



The First Church and Parish in Dedham

www.dedhamuu.org

Volume CXXXV, No 1

November and December 2014

Sundays in the Meeting House

November 2, 2014 10:00 am

Daylight Savings Time

“The Politics of Prophetic Witness”

Our inter Kevin Carson will Preach

Our liberal religious tradition has historically been a champion of tolerance and freedom, but like other people of faith, we sometimes feel compelled to inject our moral voice into the political debate.

How do we balance prophetic witness with the “wall of separation” we value so dearly?

November 9, 2014 9:45 am

At the Allin Congregational Church

“Dancing Partners”

The Rev. Rali Weaver and

The Rev. Cheryl Kerr will preach

This Sunday we will be exploring the true meaning behind the greatest covenant “Love your God with all your heart mind and soul and Love your neighbor as yourself” and asking how we might dance more together.

November 16 10 am

“Taking the Historical Jesus to Church”

Our Intern Kevin Carson will Preach

Although we have deep roots in the Christian tradition many Unitarian Universalists are not sure what to make of Jesus. It’s time for a fresh look at Jesus through the lens of progressive scholarship.

November 23rd 10 am

“Gratitude and Generosity”

The Rev. Rali Weaver will preach

Gratitude and Generosity often go hand in hand. If you don't have one it is difficult to encourage the other and yet so often we consider both a weakness. This Sunday we will explore the depth and spiritual nature of both.

November 30

“The Practice of Forgiveness”

Our Intern Kevin Carson will Preach

We will explore how our forgiveness of others, and our forgiveness of ourselves, can transform our emotional and spiritual life.

Office Hours

Monday –Friday 9-1 p.m.

Calendar

Monday- Thursday Bay State Learning Classes

November 2 Daylight Saving time

November 9 Anniversary Service at Allin Church
We will share our offering with the
Dedham Food Pantry
2 p.,m. Memorial for Marge Wiren

November 23 Thanksgiving Sunday
Please bring Bread to share

Thanksgiving Sunday Bread & Cider Communion

December 7 Renewal House Gift Tree

December 14 Pageant & Hanging of the Greens

December 24 6pm. Caroling followed by a
Christmas Eve Candlelight Service

December 7th 10 am

“The Importance of Hibernation”

The Rev. Rali Weaver will Preach

This Sunday following our Holly Fair we will explore the importance of rest and consider new ways to foster a sense of Sabbath.

December 14th 10 am

Will be our annual Christmas Pageant

December 21st 10 am

“Yule”

The Rev. Rali Weaver will preach

This Sunday we will explore the gifts of this season that have more to do with holly than they do with tinsel.

December 24th 6pm

Christmas Eve

We will begin with Caroling on the steps of the Meeting House followed by a quiet candlelight service and a lively reception on the green.

From our Minister

This semester I have been engrossed in a class a class about Consciousness and the Brain. In it we have been learning all about brain function, neurological differences. One quite accessible book I would recommend was The Human Brain Book by Rita Carter which is a comprehensive pictorial by DK. While I approached all my reading with the understanding that while I may never make 100% sense of my brain I have tried at least to wrestle with some of its intricacies. Diagnosed in elementary school with dyslexia, speech issues and Attention Deficit Hyperactivity Disorder I was quite interested to find out more about the brain's effect on the human condition. I was mesmerized by truth that Carter points to that our adult brains do not stop growing but go on to change and evolve throughout our long lives. This has left me wondering about all the ways our consciousness can help us to awaken our brains and how unconsciously we are already rewiring our brains with everything from television and computers and cell phones and increased sugar in our diets.

While we cannot change our DNA, or do anything to affect our brain size; we can get enough sleep, exercise, drink enough water, meditate, and strive to stretch our brains in different ways throughout our lives. Our efforts will to live a healthy life may encourage the smoothness and speed of neural signaling in the same way that engaging social environments may help to increase our cognitive functioning. So many people suggest that our personalities are engrained and unchangeable. Carter even points out the markers in our brain that affect our personality. For instance the prefrontal cortex and anterior cingulate cortex and thalamus all affect how extroverted or introverted we are, while the cingulate cortex and amygdala affect our sense of optimism or pessimism. We cannot perhaps change the predisposition of our brains brain stimulation may help mitigate the most debilitating symptoms. This raises many ethical questions about how doctors who become proficient in deep brain stimulation or even brain surgeons armed with enough knowledge may be able to tweak brains away from depressive or homicidal tendencies. Would ridding the world of socially unacceptable personalities also eliminate needed diversity? And who would decide in any given time period what is an appropriate personality?

