

FIRST PARISH BREWSTER UNITARIAN UNIVERSALIST

2018 FALL ANGLE

Themes for this Fall

September / Vision:

The practice of intentional imagination.

Vision looks inward and becomes duty. Vision looks outward and becomes aspiration. Vision looks upward and becomes faith.

...Rabbi Stephen Wise

~ ~ ~

October / Sanctuary:

The practice of finding sacred space within
& ensuring welcoming space for all.

*Worshippers never leave church...we carry our sanctuary with us
wherever we go. ...Aiden Wilson Tozer*

~ ~ ~

November / Memory:

The practice of honest remembrance &
honoring the shoulders on which we stand.

*I miss that feeling of connection.
Knowing they were out there somewhere thinking
about me at the same time I was thinking about them.*

...Ranata Suzuki

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Deadline Reminder

FPBUU Quarterly Angle

Winter Issue (December-February)

Submissions Due - November 1st

cove@firstparishbrewster.org

FPBUU Weekly Angle

Due Wednesday by 12 noon

weekly@firstparishbrewster.org

Submissions for a Facebook Page

karenastroh@firstparishbrewster.org

Updates for the FPBUU website

karenastroh@firstparishbrewster.org

For more information on all that is happening at First Parish Brewster UU go to firstparishbrewster.org/fpbuu-calendar/

Mini Committee Fairs this Fall

Community Building sponsored by Council

September 23, October 14, November 4

Parish Room 10-11 am

Committees will be sharing their:

Missions & Goals * Upcoming Events * Opportunities to Get Involved



From the Minister

As the summer comes to a close, and we enter year two together, I am sitting with the fullness of this past year and looking forward with a sense of adventure and joy towards fall. Our summer at FPBUU was a summer of living into year-round ministry and learning lessons about goals for future years together.

While writing this article I was at Logan in the midst of a 12-hour flight delay. As I moved through those hours and the range of emotions that accompanied them, I was mindful of how we are all in this together. When I went through security a father in front of me was having trouble closing his stroller, he had to set his baby on the floor because he couldn't close it and hold the baby. I went up to him and said, "Would you like me to hold your child?" He paused and said yes. I then cooed and rocked this baby that was surprisingly happy to be held by a stranger. I am mindful of our theology of journeying with each other, and how we are all interconnected. As you have made your way through the thousands of visitors to our paradise here this summer, I hope you have had moments like this that remind you that we are all in this together, and that we need each other.

Our September theme is vision, and so my question for you is, holding our interconnectedness, what is your vision of FPBUU? Who would you like us to be and who would you like us to be here for in future years? The Board and I will be leading conversations around visions for the buildings/kitchen on October 21 after the services.

During October we will explore what it means to be a people of Sanctuary, how to create this in our hearts and to offer it to others. With our November theme of Memory, this offers us a perfect chance to explore our history and how it connects to our vision of the future. I hope that we can listen deeply to one another's stories of FPBUU and dream big together as we head into year two.

Be good to yourselves and each other this fall; we are all in this together.

Reverend Jessica Clay



Right Relations Team Healthy Communications Project

The Right Relations Team and Rev. Jessica are launching a Healthy Communications Project on September 9th and invite all congregants to participate. The project is quite simply a book that will be available after each service where congregants can write feedback - comments, concerns and gratitudes - about the service. A Right Relations Team or Board Member will be assigned at each service to the Healthy Communications book where they can explain the process, answer questions or even write the comments for you if you like.

Comments must be accompanied by the writer's name so that responses can be promptly provided by Reverend Jessica and thus allow for a "healthy communications" exchange. Please feel free to provide your feedback in the Healthy Communications book as we continue to work together for the wellbeing of the First Parish Community.

TWO SERVICES RETURN TO FPBUU SEPTEMBER 16TH @ 9 & 11 AM

FALL WORSHIP SERVICES

Please join us on Sunday mornings as we quiet our minds and open our hearts for worship.

Childcare will be available in Fellowship Hall during the services.

For more upcoming service information please go to firstparishbrewster.org/upcoming-sermons or our Weekly Angles.

Sunday, September 2, 2018 10am

Building Community Through A Creative Arts Ministry

Join Wilderness Sarchild and her granddaughter, Saffron Jalbert, as they explore the function of the creative arts in building community, working for social justice, and for multigenerational collaboration and fun. An added treat will be Wilderness' grandson, Cedar Jalbert, performing on his electric guitar.

Sunday, September 9, 2018 10am

Ingathering Sunday

Worship Leaders Reverend Jessica Clay
Reverend Tracy Johnson, Twinks Hastings

All are welcome to this joyous celebration with music by our OMG as we begin the church year together. Please bring water from your travels or favorite pond for our annual blessings of the waters. New this year will be a blessing of the backpacks.

