Example: How do you love someone seemingly unlovable?

The deadline is March 1. I will choose at least eight to preach over the next twelve months.

I never run out of ideas for preaching. Yet worship is a relational activity and responding to things on your minds honors that reality.

HOPE YOU WILL PARTICIPATE!

Rev. Kathleen

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Two sessions on *Love 2.0* taught by Rev. Hepler on February 3 and March 2 at 7pm. More information on page 5.

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### Sunday Worship Services

#### February 7, 10am

*Pre-emptive Hospitality*

Rev. Kathleen Hepler

Hospitality derives from the Latin word "hopes" which meant both "host" and "guest." Oh the surprises that arise when we intentionally practice hospitality!

#### February 14, 10am

*The Holy Wish of Love*

Rev. Kathleen Hepler

What is the wish that has to be present between people in order for love to be realized over time?

#### February 21, 10am

*Addiction and Wholeness*

Rev. Kathleen Hepler

Addiction is everywhere, touching each person in some way. The current heroin epidemic in Massachusetts... a deadly manifestation that is ending lives and breaking hearts every day. What helps us heal?

#### February 28, 10am

*The Glorious Riches of Mysticism*

Rev. Kathleen Hepler

The mystic way is found in every religion. Is this the unifying theme is all religions? What is mysticism? How does it relate to our lives as liberal religious people? Hold on to your hat! The stories you will hear from members of this congregation might surprise you....

## ***From the Board***

A group of stalwart members of our church membership braved the freezing night for the coveted opportunity of discussing and approving Bylaws changes. That's hardly everyone's cup of tea and we all owe a debt of thanks to those who showed up, considered the issues and voted in the new changes. Revised versions of the Bylaws will be available on the FPF web site and in the office. Thanks to all involved! Among other votes, we can also now welcome Patrick O'Neill as a Minister Emeritus to First Parish in Framingham.

As part of our Parish Meeting, people brought some very good news. First, the payment rate on Capital Campaign pledges has been outstanding, showing our commitment to the First Parish. Second, the monies remaining from the Capital Campaign are expected to cover a new sound system, air conditioning in Scott Hall and replacement of Scott Hall windows.

One bit of good news escaped mention at the meeting. Sara Morrison Neil and others have been working with the Town of Framingham to clear our sign usage and have had excellent success. While there is still one last hoop to jump, it appears our application investment and Sara's hard work have paid off well. Kudos to Sara, who has repeatedly taken charge of difficult situations and led us to success!



## ***Because of You and First Parish***

I have had the opportunity recently to gather with small groups of First Parish members to talk about what inspires our commitment here. I always leave these conversations reassured by the strength and depth of our community.

Here we find shared values as the intentional starting place for our connection. We find common ground, and respectful honoring of differences. Here we know continuity over time. While individuals might come and go, our strong community remains. We let ourselves be known as our lives and circumstances change, sharing our joys and concerns. We are buoyed by our sense of belonging here. Here we honor, respect and include people from all generations. We share with and learn from each other, and we witness the full range of life's unfolding. For many this multigenerational community fills a gap that exists with families and generations spread far and wide.

Because First Parish exists, and because our members sustain their involvement over time, letting themselves be known and loved, and offering support and acceptance in return, we are creating something increasingly precious and rare in our lives.

Diane Bassett, 2016

## ***Religious Exploration***

### **Volunteers Needed**

The spring semester start Sunday February 7. The Religious Exploration program needs volunteers for Sunday supervisors, substitute teachers, assistant teachers, and Special Sundays. Contact Nate Sellers at 508-872-3111 ext. 208 or [DRE.UUFramingham@gmail.com](mailto:DRE.UUFramingham@gmail.com).

Nate Sellers  
Director of Religious Exploration

## Music Notes



Music is an integral part of worship here at First Parish. Thanks to children's choir members and their parents, hand bell choir members, and choir members for participating in weekly rehearsals and playing or singing during worship on a regular basis.