At the same time I have also be fascinated by the Counterclockwise Studies did at Harvard Ellen Langer that were recently reported on WBUR. In these studies Langer has taken subjects and turned back the clock for them psychologically by structuring their environment to help them go back in time to their heyday. In her research she has found this technique to lower blood pressure, increase circulation and generally to improve health. It makes wonder how much structuring our environment might effect our health in countless ways. Back when I was the intern at the First Unitarian Universalist Society of San Francisco I stumbled upon a group that called themselves the "End Zone group". What I found fascinating about them is that these ten 80-90 year-olds had been meeting together for over 35 years without loss of one member. Starting in their 50's and 60's they gathered each week to talk about aging and the obstacles they faced. These group meetings encouraged one member to move closer to the Muni station, another to get a wheeled walker with and breaks and a seat, and a third to put an elevator in his self owned apartment building so that he could keep his penthouse apartment and have no difficulty going up and down the stairs. Increasing their mobility and thus freedom seemed a key contributor to longevity and youthfulness.

It has occurred to me that for some of you coming to church may serve as a counterclockwise experience. It is my hope that in many ways this spiritual community might enliven your brains and increase your consciousness to help you grow and change throughout your life.

Dear Families and Friends,

As the Hindu celebrate their Festival of Lights called Diwali and Pagans prepare for the New Year that for them begins October 21, most of us ready for Halloween and the Day of the Dead. All celebrations share a theme: honoring our ancestors, remembering those who've gone before, and preparing our farewells to the summer light as we greet the winter dark. Mark your calendar for Sunday November 2, when we invite everyone to wear costumes! There just might be a little trick-or-treating and a prize for best costume.

As well, we continue to develop the RE program. This week we will again have sign-out sheets for the younger kids at the end of RE classes. So, please go sign them out and take a moment to chat with their teacher. It's a great way to connect with what they've been up to. Classes end 11:15. Also, we put up the 7 UU Principles on the Parish House stairs, that the 5th and 6th graders created and more art is soon to come.

I am posting on our Facebook page and would love to see you there. Please **like** us! The more likes we get, the more we are helped doing the vital work of reaching out to new members.

We've have a couple of great events. The **Junior Youth** met with some of the upper Elementary kids who helped with the car-wash and they had their Disco Volleyball night. It was well run and fun and I enjoyed having a chat with the team of chaperones.

The **Senior Youth Group** had their montly meeting to talk about plans and goals for the year. We talked about inviting other non-UU teens to join events and about what events the group would like to particppate in. We dreamt about goingto Portland Oregon for the summer's General Assembly. We also got a rough tally of the car-wash pledges and it was over \$400 dollars. Great work!

It looks like both **Youth Groups** will offer helping hands with the Thanksgivng Turkeys for neighbors in need. We are also talking about ways to host these visitors and make them feel welcome. If you want to lend a hand, please contact Rali, me or put your name on the sign-up sheet in the Parish Hall.

Other news about classes:

Neighboring Faiths began their delving in the AME church that they'll be visiting with in the next couple of weeks.

The **OWL** kids began this Fall's 8 week session and parents were invited.

The 6 and 7 year olds in **Timeless Themes** worked on a great project called "The Golden Rule" where they made actual golden rulers and "Golden Rule Cards" that they could give out to friends. Each card holds a word or phrase like "love" or "friendship" that the child can offer to another—now that's currency we need more of!

The **Spirit Play** kids read the story of Phan Ku, an ancient creationist story from China that tells how before the world came into being there existed only the Cosmic Egg that floated unchanging in the Void. Its name was Yin and Yang, harmonious opposites. Then within the Egg Phan Ku was born, the primordial man who slowly grew until he stretched out his limbs and his hand closed about an axe. He struck and split the shell of the Egg and burst free. The story continues about the creation of the world. Here is a link to one of the many versions online:

<http://www.unicorgarden.com/creation.htm>

Wow, so much to share!