Sunday, September 16, 2018 9 & 11am

Looking Forward, Looking Back

Worship Leader Reverend Jessica Clay
Worship Associate Judy Harrison

Join us for this service where we will explore the many ways we carry our history and how that frames our visions of the future. What helps us to let go of past narratives and gain new insights from them? Join us as we explore these questions together. Please join us at 12:15 for our annual Memorial Marker Ceremony in the garden.

Sunday, September 23, 2018 9 & 11am

Beginning Again

Worship Leader Reverend Jessica Clay
Worship Associate Chuck Madansky

September is Recovery Month and we will explore how addictions can impact our lives, and the healing messages of recovery. Join us for this sacred tender service as we explore what it means to be given another chance.

Sunday, September 30, 2018 9 & 11am

Same or Different

Worship Leader Reverend Tom Schade
Worship Associate Candace Hammond

Central to the contemporary Universalist vision is the insight that humanity is one, that we are one global people. But does the Universalist lens make it hard for us to see some parts of reality? Rev.

Schade explores the blind spots of the Universalist way of seeing.

Rev. Tom Schade, a retired Unitarian Universalist minister living in Pawtucket, Rhode Island, served the First Unitarian Church of Worcester, MA 1999 - 2013. In retirement, he writes a blog called the "Lively Tradition" (www.tomschade.com) where he explores the intersection of UU theology and current events. He is also the spiritual director of a small dog who listens attentively and then does what she wants anyway.

Sunday, October 7, 2018 9 & 11am

Blessings Among Us

Worship Leader Reverend Jessica Clay
Worship Associate Lindsey Straus

Join us as we explore what it means to bless the creatures among us, and how we create a sanctuary in the world. We will have an animal blessing on the plaza at 12:30. All are welcome to bring their well behaved leashed animals.

Sunday, October 14, 2018 9 & 11am

Taking Refuge

Worship Leader Reverend Jessica Clay
Worship Associate Chuck Ross

Buddhism teaches us to create an inner refuge within each of us. This can be our personal anchor, and help us to live more authentic lives. As we celebrate coming out day, join us for this service focused on living our truths, and taking gentle care of ourselves in the process.

Sunday, October 21, 2018 9 & 11am

Forward Visions

Worship Leader Reverend Jessica Clay
Worship Associate Wilderness Sarchild

In this this service as we will explore what it means to look forward and what is asked of us as a people. After each service the Board will lead discussions on visions for the future of FPB buildings.

Sunday, October 28, 2018 9 & 11am

Blessings of the Ancestors

Worship Leader Twinks Hastings
Worship Associate Chuck Madansky

Join us for our annual multigenerational service with music from our Organic Music Group (OMG). We will explore the blessings of our ancestors with story, song, and music. All are welcome and we will have community day after each service on the plaza.

Sunday, November 4, 2018 9 & 11am

Faithful Democracy

Worship Leader Reverend Jessica Clay
Worship Associate Chuck Ross

With the election on the horizon, join us as we explore what faithful democracy is, and what it asks of us. We will explore what we carry with us into the ballot box, and how it affects our daily lives and relationships.

Sunday, November 11, 2018 9 & 11am

In the Service of Humanity

Worship Leader Reverend Tracy Johnson
Worship Associate Lindsey Straus

This is Veteran's Day, a time to remember those who have served our country in the Armed Forces. Who do you honor today? How do we recall those persons and their gift to us? In what ways are we called into service to humanity?

Sunday, November 18, 2018 9 & 11am

Author Unknown

Worship Leader Reverend Jessica Clay
Worship Associate Wilderness Sarchild

Join us for this service as we will explore who writes history and who decides what narrative to tell. How do we make room for differing stories? Where is God or the divine in this? Let's live into the questions together.

Sunday, November 25, 2018 10am

Holiday Memories: Should Only The "Good" Ones Be Shared?

Worship Leaders Lindsey Straus
and Candace Hammond

Thanksgiving is a time for family, friends, and food – and for sharing memories. Most often, the memories are good ones; of the first Thanksgiving after the birth of a baby or in a new home, of times when the entire family, no matter how far they had to come, were together. If they are remembered at all, the memories of Thanksgiving dinners which, for one reason or another, didn't work out so well, usually remain in our subconscious. Join us as we explore the selectiveness of memory and whether being able to view holidays past through rose-colored glasses is a sign of spiritual growth or just keeps us stuck in a spiritual rut.



Ways to Get Involved at FPBUU

WOMEN'S CIRCLE ALLIANCE 2018 FALL PROGRAMS

The Woman's Circle Alliance at First Parish Brewster is looking forward to a series of interesting programs at their Wednesday afternoon meetings intended to fulfill the group's purpose of "offering forum discussions on timely topics, fellowship, and service to others." Everyone is welcome at our monthly events, September through May. Membership is encouraged but is not necessary to attend meetings.

