

First Parish in Framingham (Unitarian Universalist)

A Welcoming Congregation

24 Vernon Street

Framingham, MA 01701

First Parish News

August 1, 2008

Summer Sunday Worship

10 AM service:

During the summer, informal lay-led services are held on Sundays at 10:00 a.m either in the Parish House or the Meetinghouse. The following is a schedule listing the presenters and topics for August. Although no childcare is provided, children are welcome when accompanied by parents. We look forward to many interesting and varied service presentations.

Please contact Karen Hirshman (508) 875-7991 or k.hirshman@gmail.com if you can help with refreshments one or two Sundays during the summer or if you have any questions/concerns about the services. Look forward to seeing many of you there!

August 3--Scott Hall

Catherine Senghas and Judy Perry

Gift of Water: An Experiential Service

This service will include four rituals with water as optional parts of the service.

August 10--Meeting House

Karin Tanenholtz

Entering The Sacred Circle

A Sunday summer exploration of the mandala and how it can be a type of map.

August 17--Meetinghouse

Christopher Chapman

Instruments of Change: Exploring the Relationship between world religions, cultures and music

August 24--Meetinghouse

Janice and Martin Knapp-Cordes

Being the Change: Our Responses to the Challenges of Climate Change

August 31--Parish House

Margaret Krell

Signs of Remembrance

Caritas Coordinator for August:

Eve Benda: 508.872.7125

USHERS NEEDED FOR THE FALL

Have you ever pondered the idea of ushering at First Parish? It is a fun way to contribute to our congregation. There will be a training session on 9/14/08 between the 9:15 and 11:00 services.

Please call or email usher coordinators, Sandy Murphy or Beth Walton for more information. sandy_murphy@comcast.net or 508-872-1837 elizabethwalton@verizon.net or 508-904-8401

Deadline for next monthly newsletter:

Friday, August 22, for events during the month of September.

Healthy Living Group

Open to all -- meets on the 2nd and 4th Wednesday of each month in the Huntley Room, 7:30 to 9 PM. We will venture into subjects seldom heard elsewhere, yet with a sound scientific basis. These may include 1. Lose weight 2. Reverse type 2 diabetes, 3. Relieve arthritis pain, 4. Avoid many forms of cancer, and others. A common thread unites all these topics. Contact Aaron White for more information - 508-788-0902 or aaronwhite@rcn.com,

Ring Out, Wild Bells!

Well, maybe we're not all that wild, but we do have a good time ringing bells in the First Parish bell choir. We'd like to invite you to join us. We currently have a two-octave choir and would like to return to our full three-octave strength. Please consider joining us, even if you have a tin ear and a just a smidge of musical knowledge. A good sense of rhythm is helpful, but a good sense of humor is the only real prerequisite. We rehearse weekly on Tuesdays from 7:30 to 9 pm, and we perform in church once a month.

Contact Trish Ramey at tramey@rcn.com for more information

Summer Homework Assignment!

As we begin our summer travels, do not forget to gather a sample of water, whether it be a bit of Nantucket Sound or the Sudbury River, it does not matter. We will add them all together on September 7th at our first fall service symbolizing our coming back together as a community.

Help Urgently Needed

Volunteer positions available now with Pies on the Common. No prior experience necessary, we will train. Like to work with people? Become Volunteer Coordinator or Crafters Recruiter. Numbers or Sales your thing? We have openings on the Quilt Raffle. Management skills? Ask about our Field Manager position with our setup/take down crews. Now is your opportunity to work with one of the happiest committees around First Parish. Call Barbara Uftring, 508-877-9059, Alma Gould, 508-429-6468, or email pies@uuframingham.org

Crafter Space: Are you or do you know an artisan or crafter who would like to sell hand crafted items at Pies on the Common? Spaces are available. Email pies@uuframingham.org for information and registration application.

Framingham Center Nursery School

2008-2009 SCHOOL YEAR

For families whose young children are just now ready for preschool, we do still have limited space available for MWF mornings (9:00-11:45 AM). More space is available TTh mornings and MWF afternoons (12:15-3:00 PM). Extended time is also possible to create full-day care from 8:00 AM - 5:30PM. Children must be 2.9 - 4.11 years old to be eligible.

Framingham Centre Nursery School was founded by First Parish in 1963. Now separately incorporated, we are developmental in philosophy and have been accredited by NAEYC three times. Teachers, all of whom are parents of their own children, are experienced and have been associated with the school an average of 14 years. We offer gym and music classes as part of our program.

Religious Education

Here it is, the middle of summer already. Each summer seems to fly by more quickly than the one before! I hope you all are finding time for relaxation and rejuvenation - we can all surely benefit from some "down" time.

