

The Steeple



VOL 1 NO.1 September 1, 2008

First Parish in Framingham
Unitarian Universalist
A Welcoming Congregation

Staying In Touch

Notes From the Pastor

Thank you for the time for study and vacation this summer. I look forward to gathering with you again on September 7!

Some exciting news! We will be welcoming Michelle LaGrave to First Parish this year as a ministerial intern. She is preparing for the Unitarian Universalist Ministry at Andover Newton Theological Seminary and will be with us twenty hours a week for two years. She will be with us on the 7th.

Also, we are implementing 'Theme Based Ministry' this year. Each month one worship service will focus on a particular theological/philosophical/ethical issue. If you choose, there will be various ways for you to reflect on the topic. Below are the themes for this year month by month. The description and suggestions for September are on the bottom of this page.

FAITH
LOSS

SPIRITUAL PRACTICE

GOD
PEACE
LOVE
BROKENNESS
TRANSFORMATION
BEAUTY

My wish for us this church year are expressed by Forrest Church in his book "Love and Death". May we create ways in our community life that encourages:

The courage to bear up under pain
The grace to take our success lightly
The liberation that comes with forgiveness
The energy to address tasks that await our doing
The meaning to be found in giving ourselves to others
The patience to surmount things that are dragging us down
The joy to be gained in even the smallest endeavor.
The wonder that lies between the sacred moments of our birth and death.

See you in church!

Rev. Kathleen Hepler

Theme Based Ministry for September

WORSHIP SERVICE SEPTEMBER 14 *But Are We A Community of Faith?*

Adult Book Suggestion: *Faith Without Certainty* by Paul Razor

Book Discussion: Wednesday, September 24 at 7PM sign up in Scott Hall or call/email the parish office.

- Home Activity Ideas:
Make a note of the children's story in church on the 14th and discuss it at home.
- Read *Mole Music* by David MacPhail and talk about faith in the fact that, even if we are unaware, the good that one person does makes a difference.
- Have a discussion at dinner about how your ideas about important things (God, *for* instance) have changed through time thereby teaching that this is normal and expected and good, including not knowing what we believe sometimes.
- Ask each person to talk about things that give them hope and courage in hard times and make a family picture or poem or collage or song or prayer about those things.
- Begin lighting a chalice at dinnertime and rotating the 7 UU Principles as you light it. Talk about what those principles mean to you.

Sunday Worship

SEPTEMBER 7th

9:15 & 11:00 AM Worship

Beautiful Like a River

We gather to begin the church year! The children will join us for the beginning of the service, The choir will sing. Bring a SMALL amount of water that represents the meaning of your summer and we will collect it in a common bowl. Join us as we celebrate the beauty, power and wonder of our common life.

Kathleen Hepler

SEPTEMBER 14

9:15 & 11:00 AM Worship

But Are We a Community of Faith?

FAITH is the theme of this month. What is the way of liberal religion as to matters of *faith*? Do we have a common faith? If each is free to believe what they find to be true, what do we tell the children about faith?

Kathleen Hepler

SEPTEMBER 21st

9:15 & 11:00 AM Worship

Michelle LaGrave, Ministerial Intern, Preaching. Theme to be announced.

SEPTEMBER 28th

9:15 & 11:00 AM Worship

Sorry, the Boat is Full

Using the Noah story we will raise our awareness about the 'have nots' and our new health program.

Kathleen Hepler

Religious Education

Summer has flown by, and life is busy in the First Parish offices gearing up for the new church year! I am looking forward to our church community coming together once again.

Over the summer, I met with the advisors of both the Junior Youth Group and the YRUU. Both youth groups have enthusiastic, creative advisors. The advisors' energy and dedication are going to make for a great year for both groups. YRUU will begin their regular meetings on September 7th at 7:00 p.m. The first Junior Youth Group meeting will be on Wednesday, September 17th, at 6:00 p.m.

Save the date! Sunday evening, September 14th, the Religious Education Council will sponsor an Ice Cream Social to kick off the year in religious education. At this gathering, all ages can make their own sundaes, meet other families and the RE teachers, see this year's curricula, and hear a bit about this year's RE program. It is sure to be a fun evening.

