Minister’s Meditation

I am about to embark on a trip to Israel under the auspices of Interfaith Partners for Peace (http://interfaithpartnersforpeace.org/) an organization which works with Israelis and Palestinians advocating for a two-state solution for peace. To quote from their website: “What would happen if clergy from many faiths came together across America to speak out in support of a peaceful two-state solution? What if we lift up Israeli and Palestinian narratives instead of tearing each other down? What if we build bridges, engage in genuine dialogue in our communities, and act for peace and reconciliation?”

One of the reasons I am going on this journey is that I am feeling a profound lack of peace and reconciliation in our country. I want to see what Israel can teach us about the struggle to find common ground. The narratives of Israel are narratives of entrenched threat and loss and the hope for many that, despite history, there will be a sustainable solution for all. The narratives of American voters seem to be fueled by threats of loss – loss of jobs, of independence, of a reliable future. There does not seem as yet to be a desire to emerge from our differences with a sustainable solution for all.

I am traveling to another country to talk with people who have radically different perspectives on their place and purpose in history, yet have the decency to want to hear one another’s stories and contemplate building connections. How can we begin to do this work ourselves?

Blessings,
Rev. Sarah
Notes from the PC

Our main focus this month is on attending to our wonderful building that is in the need of some TLC. We'll be sharing updates from Building & Grounds on the status of roof and ceiling repairs, as well as other items. We're also beginning to set forth plans to handle the anticipated sabbatical that Reverend Sarah will be taking in the spring. Look for updates on that in the coming months. Membership, Hospitality, and Social Action are other efforts that are in play, so look for updates about those also. As always, if you have any questions or suggestions, please speak with any member of the PC.

Bob Waterman, President

TREASURE MAP

Update on Where We Are

Membership dues for Fiscal 2017 are now due. We are committed to being a Fair Share Congregation by making sure that the UUA gets paid dues for all of the church’s members. Our dues are our pledges to the UUA. We have been a Fair Share Congregation for over 25 years. Please help us to proudly continue to be a Fair Share Congregation by paying your dues promptly. Dues are $79 per person.

The September plates collected $768 for the Minister’s Discretionary Fund. Thank you all for your generous support.

The church has received $73,980 in the I Love My Church initiative contributions. The church spent $75,971 on the heating system, electrical upgrade, and office renovations. The church has paid the $1,991 difference from investments. If you made an I Love My Church pledge for this calendar year and haven’t completed fulfilling your pledge, please consider doing so now. Let’s get this balance paid down and start accumulating funds for future projects.

The Lakeville Arts Festival fundraiser made $1132.15. The new sidewalls that the church purchased were greatly appreciated by the participants. The cost of the new sidewalls was $105.05. These sidewalls will be available for use for other events and for next year’s Lakeville Arts Festival fundraiser.

A new monitor was purchased for and is installed in the sound booth. The monitor costs $75.97. The monitor allows the sound booth person to be aware of any problems with elevator use or at any of the entrances to the building.

The organ was serviced just before the Fall Concert, and the piano has also been recently serviced.

Pam Davis, Treasurer

SACRED HEART FOOD PANTRY

Our congregation supports the Sacred Heart Food Pantry. Among items most needed are: peanut butter and jam; canned tuna, salmon and mackerel; cold cereal - bran flakes, cheerios, kix, etc; powdered milk; dry hot cereal mixes - oatmeal, farina, cream of wheat, etc; granola bars; whole wheat and graham crackers; dried fruit; boxed pasta and noodle mixes; canned beans, vegetables and fruit; ketchup; mayonnaise; vegetable oil; honey; microwavable meals; canned meats; staple meal items; and toiletries such as shampoo, toothpaste, deodorant and baby wipes. No expired items, please. Place your donations in the baskets located in the parlor. Thank you.

Evalyn Buczek
CUUPS

We will be meeting on **Monday, November 7, at 7:00 p.m. in the Parish Hall**, when we will begin **Exploring the Elements – NORTH**. The elements and the directions they are associated with are an essential part of pagan ritual and celebration. In this four-part workshop, we will explore more deeply the elements using ritual, art, poetry and/or music.

On **Monday, November 21, at 7:00 p.m. in the Parish Hall**, we will be having our **Thanksgiving Ritual….Why We Should Be Thankful**.

All are invited to attend these meetings.