Here are the first three programs:

Wednesday, September 12th

The first of WCA's monthly meetings for 2018-2019 begins at 11:45 AM with the traditional picnic lunch at Nancy Berbrick's home in Brewster overlooking Upper Mill Pond. This is a great opportunity to reconnect with old friends, to meet and welcome newcomers, and to learn about forthcoming plans as new program booklets are distributed.

Wednesday, October 10th

This program subject may come as a surprise to you, as Elisabeth Nicholson tells of the close relationship that has developed between Cape Cod and the Mayan people of Guatemala, Mexico and Belize. Inspiring stories will be told and amazing photographs will be shown. Monica Goubaud of FPB will participate in this presentation. (Contact: Sandra Woodson)

Wednesday, November 14th

Valerie Arroyo of the Brewster Book Store will give an update of what's new and popular in the book world. Titles and authors will be suggested for readers of all ages and tastes. Come to learn, to enjoy and to get an early start on your holiday gift shopping list. (Contact: Anne Southworth)

Covenant Groups

...a program of Small Group Ministry

Learn how Covenant Groups create a loving space, where members open their hearts to one another through *deep listening*.

The 7 Covenant Groups, meeting from October through May, will be using monthly themes from the UU organization, *Soul Matters*, a themed-based program, providing thematic resources for many aspects of church life. Each monthly theme gives us an opportunity to look at how it pertains to our personal and spiritual lives.

Look for our registration table after Sunday services in September. Sign up early... space is limited & groups fill up fast!



For more information contact:

Bev Heaton Kimball (508) 246-1374,

bevhkimball@comcast.net or

Skip Bell (203) 273-6938, ken.skip.bell@gmail.com

Come Join Us for a Friday Walk

Weather permitting, every Friday from Labor Day to mid-June, the FPB Walking Group walks somewhere in the area from P'town to Chatham to Barnstable. Our walks last an hour to an hour and a half. After the walk we visit a local coffee shop for a snack and conversation.

FPB walkers are a friendly group and welcome new walkers warmly. Our walkers meet at 9 am Fridays in the upper parking lot (next to the solar panels) and carpool to the walk site. If you would like to receive our walk notice by email, please let Dick Guernsey know at rmguernsey@me.com, or just show up on Friday.



SAVE THE DATE - Saturday, October 6th, 9-3



Join us for a bountiful fall celebration that will include a Silent Auction, Book Sale (Book Nook), Children's Activities, Farm Table(Produce, Jams, Jellies, Salsa), Cookie Walk, Bakery, Entertainment and more!

From Your Sunday Morning Support Team

This fall, as we begin two services, to better accommodate our growing congregation, we will make some changes in our Sunday morning set up and schedule. Many of our members have volunteered to assist in the various roles necessary to make things work more smoothly...Openers, Ushers, Desk People and Closers. We will have three Ushers at the 9 AM service and two Ushers at the 11 am service. All requests for special accommodations, such as tables or other arrangements in the Parish Room must be made to Tavia Ossola one week in advance. Judy Fenner and Elenita Muniz will continue to provide coffee for the 9 am service and leave coffee for the 11 am folks.



Another change will be the assigning of a Hospitality Coordinator for each service every Sunday. This person will contact the folks who sign up to provide hospitality at both services to coordinate the efforts. They will also help with the set up and clean up. In addition, if you need a parking space on the "hill", please contact Tavia Ossola by Friday of each week.

Thanks to all our members who continue to volunteer to provide flowers, hospitality, to open and close the Sanctuary, Usher, manage the desk and make coffee... and a special thanks to Jennie Mignone for her unending support every Sunday.

Tavia Ossola, Sunday Morning Support Team
Coordinator

From the Treasurer

On the Finance Committee's agenda for the fall are the following:

- To further refine the annual budget timeline in coordination with the Stewardship and Personnel Committees.
- To continue the development of a 3-year budget to ensure a financially healthy foundation to support the work of our church.
- To work with the Building Maintenance Committee to continue to build our Capital Reserve Fund for our long term needs.

We have 91% in pledges of the \$395,000 budgeted for this year, which is excellent. To stay on track, we need to raise about \$40,000 in new pledges during this fiscal year. This is a goal set with confidence in our mission, respect for both the limits and possibilities of our community and well-reasoned projections based on what we did last year. One thing is clear; it will take all of us to achieve our financial goals.