While plugging away on my work toward becoming a “Credentialed Religious Educator, Masters Level” by the UUA, I’ve discovered the importance of covenants and how central they are to our liberal religion. A covenant is an agreement, a promise of how a group of people will be together - how they will act and how they will treat each other. Our religion is founded on the concept of covenants rather than on creeds. Modeled after the Puritans who came to America seeking religious freedom, early Unitarian and Universalist congregations made covenants about how they would behave together. First Parish says our covenant aloud and together every Sunday - our covenant is stated in our Opening Words.

Beginning this year, each class and youth group will create a class (or group) covenant. Making a covenant is a religious process in and of itself. Having children/youth create the covenant together will help them to feel invested in the process - making an agreement about how they will be together is a powerful tool in feeling connected to the community of which they are a part. It will also provide an opportunity to learn about our faith through the covenant-making process.

- Attention Fall Teachers: You will receive a letter from me in about mid-August that will be full of information about the coming semester. The semester will begin on Opening Sunday, which is September 7th. If you haven’t sent your CORI form to me, please do so as soon as possible.
- Attention Youth and families who have 9th through 12th graders: There will be a meeting on Sunday, August 24th in the evening, to brainstorm some ideas for the coming year’s YRUU. You will receive a postcard about this meeting in mid-August. You can put the meeting date on your calendar now.

Enjoy the rest of the summer,
Julie Porter
Director of Religious Education

Knoxville Relief Fund

Dear Friends,

We are all deeply saddened by the news this weekend of the tragedy at the Tennessee Valley UU Church (TVUUC), which also affected members of the Westside Unitarian Universalist Fellowship. President Sinkford and the UU Trauma Response Ministry Team are now on the ground in Knoxville.

The Unitarian Universalist Association of Congregations in collaboration with the Thomas Jefferson District has established the Knoxville Relief Fund (<http://www.uua.org/giving/donatenow/117168.shtml>) to bring ministry, spiritual care, and practical financial assistance to those affected by the tragedy in Knoxville, Tennessee.

Those killed and injured were from two area congregations that were participating in a joint worship service at TVUUC. Letters of sympathy may be mailed to both Knoxville congregations:

Tennessee Valley Unitarian Universalist Church
2931 Kingston Pike
Knoxville, TN 37919-4624

Westside Unitarian Universalist Fellowship
616 Fretz Road
Knoxville, TN 37934-1604

Please feel free to contact us with any questions or concerns you may have at (888) 792-5885 or campaign@uua.org.

In faith,
Catherine Lynch
Director of Campaigning

August Calendar of Events

Sun	Mon	Tue	Wed	Thu	Fri	Sat
27	28	29	30	31	1	2
3 » 10:00 AM Church Service	4 » 7:30 PM Meditation Group VB	5	6	7 » 8:00 AM COFFEE AND MUFFINS » 1:00 PM Stitches In Time	8	9
10 » 10:00 AM Church Service	11 » 12:00 PM Women's Alliance	12	13	14 » 8:00 AM COFFEE AND MUFFINS » 7:00 PM Adult RE Council	15	16
17 » 10:00 AM Church Service	18 » 7:30 PM Meditation Group VB	19	20	21 » 8:00 AM COFFEE AND MUFFINS » 1:00 PM Stitches In Time	22 » 6:30 PM Board of Assessors	23 » 8:00 AM Board of Assessors
24 » 10:00 AM Church Service » 7:00 PM YRUU Advisors	25 » 7:30 PM Meditation Group VB	26	27 » 7:30 PM FCNS Parent Orientation	28 » 8:00 AM COFFEE AND MUFFINS » 9:00 AM FCNS Parent Coffee	29 » 9:00 AM FCNS Parent Coffee	30
31	1	2	3	4	5	6

Special Supplement: Metro West Free Medical Program

Update on MetroWest Free Medical Program in Framingham

Last spring many of you heard about the MetroWest Free Medical Program (either at Annual Meeting or at an information session after church) which offers free medical care to the uninsured and underinsured. Currently the Program operates every Tuesday night at Temple Beth El in Sudbury and plans to open a second site in Framingham at First Parish this fall.

A Social Action Work Group, formed to make this happen, has been meeting all summer and we have exciting developments to report to you! We plan to launch the Framingham site on Thursday evenings in early October, offering a **vision program** for people to have their eyes examined and be fitted for glasses for a nominal fee. We already have four optometrists who are interested in volunteering and we have had a vision chair and pedestal donated to us from a similar program in Worcester. We will also have a **social service** component to help people access services, sign up for healthcare if they are eligible and screen for mental health problems. A **dental screening program** will be added after the first of the year.

We need volunteers in the following areas. Please consider becoming involved!