ADULT RELIGIOUS EDUCATION:
**EXPLORING OUR PLACE IN THE WEB OF LIFE**

Come join us for “Our Place in the Web of Life,” a six-week class developed by the UU Ministry for the Earth, and led by Kimberly French and Dan Hotchkiss, starting Saturday morning, **November 19**, in the Parish Hall. Classes will continue on Saturday mornings, **December 3, 10, January 7, 14, and 21**.

Climate change, environmental destruction, economic and racial injustice—the problems our planet and country face can feel overwhelming, even hopeless. Sometimes it feels there’s little one person or group can do. But we have more power and reason to hope, as well as responsibility for these problems, than we may think.

We will seek to deepen our sense of place and gratitude for this place we call home with others in our community.

We will undertake small-group homework between classes to research how our own community impacts water, air, energy, waste, land, and/or food.

We will learn how our behavior affects other people, communities, and fragile ecosystems.

The class is designed to challenge us to think deeply about what matters to us, what our religious values are, what we can do to act locally on those values. It’s a type of learning that’s not just about acquiring knowledge but moves us out of our heads and into our hearts and hands.

Please sign up in the Parish Hall, or contact one of the leaders. We need a minimum of 6 and can take a maximum of 15 people, who can attend preferably all, but at least 4 sessions. This will be a great place for newcomers to learn about our community. See you on November 19!

*Kimberly French (kfrench28@gmail.com) and Dan Hotchkiss (dan@danhotchkiss.com)*
As we move into November we’ll spend three weeks (October 30, November 6 & 13) studying the urgent issue of climate change and what each of us can do to reduce our carbon footprints. This will tie into the adult education offering, “Exploring our Place in the Web of Life” which begins on November 19. We’ll end the unit with a Tricks and Treats fundraiser for UNICEF after the service on November 13 to raise money for those most affected by climate change in other parts of the world. We’ll have a bake sale, so donations of baked goods and treats will be very welcome, followed by a talent show by the children and youth. If you have a party trick or talent you would like to share with us, please feel free to join in the fun.

November 20 is our family Thanksgiving service when we’ll hand out Gratitude Journals to help us remember the many things we have to be grateful for. We’ll also kick off our Random Acts of Kindness social justice project. Research shows that being kind to others increases our own sense of well-being, so everyone wins. Here are some interesting facts about kindness:

- According to research from Emory University, when you are kind to another person, your brain's pleasure and reward centers light up, as if you were the recipient of the good deed—not the giver. This phenomenon is called the “helper's high.”
- Kindness can be taught. A researcher from the University of Wisconsin says, “It’s kind of like weight training, we found that people can actually build up their compassion ‘muscle’ and respond to others’ suffering with care and a desire to help.”
- The positive effects of kindness are experienced in the brain of everyone who witnessed the act, improving their mood and making them significantly more likely to “pay it forward.” This means one good deed in a crowded area can create a domino effect and improve the day of dozens of people!
- Perpetually kind people have 23% less cortisol (the stress hormone) and age two times slower than the average population!
- Committing acts of kindness lowers blood pressure. According to Dr. David R. Hamilton, acts of kindness create emotional warmth, which releases a hormone known as oxytocin. Oxytocin causes the release of a chemical called nitric oxide, which dilates the blood vessels. This reduces blood pressure and, therefore, oxytocin is known as a "cardio protective" hormone. It protects the heart by lowering blood pressure.

On November 27 we’ll begin our preparation for our Hanukkah Pageant on December 18, the last Sunday before Christmas. If you wish to see a sneak preview of the story, follow this link:

https://www.youtube.com/watch?v=ozpEPkEvOHQ

Enjoy the fall weather and, as always, if you have any questions about our program and how you can get involved, let me know.

Juliet Donaldson, Director of Religious Education
The first Sunday in November is “JAZZ SUNDAY!” Jeannie Gagne (former music director at UU Middleboro) and Stan Strickland (sax and vocals) will join together to present a unique worship experience, full of soul and GOOD for the soul. Jeannie was with us last fall, and it will be a treat to once again have Stan here also.

During worship on November 20, our Family Choir will sing for the service. The children will rehearse during R.E. classes in November, and there will be a chance for adults to join in a rehearsal after the service on November 13. All singers are welcome – the more the merrier!

