

*The Bell-Ringer*  
**FIRST PARISH CHURCH**  
Duxbury, Massachusetts  
Catherine Cullen, Minister

January 8, 2008

Marge McLean, Editor

**COMING EVENTS**

**SUNDAY, January 13**

Social Justice Comm., 9:15  
Caring Connection, 9:30  
Conflict Transformation Workshop,  
12:30  
Recorders Workshop, 1-4

**TUESDAY, January 15**

Memoirs, 7:15

**WEDNESDAY, January 16**

Finance Committee, 7:00  
Music Committee, 7:00

**THURSDAY, January 17**

Senior Men, 11:00  
Governing Board Mtg., 7:00

**FRIDAY, January 18**

Evensong for Families, 6-7:30

**SATURDAY, January 19**

Alliance Potluck, 6:00

**SUNDAY, January 20**

Welcoming Congregation, 9:30  
Bury Time Capsule, 11:30  
Buddhist Group, 7:00

**MONDAY, January 21**

**Church Office Closed**

Martin Luther King Breakfast at  
Pilgrim Church, 8:30

**WEDNESDAY, January 23**

Comm. Chair Financial Mtg., 7:00

**THURSDAY, January 24**

Staff Holiday Lunch, 11:30 (off-site)

**FRIDAY, January 25**

Committee on Ministry, 4:30  
Evensong for Families, 6-7:30

**SATURDAY, January 26**

Soup Kitchen, 9:15  
Barbara Barbeque (retirement  
party), 5:30

**SUNDAY, January 27**

UU History, 2:00  
**BINGO, 5-7:30**

**MONDAY, January 28**

DRE Relations, 8:00  
Bell-Ringer, 9:00  
SGM Facilitators, 7:30

**WEDNESDAY, January 30**

Green Sanctuary, 7:00

**THURSDAY, January 31**

Senior Men, 11:00

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**WORSHIP SERVICES & CHURCH SCHOOL**

**10:30AM**

**JANUARY 13:** "*Conflict Transformation*," guest preacher Rev. Dr. Terasa Cooley. Workshop immediately following worship. Details elsewhere.

**JANUARY 20:** "*The Three Dimensions of a Complete Life*"-- Let us share a powerful message from one of MLK Jr.'s deeply moving speeches.

**JANUARY 27:** "*Walking the Labyrinth: A Journey of Renewal*"-- We'll explore the ancient practice of the labyrinth, (**A LABYRINTH WALK WILL BE OFFERED AFTER COFFEE HOUR**)

**FEBRUARY 3:** Catherine will be joined by our FPC Welcoming Congregation Committee as we celebrate TEN years as a "Welcoming Congregation"

***From the Minister.***

*"When it all seems too much, when the news is so bad meditation after itself feels useless, and a single life feels too small a stone to offer on the altar of peace, find a human sunrise. Find those people who are committed to changing our scary reality. Human sunrises are happening all over the earth, at every moment. People gathering, people working to change the intolerable, people coming in their robes and sandals or in their rags and bare feet, and they are singing, or not, and they are chanting or not. But they are working to bring peace, light, compassion to the infinitely frightening downhill slide of human life.*

— Alice Walker

The other day (the coldest day of our winter thus far) I visited one of our long-time FPC members, Bev Johnson. Bev told me that she had walked the beach that morning. This is a woman with a deep commitment to doing those things she needs to do that feed her spirit and nourish her soul—and she knows she must do them on a daily basis, no matter what the weather!

I love the metaphor in Alice Walker's piece---that we can each be a "human sunrise" of compassion and peace. As we said on Christmas Eve, "We are the ones we've been waiting for---God has no other hands but ours to change this world." But before we can take care of the world, we must take care of ourselves. The work of repairing our broken world requires that we also do the work of growing and sustaining a loving, compassionate heart.

There are plenty of opportunities here at FPC to help you grow your soul and nourish your spirit!

- Join a group in our Small Group Ministry Program and share your spiritual journey with a group of kindred souls.
- Meet with your minister for Spiritual Direction—explore where the "still small voice" inside you is whispering to your heart.