Things to look forward to:

- The return of internationally acclaimed soprano Jayne West this spring.
- The return of virtuoso clarinetist Tom Hill on Easter Sunday, March 27. Also playing on that date will be oboist Amanda Hardy.
- Music Sunday: May 1

Claudia Keyian  
Music Director



## Children's Choir

The kids choir has plenty of room for more voices, grades one through eight. Come learn about music and singing. Be a part of the services once a month. There are no auditions.

Rehearsals are every Sunday morning at 9:15 in the Olympia Brown room. Typically the kids sing the first Sunday service of each month.

Please contact me at 508-879-4246 or [Arvidson@aol.com](mailto:Arvidson@aol.com) for more information or to let me know who is interested so I can have enough copies of music ready.

Dean Arvidson  
Director Children's Choirs and Bell Choir

## Membership

### Becoming a Member

If you have been coming to First Parish since this fall —or since last spring!— and believe you have found a community that you want to be a part of, consider becoming a member. Signing the membership book expresses your desire to participate in the community by attending services, supporting the Religious Exploration program and/or volunteering, and that you will provide financial support. Becoming a member strengthens First Parish in Framingham community as well as our denomination. Contact Rev. Hepler about signing the membership book at 508-872-3111 or [minister@uuframingham.org](mailto:minister@uuframingham.org).

### Greeting is Hospitality

You have the opportunity to practice hospitality each Sunday in greeting newcomers and getting to know visitors and friends during social hour. Look for folks with a red mug, or someone you don't know—and wear your nametag. Ask people their thoughts on the sermon, how they heard about First Parish in Framingham, where they are from or tell them about your first time at First Parish. Find out what they are interested in (volunteering? social justice? music? socializing?) and tell them opportunities you may know. Introduce them to others.

If you'd prefer a more intimate and structured way to get to know new folks, consider joining the monthly "Getting to Know You Coffee," the second Sunday of the month in the Memorial Room at 11:15. This is hosted by members from the Welcoming Team.

### Please Wear Your Name Tag

Whether you are new or have been coming here a long time, it would help everyone if you can wear your name tag on Sundays.

If you have misplaced your name tag, sign the name tag request sheet in the Parish House lobby during social hour, or email me at [office@uuframingham.org](mailto:office@uuframingham.org).

Sara Morrison Neil  
Church Administrator &  
Membership Coordinator

## ***Caring Through Sharing***

### **From the Social Justice Coordinating Council: Prison Outreach**

We made an important beginning with the informational meeting on Prison and Reentry Outreach on January 10. We had four interesting guest speakers with different perspectives. A sizable group from First Parish attended this meeting. Now to Begin!

#### ***We Need a Working Group From the Parish***

Would you be interested in serving on a working group to explore what First Parish might do within MCI Framingham and Southern Middlesex Correctional Center? A working group will decide how to begin and sustain this effort. There are some ideas waiting to be acted on.

Bill Milhomme, Director of Volunteer Services for the Department of Corrections, was delighted to hear about our meeting. He was a ready reference in preparing for this meeting, and would continue to be a resource.

Lots of UUs form the backbone of Concord Prison Outreach (CPO). In 2018, CPO will celebrate their 50th year of prison outreach. It is time for us at First Parish to take the initiative.

“I was so glad to have the opportunity to share my experiences working with the incarcerated. It’s such powerful work. CPO relies on our faith communities to make this ministry happen.”

—Carol Peters, Facility Coordinator for Middlesex House of Correction and MCI Shirley, CPO

Contact: Beverly Smith at [BeverlySmith19@verizon.net](mailto:BeverlySmith19@verizon.net) 508-877-8596 or Dawn Mendelsohn at [dpmendels@gmail.com](mailto:dpmendels@gmail.com) after February 6.

## **Family Promise MetroWest**

You have the opportunity to practice hospitality by volunteering this month while we host several families who are homeless from February 14-21, from the Family Promise MetroWest Program. Volunteers are needed to cook dinners, host meals, stay overnight and help with groceries and laundry. There is an online volunteer signup at [bitly.com/FPFeb2016](http://bitly.com/FPFeb2016). There is also a training on **February 2** for new volunteers. For complete information about the training, see page 5.