The Middleborough Music Guild will host the annual Thanksgiving Concert at 3:00 on Sunday, November 20 at Sacred Heart Church. In addition to solos and ensembles, several area choirs from churches and schools will perform, as well as Marty Hartford’s Tuesday Night Jazz Band featuring talented middle and high-school aged students. Our Chalice Choir will be there! Free-will donations will support music in our community, and last year’s scholarship students will be recognized. Please plan to come out to support this annual community music-making event.

Susan Hotchkiss, Director of Music

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.

Pastoral Care: Susan Curtiss
Meals: Dody Adkins-Perry
Rides: Tricia Tummino
Cards: Chris Korben
Caring Choir: Valerie Fontaine
Prayer Shawls & Blankets: Juli Gould

PARISH COMMITTEE

President: Bob Waterman
Vice President: Amanda Huggon-Mauretti
Treasurer: Pam Davis
Assistant Treasurer: Eileen Smith
Parish Clerk: Holly Begley
R.E. Liaison: J. R. Pucillo-Dunphy
Members At Large: Nancy Backus, Barbara Bancroft, Bill Howe, Christine Hoyle

OUR BROADCASTS

Our worship services are videotaped and broadcast over local cable television in Middleboro on Comcast channel 95 and Verizon channel 35. You can watch the service any time online at http://bit.ly/1CLvEmm.

Middleboro:
Sunday & Monday: 10:00 a.m.
Wednesday & Thursday: 4:00 p.m.
Friday: 3:00 a.m. & 7:00 p.m.
Saturday: 7:00 p.m.

Our worship services are now broadcast over local cable television in Lakeville on Verizon channel 32.

Lakeville:
Sunday: 6:00 p.m.
Tuesday & Thursday: 10:00 a.m.
Saturday: 6:00 p.m.
MINUTES OF THE PARISH COMMITTEE MEETING (DRAFT)
October 19, 2016

Present: JR Pucillo-Dunphy, Bob Waterman, Christine Hoyle, Amanda Huggon-Mauretti, Bill Howe, Pam Davis, Nancy Backus, Barbara Bancroft, Holly Begley

Attending: Sue Sherman, Chris Korben

Bob Waterman called the meeting to order.

September PC minutes were reviewed; they will be adjusted to reflect that Nancy Kidd’s Musikgarten will rent at a reduced rate for the fall semester as she launches this venture. RE and Membership Committees see Musikgarten as a recruitment tool for the church and want to be supportive of early music education. The rental rate will be evaluated in December.

The Treasurer’s Report was presented.

The Membership Committee’s charter has begun. They held their first meeting last month and will meet again on October 20. Participation is invited.

The Building and Grounds Committee has received two quotes for repairs to the roof and ceiling. The southwest sides of the sanctuary and parlor roofs will be repaired to the peak using architectural shingle. The PC authorized the Building and Grounds Committee to select contractors and to spend up to $14,000 from the Mary Fuller Fund to pay for these critical repairs. The committee will continue to gather information about safely painting the trim on the front of the building. Bob Waterman thanked the committee for their ongoing efforts on behalf of the church.

Dan Hotchkiss has provided the PC with information on becoming a registered 501c-3 non-profit organization. He has discovered that the church is not incorporated and recommends that we decide whether or not to incorporate before registering as a non-profit, since we would have to re-register if our status were to change. While we carry liability insurance, incorporation may provide additional legal protections. The PC will carefully review Dan’s summary and will seek further information on the benefits, costs and concerns around incorporation. Amanda will begin this process by looking at the UUA’s website, and the matter will be re-visited at a future meeting.

Rev. Sarah will be taking sabbatical next spring, from approximately late April through the end of June. The PC will determine how to best cover the minister’s functions and responsibilities during her absence. The Leadership Development Team has begun appointing a Sabbatical Coverage Task Group, and their charge has been drafted. The Task Group will provide information to the PC, and the PC will keep the congregation well informed as plans are made. Some funds have been budgeted to cover Sunday guest speakers.

Facility Rental Rates were discussed. It was decided to waive heating fees for the Parish Hall rentals occurring during regular office hours, since the lower level is already being heated during those hours. Because the sexton is paid on an hourly basis, groups needing his assistance will be asked to cover these costs. Through this fiscal year, the Peaceful Quilters will be asked to pay a reduced rate of $20 per session for clean-up and breakdown costs instead of heating fees.

