

The Steeple



VOL 10 NO. 1 September 1, 2016

First Parish in Framingham
Unitarian Universalist
A Welcoming Congregation

Monthly Reflection Theme:

Minister's Column

There is a lovely old children's book by Ruth Krauss (illustrated by Maurice Sendak) called *Open House for Butterflies*. It has good advice for living like "A good thing to think about is what kind of face to make when you say please" and "If you're a horse a good thing to think about is a castle of sugar lumps" and "A song for bumpy roads is good to know." The one that stands out for me at this time of year is: "Everybody should be quiet near a little stream and listen."

Summer lends itself to such behavior. It is the slow-down, do something different, get outside time of year. I hope that each and every one of you were able to have your version of being quiet near a little stream and listening. The energy of the autumn awaits. We will gather once again and sing our hearts out for hope and healing in this troubling and gracious world. May we make sure we pause to listen beyond the fray in all seasons. What we hear there will encourage and embolden us for living.

With Love,
Kathleen

Sunday Worship Services, 10 am

Sunday, September 11

Our Roots Go Down: Reflections on Morality in Such a Time as This
The Rev. Kathleen Hepler
Ingathering Sunday! Water Communion! Bring a small amount of water that represents something about your summer to add to the common bowl. We gather to celebrate once again.

Sunday, September 18

Lost in the Woods
The Rev. Kathleen Hepler
All human beings suffer in small and large ways/one of the purposes of religion is to address suffering. What does our tradition say about suffering? Is our community a place where suffering is held as the reality that it is?

Sunday, September 25

Showing Up as a Unitarian Universalist
The Rev. Kathleen Hepler
A service on the opportunities to show up as a Unitarian Universalist in ordinary, day to day situations. (This topic was recommended by a First Parish member)

A Loving Farewell to our Director of Religious Exploration, Nate Sellers

It's difficult when a staff member leaves the community. Especially when it is so unexpected. Because of a confluence of events, Nate accepted an interim position at the UU Church of Belmont. He had no intention of leaving First Parish in Framingham, but received this call out of the blue. This position fit his family's impending move north and other family changes.

It has been great working with Nate. I shall miss him. I wish him well.

Member Rebecca Crawford has stepped up as the Acting DRE and the Personnel Committee is considering what the next steps will be. Thank you Rebecca!

—Rev. Kathleen Hepler

From the Board of Assessors



Robin Hegvik, Chair, BOA

The irony is not lost on me, that when the seasons are beginning to wind down toward the dead of winter, many of us are filled with a sense of renewal and newness, that perhaps comes from

all those years of starting of the school year. A new chance, with a new teacher, new friends, and the wonderful feel of new school supplies. It's another chance to do our best and to learn a lot of new things. Our church likewise flows with the same rhythm—the rooms are all clean for the first day; the materials are all on their shelves awaiting the new students; and we are excited to see old friends and new. What will we learn this year? What will challenge us to be the best that we can be?

This year builds on the work of previous Boards who left us with: updated Bylaws and added Rules; a new organizational chart; updated personnel policy; and improved communication through Board liaisons with committees, quarterly Congregational Meetings, and continuing feedback loops through the Committee on Church Ministry. We say goodbye and thank you to those who helped us accomplish all of this: David Mendelsohn as Chair, Deb Doucette as Treasurer, Pat Paul as Clerk, Pete Allen, Tracy Marshall, Beth Walton, and Mary Rose Wells as board members.

As you return—take a moment to notice how much has happened over the summer. Scott Hall is air conditioned and has new lighting,

new windows, and fresh paint on the outside. The Meeting House has a new sound system, and there are new signs on the lawn welcoming all. Much of this is through the Capital Campaign, so ably managed by Chair, Mary Rose Wells and her committee.

Looking forward—our next **Congregational Meeting is Sunday, October 30**, following the service, and **Pies On the Common is Saturday, October 15**. Good food on both occasions!

We hope you will begin the year by reaching out to those who are new, as well as old friends. This will be helped by wearing your name tag for those of us who are new or just “name-memory-challenged.” Board members will be at coffee hour and hope to chat with you. I will be in the sanctuary after services and look forward to speaking with you there.