### **Family Promise Metrowest 7th Annual Walk Away Homelessness Walkathon Save the Date: Saturday, April 9 Natick Common**

Registration 7:30am Walk 8:30AM  
The morning is a fun family event with entertainment, raffle prizes and refreshments to follow post-walk.



Gather a group of colleagues, friends, fellow parishioners, family members, or strangers –

**ALL AGES WELCOME!**

**TOGETHER WE WILL**

**“WALK AWAY HOMELESSNESS”**

**This year’s goal is \$110,000**

**We need your help!**

By participating, your proceeds will benefit families who are homeless with housing, job training, healthcare services, transportation and life skills counseling.

For details of the day visit our website:  
[www.familypromisemetrowest.org](http://www.familypromisemetrowest.org) or call  
508-318-4820.

## **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 announcements for the newsletter. The Caritas Coordinator for January is Eva Benda who can be reached at 94<sup>2</sup>-872-7125 or [Evabenda@verizon.net](mailto:Evabenda@verizon.net).*

Dan Schiffer died Thursday, January 17 after a long battle with cancer. His wife Gail and their children Chris and Josh Schiffer were very active members of First Parish from 1973 to 1982.

## **Programs & Announcements**

### **Family Promise Volunteer Training**

The First Parish Framingham Family Promise Committee will hold an intergenerational training for current and potential Family Promise volunteers on Tuesday, Feb. 2nd from 7 to 8:30 p.m. in the Huntley Room. Our congregation will host currently homeless families during February School Vacation Week, Feb. 14-21, and we need the loving support of the First Parish family to make this a successful week.

All volunteers are invited for a first-time training or a refresher. If you plan to be a dinner or overnight host, training is required to ensure the best experience for both you and our guests. Our program is only as good as our volunteers. And First Parish volunteers are an amazing, committed group of people. For questions or more information, please contact Denise Moorehead, [dmmoorehead@gmail.com](mailto:dmmoorehead@gmail.com), 508-820-3445.

### **Wellspring Wednesday**

We've become quite the congenial group. So join us February 3 at 6pm in the Huntley Room for a potluck dinner and animated conversation. Newcomers especially welcome. Bring a dish to share: main course, side dish, salad or dessert or pay \$5 at the door. If possible, confirm you plan to attend at [mkrell@aol.com](mailto:mkrell@aol.com) or [dogdreaming8@yahoo.com](mailto:dogdreaming8@yahoo.com) or call Margaret Krell 781-899-3650 or Lucille Riddle at 508-875-5468.

### **Two Sessions on Love 2.0**

Taught by Rev. Hepler

Based on a book by Barbara Fredrickson, we will learn about love as a practice measured in micro-moments of connection between people. Specific behaviors that allow us to give and receive love in ways that improve our health and life satisfaction. Wednesdays, February 3 and March 2 (after Wellspring Wednesday dinner) 7-8:30. Open to all. Come to one or both. No sign up required for this program.

### **Sacred Circle Dance**

February 7, 6-8 pm in Scott Hall

All dances taught; no experience, partner or RSVP necessary. A \$5-\$10 donation to help defray FP expenses will be appreciated. Contact: First Parish member Paula Adelson (508)485-1030 after January 30. Leave your phone number slowly.

### **Women's Alliance**

The Women's Alliance will meet February 8 at noon in the Huntley Room. The topic to be presented by Dick Rader is "Beekeeping." Tea and coffee will be served.

- Susie MacDonald at (508) 875-3322.

### **Learn to Waltz**

On Monday February 22, a new 6 week session of Round Dancing (Choreographed Ballroom Dancing) will begin in Scott Hall. This would be an excellent time to join the class. The instructor, Birgit Maguire, will begin with Waltz basics so no experience is necessary. Look for a flier on the door to Scott Hall or for further information and to sign up, contact Mike or Judy at 508-651-7571 or [rounds@fairsnsquares.com](mailto:rounds@fairsnsquares.com).