Continued on next page

## Coming events — continued

### **FRIDAY, February 1**

Candlemas Ritual, 7:30

### **SATURDAY, February 2**

Duxbury Interfaith Council @ Christ Scientist, 9:00

### **SUNDAY, February 3**

Play Rehearsal, 8:30

SGM Information Breakfast, 9:00

Buddhist DVD, 6:00

Buddhist Group, 7:00

## **Recurring events**

### **SUNDAYS**

Senior Choir, 9:00am

Children's Choir, 9:45

### **TUESDAYS**

Handbells, 7:00-8:30

Memoirs, 7:15

Recorders, 8:30

### **WEDNESDAYS**

Brown Bag Lunch, 11:30 (2<sup>nd</sup> & 4<sup>th</sup>)

Staff Meeting, 1:00

### **THURSDAYS**

Book Group, 9:00am

Sewing Group, 10:00

## Minister's message — continued from previous page

- Attend an Adult Religious Education program (this winter's offerings include "Evensong For Families," a four-session program on
- UU history, and a weekly drop-in Bible Study Group on Sunday morning before worship.)
- Find a practice, like Bev has, that you can turn to each and every day (*no matter what the weather, no matter what else is going on in your life,* a practice that you can count on to bring you perspective, joy and peace.
- And last, ***COME TO CHURCH ON SUNDAY MORNINGS!** — All of us "human sunrises" are brightest when we shine together.*

Wishing you much peace and joy in this New Year!

*Catherine*

## **THE CARING CONNECTION: IF YOU NEED HELP...**

The Caring Connection can co-ordinate meals, transportation, babysitting or visits to shut-ins. For *January* call *Sherri Wyman* or the *Church Office*, (781/934-6532) We are trying to assemble a list of handymen to help out folks with odd jobs. If you can help, please call Stefanie Middleton.

## OUR MISSION STATEMENT

**The mission of First Parish Church is to be a vital, loving community guided by our Unitarian Universalist principles and traditions. We nurture individual spiritual journeys as we learn, grow, and serve, putting our faith into action.**

Does your committee have a mission statement? If not, please spend a few minutes at your next meeting to recreate one. The process can focus your committee's attention on the real jobs that need to be done. And please send copies to the administrative assistant, and to Jim Hamilton and Jon Lehman.

## **PARISH PEOPLE**

**BEST WISHES** to **Mary Shirley** who is recovering after a brief hospital stay; to **Nancy Fletcher** who continues to recuperate at Wingate; to **Bea Chase** who celebrated her 100th birthday Friday, December 21 with friends and family at a luncheon at the Duxbury Senior Center, and to **Bob Traynor** (our retired sexton) who will celebrate his 92nd birthday on January 13.

**CONGRATULATIONS** to our Minister, **Rev. Catherine Cullen**, on being elected to a 2-year term as president of the Duxbury Interfaith Council and to Sarie Booy on the birth of her granddaughter, Trinidad (Trini).Cavers, December 23, to Sarie's son Tom Cavers and daughter-in-law Soledad Garay in Berkeley, California.

**CONDOLENCES** to **Bob Clark** and his family on the recent death of Bob's brother, Tom Clark.

**EXTRA SPECIAL THANKS** to **Peter Nappellio** for all his hard work in making our entire building wireless. Our new copier is now networked to the office computers for printing directly.

## **THURSDAY MORNING BOOK GROUP**

This informal, self-led group will resume meeting at **9:00 a.m.** on **Thursday, Jan. 17**, in the Ruby Graves Parlor. The first meeting of this season will be devoted to choosing the next book to be read. Everyone is welcome.

Marilyn Christmann

## **BIBLE STUDY COMES TO FIRST PARISH**

Beginning on *Sunday, January 27th, from 9:30-10:15* each Sunday morning we will gather in the Fletcher Room for reflection & discussion on a Biblical passage. To guide our discussions we are using "Wind Swept Over The Waters, Reflections on 60 Favorite Bible Passages," written by UU minister John Nichols. Come when you can--the group is a drop-in group facilitated by Catherine and Carie.

## **ALLIANCE ADULT POTLUCK SUPPER**

*Saturday, January 19 at 6:00pm* followed by a program with Chris, Liz & Angela Connors on their African Adventure. Your hosts are: Jean Baker, Jacque Heffernan and Liz Polvinen. There is a sign-up sheet on the bulletin board or call the church office by *Wednesday, January 16*. Come anyway, even if you missed making a reservation. The more the merrier.

