



Meetinghouse Messenger

from the First Religious Society

October 13, 2014
through October 19, 2014

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A Message from the Minister --

Suicide alertness was the goal of a SafeTalk training I attended earlier this month. We discussed ways to create a cultural shift toward less stigma and denial about suicide. We were told that in any two-week period, one out of twenty people is thinking about suicide. Thoughts about suicide are quite common. How can we prevent thoughts from moving to action? One key step is to talk about suicide. Don't hesitate to ask directly if you sense that there is a clue in what a person says, or changes in their behavior, or a text or message that concerns you. The program drew a range of people who want to better understand the issue and raise awareness, including a mother whose CCHS son took his life four years ago. Community action can make a difference. We heard that Australia has lowered its suicide rate by a third by raising awareness and reducing stigma and denial. ~ Diane



Upcoming Services Sunday, October 19

Sunday October 19

- Religion and Politics -- Which is Which? Rev. Diane Miller. A sermon about religious values in a political season. Nina Benkley and the choir will sing. We will hear about visiting the Common Cathedral ministry to the homeless. For this third Sunday Social Action, children will bake brownies for the

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CONTACT US

Office:
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Office hours:

Mon. 8-9:30am

10:30am-noon

Tuesday: 8am-noon

Closed
Wednesday

Thursday 8-noon
and 1pm-4pm

Friday 8am-noon
and 1pm-3pm

Minister:

Rev. Diane Miller
The Minister is usually in the church study for portions of Monday, Tuesday, Thursday, and Sunday. Friday is preparation time, Saturdays vary, and Wednesday is her day off.
Call for an appointment.

**Religious
Education
Director:**

Lisa Perry-Wood

Music Director:
Dan Ryan

lunches FRS will deliver in November.

Share the Plate:

Open Pantry ~ and Food Donations

Immediately after the service, there will be an informal gathering in the Widrick Room (3rd floor) for anyone interested in knowing more about FRS and Unitarian Universalism. See announcement below.

Sunday October 26 - Jim Scott, Guest musician and service leader. Jim Scott is an exciting acoustic guitarist, singer, and composer of powerful music that furthers the ideals of ecology, justice, and peace. Jim makes an impact on hearts and minds across the world. He will lead our all-ages service in October, working with the Choir as well as engaging children in the service. Three of his songs are in our hymnbook, including "Gather the Spirit," one of the FRS favorites.

Share the Plate: The Stella-Rosie Foundation

Hallowing of Names on Sunday, November 2. On the Sunday closest to All Souls Day it is a meaningful tradition in this congregation to read the names of beloved persons who have died. Four readers, standing in the four corners of the sanctuary, speak each name, followed by tolling bell and a moment of silence. Submit names you would like to have read to Ann Quenin in the church office -- via email, phone, or mail. Ann will place the names in the list in the Order of Service. There will also be a sheet in Union Hall at Coffee Hour for the next three Sundays. Additional names can be added that morning, written on index cards. Please include pronunciation guidance where needed.



A Message from the Religious Education Director

Building the Story of Noah and the Ark

This week we continued our Fall "Timeless Themes: Bible Stories" curriculum with the story of Noah and the Ark. In worship, Rev. Miller read the story of Norah's Ark, by Ann and Reg Cartwright, in which a young girl's farm is threatened by a flood and she turns the barn into an ark to save the animals. In their class, the K-5's heard the classic Noah story, and then collaborated to build a model of Noah's Ark, complete with

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people, animals and a rainbow! You can see it on display in Union Hall this week. Many thanks to **Steve Herbst, Susan Emmons** and **Amy Smack** for their hard work in preparing and collaborating on this great lesson and project.

Next week is our Social Action Sunday. The children will be baking and freezing brownies to be delivered on November 9th to Common Cathedral in Boston. We still need a couple more adult volunteers to assist the children that morning.

If you haven't signed your child up for Religious Education, please go to the RE table, before church or at coffee hour on Sundays. Or feel free to drop by the RE office on Tuesdays or Thursdays, when Lisa has office hours:

News and Programs

Coffee Hour this coming Sunday: Congregants with last names M-P. Please bring a light, healthy snack and consider showing up early or staying on after to help with set up or clean up. Your time and contributions are greatly appreciated!

Third Friday Potluck Come to the next Family Friendly Friday Potluck this coming Friday, October 17, from 5:30 to 7pm in Union Hall. All ages, bring your friends and neighbors.

"Cakes for the Queen of Heaven" class will have its second meeting on Friday, October 17, at 7pm in the Widrick Room (following the potluck). Participants will receive details via email.

Time to Turn in Knitted Hats and Scarves for Common Cathedral - deadline October 15

The FRS Knitting in Service Society (KISS) is collecting all the hats and scarves that have been knitted over the past year. If you have any items to donate, please bring to FRS or the COA office in the Town Offices by October 15 so they can be sorted and tagged.

KISS Meeting:

The FRS Knitting in Service Society (KISS) will meet this month on Thursday October 16 at 7:30 in Union Hall. We will be sorting and tagging all the hats and scarves that have been knitted over the past year to bring to Boston on our upcoming visit to common cathedral.

