



## ***THE FIRST UNITARIAN UNIVERSALIST SOCIETY OF MIDDLEBOROUGH***

25 South Main Street, Middleborough, MA 02346

[www.uumiddleboro.org](http://www.uumiddleboro.org)

July/August, 2014

### **SUMMER SERVICES**

Summer services begin at 9:00 a.m. in the Parish Hall. Please join us.

#### **June 22: Norm Grenier - *The Eye of the Beholder***

On the surface, a religious outlook on life appears quite irrational. Yet religions are a universal phenomenon. Why? Norm Grenier will explore this question using insights from psychology, science, and theology.

#### **June 29: 11:00 a.m. - General Assembly in Providence, RI**

Join us at the worship service at General Assembly in Providence this morning. **There is no worship service at the church.**

#### **July 5: Tricia Tummino - *Getting Your Game On***

Tricia will speak about passion and how it connects us to what is outside ourselves. Is there something we can learn from Dustin Pedroia and Mary Oliver?

#### **July 13: *Social Justice UU Perspectives***

Join us for a discussion of how people in our church are involved in a variety of social action activities. Find out about the wide variety of services we offer and opportunities for new growth.

#### **July 20: Chris Korben - *Spirit Horse***

Like many animals, horses can connect us to ourselves and to “something” outside/inside ourselves. Whether you call it God, Goddess, spirit of Life, or Love, come and learn about the Nature of Horses and the lessons they provide. Learn about the work psychotherapists are doing to incorporate horse energy into therapy lessons and the ways that horses are teaching mindfulness and social skills. Chris Korben, MSW, LICSW, is one of the pioneers of the Equine Facilitated Psychotherapy movement and will share her personal and professional experiences with you.

#### **July 27: Jeff Giddings - *Waste Not Want Not***

No matter how well we plan, we are subject to circumstances beyond our conscious control (blizzards, stock market crashes, leukemia). Though we may think we are in control and have everything figured out, it can come crashing down in an instant. But personal experience leads us to trust in a cosmic principle: if we are grateful for what we have and mindful about how we use it, we will always have what we need. This has very practical implications.

#### **August 3: CUUPS - *Celebrating First Harvest at Soule Homestead***

Lughnasadh or Lammas is a celebration of the bounty of the fields and fruits of the season’s labor. It is the first of three harvests celebrated by anyone honoring nature and its gifts. It is a happy time and one to sing, play games, and wish everyone blessings. **There is no worship service at the church this morning.**

#### **August 10: *Retirement***

Join us as we explore a wide variety of issues in retirement. What did we hope for? What can we learn from others’ experiences? What opportunities are there for us in retirement? **Andrea Priest**, our Council on Aging Director, will be one of the presenters, along with **Larry Tummino, Sandy Levine and Valerie Fontaine**. Attendees should budget one hour for this service.

#### **August 17: Sue Curtiss - *Relationship As Spiritual Path***

Today’s service will be a discussion of how we use relationships in our lives as vehicles for healing and growth. Based on the groundbreaking work of Hal and Sidra Stone, we will consider a new relationship paradigm of ‘joint venture.’ We will look at relationships in a new ‘no fault’ way and explore why people become our teachers as we allow each relationship to take us exactly where we need to go.

#### **August 24: Barry Simon - *Music Meditations***

Spiritual reflections, humor and music on the hammered dulcimer and flute will be presented.

**August 31: *Transgender*** - The parents of a transgendered child will be presenting (*pending confirmation*).

## *Minister's Meditation*

Dear Friends,

Thank you for another wonderful year! I confess I did not believe these sweet June days would ever come again. As we enter into the summer months, my schedule will be a bit different. I will be attending General Assembly this year from June 23<sup>rd</sup> through June 29<sup>th</sup>. I have what we call "study leave" which is about three weeks when I am available, but I will be spending most of my time reading, attending workshops, and preparing for next year. I will also be taking vacation time, when I will be unavailable. For vacation time, I will be exchanging coverage with my colleagues so that we will be set for pastoral care and other matters as they arise. As soon as I know the actual dates when I will not be available, I will post them on our website, on the doors of the Grant Building, and on my answering machines. The best way to reach me over the summer will be at my home study number, (508) 967-2763.

As you can see, the lineup of speakers for our Summer Series is wonderful! I'll be attending as many as I can, and hope to see you there.

