



The Parish Record

The First Church and Parish in Dedham

www.dedhamuu.org

Volume CXXIX, No. 2

October, 2008

Calendar

October

- 2 – Tuesday, 7:00: Chalice Crafters
- 5 – Sunday, 11 Pet Blessing
- 7 – Tuesday, 7:00: Parish Committee
- 9 – Thursday: Office Closed
- 11 – Saturday: 10 - 2: **First Church Fall Fair**
- 13 – Monday: Office Closed
- 16 – Thursday: 7:30: Building and Grounds
- 17 – Friday: Office Closed
- 17 – Friday, 6:30 Cakes
- 25 – Saturday, 6:30: **Harvest Dinner**

Also...

- Youth Group: Sundays: 6:00
- Aerobics: Mondays and Wednesdays: 6:30
- Meditation: Thursdays: 7:30

Please see our website for the complete and up-to-date calendar

The Parish Record gets published monthly. The deadline for the next issue will be October 12.

First Church and Parish in Dedham
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Church Office:
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Rev. Rali Weaver, Parish Minister
Judy Butler, Office Administrator

Sundays in the Meeting House

October 5, 10:00 AM: “Atonement”

The Rev. Rali Weaver will preach.

Children will start in the Meeting House and be sung to their classes.

Yom Kippur, which falls on the 9th of October, is one of the most important holidays in the Jewish Year. Yom Kippur, which literally means atonement, is a time for making amends for the sins of the past year. This Sunday we will explore the value of taking responsibility for our errors and how we might in fact make our path smooth.

*There will be a Pet Blessing Service on the Green following worship. Please remember to bring your pets or remembrances of your pets to church this Sunday

October 12, 10:00 AM: “Welcoming All Who Enter In”

The Rev. Rali Weaver will preach.

Children will start in the Meeting House and be sung to a fun activity.

The delegates of the 1989 UUA General Assembly voted to initiate the Welcoming Congregation program in an effort to educate against “negative attitudes, deep prejudices, and profound ignorance about bisexual, gay, and lesbian people”. The Welcoming Congregation Program is a completely volunteer program for congregations that see a need to become more inclusive towards bisexual, gay, lesbian, and/or transgender people. This Sunday we will explore the risks and benefits of opening such a dialogue in our own church and the spiritual value of welcoming all who enter our doors.

*The Intergenerational Choir will sing this Sunday. All are invited to participate. Practice will commence at 9:30 am (sharp).

October 19, 10:00 AM: “We Are What We Eat”

The Rev. Rali Weaver will preach.

Children will start in the Meeting House and be sung to their Cool Deed

If we are what we eat how does where our food comes from tell us about who we are both as individuals and as a country? This Sunday we will explore the value of knowing where our food comes from and great influence we can have by thinking globally and buying locally.

*There will be an opportunity to discuss this subject following worship in the Sanctuary.

October 26, 10:00 AM: “The Veil Between the Worlds”

The Rev. Rali Weaver will preach.

Children will start in the Meeting House and be sung to their classes.

This Sunday we will explore the history of All Souls and All Saints Day and explore thoughts about the afterlife and how we might both remember and communicate with those who have passed before us. Joys and Concerns will be offered during worship

*You are invited to bring pictures of people and pets who have died and who you would like to remember as part of an All Souls/ All Saints remembrance to worship this morning..

From Our Minister:

Preparing for the Harvest

It is that time of year when we turn our attention to the harvest but in what ways have we prepared for this season? Have we cleaned out our freezer? Have we made room on our shelves? While Harvest is meant to be a time of reaping what we have previously sown it is in many ways a time of cleaning out old stores and preparing the ground for new growth.

Although everything around us is turning toward winter I can't help but be thinking of ways that we might prepare the soil for spring. I think that we may do this for our spirits as well. As a church I think we do this as well.

This month at First Church and Parish we will be exploring ways to prepare for growth of many kinds. Preparing the ground for our spirits at Yom Kippur and All Souls/All Saints Day. Preparing our hearts to welcome those who enter our doors and even preparing our email lists for potentially larger mailings. There is no way of knowing exactly what next years harvest will bring. And yet we know if we clear the space for new growth and prepare the ground new growth will come.

To that end you may notice clean spaces and I want to encourage you not to hurry to fill them up. Enjoy the harvest. And know that while the empty spaces make room for new growth, it is the empty space made by the harvest we honor in this season.

Happy Happy Autumn.

Rali

From The Choir Loft

Greetings! Our first-ever Family Choir was a great success. It was fun to see so many people, young and old, lift their voices in song. Let's do it again! Next Family Choir meets in the choir loft at 9:30 sharp on Sunday, October 12th. All are welcome.

