



# THE FIRST UNITARIAN UNIVERSALIST SOCIETY OF MIDDLEBOROUGH

25 South Main Street, Middleborough, MA 02346

www.uumiddleboro.org

December, 2014

*The theme for the month of December is Grace.*

**Sunday, December 7, at 10:30 a.m.**

**Rev. Sarah K. Person preaching**  
*What Do We Do with Grace?*

Abiding, Amazing, Transformative, Unmerited. Explore the meaning of grace for Unitarian Universalists. What do we think about grace in these times? It used to be at the center of religious life; either you had it or you didn't. Nowadays, we're not sure what it means, or how to recognize it. But the idea of grace can be a tremendous force in our lives, if we let it. Special music will be provided by a vocal ensemble.

**Sunday, December 14, at 10:30 a.m.**

**Rev. Danielle DiBona preaching**  
*Waiting for the Child*

Advent is a season of waiting. We wait with anticipation for the birth of a child who will change the world. What child might that be in this time in our world? The Chalice Choir is singing.

The Rev. Danielle DiBona is currently serving as Consulting Minister at the UU Church of Weymouth and is a former member and longtime friend of our church. We welcome her back to our pulpit.

The Minister's Q&A and Fellowship Hour will be held in the parlor after the service. The Expansion Task Force will be hosting a special activity on setting our priorities for the coming years.

**Sunday, December 21, at 10:30 a.m.**

*Musings on Dr. Seuss*

Today's intergenerational service will feature the classic Grinch story as the basis for our holiday pageant and the marvelous notion that big hearts, bigger ideas and the biggest miracles of all come from the smallest packages. We welcome our children in worship and the timeless lessons for us all. The IG Choir is singing.

**Wednesday, December 24, at 5:30 p.m.**

*(Please note time change)*

**Christmas Eve Service**

Our Christmas Eve service is a celebration of this holy time with readings, music, carols, our children's Nativity, and ends with our traditional candle-lighting ceremony. This is a time to pause in our hectic preparations and gather together for moments of joy, festivity and gentle memories of peace. Special music provided by guest harpist Shelley Otis, the Chalice Choir, and several musicians from within our church community.

**Sunday, December 28, at 10:30 a.m.**

**Adrienne Williams leading**  
*Habari Gani? It's Kwanzaa Time!*

Please join us for Interactive Stories, Poetry and Song in Celebration of KWANZAA and the African Diaspora.

## **Minister's Meditation**

*My Friends,*

*We are entering the season of noisy demands and requests that we give, give, give. Salvation Army volunteers wait outside our supermarkets, flyers wait in our mailboxes, and telephone appeals wait on our answering machines. We can be overwhelmed, and this might make even the saintliest disposition get resentful.*

*However much I may understand, I as your minister want to encourage your saintly aspect – therefore, I offer some advice that I learned from many of you during our last stewardship campaign. A number of you commented that you realized giving to the church was not like giving to another charity. Giving to the church was giving to yourself – “investing” in yourself, as one of you put it. So, let me turn this around and ask: what would it be like if you gave to charity as if you were giving to yourself?*

*I mean this on two levels. Giving away possessions or cash to places it will do the most good is a good feeling lesson for us all, and for our children as well. We may give because we know much was given to us. We may give because we don't have too much, but we know, chances are, there are others who are worse off. I am asking that we give away something we would like to receive; that we give with the full and humble knowledge that we might have been in a place of need at some point in our lives and that this act of caring would have made a difference. Offer something real and personal to the “you that might have been.”*

*Go in peace and full of grace,*

*Rev. Sarah*



**THE FIRST UNITARIAN UNIVERSALIST SOCIETY OF MIDDLEBOROUGH**  
**The church administrative offices are located at 40 North Main Street, Middleborough.**  
**The phone number is 508-923-7757.**

### *Chris's Comments*

In the Spirit of Love and the Spirit of the Season, I share this gratitude list with you:

- A - for the altar which holds candles or toys or drawings from children
- B - for the Building which is not big enough to hold all we wish to do
- C - for Children who although not mine fill my heart with joy
- D - for Dedicated people who do the work that needs to be done
- E - for the Energy to keep going
- F - for Friends
- G - for the Generosity of people at First UU
- H - for Help that comes in so many forms
- I - for Divine Intelligence that guides the way
- J - for work for Justice and for Joy
- K - for Kindness
- L - for Love
- M - for Many who create the whole
- N - for the Narthex looking so inviting
- O - for Opportunities to practice caring
- P - for Possibilities
- Q - for Questions that have no easy answers
- R - for the Respect for the web of all living things
- S - for the opportunities to be a Student
- T - for Time to be
- U - for Unitarian Universalism
- V - for the ways we Value each other
- W - for Wisdom to know the difference
- X - for the eXtra effort so many people make to create this wonderful space
- Y - for our Youth who are our future
- Z - for Zest for First UU and for life

May all that you care about fill the holidays.

In Faith,  
*Chris Korben*, President of the Parish Committee

## COPING WITH STRESS NATURALLY

Led by Tanya Trzeciak

Monday, December 1, at 6:30 p.m. in the Parish Hall



Stress is one of the several causes of depletion of the immune system and lead to colds and flu during the holiday season and beyond. There are many ways of handling stress naturally without spending time at a spa or spending money on pills or other unnatural products. Learn how to de-stress and make some herbal products that will help you fight cold and flu season and enjoy the winter months. **Please use the sign-up sheet on the bulletin board in the Parish Hall.**



## CHRISTMAS POINSETTIAS

The deadline for ordering your poinsettia(s) this year is **Sunday, December 7**. There is a sign-up sheet on the bulletin board in the Parish Hall, price TBD.



Your beautiful poinsettia(s) will decorate both the sanctuary on Sunday, December 21, and decorate your home for Christmas. Your personal dedication will be printed in the poinsettia bulletin on December 21. **Please print your dedication clearly** on the sign-up sheet. You may take the plant(s) home with you after the morning worship service on December 21 or after the Christmas Eve service.



## CUUPS

CUUPS will celebrate the Winter Solstice (Yule) on **Monday, December 22**, with a ritual hailing the return of the light. Since the longest and darkest night of the year can be depressing, we joyously celebrate family and friends with good food and engaging conversations. Come join us for a fun evening with a potluck dinner starting at **7:00 p.m.** in the **Parish Hall**.



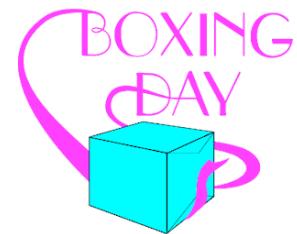
## ANNUAL BOXING DAY CELEBRATION OPEN HOUSE

Friday, December 26

Open House starts at 4:00 p.m.

at the home of

Ed and Andrea Priest



*If it snows, give them a call. Otherwise, no need to RSVP.*

*(Crock) Pot Luck Supper Buffet and Dessert*

*Please Bring Food and Goodies, Kids and Friends*

*Coffee and Cold Drinks Provided*

*You are welcome to bring wine, etc.*

*In the true spirit of Boxing Day, we are asking people to bring their "extra" gifts - those not needed or wanted or two of a kind or wrong size or color, etc. - to be collected and donated to agencies serving those in need.*



*Relax After The Busy Holidays*

**Do the Holidays find you feeling Frazzled, Overwhelmed, Burnt Out?**

**HOLIDAY STRESS REDUCTION WORKSHOP**

**Saturday, December 27, at 2:00 p.m.**

**First Unitarian Universalist Society of Middleborough**

Join our Unitarian Universalist CUUPS members and friends for meditation, relaxation and stress reduction on **Saturday, December 27, at 2:00 p.m. in the Sanctuary**. The winter is a time of regeneration for the coming time of warmth in spring.