## **CONFLICT TRANSFORMATION WORKSHOP**

On Sunday, January 13, our former (first) ministerial intern, Terasa Cooley, will preach the Sunday sermon on "Conflict Transformation." After the service, Terasa, who has had a distinguished ministerial career and is now the District Executive of the UUA's Mass. Bay District, will be our guest at a luncheon in the Assembly Hall. Following the luncheon, she will conduct a workshop on transforming conflicts. The workshop will last from *12:30-4:00 p.m.* The cost is \$15, but the Governing Board has made available endowment funds to pay for the first 30 FPC members who sign up.

**Workshop Description:** Conflict inevitably arises in congregations: conflicts over theology, over worship, over administration, even over seemingly trivial matters often will concern and disturb what we think should be peaceful institutions. This workshop will talk about a different way of understanding conflict: as that which helps us learn something new, and which inevitably helps transform our selves and our communities. Productive ways of communicating about and addressing conflicts can be life-giving, and we will share ways we can transform our difficult disagreements into learning opportunities.

## **MARTIN LUTHER KING JR. CELEBRATION**

The No Place for Hate Committee and the Duxbury Interfaith Council will sponsor the annual Martin Luther King Jr. Breakfast *Monday, January 21 at 8:15AM*. The celebration will be held at Pilgrim Church on Washington St. Several students from the Duxbury Middle School will read essays that they wrote specifically for this occasion. The Duxbury High School Chamber Singers, under the direction of Jim Donovan, will perform inspirational pieces. This service will be a tribute to the legacy of Dr. King. There is a requested donation of \$5 per person or \$10 per family. For more information you can call 781-934-8388.

## **"BARBEQUING" BARBARA — A CELEBRATORY ROAST FOR BARBARA FLOYD**

***Saturday, January 26, 2008, 5:30-6:30 Wine & Cheese Reception  
6:30-8:30 Dinner & "Roast"***

As you know, our beloved Administrative Assistant, Barbara Floyd, is retiring this month after 13 years of dedicated service. Join us for a delightful evening sharing memories, good food and lots of gratitude.

**ADVANCE RESERVATIONS MUST BE MADE FOR DINNER** — Sign-up sheet is on the church bulletin board outside the office or call Barbara (dinner options are chicken or vegetarian--if you are willing to bring a dessert, please let us know.)

Marilyn Christmann & Sharon Nabreski

## **BOX PROJECT NEWS**

### **Entre-Nous Offer**

Sue Turley has offered 10 paid and 10 free meals for the families in the Box Project if a few people volunteer to go and make them there. We would hope to do that on *Saturday, January 26th*, the day before our delivery date. If you are interested, please call Cindy White or email her at: [dresdenisfree \(at\) yahoo.com](mailto:dresdenisfree@yahoo.com).

### **Box Project Thank You**

How wonderful that all the Christmas tags were taken on the first day and all the presents delivered. Besides that, 10 new contributors offered to help. So we have plenty of people to buy what each family needs now.

### **One family wrote after Christmas:**

*"My family and I want to thank you from the bottom of our hearts. Your generous donations every month have helped our family so much. With the holidays here, your kindness will allow our family to enjoy the tenderness of others. With your help when money is scarce, you have enabled us to pay our bills and have a happy Christmas. God Bless you all and thank you once again for your selfless help in our time of crisis."*

Thanks so much to our wonderful church community.

Carrie Meier and the Social Justice Committee

## **WELCOMING CONGREGATION IN COHASSET JANUARY 27TH**

The Welcoming Congregation Committee at First Parish has been invited by First Parish in Cohasset to participate in an upcoming worship service. First Parish Cohasset is not yet a Welcoming Congregation and is exploring what it needs to do to become one. They asked us to explore the topic on *Sunday, January 27th* at their Sunday service. Jim Hamilton, chair of the Welcoming Congregation committee, will join Steve Brown and Rev. Dr. Jan Carlsson-Bull in the pulpit for a dialog sermon. It would be great if some members from First Parish Duxbury were able to attend this 10 am service. For directions see [www.firstparishcohasset.org](http://www.firstparishcohasset.org).

