

The Steeple



VOL 10 NO. 3 November 1, 2016

First Parish in Framingham
Unitarian Universalist
A Welcoming Congregation

Monthly Reflection Theme: Gratitude

Minister's Column

In an article called "Ten Things I Wish People Knew About Unitarian Universalism, Rev. Galen Guengerich wrote:

"The discipline of **gratitude** calls us to worship together. Worship is what distinguishes religious communities from other kinds of communities. It's a time when we gather to remind ourselves and each other of what we should never forget: our utter dependence on the people and world around us for everything. We depend upon the natural world for air, water, and sustenance; we depend on the institutions of human civilizations to make our lives livable; and we depend on people around us to make our lives wonderful. The reason it's a discipline is that we're forgetful-and we're inclined to think that we're self-made and self-reliant, which we're not. In worship we remind ourselves that we're utterly dependent. "

I like that Galen relates gratitude to worship, and suggests that gratitude might well be a key characteristic of UUism.

The staff and I have made a "gratitude wall" in Scott Hall. It will be there the entire month of November. Our invitation? Write a note of gratitude for someone (or someones) you appreciate at First Parish. Or, name something (program, attitude, experience...) that you appreciate about First Parish. You could draw a picture or write a poem if you wish too!

Let us feast on an abundance of gratitude this month!

Gratefully, Rev. Kathleen Hepler

Sunday Worship Services, 10 am

November 6

Leaf Mold

The Reverend Ken Sawyer
The Worship and Arts Council welcomes
Rev. Sawyer, Minister Emeritus of the First Parish in
Wayland, to the pulpit this Sunday.

November 13

Five Daily Anchors for Becoming

The Reverend Kathleen Hepler
In the Muslim Tradition there are five times in the day
when prayer is practiced. What five daily anchors
might you choose to ground your becoming the person
you want to be?

November 20

Everything Lasts If Held in a Grateful Heart

The Reverend Kathleen Hepler
Thanksgiving Sunday. What do eternity and gratitude
have to do with one another?

November 27

History That Heals

The Reverend Kathleen Hepler
Honoring the many courageous stances, creations and
accomplishments in UU history. This service was in-
spired by a trip with a group from First Parish to Mt.
Auburn Cemetery, where so many Unitarians and Uni-
versalists are buried. This won't be a dry history les-
son or a nostalgic look-back. You might be surprised
by who shows up!

From the Board of Assessors Religious Exploration

As the falling of the leaves and temperatures push us indoors, we settle into the more serious work of the year—at least until we start the 6 week celebration spanning November, December, and January! That doesn't leave us a lot of time to get some serious work done, so let's get focused.

Our Board is considering proposals for new programs for the year including the possibility of getting involved with disaster preparedness/relief. You can find out more and share your thoughts at the Congregational Meeting following the service on **October 30**. Come, hear more, give the Board "a piece of your mind," and enjoy good **food** and camaraderie. Meeting begins at 11:45 AM following coffee and the Information Fair.

Child care will be provided.

On **November 8** your Board is sponsoring an **Election Eve Party** for sharing the excitement, or misery, culminating more than a year of angst. Mourners/celebrants gather in the Huntley Room starting at 8 pm. Bring a dish or a beverage to share.

Our **Unsung Heroines** this month include **Trish Lynne, Mary Rose Wells, and Sara Morrison Neil** for their dozens of hours researching computer programs to simplify the jobs of Collector, Canvass Chair, Church Administrator and Membership Coordinator. Their thorough presentation to the Board and subsequent approval for purchase of *Realm* has resulted in this powerful program tracking pledging and people much easier and richer. Trish and Mary Rose Wells also paid for the program, followed through with the installation and data transfer, are making monthly payments for the year, and have arranged cross-training on the program.

Please seek out a Board member and tell her/him your big/small wish for our church.