Diane Pansire, Treasurer

WEEKLY SPLIT PLATE OFFERING

We are starting an exciting new venture; beginning in September 2018, First Parish Brewster UU will pilot a **weekly split plate offering** with the support of the FPBUU Board, Rev. Jessica and the Social Justice Committee. The weekly split plate offering will primarily help local non-profit organizations, as well as some national and global organizations. It will also help to make FPBUU much more visible in our larger community as we connect with many more organizations than we have in the past. This will send a clear message that we are a social justice faith congregation that really is invested in helping the many who are marginalized in our society. In addition to engaging with organizations through monetary giving, we are also going to encourage the recipients of the split plate offering to be part of our after service coffee hour, so FPBUU members can learn more about these organizations and possibly develop other ways to tie in and work with these non-profits.



Before deciding to go ahead with this, we did research other UU congregations who have a weekly split plate and other UU congregations have found it to be successful. First Parish Brewster UU needs your support to make our Weekly Split Plate Offering a success. Each week, in the Weekly Angle, there will be a short description of the upcoming Split Plate organization for that Sunday.

According to the Buddha, generosity, or sharing what we have, is one of the central pillars of a spiritual life. In the act of giving we develop our ability to let go, cultivate a spirit of caring, and acknowledge the interconnectedness that we all share. The act of giving itself is of immeasurable benefit to the giver for it opens up the heart, diminishes for a moment one's self-absorption, and places value on the well-being of others. As life gives generously to us, so we give generously back to life.

We belong to what we support and what we support nourishes us.

UUSC and Equal Exchange Here at First Parish

Throughout the church year, we sell Equal Exchange products Sunday mornings in the Parish Room to benefit the Unitarian Universalist Service Committee. It is with much gratitude that we thank our team of helpers. Stand up and take a bow: **Joan Kapp, Dianne Ashley, Sue Bowser, Jane Higgins, Rosanne Shapiro, Dwight Woodson, Sandra Woodson and Mary Wallace.** These folks have all been helping for a number of years now. Bravo!!



The Equal Exchange program has the mission of building long-term trade partnerships that are economically just and environmentally sound, to foster mutually beneficial relationships between farmers and consumers and to demonstrate, through success the contributions of worker co-operatives and Fair Trade to a more equitable, democratic and sustainable world.

A portion of every dollar the Equal Exchange makes goes to the work of the Unitarian Universalist Service Committee. The Committee works to advance human rights and social justice around the world by partnering with those who confront unjust power and mobilize to challenge oppressive policies. They ground their work in believing that all people have inherent power and dignity.



In addition to the money collected by the Equal Exchange for UUSC, we send all proceeds from our Sunday morning sales to the UUSC as well. This year we sent a check for \$1,020.66 to benefit their good work. And, we received a call from Bethany of UUSC telling us that FPB continues to be in the top 5% of organizations with our sales!

Thanks to all of you who enjoy these products and continue to support this initiative.

Building Houses & Planting Seeds

Habitat for Humanity of Cape Cod's Brewster Project.

Last fall, the Social Justice Committee led a service on HOME, which also served as the kick-off for the congregation's engagement with Habitat for Humanity of Cape Cod (HHCC) in its build on **Paul Hush Way** in Brewster. This project consists of four 2-bedroom homes, nine 3-bedroom homes, and one 4-bedroom home; it will honor the memory of Paul Hush, Brewster resident, a long-time social activist and leader within the First Parish Brewster UU congregation.



Our four fold commitment to Habitat for Humanity of Cape Cod

- Bring an awareness of the need for affordable year-round housing on Cape Cod, especially for younger families.
- Honor FPBUU's history with HHCC which began in 1989 through the collaboration of Rev. Robinson and Susan Johnson.
- Sponsor one house on Paul Hush Way, which involves raising \$55,000 by January 2020.
- Engage in on-going volunteer work during the period of the project.

Great News!

As of July 31, FPB has contributed **\$51,700** of our \$55,000 commitment to HHCC; we hope to complete this commitment this fall. The dedication of FPB members to engage as volunteers, both individually and as a group, has been inspiring. We hope you will participate in this congregational project this fall.



Congregant **Nancy Douttiel**, a long time affordable advocate, generously came forward to sponsor another house.

Marcia Dalbey, another FPB congregant, also generously came forward to sponsor another house.



Congregant **Rebecca Harrison** qualified for – and was accepted – through Habitat's lottery - to be the owner of a home on Paul Hush Way. Her home was dedicated on August 7th; she and her son will move in this fall.



The FPB Social Justice Committee applauds all those who have committed their Time, Talent and Treasure to this project.

*Special acknowledgement goes to **Joanne Hush** who reached out to Paul's family and friends to help with our fund-raising.*



From the Endowment Board

The Endowment Board wishes to acknowledge a generous gift to the First Parish Brewster Endowment Fund from **Veronica Powers**, honoring her husband **Walter**. Walter was a long time member, Trustee and active supporter of many social justice projects both in the church and the community.