- Are you an optometrist, optician, social worker, dentist, nurse, nurse practitioner who might be interested in volunteering once a month or more? Or do you know someone who is? Please let us know.
- We also need general volunteers to help with setting up and taking down the clinic, registering patients, assisting the social workers with referring patients to services, public relations, fundraising, etc. Another need is Portuguese and Spanish translators.

To learn more about how you can help and to let us know you're interested, please see the attachments on the following two pages in this newsletter. If you have questions, contact Ilene Hofrenning at 508-872-8021 or email ihofrenning@yahoo.com. We would love to have you join us in this exciting and important program!

VOLUNTEER RECRUITMENT
MetroWest Free Medical Program

Introduction: The MetroWest Free Medical Program has been operating one night a week since November 2004 from its Sudbury, Massachusetts site (Congregation Beth El) offering free walk-in medical care and community referrals for low income and uninsured individuals. Physicians, nurses, social workers, dentists and others volunteer on Tuesday evening to provide care for individuals with acute and chronic illnesses, referrals to specialists, immunizations, social services, and dental care. The Program also distributes free medications and offers Spanish and Portuguese interpreters.

Framingham Site: Plans are to expand services at a Framingham, Massachusetts site (First Parish Unitarian Universalist) in the Fall 2008. Services will be provided on Thursday evenings from 6:30 PM to 8:30 PM and would initially include vision exams and glasses, dental screening and referral, social services, chronic disease screening and health education. Other services such as general medicine, hearing testing and hearing aides, might be provided at a later time.

Volunteers Needed: To begin services in Framingham, volunteers are needed in the following areas:

Professional:

Ophthalmologists, Optometrists and Opticians
Dentists and Dental Assistants
Psychiatrists
Registered Nurses and Nurse Practitioners
Licensed Clinical Social Workers and others
to help with insurance and social service referrals

General Volunteers:

Reception and Registration
Clinical Information Management
Equipment Set Up, Etc.
Interpreters
Portuguese
Spanish
Other Languages

Office Based Service Providers: Through the availability of limited grant funds, MetroWest Free Medical Program can reimburse practitioners for clinical services provided to patients in their offices. Reimbursement is generally aligned with the MassHealth fee schedule. Providers are needed in the following areas to provide treatment for patients referred to them from the Free Medical Program:

Ophthalmologists	Licensed Independent Clinical Social Workers
Dentists	Psychologists
Oral Surgeons and Endodontist	Audiologists

Contact Information: Persons wishing to volunteer and professional providers willing to take referrals should contact the following:

Physicians, Optometrists, Opticians, Dentists, Dental Assistants, Nurses:

Ilene Hofrenning FNP-BC at (508) 872-8021 or ihofrenning@yahoo.com

Ginger Dixon at (508) 877-7268 or ginger.dixon@rcn.com

Psychiatrists, Licensed Clinical Social Workers, Other Social Service Providers:

Fran Green LICSW at (508) 653-4766 or ebb-green@comcast.net

Jane Alden MSW at (508) 881-1732 or JaneMalickAlden@comcast.net

Interpreters, Volunteers for General Services:

Janice Knapp-Cordes at (508) 877-3771 or janice.knappcordes@gmail.com

Mary McCarty at (508) 877-2935 or raven1018@rcn.com

5/16/08

Metro West Free Medical Program Volunteer Interest Form

Name: _____
 Address: _____
 Home Phone: _____ Cell Phone: _____
 E-mail address: _____

Please specify volunteer position(s) which interest you:

Professional:

Physician (list specialty)	Attorney
Dentist	Clinical Social Worker
Nurse Practitioner	Psychologist
Registered Nurse	Licensed Practical Nurse
Psychiatrist	Dental Assistant
Ophthalmologists	Optician
Optometrist	Other:

General Volunteers:

Reception and Registration	Equipment set up/break down
Clinical information management	Other:

Interpreters:

Portuguese	Spanish
Other (Please specify)	

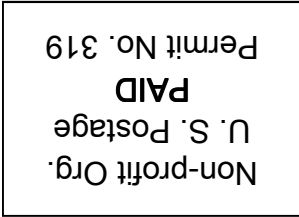
Location: (Indicate site(s) at which willing to volunteer)

Sudbury, MA: Tuesdays 6 to 9 pm	Framingham, MA: Thursdays 6 to 9 pm
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Availability:

Once per week	Twice per month	Once per month	Other:
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Brief Statement: Please provide relevant information about experience, special skills, training or certifications: (Languages spoken, CPR/First Aid certification, computer skills, etc.)



The First Parish In Framingham
Unitarian Universalist
A Welcoming Congregation
24 Vernon Street
Framingham, MA 01701

First Parish in Framingham ~ Unitarian Universalist Established 1701

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The Steeple is published monthly throughout the year. Subscription inquires should be sent to office@uuframingham.org or by contacting the Church Administrator at 781-872-3111