DID YOU KNOW that next month marks the 30th anniversary of the installation of our organ? November 5th, 1978 was the day our organ was dedicated. An excerpt from the program reads, "In years to come, our sons and daughters, and theirs beyond, will sing, worship, and draw strength from this instrument of beauty." From the looks of the program it must've been a very festive day - four ministers, a combined choir drawn from four Dedham-area churches, and Nancy Ducette Farris presiding at the organ. BUT thirty years later our "instrument of beauty" is in need of some serious attention. Last spring the offering from Music Sunday went to begin a Instrument Maintenance fund. Last spring we also had an evaluation of our organ from the American Guild of Organists. There is much work to be done. But with bells sticking and notes not playing it wouldn't take much to get a better sound out of the instrument we have. If you wish to contribute to the care and maintenance of our beautiful organ you may send a check written to First Church and Parish in Dedham marked Instrument Maintenance Fund. And in the meantime I hope you enjoy the notes you hear from the choir loft.

Linnea Bardarson

Focus on Religious Education

Church school started today and everything went smoothly. Transitioning from the Meeting House to Sunday School seemed to go well. Some children transition more easily than others. If transitioning is difficult for your child please let us know. The children were a little surprised to see the changes in the Sunday School rooms. and making themselves at home in their new space. The pre-schoolers were busy trying out the new toys and making themselves at home in their new space. I think we will all enjoy having a chance to make the Sunday School rooms our own space. Thank you to everyone who donated furnishings and toys to furnish our Sunday School rooms and nursery. Also thank you to those who helped clean and set up the rooms.

We have wonderful group of teachers for the fall semester.

Pre-School: Judy Barrington, Grace Pena (**One more teacher needed**)

Kindergarten - Grade Two: Debbie Harrison, Mel Chaplin, Simone Carpenter

Grades Three to Five: Meg Duncan, Virginia Hickey-Ferentinos

Grades Six to Eight: Tyler Carpenter, Betsy Hetzler

Thank you so much for volunteering to teach!

Focus on Religious Education (cont.)

Our first “*Cool Deed*” Sunday will be on **Sunday, October 19th**. Our focus will be on “*Helping other children in the world through UNICEF*”. We will have a little “experiential snack” to get a sense of what children in other parts of the world get to eat. We will see what our UNICEF contributions can buy. Then we will make a plan as to what your child could do at home to earn money for their UNICEF box or do without, so the money could go into the UNICEF box. Everybody will be encouraged to bring their UNICEF box in the next week, October 26th. Returning the UNICEF boxes will be worked into Rali’s story for all ages. I will need three volunteers to help with this “*Cool Deed*”. Please let me know if you can help.

Help Needed:

- Sign up at coffee hour to be a nursery volunteer. Help our nursery director, Adeline Farrell with our littlest First Church friends.
- One more teacher is needed for the Pre-School. Have fun playing with three and four year olds. For more information contact: Judy Barrington, Rali Weaver or Carol Dixon
- Three volunteers needed to help with October 19th, “*Cool Deed*”.

We continue to search for a Religious Education Director. In the meantime, thanks to Rali for putting considerable time into helping with Religious Education, along with all her other responsibilities. If you know anyone who may be interested in this position please let us know.

Looking Ahead:

September 28 th	Curriculum
October 5 th	Curriculum
October 12 th	Intergenerational Service or Special Activity Family Choir
October 19 th	“Cool Deeds”
October 26 th	Curriculum

Carol Dixon
Chair, Religious Education Committee

Membership News

From the Music and Worship Committee

As we get into the swing of a new church year you may notice some changes in the Sunday services at First Church. While we continue the recent tradition of Sharing the Plate once a month, we will be trying some new additions to our services on a monthly basis, and we look forward to hearing your thoughts as the year progresses.

On the second Sunday of each month we invite singers of all ages to join the choir in the Meetinghouse at 9:30 to form an intergenerational choir, known as “Family Choir” for short. We will learn a simple piece to sing during the service. We had a good turnout for our first session on the 14th, and we hope to welcome even more singers in the future. No experience required!

On the third Sunday of the month there will be an opportunity to share your thoughts on the sermon topic at the end of the service. Many UU churches incorporate this practice, known as a “talk-back”, into one or more services during the year.

On the fourth Sunday of each month we will have a time in the service for Sharing Joys and Concerns, another common UU practice and one that First Church has sometimes followed in the past. Please see the note below for the format we will use for next Sunday’s service.

We welcome your feedback about any aspect of worship at First Church. Please speak to anyone on the Music and Worship Committee if you have comments or suggestions.