Robin Hegvik
Chair, Board of Assessors

'Enough' is a feast. – Buddhist Proverb

November always makes me think of pie and overindulgent eating. Naturally, gratitude is front and center at a Thanksgiving meal, but truthfully it can sustain us all year long. On November 20, the K-8 students will gather for a theme Sunday on the topic of gratitude. Practicing gratitude, especially regularly (even briefly!) can change your brain chemistry to reduce stress levels, increase dopamine (the feel good neurotransmitter), speed metabolism, and even improve sleep patterns! With so much to gain, why not practice a little bit of gratitude this month and throughout the year? Here's a sampling of books about gratitude to help get you started. While they are geared to children, I find great wisdom in each of these every time I settle in to read them, and I hope you will too!

Did I Ever Tell You How Lucky You Are?, Dr. Suess
"Just tell yourself, duckie, you're really quite lucky!"
and a lot of rhyming to get you smiling!

Sylvester and the Magic Pebble, William Steig
When Sylvester finds a magic pebble that can give him anything he wishes for – he learns that he's happiest with being who he is and loving those who love him.

Extra Yarn, Marc Barnett
In this beautiful book, Annabelle finds a box of yarn and spreads gratitude and love throughout her tired monochromatic town. Soon all the townspeople experience the gratitude she feels in her heart.

Giving Thanks, Jake Swamp
This is an inspiring illustrated version of the ancient Thanksgiving Address still spoken at ceremonial gatherings of the Iroquois of upstate New York.

Rebecca Crawford
Acting Director of Religious Exploration

Caring Through Sharing

Holiday Giving & Warm Clothing

The Social Justice Coordinating Council is working with the Religious Exploration Council to collect gifts and warm clothing for those in need in our local community. These are the Undecorate the Tree program and the Coat Project.

This year First Parish will support families who are :

- Voices Against Violence
www.smoc.org/voices-against-violence.php
- Family Promise,
www.familypromisemetrowest.org
- St. Tarcisius church & the Brazilian-American Center (BRACE)
www.brazilianamericancenter.org/

Visit the websites to learn more or contact Dawn Mendelsohn (dpmendels@gmail.com) with questions, comments or suggestions.

To Participate in Giving

1a. Sunday November 13 & November 20:

Choose a **gift request tag** from the tree

1b. Sunday Nov 27 & Dec 4

Bring the items you purchased unwrapped.

Types of gift Requests

Toys, clothing, etc. for children. You will be told the age, size, and gender and given a wish list from the child. Please spend about \$45. This is specified so that a child in the same family or program does not get a lot more or less than others they might know. If you are able to spend more please choose a few gift request tags.

Shelter items such as sheets, towels, cleaning supplies, etc. There is no spending limit on these items.

Gift Cards which are used for older children who would like to purchase their own items; for an adult in need of clothing or personal items. For example, Target \$50 card or Market Basket (\$25.00)

Volunteers Needed

- 6 people for each participation date; one team captain to help organize the day;
- A team to sort through gifts: Dec. 4-7.

Let Dawn know if you can help.

Right now we are in the process of distributing 50 coats that were purchased last year in spring sales! Thank you for your contributions!

Dawn Mendelsohn
dpmendels@gmail.com

Music Notes



The **Chalice Christmas Choir**, our multi-generational choir, will sing at the early service on Christmas Eve. Repertoire will be two-part, making this choir an ideal match for the less experienced choral singer. We will rehearse on Wednesdays, November 30 and December 7, 14 and 21 from 6:00-6:45 PM in the choir room.

The **FPF Christmas Choir** will sing at the later service on Christmas Eve. We will be singing Morten Lauridsen's *O Magnum Mysterium*. This choir is ideally suited for the more experienced choral singer who enjoys working on challenging repertoire. Rehearsals will be on Wednesday evenings, November 30 and December 7, 14 and 21 from 7:00-8:30 in the choir room. You are welcome to sing in both choirs!

—Claudia Keyian, Music Director

Pies on the Common!



A beautiful day on the Framingham Centre Common was the setting for a successful 26th year.

Many thanks to all who baked 480 pies; donated "in lieu of baking"; attended planning meetings; wrapped, and sliced breads, pies and fudge; sold pies, cider, breads, candy and lunch; entertained everyone all day with music; collected and counted money; peeled and sliced 5 bushels of apples; set up and took down tents, tables and chairs; walked pies to the common; created 2 mazes and provided lots of fun for children; and cleaned the common, Scott Hall and the kitchen!!!