## Announcements & Programs

### WomenCircle

Meets Tuesday, February 23 at 7:15 pm in the Olympia Brown Room. This group meets monthly to discuss and explore 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).

### February FUN Talent Show in Scott Hall

Join in the third annual talent show and pot luck dinner on February, 27th, 6-10pm! It's not a competition, it is a free, fun event to share your talents and spend time with friends. While this is not a fundraiser donations of any amount will gratefully be accepted to benefit the First Parish music program.

Musicians, poets, singers and other performing artists are invited to share their gifts in the appreciation and support of the First Parish Fan Club!

Contact Dean Arvidson at 508 879-4246 or [Arvidsond@aol.com](mailto:Arvidsond@aol.com) if you are interested in performing in this FUN event. Sign up to perform, to bring a dish, or to help with setup and breakdown at <http://tinyurl.com/zajadx>, email [marjie.rochon@verizon.net](mailto:marjie.rochon@verizon.net) or call 508-872-0410.

Setup at 4:30

Dinner at 6:00

Talent at 7:00

Cleanup by 10:00

### Newsletter Deadlines

The Mid-Month Update deadline is February 11.

The deadline for the March Steeple will be February 19.

Please send announcements to Sara Morrison Neil at [office@uuframingham.org](mailto:office@uuframingham.org) or call her at 508-872-3111x201.

### Heritage Chorale Pops Concert

What did hardy New Englanders do to survive last winter's nine feet of snow? Find out at Heritage Chorale's 2016 Pops Concert! Hear songs about embracing winter in all its dazzling brilliance by going "Skating with My Baby" or taking a pleasant "Sleigh Ride." Imagine yourself next to a cozy fireplace, dozing off to "Dream a Little Dream" of escaping to an "Island in the Sun," or a sunny beach in California, or perhaps Hawaii (Five-0?).

Keefe Tech High School

February 28 at 4pm (Snow date: April 3rd)

Easy parking, no stairs

Post-concert reception.

Tickets are discounted in advance at [HeritagePops.BrownPaperTickets.com](http://HeritagePops.BrownPaperTickets.com)

First Parish members may buy at Chorale member prices by emailing:

[info@heritagechorale.org](mailto:info@heritagechorale.org)

Subject line: "First Parish Tickets"

Read more at [heritagechorale.org](http://heritagechorale.org)