The Welcoming Congregation Committee acts to affirm and promote the first Unitarian Universalist principle, which recognizes the inherent worth and dignity of every person. We strive to support civil rights and to foster understanding, enabling us to welcome gay, lesbian, bisexual and transgender people into the church family. This year, our own church is celebrating the 10th anniversary of becoming a Welcoming Congregation. In February we will be having our annual service. More details to follow.

## **UUSC AT WORK IN THE WORLD**

The holiday season has passed, and it's time to begin bringing in your Guest at Your Table boxes, full of cash or a check made out to UUSC. You'll find a large box in the Parlor for this purpose. If you're thinking, why donate to UUSC, it is because UUSC is working on your behalf around the world.

UUSC is at work with its partners in the Save Darfur Coalition to bring an end to that misery. It is at work with its partners in Ecuador who are fighting the private water company that infected schoolchildren with hepatitis A from school drinking fountains. It is at work with the Appeal for Redress group defending the right of U.S. military personnel to freedom of speech (think about that — our American soldiers are denied freedom of speech!) It is at work in Africa helping poor women obtain education and jobs. It is at work in New Orleans rebuilding a great American city.

Become a member for \$40 (\$20 for seniors, \$10 for youth, \$75 for a couple), and add your name to the thousands of others who feel outrage at the injustice in the world, who dream of abundance for all, who feel sorrow for the lives lost in senseless wars. And remember, if you are able to donate \$100, your donation is matched dollar-for-dollar by another UU congregation

UUSC supporters represent Unitarian Universalism in the best way, showing our face of love, spirit, generosity and social justice to the world. Thanks so much for your support.

Cindie White and Karen Trais, UUSC Local Representatives

## **HOSPITALITY COMMITTEE SEEKS COFFEE HOUR HOSTS**

Happy New year from the Hospitality Committee! We are currently looking for coffee hour hosts for the winter months. If you can help out, sign up on the bulletin board near the office or contact Jen Cantwell at: jtuckercantwell (at) yahoo.com. Thank you!

## **CAN THE COMMUNICATION COMMITTEE HELP YOU?**

Does your committee or organization need help publicizing or advertising a church event? The Communication Committee can help in writing and placing press releases, creating posters, brochures and ads and advising on communication strategies. We are also responsible for the church Web site. Please feel free to contact any one of us by phone or email.

Sari Booy, chair: sariesweethome (at) gmail.com  
 Troy Riley: troyrileyc (at) msn.com  
 Cindie White: dresdenisfree (at) yahoo.com  
 Jon Lehman (Web site): jonlehman (at) verizon.net  
 Donna Savicki: dsavicki (at)comcast.net

## **FREE FOR LUNCH? — BROWN BAG LUNCH WITH YOUR MINISTER**

Catherine would love you to join her (and other staff as they are available) the *first Wednesday of every month at noon*. Bring a brown bag and let's share conversation and fellowship.

## **Ballou Channing District Events and Notices**

**Jan. 13<sup>th</sup>** – Conflict Transformation Workshop – 12:30 pm – 4:00 pm – FPC, Duxbury, MA

**Jan. 19<sup>th</sup>** – BCD Board Meeting - 9:30 am – 1:00 pm

Location TBA

**Jan. 24<sup>th</sup>** – “Tweens and Teens, What To Do?” workshop 7:00 pm – 9:00 pm - First Parish, Lexington, MA

**Jan. 27<sup>th</sup>** – What Happens When We Grow workshop 12:30 pm – 4:00 pm - First Parish in Sherborn, Sherborn, MA

**Jan. 29<sup>th</sup>** – Youth Advisory Conclave - 7:00 pm – 9:00 pm - Unitarian Church of Sharon, Sharon, MA

If you would like further information on these and other events please go to the BCD website at [www.bcduua.org](http://www.bcduua.org)

Wendy Swanson  
 Denominational Affairs Committee

## **RECYCLE YOUR OLD CALENDARS**

We are requesting old calendars from 2007 or before that might be able to be used for projects in religious education programs or maybe for a craft during the holidays.

Michelle Chaffee

## **ITEMS, etc. for sale, rent or free**

Items will be run for only **two Bell-Ringers**; then they must be resubmitted again.