Generous gifts such as this one have helped the Endowment Fund grow over the years. Since the establishment of the FPB Endowment Board in 2002, we have been able to distribute \$175,790.00 to fund a wide variety of projects and programs, as well as to help pay down the principal of our Cape Cod Five mortgage.

"We drink from the well that was dug by our spiritual ancestors. Let us replenish the well for those who follow."

If your committee, group or team would like to request Endowment Funds for a project, please submit a proposal to the Endowment Board by January 18, 2019 for disbursement during the next fiscal year (July 2019-July 2020).

Request forms are available in the office by calling 508-896-5577 or via email: cove@firstparishbrewster.org. For questions or help formulating a request, please contact a member of the Endowment Board (Susan Flaws, Dick Guernsey, Howard Hayes, Carol Wall, Dwight Woodson).

Susan Flaws, Endowment Chair



From the Council

The Council functions as one arm of the church governance structure in collaboration with the Minister and Board of Trustees. A good deal of the work of the church is done by the many committees whose members volunteer their time, treasure and talent to make the vision and mission of the church a reality. Much of this work benefits the congregation as well as the greater Cape Cod community from Provincetown to Falmouth, and sometimes beyond. The Council seeks to highlight and communicate the work of these dedicated groups and committees and to determine ways to help support and make their efforts sustainable.

In an environment of openness, compassion and commitment, the Council works with the Minister and Board of Trustees to address issues of concern and to identify projects which benefit the workings of the church. Some projects this year include supporting the Harvest Festival and researching ways of using technology to improve communication as well as provide additional resources for church work.

The First Parish Brewster Council holds its meetings on the 3rd Tuesday of each month. Any members of the congregation who have thoughts or ideas that could assist the Council or improve the offerings and organization of the church are asked to contact a member of the Council.

Gail Web, Council Chair

Council 2018-2019

- * Gail Webb, Chair
- * Carol Ann Yeaple, Chair-Elect
- * Topper Roth, Past Chair
- * Members-At-Large:
 - * Rikki Bates
 - * Pat Skinger
 - * Susan Smith
 - * Bill Roberts

From the Board President

I am filled with gratitude toward my church community as I write this, my first article for the Quarterly Angle as the new President of the Board of Trustees. I feel so fortunate as we embark on the second year with Reverend Jessica Clay. What a great time to step into this position!

You know how most of us go through cycles in terms of our active participation in the congregation. There are periods when we may be very actively involved, and times when we are more detached, for all kinds of reasons, some of them perhaps having nothing to do with the church, and other times, everything to do with the church. My history with FPBUU goes back over 10 years now-my husband Bob Flanagan and I arrived here during the last months of the Rev. Eric Wickstrom's ministry. We had come from two previous UU churches, in Morristown, New Jersey and Raleigh, NC. I became actively involved right away at FPBUU as an ally on the Welcoming Congregation Committee and then joined forces with others to revive the small group ministry program. In a few years, I applied to be on the Search Committee for our next minister and was accepted. The next year I served on the Council and worked with a team to manage the transition to Stony Brook Elementary School during the rehabilitation of the meetinghouse, then chaired a new fund-raising committee and helped to bring the memorial pillar to the memorial garden.

But by that time, about 5 years ago, my energy was flagging. Disillusionment with our co-ministry team and the direction of the church had left me feeling that I had nothing left to give. I found my place of "sanctuary" in the choir: singing with others was (and still is) my solace and joy. It was a time of healing. So that when I was invited back into leadership-asked to be the president-elect on the board last year-I could say yes with enthusiasm. It was time, I was ready.

I honor those strong leaders who were able to weather the storms that I could not, who said yes, who took up the mantle and guided us through a very challenging period of years until we could begin again with love, with our settled minister, Jessica Clay.

We are together in community; we minister to each other. We give, and we receive, but sometimes, we are only able to receive. I am so grateful to this beloved faith community for holding me up when I had little to give. And as a result, I look forward to this year of being Board President with energy and enthusiasm!

The new Board for 2018-19 is already hard at work, visioning and planning for the next three to five years. Yes, the Board of Trustees works right through the summer -it's a year-round job! And now because Jessica is also, by her own choice, on a year-round schedule, we've been busy together, envisioning where we want to go in these next years and planning how to get there. We will be seeking your continued input.

Join us Friday evening September 21st for a facilitated conversation with Hilary Allen, our UUA consultant, where we will be exploring our relationship with our new settled minister as part of an "on-boarding" weekend. And be on the look-out for a visioning session after the Sunday service on October 21st, where we will solicit your thoughts about what we want for the future use of our buildings; a working kitchen, an enhanced Parish Room, etc.