### 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.



# FEBRUARY 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>1</b> 5:30p Free Med. Program, 110 Edgell 6:30 p, ESL, 110 Edgell Rd 7p, Rounds, SH 7 p Bell Choir Rehearsal, MH 7:30 pm, Yoga, Huntley	<b>2</b> 9:15 Yoga, Huntley 6p, ESL, 110 Edgell 7p Family Promise Training, Huntley Room 7:30p Heritage Chorale, SH	<b>3</b> 11 ESL, 110 Edgell Rd 6p, Wellspring Wednesday, Huntley 6p ESL, 110 Edgell 7p Love 2.0, Huntley 7p, Meditation, Memorial Rm 7:30p Choir, MH	<b>4</b> 8 Coffee & Muffins: Huntley 5:30p Free Medical Program, 110 Edgell 6p 350.org, Huntley 7p Fairs & Squares, Scott Hall	<b>5</b> 9 Meditation, Memorial Rm 6:30p JYG, Huntley	<b>6</b> 9, ESL. 110 Edgell 1p Heritage Chorale, Scott Hall
<b>7</b> 10 Worship, MH 11 YRUU Bake Sale 11 Gratitude Reception, Mem. Rm 6p Sacred Circle Dance, Scott Hall 6p YRUU, Cave	<b>8</b> 11:30 Women's Alliance, Huntley 5:30p Free Med. Program, 110 Edgell 6:30 p, ESL, 110 Edgell Rd 7p, Rounds, SH 7 p Bell Choir Rehearsal, MH 7:30 pm, Yoga, Huntley	<b>9</b> 9:15 Yoga, Huntley 1p Stitches in Time, Memorial Room 6p, ESL, 110 Edgell 7p FCNS Board mtg, Huntley 7:30p Heritage Chorale, SH	<b>10</b> 11 ESL, 110 Edgell Rd 6pm ESL, 110 Edgell 6:30 p, OUT Metro-West NEXUS Scott Hall 6:30 p PFLAG, Huntley 7p, Meditation, Memorial Rm 7:30p Choir, MH	<b>11</b> 8 Coffee & Muffins: Huntley 5 7p BoA, Huntley 7p Fairs & Squares, Scott Hall	<b>12</b> 9 Meditation, Memorial Rm	<b>13</b> 9, ESL. 110 Edgell 9 Private Rental, Scott Hall, Huntley 10a-2p, Olympia 2-3p 7p, Fairs & Squares
<b>14</b> 10 Worship, MH 11:15 Getting to Know You Coffee, Mem. Rm 12pm Family Promise Set up, Huntley, Olympia Brown, Dorthea Dix, Memorial Rm, Scott Hall 6p YRUU, Cave	<b>15</b> <b>President's Day</b> <b>Office closed</b> 5:30p Free Medical Program, 110 Edgell, 6:30 ESL 7p Bell Choir Rehearsal, MH	<b>16</b> 9:15 Yoga, Scott Hall 6p, ESL, 110 Edgell 7:30p Heritage Chorale, MH	<b>17</b> 11 ESL, 110 Edgell Rd 6p ESL, 110 Edgell 7:30p Choir, MH	<b>18</b> 8 Coffee & Muffins, Scott Hall 5:30 p Free Medical Program, 110 Edgell	<b>19</b> 9 Meditation, Memorial Rm	<b>20</b> 9 ESL. 110 Edgell 5p Private Rental, Scott Hall
<b>FAMILY PROMISE IN PARISH HOUSE</b>						
<b>21</b> 10 Worship Service, MH 11am JYG Bake Sale 11 Gratitude Reception, Mem. Rm 11:30, Spanish Conversation Club, Servetus Rm 11:30 Prison Outreach Working Group, Huntley Room 3pm Private Rental, Scott Hall 6p YRUU, Cave	<b>22</b> 5:30p Free Medical Program, 110 Edgell 5:30 FCNS Staff mtg, Olympia 6:30 p, ESL, 110 Edgell Rd 7p Bell Choir Rehearsal, MH 7p, Rounds, SH 7:30p Yoga, Huntley	<b>23</b> 9:15 Yoga, Huntley 1p Stitches in Time, Memorial Room 6p, ESL, 110 Edgell 7p Heritage Chorale, Scott Hall 7:15p WomenCircle, Memorial Rm	<b>24</b> 11 ESL, 110 Edgell Rd 12:45p Covenant Group, Mem. Room 6p ESL, 110 Edgell 7p Meditation, Memorial Rm 7p, Finance Council, Huntley 7:30 p Choir, MH	<b>25</b> 8 Coffee & Muffins: Huntley 5:30p Free Medical Program, 110 Edgell 7p Fairs & Squares, Scott Hall	<b>26</b> 9 Meditation, Memorial Rm	<b>27</b> 9 ESL. 110 Edgell 9 Private Rental, Scott Hall, Huntley 10a-2p, Olympia 2-3p 6p Potluck and Talent Show, Scott Hall
<b>28</b> 10 Worship Service, Meeting House 11:30 CAT, Huntley 4p OWL Retreat, Huntley Room 6p YRUU, Cave	<b>29</b> 5:30p Free Medical Program, 110 Edgell 6:30p ESL, 110 Edgell Rd 7p Bell Choir Rehearsal, MH 7p, Rounds, SH					

The First Parish In Framingham  
Unitarian Universalist  
*A Welcoming Congregation*  
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