**FOR SALE:** Casio Electric Professional Cash Register Model PCR 260. Late for Silent Auction. Offered for \$50 .... or best offer, to first responder! Make check out to First Parish Church, mentioning Silent Auction on Memo line. Call Peter Nappellio with questions at 1-781-264-4388

**Sweet cat needs a home!** A two- or three-year-old abandoned cat was taken in by a friend who cannot keep her. She is a beautiful short-hair calico cat who is spayed, has all shots, and is healthy. She is friendly and playful but still learning to completely trust and be part of a family. She should be in a home without other pets. If you have room in your heart and home for her, please contact Amy Hamilton.

# ***RELIGIOUS EDUCATION NEWS***

***BINGO NIGHT, Sunday – January 27, 5:00-7:30 pm***

**COME ONE! COME ALL!**

On January 27, 5:00-7:30, your favorite youth group, H.I.P., will be sponsoring a fun-filled spectacular night of Bingo and food! You could enjoy a spaghetti dinner and some top-rate ***BINGO*** action while supporting the H.I.P. Youth Group!

The cost is \$8 for adults and \$4 for children under 12. (Family maximum = \$25). Be advised that prizes will not be cash.

**So bring the family and be prepared for an evening of food, *BINGO* and entertainment!**

**Tickets will be on sale during Coffee Hour in January.**

**H.I.P. Youth Group**

## ***Pageant DVDs for Sale***

DVDs of the Holiday Pageant & Christmas Eve Service are for sale for \$10. If you would like one call Sunsue.

## ***BINGO PRIZES NEEDED***

Bingo prizes are needed. NEW or NEARLY NEW items, appropriate for all ages, are needed for this popular event. Questions? Call Sunsue

## ***CHURCH SCHOOL SNACKS***

Each young person is asked to bring a box of cookies or crackers at the start of each new unit. We store the snacks and use what we need each week in our rooms.

PLEASE NO NUT products. We have children with severe peanut butter allergies in our church school.

## ***Planting our Time Capsule***

During unit I in our church school our 7<sup>th</sup> and 8<sup>th</sup> grade class put together a time capsule in honor of our 375<sup>th</sup> anniversary.

On ***Sunday January 20***, weather permitting, we will bury our capsule with a brief ceremony following the service. Everyone is invited to attend this special event.

## ADULT RELIGIOUS EDUCATION

We are excited to offer the following courses. Sign-up sheets will be posted outside the church office. If you have any questions, please call Sunsue Fleming (934-6532). We hope to see you there!

### ***Evensong for Families***

A course designed to explore and share how families function and how members might enrich their lives. The class is a safe haven for people to speak openly, to affirm different kinds of families, to voice concerns openly, and appreciate struggles and triumphs. It's a great way to get to share as a family and to get to know other families. Here are some topics: who is your family; everyday rituals - birthdays and holidays; activities we love to do together; good times and bad; and ways to further celebrate our family. Children of all ages are welcome.

**Meeting Times:** Jan. 18, 25, Feb 8, 15, 22<sup>nd</sup> from 6 – 7:30. (Min. 4 families Max. 5 Families). Registration deadline Jan 14<sup>th</sup>

**Leader:** Sunsue Fleming

### ***Unitarian Universalist History***

Our religious past is rich with characters, events, struggles and contributions that have shaped the religious, social and political landscape in America. Our Unitarian Universalist forebearers shaped this liberal religion through social justice issues, literary expression, religious debate and theological challenges. Throughout the ages many have claimed to be Unitarians and Universalist and, only recently, Unitarian Universalists; but, what did that mean then and what does it mean now? This is your faith tradition. This is your faith journey. Come enrich your knowledge of and develop a sense of pride in Unitarian Universalist History.

**Meeting Times:** the last Sunday of every month beginning Jan. 27<sup>th</sup> through April 27<sup>th</sup> from 2 p.m. to 3:30 p.m.

**Leaders:** Carie Johnsen, FPC – Intern Minister and Nancy Greenfield

### ***UU CAMPS AND CONFERENCE CENTERS***

Within a few hours of First Parish there are several wonderful UU Camps and Conference Centers. Come learn about Cedar Hill, Star Island, Ferry Beach and Rowe Conference Center.

**Meeting Times:** Sunday February 24th at 12:00 noon in the chapel

**Leader:** Sunsue Fleming