*Rev. Sarah*

## *Chris's Comments*

With summer upon us, I find a need to revisit the theme of Gratitude. Maybe because I have been working on being grateful for many years, making a gratitude list comes easy to me most days. On the other hand, maybe it is easy because I have more than is fair.

My gratitude in the summer is different than many other people's because I don't really like summer. Oh, I like the long hours of daylight but not the heat or the bugs or the tourists. (I don't even live in a tourist town anymore, but I still don't like them.)

One of the things I am grateful for is the work I get to do, which I love. I love getting to interact with people in a variety of ways, to be both a teacher and a student within moments, to hear great ideas and great questions.

Last week a question came to me that I think is worth asking. I have been thinking about it a lot and am aware that in some ways it is a trick question. The question is: What lies are you telling yourself? For me, the trick is that if I am telling a lie, I'm not likely to know it; so how can I answer the question? I am going to begin to ask some of the people around me who I trust to help me with it.

For me, some of the answers are easy. For instance, my jeans shrank in the dryer. Other answers are harder. For instance - do I make healthy choices about what I eat? Other answers are still harder and have to do with my internal belief system and what I am willing to do to make First UU Middleboro and the world a better place. Of course, some days I am more willing than other days. Today it is a truth in which I am willing to put in the time and energy to the best of my ability. I do not always accomplish what I hope for. Ah ha - another one of those lies is that I can change the way things turn out. I can only do my part and, with others, make the contributions we can make and see what happens next.

I challenge you to think about the lies you tell yourself and see if they are serving you well. Some lies serve us and keep us from worrying about things we cannot change anyway. For instance, if I know how many hurricanes there will be this year, I can stay safe.

I would love to know about how you find answers to this question.

In Faith,

*Chris Korben, President*

## GREAT NEWS!

The Religious Education Committee is delighted to announce that we have a new Director of Religious Education (DRE). **Juliet Donaldson** comes to us from Franklin, MA, where she lives with her husband and four children. They arrived in the US from the UK in 2005 and joined the Unitarian-Universalist Church two years later. In Franklin, Juliet has taught both adult and children's R.E. and served as the R.E. Committee Chair. Juliet is passionate about religious education and is excited to be joining us.



## MUSIC NOTE

Weekly Chalice Choir rehearsals start on **Tuesday evening, August 26, at 7:00**. We will be taking a break over the summer and heartily welcome new singers in the fall!

*Susan Hotchkiss, Director of Music*



## GIANT YARD SALE

Joining the

**KRAZY DAYS Festival On Our Grounds**  
**Friday and Saturday, August 1 and 2**  
**9:00 a.m. - 3:00 p.m.**



Collect your donations now:

housewares, kitchen stuff, sports stuff, children's goods, furniture, tools, etc.

We need volunteers to help with setting up, selling, and cleaning up.

Contact **Jeff Stevens**.



**SAVE THE DATE!**  
**Sunday, October 19, 2014**  
**2:00 - 4:00 p.m.**



## *THE FIRST UNITARIAN UNIVERSALIST SOCIETY OF MIDDLEBORO'S* *125<sup>th</sup> ANNIVERSARY CELEBRATION GALA*

The 125<sup>th</sup> Anniversary Celebration Gala will be held on Sunday, October 19, from 2:00 to 4:00 pm. This Gala will be combined with an Organ Concert open to the public. It will consist of alternating pieces of organ music and historical pieces about the UU Society read by people from the church and the community. There may be costumes for some readers. There will be a reception after the concert.

Be ready to lend a hand in the preparations for the celebration!

*Sue Sherman*



## CRANBERRY CLUSTER


The fall Cranberry Cluster will be held in Duxbury at the First Parish Church. The date and time will be announced.



Next winter we expect to meet at the UU Society of Fairhaven.