Everything is in place for an exciting, productive, joyful year together. Hallelujah and blessed be!

Pat Stover, Board President

Board of Trustees 2018-19

* Pat Stover, President	Members-At-Large:
* Judy Harrison, Past President	Susan Daly
* Jim Hild, President-Elect	Ralph Diamond
* Diane Pansire, Treasurer	Katherine Farnham
* Carol DiAnna, Clerk	Liz Gordon

PATHWAYS - FALL 2018 - Adult Education

MLK's "LETTER FROM BIRMINGHAM JAIL" STUDY GROUP

Led by Tia Cross, Tcross38@gmail.com and Wesley Williams
Sundays, September 30th – October 28th from 1:00 - 2.30pm

The Martin Luther King Action Team of Nauset Interfaith Council is sponsoring a study of Dr. King's "**Letter from Birmingham Jail**," 50 years after his assassination in 1968. This letter is considered by many scholars (and our Team) to be Dr. King's most important writing. Sadly, it is estimated that fewer than 10% of white Americans have read and studied this powerful 7,000 word letter written from a jail cell.

The MLK Action Team has created a five-week curriculum which includes the historical context, the letter from white clergy which caused Dr. King to write his letter, a recording of him reading it aloud, and two annotated bibliographies, one on Black culture and one on racial justice/multicultural subjects, which both include some films and music as well.

FULL MOON MEDITATION Led by Judy Harrison, bharrison2@comcast.net
Sept. 27th & Oct. 25th, 1:00 – 2:00 pm

The group meets once a month in coordination with the full moon cycle. Each gathering is approximately an hour with 30 minutes of discussion and 30 minutes of meditation. You are invited to gather in the **Winslow House** to engage in a time of meditative support and caring for the human family.

THE FINAL CHAPTER – LIVES WELL LIVED Led by: Suzanne Sullivan, suzesull@gmail.com
Friday, Nov. 2nd, 4:00 – 6:00 pm and Saturday, Nov. 3rd, 9:00 – 12:00.

SUICIDE PREVENTION Led by April Naturale anaturale@aol.com
Tuesday evening, November 13, 2018 7:00 – 9:00 pm

Suicide Prevention is a short introductory class, designed to teach everyone how to help address and connect someone who may be suicidal, to crisis intervention services and other appropriate resources. While this is not a full on suicide prevention training, the information will assist in identifying those who may be in need and what are some of the evidence based approaches to providing assistance.

People do not need to have any clinical skills to participate in this program. It is appropriate for adults, but the information can be useful for mature youth, especially friends or loved ones (siblings) of someone who experiences suicidal ideation.

BRIDGES TO CONTEMPLATIVE LIVING Led by Marietta Nilson marietta@capebuyerbroker.com

Eight weeks: Mondays at 10:30 am October 1, 2019 – November 26, 2019 or

Thursdays at 4:00 pm October 4, 2019 – November 29, 2019

Due to the Thanksgiving holiday, there will be no gathering the week of Nov. 19.

Based on the contemplative life and writings of Thomas Merton, *Bridges to Contemplative Living* is a tool for spiritual development that offers participants a unique opportunity to explore the ways in which the work of personal spiritual transformation can lead to a more just and peaceful world.

Suggested Reading: *Bridges to Contemplative Living with Thomas Merton.*

For more information please contact Marietta Nilson at 508-432-3411

EXPERIENCING THE ARTS Facilitated by: Various Artists
Saturday Morning 10-12 am in Fellowship Hall

Join us for an experiential dive into the arts. Each week a new artist will lead us as we learn about all the ways the Arts can help us feel alive in our communities.

Classes to include poetry, pottery, papercutting, movement and more!

Children and Youth Ministries - Vision

Across the USA, religious professionals are having conversations about the future of religious education, where families fit in our religion, and what does a truly multi-generational community look like. I have been part of these conversation as a lay person for years and its exciting for me to be part of this conversation as the CYM Director. A paper was published called “The Death of Sunday School and the Future of Faith Formation” written by Kim Sweeny which outlines a beautiful vision for family ministry, multi-gen community and religious education in our faith. Now of course we are Unitarian Universalists and there is not one solution for every congregation, but for now I am relishing the opportunity to be in this conversation and working to incorporate many of the ideas into our year to best support our children, youth and families. To that end we are gearing up for a magical year in CYM!

Our **K-6 curriculum** this year is a social justice curriculum based off the Harry Potter books. Every four weeks we will be tackling a different social justice issue, including animal cruelty, illiteracy, poverty and hunger. Through practical projects, the arts and field trips we will take on each issue and make a change in our community. You do not need to be familiar with the Harry Potter books for this to be a meaningful experience.