On Sunday, September 28th, there will be 2 excellent opportunities for putting our faith into action. The Metrowest Coalition for the Homeless is holding their annual Walk for Homelessness, which begins on the Common, right outside our doors! We'd like to have all ages participate in this event. Also on that day, there will be an opportunity to register voters in Framingham. Stay tuned

for more information on plans for these worthy causes.

Last year our theme for the "Special Sundays" (Sundays that fall on three-day weekends) was learning about Jane Goodall's organization called "Roots and Shoots". Roots and Shoots is a global organization that puts children's and youth's ideas for helping people, helping animals, and improving the environment into action. This venture was so successful that we decided to expand it this year so that all ages can participate. Please come to our first multi-age Roots and Shoots gathering on Saturday, September 27th. The time will be in the Weekly Update.

This year our Special Sundays will have a "Helping Hands" theme that will tie in with our UU principles. We will engage in projects that will help others in our local community.

Attention fall teachers: Your curriculum notebooks are available for pick-up. It is essential that you have your notebook prior to the start of the semester on September 7th. The New Teacher Orientation will be on September 6th.

I'm very much looking forward to our continued growing and learning together. See you soon!

Julie Porter,

Director of Religious Education

Roots & Shoots

Tune into Nature! First Roots & Shoots Meeting Sat, Sept 27th 4-6 pm

Our chapter of Roots & Shoots, the Jane Goodall Institute's global, environmental and humanitarian program for young people, is expanding from a Special Sundays RE program last year to its own full-fledged First Parish group this year. Starting with this Sept 27th meeting, we plan to meet every other month on a Saturday afternoon for a family activity focussed on helping animals, the environment and/or the human community. Our first meeting will focus on "tuning into nature" and will include introductory information about Roots & Shoots, a nature walk (weather permitting) and a "teatime" potluck (please bring a plate of finger foods to share). Please RSVP to Aimee Dalrymple at ADalrymple@alumni.duke.edu or 508-652-9946.

From the Parish Office

Parish Directory

The Parish Directory is available after Sunday services in the Parish House. A separate email list is available through the parish office. An interactive Parish Directory including email addresses is now available in the mem-

bers' area of our website. The members' area is password protected. If you have forgotten the user name and/or password, contact David Moore by phone, 508.872.3111 or email, office@uuframingham.org.

From the Board of Assessors

September greetings from your Board of Assessors.

No power is greater than a congregation discovering what it cares about and living out its principles in the community and the world. The Board and I anticipate an eventful year in our partnership with Senior Minister Kathleen Hepler and her staff, the Church Council, and you—the congregation. We can build on the progress and momentum from last year's board under Chair Rich Lawson. The Board continues a transition toward a role focused on strategic goals rather than day-to-day operations. We have empowered the Church Council under Pat Walker to facilitate communication and coordination between councils, committees, and other organization relating to the programs of the Parish. This shared authority for making decisions is fitting for a congregation that is the second largest in the Mass Bay District.

Supporting Kathleen in her ministry, integrating members—both new and old, and broadening our view of raising funds to include grants and targeted fundraising remain priorities. For details on where how we got where we are today, see the Annual Report from June.

What opportunities do you see at First Parish? We Board members are curious to know what you care about. We look forward to having conversations that matter and forming deeper connections with one another.

Pam Pierson, chair

Board members: Eve Benda, Jan Bolton, Aimee Darlymple, Gail Kaprielian, Janice Knapp-Cordes, Andre Lamontagne, Rich Lawson, Diane Montgomery, Chris Ross, Jennifer Saffran, Bill Schreiber

Membership Corner

Welcome back members and friends and welcome newcomers. It is great to have the full congregation come together again after the days of summer. Kudos to those who made possible and attended the summer services.

Mystery is in the air. First Parish's friendliness towards newcomers is going to be evaluated this fall with the arrival of a Mystery guest. Make sure to be mindful of opportunities to make others feel welcome.

I'd like to bring your attention to a few opportunities for joining in:

- **Babysitting Pool:** We would like to be able to offer babysitting for more of the church's activities, but we don't currently have a budget for it. We're looking to put together a list of people who are willing to volun-

teer to baby-sit. If you can help out, please email me directly or sign up at the welcome table.