My family and I have been with you all for almost 2 months. Thank you for inviting me into this growing, caring community, and I look forward to more opportunities to connect.

With faith, bllu

Our Acting DRE can be reached at blucatalano@dedhamuu.org

Some Committees and Ways to Get Involved at First Church:

(This is not an all inclusive list!)

Ushering, Coffee Hour and Lighting the Chalice Have you ever wanted a behind the scenes look at how our church service is set up? Do you like to say "Hello" to people? Do you like people to give you money? Do you like to light candles? If you answered "yes" to these questions, then First Church has a job for you as an usher! Seriously, rather than going week-to-week recruiting ushers, we are asking you to pick a Sunday or two when you can usher. If all the Sundays are not filled before the end of September, we will assign them. If you haven't ushered yet, there is an easy to follow set of instructions. You can do so on the Bulletin Board outside the dining room in the Parish Hall or by going to www.keepandshare.com/calendar25 If it tells you you must sign in, use username: firstchurchdedham password: alvanlamson If you have any problems. contact Susan at ssennott1@gmail.com or 781-752-6742

The Children's Religious Education Committee is comprised of Judy Barrington, Carol Dixon, Betsy Hetzler, Josh Langmead, Paquita Bass, Liza Arend and Bllu Catalano. They could always use another member. If you are interested in finding out more please contact any member of this committee or attend their Committee Meeting on the First Sunday of each month during Social Hour.

Social Hour Planning Judy Barrington makes the coffee, all you need to do is bring a few goodies and set up and clean up. Committees are encouraged to sign up. Please contact the Church office with questions.

Membership Committee Carol Dixon and Judy Barrington have agreed to chair the Membership Committee. If you would like to lend a hand in encouraging the vitality of our membership please contact them.

Civic Engagement At First Church civic engagement is an activity of our whole church. We do not meet as a committee to plan our strategies, we only work to publicize more widely the interests and activities which are available. If you are interested in helping with this effort you may contact [Rev. Rali Weaver](#) or [Eileen Sullivan](#) for more details.

Welcoming and Anti Racism-Anti Oppression Awareness On April 17th of 2013 First Church was officially recognized as a Welcoming Congregation by the UUA. We are ever striving to increase our efforts to make ourselves a more loving and open individuals and church. In light of the recent racist events perpetrated in our world today we will be focusing some of our efforts on Anti Racism/ Anti Oppression Awareness. If you are interested in knowing more about these efforts, or would like to assist with the next steps, you may contact Rev Rali Weaver raliweaver@dedhamuu.org 617 459 5979

Green Sanctuary Committee Kevin Carson our Ministerial Intern will be spearheading our efforts to be a more green community. If you are interested in this effort please contact Kevin kmcarrson@aol.com.

Council on Committees will meet October 19th after worship. One member of each committee is encouraged to attend to help with planning and overseeing the Long Range Plan for this church year.

All Around The Church

November/December

On Sunday, November 9th

We will be celebrating our Church Anniversary with the Allin Congregation.

Worship will be across the street at the Allin Church

the service begins at 9:45

2:00 PM there will be a worship service and a reception for Marge Wiren in the Meeting House followed by a reception in the Dining Room.

Sunday, November 16th following worship

There will be an Annual Meeting of the Church and Parish in the Meeting House. Members are encouraged to attend.

Followed by a luncheon hosted by the Women's Alliance in the Dining Room.

Following the Luncheon there will be a short meeting of the Council on Committees

Please contact Rev. Rali Weaver 617 459 5979

raliweaver@dedhamuu.org if you have questions about attending.

Sunday, November 23rd

We will be celebrating our Thanksgiving Sunday. All families are encouraged to bring bread from their family traditions to share as part of worship and at coffee hour

The Dedham Food Pantry will be giving out Thanksgiving turkeys at First Church and Parish in Dedham from 12- 4. We need many volunteers to pull this off. Please sign up on the bulletin board outside the dining room.

Saturday, November 29th

On Site Holly Fair Prep Begins

There are countless things you can do now to help us prepare for the Holly Fair, including baking, making crafts and getting the word out, but on Saturday November 29th we will begin setting up the Trading Post and you can bring your gently used items for sale. **Please do not bring computers, televisions, air conditioners or large furniture.** All other **working** electrical items will be accepted: lamps, small kitchen appliances etc. Please bring only items that are clean and in sellable condition.