Judy Butler, Natalie Jensen (Chair), Sam King, Diane Winchester, Margaret Winchester, Rev. Rali Weaver, Linnea Bardarson (Music Director)

Big Fun For All Ages --The Fall Fair

Saturday, October 11th, 10-2

By the time you read this, we will be only days away from the Fall Fair. If you think you have missed an opportunity to volunteer, don't fret; you haven't! Your time and interest are still more than welcome.

We need cooks: Those who wish to create something tasty to sell can add to our table of homemade goodies. Those who like to cook, and give into their competitive urges, can enter our first annual baking contest.

We need judges: Ever wanted to but your way into power? Here's your chance: Judging positions for the baking contest go to the highest bidders. Silent auction style. Just let me (Liz) know what its worth to you!

We need raffle items: The bakers turn out the dough. The raffle rakes it in. The more items we can offer, the more successful it will be. Gift certificates, new or homemade objects and service donations are especially popular.

We need sporting equipment: You cleaned out your closet for the fair last year. This year, you can clean out your garage and basement. All that sports gear collecting dust in the corner? Donate it to the fair.

We need volunteers that day: This event brings together our church community as well as our Dedham community. It is a happy, low-key day, which boasts a lot of smiles and giggles. You won't regret being a part of it.

Most of all, **we need YOU!** Even if you can't contribute anything on the list above, come on down to the fair at 10:00 with a smile and prepare for a fun day.

See you there!

All Around the Church Community

A Bountiful Harvest...

The 2008 growing season has been bountiful. The opportunities for buying local food in Dedham have expanded and it seems that the demand for these foods continues to increase. Not surprisingly – they taste so good.

New in Dedham Square has been the Farmer's Market on Wednesday afternoons. Members of the Dedham Square Circle receive weekly email reminders about the market, which has helped to support attendance. In addition, the market has combined with other events, including a story time with the Library and musical performances.

A number of members of our Church have belonged to the Powisset Farm CSA in Dover this summer. The harvest has reflected the variations of the season and all of us have learned to try new vegetables. Some weeks there have been extra vegetables that have gone into our freezers for winter. A full share costs \$550.00 this year; but many of us who have small families split a share. The Farm also offers opportunities to volunteer and actually play a part in producing some of the food we eat.

Volante Farms has provided a wonderful selection of vegetables and fruits this summer. They always have a good supply of corn and the best selection of apples, peaches, plums and pears. It's great not to have to drive to central Massachusetts to buy local fruit.

If you do want to take a lovely drive, I recommend a trip to Honey Pot Orchards in Stow, Massachusetts. It is my favorite orchard. Joan Wislocki and I went out in August to buy peaches and early apples. Not only is the fruit great – but you can also buy very economical seconds that are great for pies, jams and applesauce. Add to the fruit a maize and farm animals and it is a great outing. Joan and I had fun feeding the goats.

I often think as I am driving around the state that there are other farms that might be near my route. I am hoping that as a group effort we can find and share information about some of them. I am putting a map of the State of Massachusetts and note cards on the bulletin board in the Parish House. If you know of a farm, please mark it on the map, give it a number and then put its number, name and address on a card next to the map.

As we celebrate autumn and this year's harvest, please join us again for First Church's Community Harvest Dinner on October 25th. We will need your help to prepare the dinner and hope you can join us for roast turkey with all the local 'fixings'. This year there will be more stuffing!!!

As a remembrance of summer, here is one of my favorite recipes for extra tomatoes, basil and cilantro

Stuffed Tomatoes

- 4 large tomatoes
- one onion
- pesto

Chop and begin cooking the onion in two tablespoons of olive oil.

Cut the tops off the tomatoes and scoop out their centers, adding the portion scooped out to the onion. Cook for about 20 minutes.

While the onions and tomatoes are cooking, make the pesto. To make the pesto, combine in a food processor two cups of basil or cilantro, ½ cup olive oil, 2 cloves of garlic, ½ cup raw almonds. Blend until the mixture is a smooth paste. You may need to add a bit more olive oil.

Place a scoop of pesto – heaping tablespoon - into the tomato, fill with the onion and tomato mixture, and bake in the oven at 350 degrees for about 20 minutes. Place a tomato on pasta or rice. Bon Appetit.

Editor's Postscript: It is with some sadness that I learned that Verrill Farms in Concord had a large fire last weekend. No one was seriously hurt, but the building was destroyed, and their farm stand is likely to be closed for the fall harvest season.

Deadline for the next Parish Record:

Since your intrepid Parish Record editor will be “on vacation” (and therefore away from the area) for the last 3 weeks of October, the deadline for the next newsletter will be earlier than usual. All material for the next newsletter must be ready for me by the evening of Sunday, October 12th. Deadlines for November and future editions will remain the 3rd Sunday of each month. Thank you.