We are also offering **OWL – Our Whole Lives** is a comprehensive sexuality curriculum for 7-9th grade. Classes will take place from 9 -10:30 am on Sunday mornings.

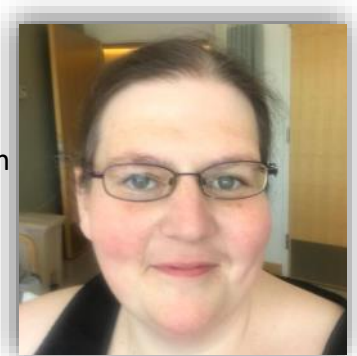
Our **High School Youth group** will resume on September 16th with a brand-new space to call their own in the Barn. The Youth Group meets on Sunday evening from 6-8pm. We are looking for one more advisor to join our team. Advisors must be at least 25 years old and have been a member of First Parish for at least a year. Each advisor is scheduled to be with the group once a month, if you are interested please email twinkshastings@firstparishbrewster.org

We will also be offering once a month **Parent Circles** on the second Sunday of each month after the 9 am service. This will be a facilitated time for sharing and connecting with other parents as you navigate raising kids in the UU faith.

Join us for a **family picnic and CYM orientation** after our ingathering service on September 9th.

I am looking forward to seeing you all back at church very soon.

Twinks Hastings, Children and Youth Ministries Director



SERMONATING - A sermon seminar for lay people.

Led by Jessica Clay, revjessica@firstparishbrewster.org

Wednesdays from 2 – 5 pm, Sept. 12, 19, and 26; Oct. 3, 10, and 31; Nov. 7 and 14.

Attendance at all 8 sessions is required. Class is limited to 8 participants

RAISING HEALTHY FAMILIES

Facilitated by Cindy Horgan, Executive Director
and Family Support Coordinator of the Cape Cod Children’s Place

Tuesdays, Oct 16, 23, 30 & Nov 6, 13, 2018, 5:30 – 7:30 pm

This program is designed to provide skills to support parents with some of the challenges that make this job so difficult. Topics to be discussed are: discipline without yelling, how to handle tantrums, understanding temperament and why our children do what they do, the value of routines, setting limits and boundaries, and much more. You’ll have a chance to ask questions, share ideas and go home with education and resource materials.

JOIN US IN MUSIC MAKING

I look forward to my sixth year at FPBUU with all of you. I love our singing congregation and Sunday morning magic – when words and music and spirit all come together in worship and community.

I am making my annual pitch for more members of the choir, instrumental ensemble, and OMG.

Choir - We welcome members on all voice parts, SATB. Ages 14 -90 welcome. We rehearse on Wednesday nights from 6:30-8pm. We sometimes rehearse a bit longer, depending on the season. We sing approximately two Sundays a month. We sing a huge variety from Mendelssohn to Sweet Honey in the Rock to Broadway. You do not have to be able to read music. You can learn that. It is helpful to be able to carry a tune in a bucket and to be able to match pitch. Every rehearsal includes a bit of a voice lesson, to make us all better singers.

Instrumental Ensemble - We currently have four clarinets, two flutes/one oboe, one English horn, one violin, one viola, one bass, and one guitar.

We could really use more strings – violin, viola, cello, bass, and also low brass – trombone or other. However, we welcome any band/orchestra instrument (even more clarinets and flutes!)

Feeling like you can't join the ensemble because your instrument has sat in the closet for 20 years? Worry not! Middle-school level of playing is fine! We also welcome higher levels. Fortunately, we have an amazing arranger who can write you a part that will work for you, from middle-school to professional level. We rehearse on some Sundays after church and play in 5-6 services in the year.

For singing or playing or both, contact Danica at danicabuckley@firstparishbrewster.org.

For info on OMG, contact Rich Elliott-Grunes at elliottgrunes@gmail.com. Singers and instrumentalists welcome! OMG will be providing music for six Sundays this year.

Here's to another year in harmony!
Danica Buckley, Music Director



“The Rising of the Women” at FPBUU



Save The Date: November 17, 2018 7:30pm

A special event featuring songs, rhythms and stories of women.
Gathered by *Common Voices Women's Chorus*
Directed by Jane Lowey

OPEN MIC CLASSICAL CAPE COD

(aka the Mic-less Open Mic)
A New Experience in Classical Music

3rd Sunday, September-June / 3-5 pm
rehearse with pianist at 2 pm.