Whether or not you are a person who is a member of a religious organization, our presenter, **Natalie Johnson**, will offer a time of peaceful relaxation and rejuvenation. Natalie, who is from East Bridgewater, is a member of our Cranberry Circle of CUUPS. She is a Usui Reiki Master/Teacher, Certified Healing Touch Practitioner, Magnified Healing Master/Teacher, Ordained Minister in the Universal Life Church and holds certificates in many other practices. Hecate Healing Arts, her small home based business, offers holistic treatments and classes in the healing arts. Natalie facilitates a variety of Circles, meditations and workshops as well as volunteering her services at Hope Floats Wellness Center and as a Complimentary Therapist for Cranberry Hospice. Her lifelong interest in metaphysics, alchemy, philosophy and spirituality traverses and connects all cultures, religions and spiritual disciplines. She finds joy in bringing to light the connections rather than the divisions between us and seeks to make this the focus of her teaching work. She delights in offering people the tools they need to empower themselves to regain and retain wellness for life and welcomes the chance to share her knowledge and her passion with all who seek greater health and happiness.

**Save the date! Give yourself the gift of inner peace this holiday season.**

If you haven't seen the *Scientific American* November 2014 article, "The Neuroscience of Meditation," this article might be of interest to you:

<http://www.scientificamerican.com/article/neuroscience-reveals-the-secrets-of-meditation-s-benefits/>

Suggested Donation, a UU fundraiser: \$20 (No one turned away due to lack of funds.)

Light refreshments afterwards.



**RELIGIOUS EDUCATION PROGRAM**

On Sunday, November 23, we invented "Thanksmas" where we would continue the thankfulness of Thanksgiving during the hectic run-up to Christmas. All the children took home a vase, some paper leaves and some ribbon. They're going to fill the vase with some twigs and then every day think of something they are thankful for, write it on one of the leaves and hang it on their "Thanksmas" Tree. Hopefully, by Christmas Eve, these trees will be covered with leaves; and we can share pictures of them on our Facebook page. If you missed church on Sunday, there are some spare vases by the altar; and if you need more leaves, come and find me. I have an inexhaustible supply.

Over the next few weeks we'll be preparing for our **Pageant on the 21st December** and **Nativity Play on Christmas Eve**. If you would like to help with either of these projects, please let me know. In January we start our unit looking in detail at our First Principle: "The Inherent Worth and Dignity of Each Person." During this unit we will be referencing the film "Toy Story" a few times. Because there may be many of you who have never seen it or last saw it a while ago, I will be showing the film in the **Parish Hall on Friday, January 2, from 2:00 'til 5:00**. We will have popcorn, pizza and enjoy being with each other as our holiday season winds down. All are welcome.

Volunteers are always needed in RE, and the more the merrier; so please come and find me if you are interested in helping out in any way at all.

Wishing you all a very happy Thanksmas!

*Juliet Donaldson*, Director of Religious Education



Ask any musician what they are doing in the month of December, and the answer is usually “whirling & twirling.” Concerts galore, caroling, eggnog and calories – quite the glorious mix. Of course there is also the quieter and more contemplative themes of longing and hope found just beneath the surface of an over-abundance of good cheer. “Joy” can be a very round sound, full of resonance and complexity.

**The Chalice Choir is singing on the steps of the Town Hall at 5:15 p.m.** during the tree lighting event planned for **Saturday, December 6**. The Caring Choir will be bringing music to church members and friends who find themselves “stuck in” more than “venturing out.” The Intergenerational Choir will be singing in the Christmas pageant during the worship service on **December 21**, and Christmas Eve will offer its usual full palette of rich color. The nightcap of holiday music will come on **Saturday, January 3**, with a concert by The Solstice Singers. Indeed, quite the glorious mix!



### **CALLING ALL IG SINGERS!**

The Intergenerational Choir is open to all, with two mandatory rehearsals at **11:35 (sharp!)** on **Sundays, December 7 and December 14**. Rehearsals are 20 minutes – quick & fun! See me to sign up.

*Susan Hotchkiss*, Director of Music



### ***SOLSTICE SINGERS***

#### ***A Mid-Winter Wassail***

**Saturday, January 3, 2015, at 4:00 p.m.**

**(Snow date – Sunday, January 4, at 4:00 p.m.)**

**Open to the public**

**Suggested Donation - \$25, with a \$40 family maximum; \$20 seniors & students**

The concert will be held in our sanctuary followed by a reception of hearty soups, baskets of bread, platters of goodies, hot coffee and tea.