The current policy of not accepting targeted donations was discussed. Concerns included possible impact on general pledging, potential gifts not covering the full expense of what they were designated for, and difficulty in administering and accounting for them. Positives aspects include getting more items on the church’s wish list accomplished. The PC will continue to review this policy.

The importance of how we present ourselves and treat our guests during Coffee Hour was discussed. It was also noted that the Middleborough Board of Health offers free Food Handling training to non-profits. Training is offered on a weekly basis.

Upcoming events include the 10/23 concert Raising the Rafters and new adult education programs beginning in November.

The meeting was adjourned.
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<td></td>
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<td>10:00 a.m. Peaceful Quilters, Parish Hall</td>
<td>3:00 p.m. Organ Practice, Sanctuary</td>
<td>9:30 a.m. Kidd’s Music, Parish Hall</td>
<td>Turn Clocks Back One Hour Tonight</td>
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<td>10:00 a.m. Peaceful Quilters, Parish Hall</td>
<td>6:00 p.m. PR Committee, Minister’s Office</td>
<td>7:00 p.m. Music Committee, Parish Hall</td>
<td>6:00 p.m. Sangha Meditation Group, Parish Hall</td>
<td>7:00 p.m. Spirituality Group, Parlor</td>
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<td>11:30 a.m. On Topic, Parlor</td>
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<td>7:00 p.m. Chalice Choir Rehearsal, Parish Hall</td>
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<td>6:00 p.m. RE Coming of Age, All Downstairs</td>
<td>12:00 noon Order of Service Deadline</td>
<td>6:00 p.m. RE Committee, Parish Hall</td>
<td>Rev. Sarah returns</td>
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<td>7:00 p.m. Knitting Group, J. Gould’s Home</td>
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<td>13</td>
<td>10:30 a.m. Worship Service &amp; Religious Exploration</td>
<td>10:00 a.m. Peaceful Quilters, Parish Hall</td>
<td>12:00 noon Order of Service Deadline</td>
<td>3:00 p.m. Organ Practice, Sanctuary</td>
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<td>11:30 a.m. Tricks &amp; Treats for UNICEF, Parish Hall</td>
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<td>12:00 noon Order of Service Deadline</td>
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<td>20</td>
<td>10:30 a.m. Family Worship Service</td>
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<td>7:00 p.m. Chalice Choir Rehearsal, Parish Hall</td>
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<td>11:30 a.m. Minister’s Q &amp; A, Parlor</td>
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<td>6:00 p.m. Parish Committee, Parish Hall</td>
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<td>December Newsletter Deadline</td>
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<td>7:00 p.m. Chalice Choir Rehearsal, Parish Hall</td>
<td>6:00 p.m. Sangha Meditation Group, Parish Hall</td>
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<td>10:30 a.m. Worship Service &amp; Religious Exploration</td>
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<td>6:30 p.m. Investment Team, Minister’s Office</td>
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To register for any of these workshops, visit: https://www.uua.org/new-england/workshops-webinars


11/5/2016 RE Start! (http://www.eventbrite.com/e/re-start-boston-or-online-11052016-registration-27584880119) with Kim Sweeney & Karen Bellavance-Grace at the UUA Chapel, Boston, MA & Online

11/10/2016 Cracking the Leadership Crisis (http://www.eventbrite.com/e/cracking-the-leadership-crisis-webinar-111016-registration-27583774813) with Karen Bellavance-Grace, Online/Webinar 7-8:30PM

11/12/2016 Navigating Whiteness (https://www.eventbrite.com/e/navigating-whiteness-registration-28579410787) with Meck Groot in Weston, MA

11/16/2016 Generosity & Stewardship (http://www.eventbrite.com/e/generosity-and-stewardship-webinar-111616-registration-28236669639) – Getting to the Heart of It with Joe Sullivan & Rev. Mary Katherine Morn, Online/Webinar 7-8:30PM

11/19/2016 This Is Our Church: Being/Becoming A Lay-Led Congregation (https://www.eventbrite.com/e/this-is-our-church-beingbecoming-a-lay-led-congregation-11192016-registration-27574585327) with Karen Bellavance-Grace in Leominster, MA

11/30/2016 This Is Our Church: Being/Becoming A Lay-Led Congregation (http://www.eventbrite.com/e/this-is-our-church-beingbecoming-a-lay-led-congregation-webinar-113016-registration-28199831455) with Karen Bellavance-Grace, Online/Webinar 7-8:30PM