All Around the Church Community

Green Topic – Composting By Carol Dixon and Jeff Hutton

I learned to compost from my dad. He was “green” before it was fashionable. He composted because it was a practical way to get rid of garden and vegetable waste and it helped his garden grow. Though my father has been dead for 17 years, I can still picture the look he would give me when I told him I was writing an article about composting for the church newsletter. I would explain to him that composting connects to the 7th Unitarian Universalist Purposes and Principle: *To affirm and promote respect for the interdependent web of all existence of which we are a part.*

Why? Composting is a green thing to do so you can read about it in several magazines. There are now numerous compost bins, compost recipes and accessories. Composting is actually very simple, it reduces your trash, saves energy and nourishes the soil. Maybe if everyone in Dedham composted we could reduce the trash we haul away. Maybe save enough money so we could hire another teacher, or police officer, or keep the library open on Saturday. We can't change everything at once but we can each make an impact by changing our own habits.

How? To get started at composting you will need some sort of compost bin. Many towns sell them at reduced costs and they are also available in garden supply stores. After that you just fill them up with garden waste, vegetable and fruit peelings, egg shells, coffee grounds, tea bags. **Do not put any meat or dairy into the compost this will attract rodents!**

For convenience sake it's helpful to keep a container for compost on the counter. As a long term composter, I have nice ceramic pot that I keep on my counter and just put my vegetable and fruit scraps in as I prepare dinner. Any container will do. Taking the compost out is a good chore for kids, my kids both complained about this chore but they seemed to have survived in spite of it.

As you clean out your garden in the fall, put your old plants in the compost. Plants I do not compost are: weeds and diseased plants. You can also layer grass clippings and leaves in the compost bin.

What Happens? Over time everything in the bin decomposes into organic matter that can be added to the soil in your garden or used in potted plants. It's not quick but it does happen over time. Once you get the composting habit you will be surprised at how you can reduce the trash you drag to the street or grind away in your garbage disposal. It's another way to reduce your carbon footprint and help the earth.

To see composting in action come and visit our backyard!

Postscript: Composting bins may still be available at a reduced rate through the Town of Dedham. Contact Virginia LeClair, Environmental Coordinator at 781-751-9213, or by email at vlclair@dedham-ma.gov.

Minutes of the Parish Committee Meeting July 29, 2008

Present: A. Staton, S. King, - A. Cecil, C. Dixon, D. Ewing, S. Lane, C. Leone, J. Hutton, K. Matthews, E. Sullivan

Meeting called to order at 7:10pm by Audrey Cecil

Jeff Hutton suggested that we elect a new chair and co-chair.

Motion to approve Allison Staton and Sam King as co-chairs second, approved.

Minutes of May 10, 2008 -Motion to approve minutes of 6/10/08 with one correction of A. Staton having been present. Second, approved.

Ministers Report

No Ministers Report as Minister is away.

Treasurers Report

Dan Ewing presented the treasurer's report. End of year accounting was reviewed.

Motion to accept Treasurer's Report, second, approved

Religious Education

Still interviewing for Dir. RE.

RE rooms were inspected and a wish list for what is still needed will be developed.

It was suggested that the room known as the Nursery will be called The Larcom Room.

Storage will be reconfigured.

Building Use Committee

Building use Schedule & Fees will be described in more detail on our web site.

New Business

1. Dates for the coming year
 1. Lay-led Sunday services through the summer
 2. Return to regular services 9/7/08
 3. Sunday School to start 9/14/08
 4. Sharing the plate
 1. September 14 – gift to Tennessee UU Church
 2. October 19 – UNICEF
 3. November 16 – Norwood Food Pantry
 4. December 7 – Globe Santa
2. The tragedy at the Tennessee UU Church and our response was discussed.
 1. Theme for next Sunday service will be Tennessee event
 2. Building security discussed
 3. Security system for Parsonage to be discussed at a future meeting
3. Dates for Fund Raising were reviewed.
 1. Sept 6 Potential Yard Sale – coordinated by Sam King
 2. Fall Fair Oct 4 – the committee thought 10/4 might work better than

Columbus Day but did not make a decision without Liz Ames. She needs to be contacted.

3. Service Auction – early March
4. Harvest Dinner (?)
5. A request was made to have fund raising be a regular agenda item
4. Parish Committee Meetings will be held on the first Tuesday of the month starting at 7pm except in Sept when the meeting will be on 9/9/08 at 7pm

Next meeting will be September 9, 2008

Meeting was adjourned at 8:45pm

**Respectfully submitted,
Audrey H. Cecil**