- **Photo Directory:** We will be updating our photo directory this fall. Please let me know if you are interested in helping with this endeavor. Details to follow in subsequent newsletters.
- **Membership Council:** The Membership council is reconvening. Anyone interested in joining please contact Ruth Decker at ruth.decker@verizon.net

I look forward to helping you navigate your journey at First Parish.

Veena Baker, Membership Development Coordinator,
membership@uuframingham.org

News From Around The Parish

- Judith Stames-Hamilton and Roy Hamilton are happy to announce the birth of their fourth grandchild on Thursday, July 24 to daughter Deborah Stames-Merz and Jonathan Merz of Carlisle. Weighing a hefty 9 lbs. at birth, the baby's name is: Jason Bradford Merz.

Announcements, Dates & Events

Adult Lifespan Religious Education Fall Program

The First Parish ARE Fall Brochure is coming your way! Watch for it in the mail ... tape it on the "frige" ... and remember to sign up. Great courses are offered to nourish the mind, body, and spirit and are a relaxing way to meet other FPFers. Invite a non-UU friend to register, too.

Registration begins September 8, so sign-up by mail, office drop-off or at the ARE registration table at Coffee Hours on Sept. 14, 21, and 28. The FPF website (uuframingham.org) also posts the ARE program.

Bell Choir

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.

Dinner Discussion Group

There will be a meeting in late September, but the date hasn't been fixed yet. Anyone wishing to attend the September meeting can contact John Mylotte for details at 508-872-7125 or johnmylotte@verizon.net.

Green Sanctuary

Green Sanctuary will meet Thursday, Sept 18 at 7:30 pm in the Huntley Room. This group reflects our concern for all life on the planet. We see global warming / climate change as real, possibly catastrophic, and responding to it as part of living our values. Please join us to consider our next steps at church and in the community.

Have you taken the wind power step at home? NSTAR customers can opt to receive up to 100% of their electric power from wind by signing up at www.nstaronline.com/residential/. So far 13 First Parish households have done so.

Good News from the Massachusetts legislature: the Global Warming Solutions Act passed in the final hours of the legislative session. This was a courageous and bold step by the legislature. The bill empowers the Executive Office of Energy and Environmental Affairs to regulate greenhouse gasses from all sources across the Commonwealth, mandates a reduction of 80% below 1990 levels by the year 2050 and instructs the admini-

stration to develop a shorter-term goal of between 10% and 25% below 1990 levels by the year 2020 as well as limits for 2030 and 2040. This bill is a major step forward to begin the healing of our sacred planet. (from UU-MassAction, edited here) Thanks to UUMassAction, Environment Massachusetts, and Union of Concerned Scientists among others.

Healthy Living

Do you want to lose weight, reverse diabetes, reverse coronary artery disease, relieve arthritis, and improve your health as well? Come to the Healthy Living group meetings and learn how. Then you have to do it. Maybe the members of the group can support each other in their efforts. Meetings are the second and fourth Wednesday of each month, 7:30 PM to 9 PM, in the Huntley Room. For more information contact Aaron White at 508/788-0902 or aaronwhite@rcn.com.

Heritage Chorale

REHEARSALS/AUDITIONS: The Heritage Chorale invites interested singers to attend its Open Rehearsals on Tuesdays, September 2 and 9, from 7:45 to 10:15. Auditions will take place on Thursday, September 11. TENORS are especially welcome! Location: Scott Hall, First Parish Church in Framingham, 24 Vernon Street, (just north of Route 9 and at the end of the green in Framingham Centre.) Join the Heritage Chorale and John Finney, Music Director, for its 72nd season! Heritage Chorale presents three concerts per performance season: two concerts of classical/contemporary choral works, given in the Fall and Spring, and a Pops concert in the Winter. Music for the fall concert will feature part-songs by Haydn and Brahms as well as works by American composers Randall Thompson and Morten Lauridsen. Heritage Chorale's Accompanist and Associate Conductor, Darryl Hollister, will be at the piano for this concert, which takes place in the beautiful concert hall at St. Mark's School in Southborough. The membership of Heritage Choral consists of over 80 singers comes from many Metrowest communities and beyond. Please see www.heritagechorale.org or call the Chorale's info-line at 508-270-3999 for more information

The Music Committee

The Music Committee will meet on September 21, at 12:15 pm in the Choir Room. Call Charlotte Morrier ** (508)877-2447** for details.