Robin Hegvik

Chair, Board of Assessors



Justice Conference

Saturday, October 1, 9:30am to 2pm

Hosts: UU Mass Action and All Soul's Church in Braintree

The **Fair Share Tax Amendment** and **Criminal Justice** issues will be highlighted. Lunch, information, and the opportunity to collaborate with other UU's are on the menu. Please consider attending.

All Souls Church is located at 196 Elm Street in Braintree, Massachusetts 02184.

Call Rev. Steve Wilson for more information.
(617) 852-2292.

Caring Through Sharing

The Diaper Project at A Place To Turn

Donate Diapers and Volunteer

The Diaper Project at a Place To Turn working group at First Parish is looking for an outreach volunteer, a publicity volunteer, and diaper donations.

Diapers are a basic need for children, as essential to their health and well-being as food, shelter, and a parent's love. About 3,000 low income families in Framingham and Natick alone struggle to provide their babies and toddlers with a sufficient supply of diapers to remain clean, dry and healthy. There are no government programs to help purchase diapers. Many parents are forced to re-use diapers or leave their child in a soiled diaper longer than appropriate.

The Diaper Project addresses this need in our area by inviting preschools, nonprofits, businesses, and youth, community, fraternal and faith-based organizations to host diaper drives or to make financial donations. We need another outreach volunteer.

Diapers are distributed at the food pantry, A Place To Turn, for very low income referred families living primarily in Framingham and Natick. We have provided 60 to 80 families with about 100 diapers each month. We need a volunteer to publicize the need for diapers and the great work we do to address this need.

The week of September 26 is National Diaper Need Awareness Week. How can you help? If your child has outgrown their diapers, please donate unneeded diapers. Partial and open boxes are fine. Buy a box of

size 5 or 6 diapers. Place donations on the bench outside the church office. During Share the Plate Sunday on September 25th, give generously. We will purchase and deliver diapers to A Place To Turn.

For more information, please check out our website www.diaperproject.info contact Eve Benda at evabenda@verizon.net or call 508-872-7125.

Learning English for Adults Program (LEAP)

Volunteer Tutors Needed

First Parish LEAP is expanding its program this year. We offer 8 weekly classes to beginner and intermediate students. However, sometimes our schedule does not work for individuals who want to learn English. Sometimes our enrolled students need additional one-on-one support. Would you be interested in tutoring an individual once a week for one and a half hours? We will match interested students with tutors based on mutual availability and as the need arises during the year.

We use the Interactive English Life Skills for Success in the US program designed for inexperienced and experienced volunteer teachers. The Teachers Guide for each book presents a lesson plan for individual instruction. Check out the program online at www.unitingresources.org. We provide the teaching materials and an introduction to the program.

For more information, please contact Eve Benda at evabenda@verizon.net or call 508-872-7125.

From the Welcoming Team

The Welcoming Team invites all new visitors, new members to a Getting to Know You luncheon on Sunday, September 25 in the Memorial Room.

This informal, friendly gathering is an opportunity to get to know each other and ask questions.

If you would like to attend, please contact Sara Morrison Neil (office@uuframingham.org), the Church Administrator & Membership Coordinator, and let her know if you have any food allergies or if you need babysitting for your children.

There will be a Getting to Know You lunch offered in October and November as well. We will invite long-time members to attend these luncheons as well to connect with newer folks and share their experiences about congregational life at First Parish.

We invite all newcomers to attend any of these luncheons, and worship services this fall to get a sense of our diverse community and beliefs. Each Sunday service can be quite different in theme and content. We hope that you find ways to connect, deepen and serve in ways that are meaningful to you.

Thinking About Becoming a Member?

If you have been attending services or activities at First Parish for a while and feel like you have found a spiritual home or community, consider becoming a member. Membership supports and sustains this community in a number of ways: participation in services and activities, volunteering and financial support. Signing the membership book indicates your commitment to the community.

To find out more about becoming a member, contact Sara Morrison Neil at 508-872-3111 or office@uuframingham.org.

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 September Coordinator is Julie Porter who can be reached at 508-655-9641 or portgriff@verizon.net.



Joys and Concerns

Alma Gould fell in August but is now on the mend. Our best wishes for a full recovery.

Our condolences to Claudia Gustafson on the passing of her grandmother this summer.

Our condolences to Pam Roberts on the passing of her mother this summer.

We wish Kathy Swift a quick recovery in healing from her recent surgery and best of luck in the second surgery. Cards are appreciated.

Need the Members and Friends Directory?