—The 2016 Pies on the Common Committee

From the Historian

As many of you know, First Parish was founded on October 8, 1701. One of the oldest things in the Church archives is a 17 inch by 11 inch book from the 1700's that was filled with Church information from Reverend John Swift, Reverend Matthew Bridge and Dr. David Kellogg. Being so old, the book is very fragile with a now detached cover and is carefully stored in the fire-proof filing cabinet in an archival box (thanks to the Women's Alliance!).

It is a very important document for the beginning of the town of Framingham as well as our Church. So much so, that during the Depression from 1937 to 1938 the Works Progress Administration (WPA) paid workers from the Middlesex County Historical Survey to transcribe the information in the book onto paper, which is now almost as fragile as the book itself. First Parish has a copy of this transcription as does the main Framingham library.

Reverend Swift never actually wrote in the book himself. It was started by our second minister, Reverend Matthew Bridge who began the book with an excerpt from Reverend Swift's diary as he explains at the beginning:

"The following pages are prepared from a small book of records kept by the Reverend John Swift - and are intended to furnish a regular account of Baptisms, etc. as derived from said book - which commences De-



cember 20, 1716 - & ends July 13, 1728". Unfortunately Reverend Bridge did not have access to information about the other years of Swift's ministry, which started in 1701 and lasted until his death in 1745.

The book is mostly an account of Church events (baptisms, deaths, marriages, etc.) but unusual events such as deep snows, an earthquake, and being unable to preach due to illness were also recorded. The information is a bit unorganized because material was entered wherever there was available space, a sign of the scarcity of paper in

those days.

Matthew Bridge, who followed John Swift in 1745, also added his own records from his time as minister which lasted until 1775 when he died from a disease he contracted ministering to George Washington's troops in Cambridge.

The last minister to write in the book was Doctor David Kellogg who was called in 1781 and served as minister to First Parish for 50 years. In the first 130 or so years of First Parish, there were only three ministers and this book contains information about all three of their ministries. It is a truly remarkable historical document.

Janet Nichols

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 November Coordinator is Sherrie Whittemore who can be reached at 508-872-7798 or SherrieWhittemor@aol.com.

Reduce, Reuse, Recycle Campaign

The Climate Action team has set up a **Freecycle Bulletin Board** on the wall on your left as you enter Scott Hall. It has four designated areas for posts :

- Free Stuff
- Wanted
- For Sale
- Services.

Please use this board to keep used materials out of the waste stream.

Programs & Announcements

Wellspring Wednesday

Join us for a potluck on November 2 at 6pm in the Huntley Room. Bring a dish to share, or pay \$5 at the door. At 7pm, Carol Lawton will introduce us to the Emmy Award winning documentary short, "Tashi and the Monk." Discussion to follow.

Cakes for the Queen of Heaven Class

This fall, Aimee Dalrymple will offer the first part of "In Ancient Times" curriculum which examines pre-Judeo Christian cultures that may have worshiped the female as divine. The concepts of equality and reverence for the female in a religious setting are eye-opening to many participants. More than Goddess 101, this workshop series examines important elements of today's women's lives; personal, interpersonal and social. Participants are encouraged to share their own experiences and beliefs, creating trust and strong bonds of friendship.

"Cakes" is open to all First Parish members regardless of gender and will meet from 10 am-12 noon on select Saturday mornings (10/29, 11/12, 12/3, 12/10, 12/17) in the Huntley Room (with the exception of 12/3 when we will meet in the Olympia Brown Room.) Cake will be provided. Please bring your own beverage. You may register for the whole series (\$15 materials fee) or drop-in (\$5 per class) by contacting Aimee Dalrymple (coordinator) at amddvm@gmail.com or 508-652-9946. Space is limited so please RSVP early. Fee payable on the first day of class attended.

Dinner Discussion

The next Dinner Discussion will be on Saturday, November 12, at the home of Louise Rivers. The discussion topic will be announced later. Appetizers are at 6 pm, dinner at 7, and discussion at 8. Contact Dick Paul at email address repen2@comcast.net or at 508-872-9729 for more information or to say what you are bringing to share: appetizer, salad, entree, dessert or beverage.