Music Opportunities at First Parish

There are plenty of ways for people of all ages and abilities to participate in the music programs at First Parish. Details can be found online at the church's web site (www.uuframingham.org/involved/music.htm#groups) So, whether you sing, ring, or play, come and join us - email the Director of Music at music@uuframingham.org

Pies on the Common Committee

- will meet Tuesday, Sept 9, 7:30pm, Allen Room
We still have openings on the committee that need to be filled. If you want to help make this year's Pies a success, this is the meeting to attend.
- Help Wanted! Immediate openings on Pies Committee Quilt raffle needs someone to organize ticket sales Volunteers need someone to recruit them and make up their schedule Day of Pies field needs a manager contact Barbara Uftring at pies@uuframingham.org, or telephone 508-877-9059 OR come to our meeting Sept 8th at 7:30pm in the Allen Room. You don't have to work alone.

Walk To Prevent Homelessness

MetroWest Outreach Connection Walk will be September 28, 12:30 pm to register, and 1:00 pm walk begins to Brophy School (4 miles total) rain or shine! Refreshments, and raffle for awards given out to those who have over \$50 contributions on their sponsor sheet.

Our talented band under the direction of Luke Reitz promises an up lifting spirit for all of us.
Sponsor sheets available on website:
<http://www.mwoconnection.org>

Contact Persons: Myrna Howe 781-235-4226
Valerie Waldman 508-877-7769

Women's Alliance

This year the Christmas Boutique is a two day event open to the public. We need home made jams and jellies for the food table plus items for the gift tables, plus gift items for the gift tables. Here is a cookie recipe which you might consider for the boutique:

*Haystacks at Christmas**

2 packages butter scotch bits
1 can Planters Peanuts
1 can Chinese noodles

Melt butterscotch bits in top of double boiler over hot water.

Remove from heat.
Add noodles & nuts.
Mix thoroughly.

Drop by spoonfuls onto waxed paper.

Dorothy Moody

*From the Tercentenary Cookbook
Now selling for \$10.00

September 8th at noon we start our fall schedule. Bring a sandwich, drinks and dessert will be served. The program will be catching up on your summer activities. Looking forward to seeing everyone.

Adult Education ~ Ongoing Programs

- Book Discussion Group—1st/3rd Thursdays, 7:30 pm, Memorial Room. Contact: Oskar Heininger, 508-875-0476.
- The Coffee and Muffin Group—Every Thursday, 8:00-9:30 am, Huntley Room. An open, unstructured gathering of Parish members and friends who meet informally to get better acquainted and to discuss any topic. Open to all! Voluntary donations for the coffee and muffins are requested. Contact: Bill Read, 508-877-0150.
- Dinner Discussion Group—There will be a meeting in late September, but the date hasn't been fixed yet. Anyone wishing to attend the September meeting can contact John Mylotte for details at 508-872-7125 or johnmylotte@verizon.net.
- Interweave—Support network for bisexual, gay, lesbian, and/or transgender people and allies. Contact: John Hutchins, 508-620-6655.
- The Meditation Group—Mondays at 7:30. The Meditation Group offers a place and space for those seeking quietening of the thinking mind. Beginners are welcome. Sessions will consist of seated and walking meditation, inspirational readings and reflection. Please register before joining us. For further information or to register please contact Veena Baker, phone: 508-788-6016 or email: veenabee@gmail.com.
- Parents and Others—Monthly on Thursdays, 6:30-8:00 p.m. Allen Room. For members/friends with young children to discuss the joys and challenges of child rearing. Dinner and childcare cooperatively provided. Contact Deborah DuBourdieu (508-879-7158) for the next meeting date.
- Stitches in Time—2nd/4th Wednesdays, afternoon group, 1-3 PM and 2nd/4th Tuesdays, evening group, 7:30-9 pm at 110 Edgell. For any skill level, the group offers comfort and help in healing to those in need by knitting or crocheting shawls or lap robes, chemo caps or newborn caps for them. Contacts: Rev. Karin Tanenholtz (1 pm group) at kptanenholtz1@verizon.net or Trish Lynne (7:30 pm group) plynne@gmail.com.
- Women's Alliance—Monthly at noon. The group shares a meal while either enjoying special speakers or planning service projects. Contact: Pat Greeley, 508-877-0204 for the next meeting date.