Stop by the office and pick up a copy of our latest 2016 print edition of our contact directory.

Members can access the directory online at www.uuframingham.org; password needed.

Coffee Hour



Coffee Hour Hosts

There is a great volunteering opportunity for everyone—host coffee hour on Sunday! It's a great way to start to meet people and help make coffee hour welcoming.

What exactly would I do?

You bring milk and cream. Tables are already set up for you, just add table cloth and tea, sugar, milk, and cream. The coffee beans will be in the coffee makers. Before the service you just push the button to brew the coffee and fill carafes and heat water for tea. After the service transfer coffee to carafes marked regular and decaf. Serve people coffee, decaf or show them the tea options. After coffee hour, put things away, wipe tablecloths and wash milk jugs. Carafes and coffee brewers will be cleaned later. *You can take used coffee grounds for your roses, blueberry bushes or compost pile!*

How do I sign up?

Call Alma Gould at 508-429-6468 or email Sandy Porter at howiep@verizon.net.

New initiative started this fall by our Climate Action Team:



Bring Your Own Mug
(B.Y.O.M.)



Bring your own mug/travel mug to coffee hour and you can help reduce costs of disposable cups and keep them out of the trash. The cups we buy are often tossed in the trash Sunday mornings and end up in landfills.

Programs & Announcements

Wellspring Wednesday

A dinner, workshop and discussion

Join us for a potluck and animated discussion on September 7 at 6pm in the Huntley Room. Newcomers especially welcome. Bring a dish to share: main course, side dish, salad or dessert, or pay \$5 at the door. To help us plan, RSVP mkrell56@aol.com and tell us what you will be bringing. Following the potluck, Louise Rivers will teach us how to assemble books suitable for addresses, recipes, your favorite maxims or pithy quotes. Speaking of maxims and pithy sayings, bring one that resonates with you!

Women's Alliance

The Women's Alliance will meet September 12 at noon in the Huntley Room. The program will be "Your Summer Fun." Bring a sandwich; tea and coffee will be served. —Susie MacDonald, 508-875-3322.

Dinner Discussion

The next Dinner Discussion will be on Saturday, September 17, 2016 at the home of Eva Benda and John Mylotte. The discussion topic is TBA. 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.

WomenCircle

Meets Tuesday, September 20 at 7:15 pm in the Memorial Room. This group meets monthly to discuss and explore women's spirituality. All First Parish women are welcome. For more information, please contact Marianne Orlando at marianne.orlando@verizon.net.

Program and Announcements

Sacred Circle Dancing

Sunday, September 25, 6-8 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 at 781-779-1370.



Build your Chi for True Wellness

Womensphere, a Sacred Circle Gathering for Women through the New England region of The Unitarian Universalist Association invite you to the Fall Retreat.

Shift your body and your life in a healthier, happier direction by mastering key skills and practices that allow you to sustainably overcome the stresses of everyday life.

Friday, Sept 30 - Sunday, Oct 2, 2016

Senexet House, 276 Senexet Road, Woodstock CT 06281

Combining functional wisdom and self-care strategies, learn how to eat, rest, and manage your chi energy for optimal vitality and satisfaction. With guest presenter Peg Doyle; a nationally certified holistic nutrition coach, speaker and author of "Food Becomes You - Simple Steps for Lifelong Wellness".

For details and registration go to www.uuwomensphere.com.



Spirituality Book Group

The spirituality book group will be discussing *The Seven Spiritual Laws of Success* by Deepak Chopra on Tuesday, September 27 at 7:15 pm in the Memorial room. All welcome, especially new comers! Contact Daryl Hess for more information at daryl.hess@verizon.net.

Meditation and Mindfulness Practice

Drop in programs held in the Memorial Room.

- 7pm, Mondays, informal seated meditation.
- 7 pm, Wednesdays. Seated meditation with Joti Royster. Donations welcome.
- 7pm, Thursdays. Presentation of Eckhart Tolle talks, some discussion following. Facilitated by Kathy Ward. Donations welcome.
- 9am, Fridays, informal one hour seated meditation

Yoga Returns to First Parish in September!