This troupe of Falmouth based performers will present a delightful program of mostly Renaissance and Medieval music including song, dance, humor, poetry, and rich instrumentals provided by members of Ensemble Passacaglia. Wearing color period costumes, the Solstice Singers will bring delightful harmonies to the dark of winter.

Bring your friends and neighbors to this festive program and delicious supper. Our own **Dan and Susan Hotchkiss** are members of this group.



## PARISH CARE

Pastoral Care help is available to assist with meals, transportation, emergency babysitting, and hospital visits during illnesses or other family emergencies.

We are a diverse, active and caring community; and we welcome your questions and your participation. You are always invited to call or visit our minister to discuss any matter of concern to you.

<b>Pastoral Care:</b>	<b>Susan Curtiss</b>
	<b>David Kraemer</b>
	<b>Janet Walkden</b>
<b>Meals:</b>	<b>Pam Levine</b>
<b>Rides:</b>	<b>Tricia Tummino</b>
<b>Cards:</b>	<b>Chris Korben</b>
<b>Caring Choir:</b>	<b>Valerie Fontaine</b>
<b>Prayer Shawls &amp; Blankets:</b>	<b>Juli Gould</b>

## GREEN TIP

### Using Water Wisely

*There are a number of ways to save water, and they all start with you.*



### Kitchen

Part 2 of 3

(Part 3 will appear in the January Newsletter.)

**Rate yourself 1 to 5 pts. on each item. Give yourself a ★ in Water Wisdom for 20-25 pts.**

1. Use the garbage disposal sparingly. Instead, compost vegetable food waste and save gallons every time.
2. Wash your fruits and vegetables in a pan of water instead of running water from the tap.
3. Don't use running water to thaw food. For water efficiency and food safety, defrost food in the refrigerator.
4. Install an instant water heater near your kitchen sink so you don't have to run the water while it heats up. This also reduces energy costs.
5. Keep a pitcher of drinking water in the refrigerator instead of running the tap. This way, every drop goes down you and not the drain.

<http://wateruseitwisely.com/100-ways-to-serve/?view=list>

Sue Sherman

## FOOD PANTRY

The Sacred Heart food pantry holiday meals program provides a complete Thanksgiving or Christmas meal for families that might otherwise not have a special meal on those days. The special meal will include fresh vegetables, canned goods, stuffing, cranberry sauce, rolls, snacks, a pie and a turkey or a ham.

The Sacred Heart Food Pantry, which is operated by the Society of St. Vincent de Paul, expects to make available some 450 meals for Thanksgiving and, with the inclusion of the previous Christmas Wishes Program, may exceed 500 meals for Christmas.

Donations for these programs are crucial to help the food pantry meet the demands. For those wishing to help prepare the boxes of meals, the setup time is **Monday, December 22, 6:30 p.m.** for the Christmas meals. Through the years the volunteer turnout has been a sight to see, hitting over 100 at times. Children especially enjoy participating in this wild assembly line effort as nearly 500 boxes are filled in approximately 25 minutes.

Please place your donations in the baskets located in the parlor any time. They will be delivered to the pantry by **Evalyn Buczek**. Thank you!



## SUNDAY MORNINGS

Child care for the littlest children begins at 10:15 a.m. in the Nursery Room on Sunday. Large-print hymnals and hearing assistive headsets are available.

Our worship services are videotaped and broadcast over local cable television on Comcast channel 95 and Verizon channel 35:

**Sunday & Monday – 10:30 a.m.**

**Wednesday & Thursday – 4:00 p.m.**

**Friday & Saturday -7:00 p.m.**



# December 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	6:30 p.m. Coping With Stress Naturally, Parish Hall	10:00 a.m.-3:00 p.m. Peaceful Quilters, Parish Hall  6:00 p.m. Expansion Committee, Suite C  7:00 p.m. Chalice Choir Rehearsal, Sanctuary	12:00 noon Order of Service Deadline  7:00 p.m. Music Committee, Suite C	3:30 p.m. Organ Practice, Sanctuary  7:30 p.m. Spirituality Group, Parlor	7:00 p.m. Youth Group, Taunton  7:00 p.m. Knitting Group, J. Gould's Home	3:30 p.m. Town Hall Holiday Celebration, (Refreshments) Town Hall Lawn
7	8	9	10	11	12	13
10:30 a.m. Worship Service & Religious Education Poinsettia Order Deadline Giving Tree Gifts Due 11:35 a.m. IG Choir Rehearsal, Sanctuary	7:00 p.m. CUUPS, Parish Hall	10:00 a.m.-3:00 p.m. Peaceful Quilters, Parish Hall  6:30 p.m. PR Committee, Parish Hall  7:00 p.m. Chalice Choir Rehearsal, Sanctuary	12:00 noon Order of Service Deadline  6:00 p.m. R.E. Committee, Suite C	3:30 p.m. Organ Practice, Sanctuary  7:00 p.m. Satsang, Suite C  7:30 p.m. Spirituality Group, Parlor		
14	15	16	17	18	19	20
10:30 a.m. Worship Service & Religious Education  11:35 a.m. IG Choir Rehearsal, Sanctuary  12:00 noon Minister's Q & A, Parlor		10:00 a.m.-3:00 p.m. Peaceful Quilters, Parish Hall  6:00 p.m. Expansion Committee, Suite C  7:00 p.m. Chalice Choir Rehearsal, Sanctuary	 12:00 noon Order of Service Deadline  6:00 p.m. Parish Committee, Parish Hall	3:30 p.m. Organ Practice, Sanctuary  5:00 p.m. Committee on Ministry, Suite C  7:30 p.m. Spirituality Group, Parlor		
21	22	23	24	25	26	27
 10:30 a.m. Intergenerational Worship Service January Newsletter Deadline	7:00 p.m. CUUPS, Parish Hall	10:00 a.m.-3:00 p.m. Peaceful Quilters, Parish Hall  12:00 noon Order of Service Deadline  7:00 p.m. Chalice Choir Rehearsal, Sanctuary	 5:30 p.m. Christmas Eve Service		 4:00 p.m. Boxing Day Open House, The Priests' Home	2:00 p.m. Peace & Meditation During The Holidays, All Church
28	29	30	31			
10:30 a.m. Intergenerational Worship Service  7:00 p.m. Youth Group, Parish Hall		10:00 a.m.-3:00 p.m. Peaceful Quilters, Parish Hall  12:00 noon Order of Service Deadline				



The First Unitarian Universalist Society of Middleborough  
25 South Main Street  
Middleborough, MA 02346

**BALLOU CHANNING, CLARA BARTON & MASSACHUSETTS BAY DISTRICTS  
of the Unitarian Universalist Association**

<http://www.newenglanduua.org/>

Be sure to like us: [https://www.facebook.com/newenglanduua?ref=hl&ref\\_type=bookmark](https://www.facebook.com/newenglanduua?ref=hl&ref_type=bookmark)



**Upcoming Events:**

**Cracking the Leadership Crisis: Sat., 12/06 9:00 a.m. - 1:00 p.m.**

**Presenters:** Doug Zelinski, Director of Leadership Development for the New England Region, and  
Kim Paquette, Multigenerational Ministry Director for the Northern New England District

Are your current leaders overburdened and near exhaustion?

Is your congregation struggling to recruit new leaders?

Do top leadership positions in your congregation go unfilled?

We invite you to discover ways of revitalizing the leadership experience in your congregation.

Leadership Development for the 21<sup>st</sup> Century Congregation

**Location:** The Unitarian Church of Sharon, MA ([Directions](#))

**Fee:** \$50 per person / \$35 for seminarians (includes refreshments and handout materials) *If these fees are prohibitive even to the congregation, please be in touch with us. We do not want cost to keep anyone away.*

**Register Now!** (Deadline is 11/29 or capacity)

**GRACE Learning Community Gathering: Sun., 12/07 3:00 - 6:00 p.m.**

The G.R.A.C.E. (Growing Racial and Cultural Equity) Learning Community is for teams and individuals working on antiracism and multiculturalism in their congregations. This is the second of these gatherings.

**Location:** UU Society East in Manchester, CT ([Directions](#)).

There is no fee, but registration is required. **Register Now!**