September, 2008

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2 » 7:00 PM Heritage Chorale	3 » 11:30 AM Worship & Arts » 6:00 PM Junior Youth Group » 7:30 PM Church Council	4 » 8:00 AM COFFEE AND MUFFINS » 7:00 PM RE Council	5	6 » 9:00 AM New Teacher Orientation
7 » 9:15 AM Church Service » 11:00 AM Church Service » 7:00 PM YRUU	8 » 12:00 PM Women's Alliance » 7:30 PM Meditation Group VB » 7:30 PM FCNS Board Meeting	9 » 7:00 PM Covenant-JL » 7:00 PM Heritage Chorale » 7:30 PM Pies On the Common	10	11 » 8:00 AM COFFEE AND MUFFINS » 6:30 PM Parents & Others » 7:30 PM Board of Assessors	12	13
14 » 9:15 AM Church Service » 10:15 AM Annual Meeting of Ushers » 11:00 AM Church Service » 7:00 PM YRUU	15 » 7:30 PM Meditation Group VB	16 » 7:00 PM Heritage Chorale » 7:30 PM Pies On the Common	17 » 6:00 PM Junior Youth Group	18 » 8:00 AM COFFEE AND MUFFINS » 7:30 PM Green Sanctuary	19	20
21 » 9:15 AM Church Service » 9:15 AM RE Childrens' Worship » 11:00 AM Church Service » 11:00 AM RE Childrens' Worship » 3:00 PM Private Rental » 6:30 PM Green Sanctuary Film Series » 7:00 PM YRUU	22 » 7:30 PM Meditation Group VB	23 » 3:30 PM Brownies » 7:00 PM Covenant-JL » 7:00 PM Heritage Chorale » 7:30 PM Pies On the Common	24 » 7:00 PM Mothers of Twins	25 » 8:00 AM COFFEE AND MUFFINS » 6:30 PM Fairs & Squares » 7:30 PM MICAH	26	27 » 5:00 PM Roots & Shoots Potluck Supper
28 » 9:15 AM Church Service » 11:00 AM Church Service » 12:30 PM Walk To Prevent Homelessness » 7:00 PM YRUU	29 » 7:30 PM Meditation Group VB	30 » 7:00 PM Heritage Chorale » 7:30 PM Pies On the Common	1	2	3	4

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 - 5:30 PM. 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.

Pies On The Common

Saturday, October 18, 10 am to 3pm

Framingham Center Common

This is our 18th annual church fair.

We will have PIES - more than 500 freshly baked homemade pies to sell - artisans marketing their crafts, games for the children, fudge and cookies, coffee and muffins, hotdogs and drinks, and a beautiful new quilt to raffle off.

To make the day a success, we need volunteers - to bake pies + to sell quilt raffle tickets + to work at the fair.

Save The Date!

October 18, 2008

**Home baked pies
Quilt Raffle, Crafts,
Food, Games and
A Contest!**



Enthusiastic Volunteers Are Needed Now!

For info or to volunteer:

Email pies@uuframingham.org or Call 508-872-3111

Proceeds benefit First Parish Church, Framingham

A Note from the Editor

We wish to express our thanks to Trish Ramey, who these past several years has helped out our office staff by editing the Newsletter. Her hard work, dedication and expertise has been greatly appreciated. Thank you Trish!

With this, our September issue, we inaugurate a new format and masthead for the parish newsletter. This is a work in progress and will continue to evolve. Your comments and suggestions are welcome and encouraged. Please send them to David Moore at office@uuframingham.org, or give me a call at 508.872.3111.

Deadline for the October Newsletter is: FRIDAY, SEPTEMBER 19TH! Send your unformatted text to editor@uuframingham.org



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