December 6

Holly Fair! Don't miss it.

Sign up on the bulletin board of the Dining Room to help

celebrate Christmas at First Church

December 24th Christmas Eve begins with caroling on the green at 6p.m.

Minutes of the Parish Committee Meeting

August 18, 2014

Present:

Diane Cullen-Moore, Betsy Hetzler, Andrea Gilmore, Geoff Tegnell, Kathy Elefterakis, Sharon Lane, Debbie Harrison, Natalie Jensen, Cindy Jones, Julia Gecha, Iyabo Obasanjo, Rali Weaver

Meeting called to order: 7:08 p.m.

Introductions of PC members

Gratitudes

Minutes of June 9, 2014

--Motion to approve minutes--seconded—approved

Peter Smith (Oxbow Partners): 19 Court St. Property

--Overview of redevelopment program of building into 6 apartments and new parking structure

--Addition for set of stairs to face parsonage; 'rain garden' beside parsonage also

--Strict standards due to preservation program, historic tax credits, Dedham Historic Comm., etc.

--Fencing along property line (parsonage and playground)

--Development hopes to begin November; 10 months of construction

--PC consensus positive towards project

--Continue communication between Peter Smith and the Church

Minister's Report—Rali Weaver

--Director of Religious Education: Bllu Catalano recommended

--Brookline UU Church member; interested in credentialing; highly recommended

--Motion to approve the proposal to hire Bllu Catalano for 2 months probationary period, beginning Sept. 1 as half time employee, pending CORI check—Seconded—approved

--Kevin Carson ready to return

--Kevin to preach 15 Sundays; Rali to preach 20 Sundays

--Once a month preach in VT (request by that church)

--To work with RE Committee as well

--Rali to California for Ph.D. program August 20-27

Treasurer's Report—Sharon Lane

--Fiscal Year 2014: overall \$11,271.61 positive; report submitted to auditors

Parish Record November/December 2014

--Fiscal Year 2015:

--Income: \$16,125 prepaid pledges; land rent money of 19 Court St. house (prior to sale)

--Expenses: \$2,166 for downed tree limb and parsonage bulkhead repair; Rali health insurance paid in July and no longer needed; Rali's dental insurance also canceled

--Overall \$6,670 under budget

Old Business

--Fall Fair: need chairperson; questions of viability of Fair; discuss further in Sept.

--Bay State Learning Coop: Liasons: Geoff, Sharon, Andrea

--Many requests about spaces, technology, etc. needing answers;
requests should lessen with time

--Rali more present now to answer questions

--Request of a shed in the playground: PC replies no use of playground area

--20 students enrolled

--Continue to inform PC of questions

--Insurance certificate needed before school begins; Andrea to follow up

New Business

--Harvest Dinner: Saturday, October 25, 2014

--Need help with publicity

--Tree concerns: Andrea Gilmore

--Oak tree in front of parsonage: safety questions

--Another oak with lightning damage

--Maple (double trunks) by parsonage concerning

--Oak behind church overgrown

--Norway maple by playground overgrown

--Safety concerns paramount in decisions

--Estimates needed

--Do tree work before reseed Green

---Sharing the Plate: September—Dedham Food Pantry

--Marge Wiren Memorial Service: Sunday, November 9 2:00 p.m.

--Parish Committee meetings: first Monday of Month, except September

--Plymouth house: Terry Sabine ready to transfer to First Church; hope to sell Spring 2015

Next Meeting: Monday, September 8, 2014 in the Parish House

Meeting adjourned: 9:02 p.m.

Respectfully submitted, Deborah Harrison, Clerk

gently used
TOYS



delicious
HOMEMADE
FOODS

Sat
DECEMBER
7th

Fresh
BAKED
GOODS



books

Jams
JELLIES



&
Local
HONEY

First Church
HOLLY FaiRE

670
HIGH
STREET
Dedham
Ma



HANDMADE CRAFTS

SPECIAL
treasures



White
ELEPHANT
TRADING POST



gifts
9AM
to
2PM

continental
BREAKFAST