Julie Porter is the instructor. Whether you are an experienced yogi or have never taken a yoga class, you are welcome here! Yoga is the union of mind, body and spirit. Yoga postures, alignment, breathing techniques, and paths to relaxation will be explored. Modifications and props will be provided. Dates and times are:

- Monday evenings, September 12 to October 24 (skipping Oct. 10) at 7:30 to 8:45 p.m. Unwind from your day and be energized for the rest of the week! Fee is \$60 for six classes.
- Tuesday mornings, September 13 to October 25 at 9:15 to 10:30 a.m. Relax and energize yourself for the rest of the week! Fee is \$70 for seven classes.

Drop-in rate for a class is \$13. Please contact Julie ahead of time if you plan to drop in.

Please bring a yoga mat if you have one.

Contact Julie Porter at portgriff@comcast.net to register. Feel free to call her at 508-655-9641 with any questions or concerns.

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, Deb Doucette or Jen Long.

SEPTEMBER 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 8 Coffee & Muffins, Huntley 7p Eckhart Tolle Evening, Memorial room	2 9 Meditation, Memorial Room	3
4	5 LABOR OFFICE CLOSED	6 7pm Pies Committee, Huntley 7:30p Heritage Chorale, Scott Hall	7 6pm Wellspring Wednesday, Huntley Room 7p Meditation, Memorial Rm 7:15 UU Urban Ministry, Huntley Room	8 8 Coffee & Muffins, Scott Hall 5:30p Free Medical Program, 110 Edgell 7p Fairs & Squares, Scott Hall 7p Eckhart Tolle Evening, Memorial room 7pmBoA, Huntley	9 9 Meditation, Memorial Room	10 8am Overflow parking, parking lot Private Rental 9-6p Scott Hall, 10-2p Huntley, 2p Olympia Brown.
11 10 Ingathering Worship Service, Meeting House	12 11:30 Women's Alliance, Huntley 5:30p Free Medical Program, 110 Edgell Rd 7p Bell Choir Rehearsal, MH 7p Meditation, Memorial Room 7:30p Yoga, Huntley	13 9:15 Yoga, Huntley 5:30p FCNS, Olympia Brown Room 7:30p Heritage Chorale, Scott Hall	14 6:30p, OUT Metro-West NEXUS Scott Hall 6:30p PFLAG, Huntley Room 7p Meditation, Memorial Rm	15 8 Coffee & Muffins, Huntley 5:30p Free Medical Program, 110 Edgell 7p Fairs & Squares, Scott Hall 7pm Private Rental, Huntley Room 7p Eckhart Tolle Evening, Memorial Room 7:30p Heritage Chorale, Olympia Brown	16 9 Meditation, Memorial Room	17
18 10 Worship Service, Meeting House	19 5:30p Free Medical Program, 110 Edgell Rd 7p Bell Choir Rehearsal, MH 7p Meditation, Memorial Room 7:30p Yoga, Huntley	20 9:15 Yoga, Huntley 5:30p FCNS, Olympia Brown Room 7:30p Heritage Chorale, Scott Hall	21 6:30 Umbrella, Scott Hall 7p Meditation, Memorial Rm	22 8 Coffee & Muffins, Scott Hall 5:30p Free Medical Program, 110 Edgell 7p Fairs & Squares, Scott Hall 7p Eckhart Tolle Evening, Memorial Room	23 9 Meditation, Memorial Room 7p Fairs & Squares, Scott Hall	24 7p Fairs & Squares, Scott Hall
25 10 Worship Service, Meeting House 11:15 Getting to Know You Lunch, Memorial Rm 11:30 CAT, Huntley 6p Sacred Circle Dance, Scott Hall	26 5:30p Free Medical Program, 110 Edgell Rd 7p Bell Choir Rehearsal, MH 7p Meditation, Memorial Room 7:30p Yoga, Huntley	27 9:15 Yoga, Huntley 7:15p Spirituality Book Group, Memorial Room 7:30p Heritage Chorale, Scott Hall	28 5:30 FCNS Family Night, Parish House 7p Meditation, Memorial Rm	29 8 Coffee & Muffins, Scott Hall 5:30p Free Medical Program, 110 Edgell Rd 7p Fairs & Squares, Scott Hall 7p Eckhart Tolle Evening, Memorial Room	30 9 Meditation, Memorial Room 6 Rehearsal, Meeting House 8 UnCommon Coffee House, Scott Hall	Oct. 1 3p Wedding, Meeting House 4p Reception, Scott Hall

The First Parish In Framingham
Unitarian Universalist
A Welcoming Congregation
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