*Bud Soule*

# JULY 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1  10:00 a.m.- 3:00 p.m. Peaceful Quilters, Parish Hall	2  7:00 p.m. Music Committee, Parish Hall	3  7:30 p.m. Spirituality Group, Parlor	4  	5
6  9:00 a.m. Worship Service, Parish Hall	7	8  10:00 a.m.- 3:00 p.m. Peaceful Quilters, Parish Hall  6:30 p.m. PR Committee, Parish Hall	9	10  7:30 p.m. Spirituality Group, Parlor	11	12
13  9:00 a.m. Worship Service, Parish Hall	14	15  10:00 a.m.- 3:00 p.m. Peaceful Quilters, Parish Hall  6:00 p.m. Expansion Committee, Suite C	16  6:00 p.m. Parish Committee, Parish Hall	17  7:30 p.m. Spirituality Group, Parlor	18	19
20  9:00 a.m. Worship Service, Parish Hall	21	22  10:00 a.m.- 3:00 p.m. Peaceful Quilters, Parish Hall	23	24  7:30 p.m. Spirituality Group, Parlor	25	26
27  9:00 a.m. Worship Service, Parish Hall	28	29  10:00 a.m.- 3:00 p.m. Peaceful Quilters, Parish Hall	30	31  7:30 p.m. Spirituality Group, Parlor		



**GREEN TIP:**  
**THINGS YOU NEVER KNEW WERE RECYCLABLE**  
*Surfboards*



ReSurf Recycling recycles all surfboards and surfboard manufacturing waste materials into numerous products including asphalt and concrete for paving city roads. Additionally, the company developed a method to produce 100 percent recycled yoga mats using neoprene scraps from wetsuit production.  
*Courtesy of the Green Sanctuary Committee*

# AUGUST 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
					Yard Sale  7:00 p.m. Knitting Group, J. Gould's Home	Yard Sale
3	4	5	6	7	8	9
9:00 a.m. Worship Service, Soule Homestead		10:00 a.m. - 3:00 p.m. Peaceful Quilters, Parish Hall  6:00 p.m. Expansion Committee, Suite C		7:30 p.m. Spirituality Group, Parlor		
10	11	12	13	14	15	16
9:00 a.m. Worship Service, Parish Hall	6:30 p.m. 125th Anniversary Celebration Meeting, Parish Hall	<b>Rev. Sarah Returns</b> <b>Church Office Reopens</b> 10:00 a.m. - 3:00 p.m. Peaceful Quilters, Parish Hall  6:30 p.m. PR Committee, Parish Hall		7:30 p.m. Spirituality Group, Parlor		
17	18	19	20	21	22	23
9:00 a.m. Worship Service, Parish Hall  <b>September Newsletter Deadline</b>	7:00 p.m. CUUPS, Parish Hall	10:00 a.m. - 3:00 p.m. Peaceful Quilters, Parish Hall  6:00 p.m. Expansion Committee, Suite C		7:30 p.m. Spirituality Group, Parlor		
24	25	26	27	28	29	30
9:00 a.m. Worship Service, Parish Hall		10:00 a.m. - 3:00 p.m. Peaceful Quilters, Parish Hall  7:00 p.m. Chalice Choir Rehearsal, Sanctuary		7:30 p.m. Spirituality Group, Parlor		
31						
9:00 a.m. Worship Service, Parish Hall						

**Ingathering: Sunday, September 7**



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## WHERE ARE YOU RENEWING YOUR SPIRIT THIS SUMMER?

*Check out the following camps, retreat centers, and institutes:*

**Rowe Camp & Conference Center, Rowe MA:** <http://rowecenter.org/pages.php?name=Camps>

From June to September Rowe Center holds summer camps instead of conferences. For adults, our summer programs offer an opportunity to immerse oneself in a more general program for a longer period of time. In addition, our youth camps offer 1-3 week sessions for young people ages eight through eighteen.

**Star Island, Portsmouth, NH:** <http://starisland.org/conferences/2014-conference-listing/>

Star Island welcomes you to vacation with a purpose and enjoy the community, experiences and brehtaking views only found on New England's unique summer island. For over a century people have visited Star Island, and the other Isles of Shoals off New Hampshire's coast, for a chance to learn about matters of consequence and explore the world as it might ideally be removed from the constraints of mainland life. Immerse yourself within one of our cherished "conferences" — an historic term we call our traditional summer island gatherings.

**Ferry Beach, Saco, ME:** <http://www.ferrybeach.org/>

Ferry Beach is a retreat and conference center located on the coast of Southern Maine. It is a magical place on the beach where you can bask in the afternoon sun, take a morning walk through a grove of sunlit trees and enjoy the company of others as they travel along this journey called life. Ferry Beach is a loving community of people, healthy, delicious food, good coffee, lots of music and a time for reflection in addition to a beach vacation.

More information on summer programs can be found at <http://www.cu2c2.org/>.