The UnCommon Coffeehouse is thrilled to present the RPS Band on Friday, November 18 at 7pm. Note our new family friendly time and pricing!



The RPS band features seven of Metrowest's hottest jazz, funk, soul, rock and Latin musicians. Their repertoire includes unique arrangements of songs from the 50's through today, mixed in with lots of originals.

Tickets are \$12 for general admission, and \$10 for seniors, students, and First Parish members with a Family cap of \$24.00, at the door or in advance at Center Music House.

Bring your picnic dinner or pizza and favorite beverages. We'll have soft drinks, coffee, tea, and desserts available for purchase.

Stitches N'Time

Please join us, on 11/6/16 for a short meeting at 11:30 in the Huntley Room to discuss the current status of this group. And how we can best serve the community. No knitting or crocheting skills needed. For more information contact Susan Donnell at sdonnell123@comcast.net or 508-872-8357.

Women's Alliance

The Women's Alliance will meet November 14 at noon in the Huntley Room. We will be pricing jewelry for our December sale. Bring a sandwich. Tea and coffee will be served.

—Susie MacDonald. 508-875-3322

Program and Announcements

Sacred Circle Dancing

Sunday, November 13 from 6 to 8 PM in Scott Hall.

No Partner, experience, or RSVP needed. All dances taught; some live music. A free will donation of \$5-\$10 to help defray First Parish expenses will be appreciated. For more information, contact First Parish member Marilyn Engels 781-779-1370.



WomenCircle

Meets Tuesday, November 15 at 7 pm in the Huntley Room. This group meets monthly for discussion and exploration of women's spirituality. All First Parish women are welcome; for more information, contact Marianne Orlando at marianne.orlando@verizon.net.

Meditation

- 7pm, Mondays in the Memorial Room, informal
- 7 pm, Wednesdays in the Memorial Room
Half hour seated meditation followed by video presentations. Led by Joti Royster, donations welcome.
- 7pm Thursday in the Memorial Room. Presentation of Eckhart Tolle video on mindfulness, followed by some discussion. Led by Kathy Ward, donations welcome.
- 9-10am, Fridays in the Memorial Room, informal.

Spirituality Book Group

The spirituality book group will be discussing *Faith: Trusting your own deepest experience* by Sharon Salzberg on Tuesday, November 1 from 7:15-8:30 pm in the Memorial room. All welcome! Contact Daryl Hess for questions at daryl.hess@verizon.net or 508-494-3423(cell).

Yoga at First Parish

Whether you are an experienced yogi or have never taken a yoga class, you are welcome here! Yoga postures, alignment, breathing techniques, and paths to relaxation will be explored. Modifications and props will be provided. Perfectionism and judgment will be left at the door as you engage your mind, body, and spirit in this venture into health and well-being! Julie Porter is the instructor. Dates and times are:

- Monday evenings for 6 sessions from November 7 to December 19, 7:30 to 8:45 p.m. Fee is \$70.
- Tuesday mornings for 8 sessions from November 1 to December 20, 9:15 to 10:30 a.m. Fee is \$80.

Drop-in rate for a class is \$13.

Please bring a yoga mat if you have one.

Contact Julie Porter at portgriff@comcast.net to register. Call her at 508-655-9641 with any questions.



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 Debra Doucette.