Featured Performers:

September 16th - soprano Joan Kirchner

October 21st - pianist Kaeza Fearn

November 18th - Truro Trio



Community Ministry - Beneath the Surface

It has been 17 years now since Jacquie Scarbrough first envisioned a safe space for women in transition on Cape Cod; 15 years since the now Rev. Carie Johnsen's internship project gave birth to the mentoring programs I manage at WE CAN, the site of my community ministry. These two women are held tightly in my mind; Jacquie because she still volunteers with us on a regular basis, and Carrie especially when I see her at UUA sponsored events. But it is not just because I see them. It is because of what they have left for me – for us; their legacy that lives on through the work that I and so many others engage in while holding that original vision close to our hearts.

No doubt our religious forebears in this place, over 300 years ago now, held out a vision of community; of freedom; of fullness for individuals here on Cape Cod. This sanctuary, though not the original building, holds within its walls the collective memory of all those who have come before us searching for a liberal religious home that provides a safe environment for faithful seekers. Our own vision gives life and meaning to the hope held by peoples of all ages and circumstances for spiritual expression and growth.

In these times of transition, at WE CAN as we embrace new leadership and re-imagine our vision, and here at First Parish as we enter into a second year of relationship with a new minister; we would do well to look back to our origins, to hold close those first dreams, and to consider how they remain relevant for us still today. What of those early visions still rings true? How have we built upon those plans in the time since? What remains to be done to ensure their legacy?

May these two places, joined as ministry from the inception of WE CAN, continue to provide hope to all who enter their doors. May they be safe places of sanctuary for those whose search has not yet been fulfilled. And may our memories of those earliest days rekindle the passion at the core of our collective creation.

Blessed be.

Rev. Tracy Johnson, Community Affiliate Minister



Committee on Shared Ministry

Early this summer we collaborated to present our Committee's evaluation of the Reverend Jessica Clay to the UUA. We were very pleased to find a continuity of feedback from staff and congregants at First Parish Brewster. In the first year of Reverend Jessica's ministry she demonstrated many strengths and skills which will be beneficial here at FPB.

Our Committee will continue to identify challenges and opportunities in our shared voyage together to further the mission of *growing souls, opening hearts, turning love into justice*. The fall *Dine Around with Jessica* series will be an opportunity to get to know each other in a more personal level. Sign-ups will be available at coffee hour to both host or to attend as a guest. To ensure that all voices are heard, COSM is always available for feedback as to what is working and what can be improved at First Parish Brewster.

The Committee on Shared Ministry members include Don Friend (Chair), Marie Hartley, Tavia Ossola, Barry Powers and Annette Winther.

Don Friend, Chair

Staff Directory **Church Office** (508) 896-5577 1 Harwich Rd., Brewster, MA, 02631

Minister: Rev. Jessica Clay, (Ext. 308) revjessica@firstparishbrewster.org

Administration and Finance Director: Karena Stroh (Ext. 304) karenastroh@firstparishbrewster.org

Bookkeeper: Ted Jalowick (Ext. 305) tedjalowick@firstparishbrewster.org

Children & Youth Ministries: Twinks Hastings, CYM Director (Ext. 303) twinkshastings@firstparishbrewster.org

Music: Danica Buckley, Music Director (Ext. 307) danicabuckley@firstparishbrewster.org

Rich Elliott-Grunes, OMG leader (Organic Music Group) eliotmgrunes@gmail.com

Sexton & Videographer: Jennie Mignone (508) 776-6844 jenniemignone@firstparishbrewster.org

Thrift Store Manager/Fundraising Coord: Linda Delorey (508) 896-8744 lindadelorey@firstparishbrewster.org

Affiliate Community Minister: Rev. Tracy Johnson, WE CAN Program Manger, arevtracy@gmail.com

FPB Publications

Weekly Angle Submissions: weekly@firstparishbrewster.org

Quarterly Angle & General Communications/PR: cove@firstparishbrewster.org

Website/ Social Media

firstparishbrewster.org

Facebook.com/fpbuu

Helping Hands

Helping Hands provides friendly support to members and friends of FPBUU in times of special need. This might include soup, rides to appointments, meals, respite care, or information on available resources. Please call town coordinators for assistance:

Orleans

Sue Scammell 508-255-2102

Harwich/Chatham

Suzanne Sullivan 508-385-2485

Brewster

Liz Gordon 508-896-6225

Dennis

Tavia Ossola 508-896-6225

Hyannis/Yarmouth

Suzanne Sullivan 508-385-2485



Please consider joining the Helping Hands team this Fall. Your participation in this important part of our caring FPBUU community will be much appreciated.

Need help requesting a room for an event or meeting? Need to request a sexton? Need an answer to a question about how to use our online member directory?

The FPB Communications Office Volunteer Etc. or COVE Volunteers are here to support the administrative work of the church. Call or stop by and let us know how we can help!

The office is open
Monday – Friday
9 am - 12 pm.

cove@firstparishbrewster.org
508-896-5577