NOVEMBER 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 9:15 Yoga, Huntley 6 ESL, 110 Edgell 7:15p Spirituality Book Group, Memorial Room 6p ESL, 110 Edgell 7:30p Heritage Chorale, Scott Hall	2 11am ESL, 110 Edgell Rd 6p Wellspring Wednesday, Huntley 6pm ESL, 110 Edgell 7p Choir Rehearsal, Meeting House 7p Meditation, Memorial Room	3 8 Coffee & Muffins, Huntley 5:30p Free Medical Program, 110 Edgell 7p Fairs & Squares, Scott Hall 7p Eckhart Tolle Evening, Memorial room	4 9 Meditation, Memorial Room	5 9am ESL, 110 Edgell Road 2pm Private Rental
6 10 Worship Service, Meeting House 11 11 YRUU Bake Sale, Scott Hall 6p YRUU, Cave	7 5:30p Free Medical Program, 6pm ESL, 110 Edgell Rd 7p Rounds, Scott Hall 7p Bell Choir Rehearsal, MH 7p Meditation, Memorial Room 7:30p Yoga, Huntley	8 9:15 Yoga, Huntley 6p ESL, 110 Edgell 7:30p Heritage Chorale, Scott Hall	9 11am ESL, 110 Edgell Rd 6pm ESL, 110 Edgell 6:30p, OUT Metro-West NEXUS Scott Hall 6:30p PFLAG, Huntley Room 7p Choir Rehearsal, Meeting House 7p Meditation, Memorial Room	10 8 Coffee & Muffins, Scott Hall 5:30p Free Medical Program, 110 Edgell 7p Fairs & Squares, Scott Hall 7p Eckhart Tolle Evening, Memorial room 7p BoA, Huntley	11 Veterans Day OFFICE CLOSED 9 Meditation, Memorial Room 6p Climate Action Team Movie Showing, Scott Hall	12 9am ESL, 110 Edgell Road 10 Cakes for the Queen of Heaven Class, Huntley Room 7p Fairs & Squares, Scott Hall
13 10 Worship Service, Meeting House 11 11 JYG Bake Sale, Scott Hall 11:30 SJCC, Huntley Room 6p YRUU, Cave 6p Sacred Circle, Scott Hall	14 11:30 Women's Alliance, Huntley 5:30p Free Medical Program, 6pm ESL 110 Edgell Rd 7p Rounds, Scott Hall 7p Bell Choir Rehearsal, MH 7p Meditation, Memorial Room 7:30p Yoga, Huntley	15 9:15 Yoga, Huntley 6p ESL, 110 Edgell 6:30p Parents and Others, Memorial Rm 7p FCNS, Olympia 7p WomenCircle, Huntley Room	16 11am ESL, 110 Edgell Rd 12:45 Covenant Group, Memorial Room 6pm ESL, 110 Edgell 6:30 Umbrella, Scott Hall 7p Meditation, Memorial Rm 7p Choir Rehearsal, Meeting House	17 8 Coffee & Muffins, Huntley 5:30p Free Medical Program, 110 Edgell 7p Fairs & Squares, Scott Hall 7p Eckhart Tolle Evening, Memorial Room	18 9 Meditation, Memorial Room 10:30 Maintenance Council Mtg, Huntley 7pm UnCommon Coffee House, Scott Hall	19 9am ESL, 110 Edgell Road
20 10 Worship Service, Meeting House 11 Guatemalan Jewelry Sale, SH 11:15 Getting to Know You Luncheon, Memorial Room 6p YRUU, Cave	21 5:30p Free Medical Program, 6pm ESL 110 Edgell Rd 7p Bell Choir Rehearsal, MH 7p Meditation, Memorial Room 7:30p Yoga, Huntley	22 9:15 Yoga, Huntley 6p ESL, 110 Edgell 7:30p Heritage Chorale, Scott Hall	23 11am ESL, 110 Edgell Rd 6pm ESL, 110 Edgell 7p Meditation, Memorial Rm 7p Choir Rehearsal, Meeting House	24 THANKSGIVING	25 9 Meditation, Memorial Room	26 9am ESL, 110 Edgell Road
27 10 Worship Service, Meeting House RE Special Sunday 11:30 CAT, Huntley 6p YRUU, Cave	28 5:30p Free Medical Program, 6pm ESL, 110 Edgell Rd 7p Bell Choir Rehearsal, MH 7p Meditation, Memorial Room 7p Rounds, Scott Hall 7:30p Yoga, Huntley	29 9:15 Yoga, Huntley 6p ESL, 110 Edgell 7:30p Heritage Chorale, Scott Hall	30 11am ESL, 110 Edgell Rd 6pm ESL, 110 Edgell 6p Chalice Christmas Choir Rehearsal, Meeting House 7p Choir Rehearsal, Meeting House 7p Meditation, Memorial Rm			

The First Parish In Framingham
Unitarian Universalist
A Welcoming Congregation
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MINISTER EMERITUS

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