Adults, please bring your Open Pantry donations on THIRD Sundays this year, to coincide with the RE social action/outreach weeks. The church continues to actively support this Lowell program financially, through Tuesday morning volunteers and by our donations of non-perishable foods and toiletries. That is this Sunday, October 19.

Are You Thinking about Joining the First Religious Society? Would you like to know more about the church? The Membership Committee invites you to gather in the Widrick Room immediately after the conclusion of the service on **Sunday, October 19th.** Refreshments provided. If you need childcare, we will arrange to have our adult caregiver, Nina Rich, stay after the service. Please notify the office in advance, frs@uucarlisle.org, to reserve childcare. There will be a brief video showing congregations around the country, followed by an opportunity to find out what you would like to know about the First Religious Society and Unitarian Universalist congregations. Led by Michael Dundorf, Chair of the Membership Committee, this will provide you with a non-pressure, friendly environment to learn more about our church community. If you are already a member of the church, why not invite friends and neighbors to come with you on Sunday, the 19th.

Community Thanksgiving; Reviving an established tradition, the First Religious Society will once again be hosting a community wide Thanksgiving Feast in Union Hall on Thursday, November 27. (Thanksgiving Day) This will be an event at which any and all are welcome, and every attendee will have a part in creating the feast. In the best tradition of Thanksgiving, this will be a celebration of food, feast and thanks. By next week we will have details in place, and sign up sheets ready, but in the meantime if this is a way you might wish to enjoy your holiday with your neighbors, then please keep this event in mind.

A note from Frank Rigg

Another fifth Friday rolls around on All Hallows Eve, 10/31/2004, and St Paul's Kitchen in Lowell calls. It's the season of mists and mellow fruitfulness, harvest moons, jack o'lanterns, falling leaves AND, paraphrasing Dunkin Donuts' iconic commercial, **"It's time to make the.....lasagnas!"** And let's not forget to bring salad, and bread and desserts. But first, a big shout-out to all who contributed to the dinner on August 29 at St. Paul's Kitchen. Kudos to: Linda Clark, Tim & Mary Hult, Sally Stokes, Dave & Max Barber, Mike Dundorf

& Jeanne Reynolds, Joan Crooker, Fontaine Richardson, Diane Miller, Ellen Huber, Sue Kirk, Sally Coulter, Lisa Sama, Amy Page Smack, Margaret Darling, Christine Lear, Barbara Ritz, Marilyn Harte, Beth Sullivan, Stephanie Hackbarth, and Nancy Hendrie.

I had been worrying that perhaps we should change the menu, but co-founder Walter Brock told me our meal is the most popular served at St Paul's. Apparently no other group serves lasagna and the folks love it. The diners also love the quantities of healthy salad and fruit and home made desserts that we take. All in all, our contribution is really well received and very much appreciated. People ask when is Carlisle coming again?

A pleasant surprise this time is provided by Alison Saylor who froze the unused, grass-fed ground beef purchased for the Sloppy Joes at the Harvest Fair. She suggested we use it to make lasagnas, and Roger Goulet and Tom Rourk volunteered to lead this culinary effort. Roger expects to get 6 to 8 lasagnas from it. So we will still need another 6 or 7 lasagnas from some generous contributors. In addition to lasagnas, we need bread or rolls for 120 people; six gallons of 2% milk; 12 salads for 10 persons each of tomatoes, lettuce, and cucumber; our usual variety of fresh fruit - grapes, apples, clementines, cantaloupes, plums, bananas etc, and those home-made desserts from our renowned pâtisseries, that go down so well.

Please let me know by e-mail or phone if you can add to the bounty or come to serve in Lowell. Costumes or attire for the servers is optional.

Cheers,
Frank

Volunteers needed for Greens Sale: This will be the 26th year for our annual Greens Sale. We had a most successful year last time, bringing in \$8,000 for our church budget. I hope everyone will help again to make it a fun and most beautiful event for the entire town.

At the present moment our volunteers include Susan Emmons on publicity, Donna Cantrill and Kerry Kissinger shopping for supplies in Boston, and Hannelore Munson decorating wreaths and baskets. Let me know what you and also your church committee can do to help. Our very first workshop is the Saturday of Thanksgiving weekend.

The Greens Sale will be on Saturday, December 6 from 10am to 2pm. (Signed) Janice Kissinger

Behind the Scenes

Many thanks to **Deb Jancek** for setting up the wonderful carved Noah's Ark display in the Sanctuary. Adults and children alike enjoyed looking at it. Thanks to **Rick MacDonald** for coordinating Way Cool Sunday School while Lisa was away. Thanks to the **Social Action Committee** and the **many** volunteers who helped make apple picking and lunch on Saturday such a joyous occasion for Kendrick and kids. Check out the photographs on the FRS Facebook page.

Community Events:

First Vegan Potluck of Autumn! October 14! Enjoy a delicious potluck dinner in the Parish Hall at First Parish in Concord, on Tuesday, October 14th at 6:30 pm, hosted by FP's Reverence for Life and the Environmental Leadership teams. You don't need to be vegan or vegetarian or anything but hungry. Please bring your own beverage and a dish to share that is free of meat, fish, eggs, honey and dairy. Also, attach a card with the ingredients of your dish, to help out those with allergies or special diets. Don't have time to cook? A simple salad or a loaf of bread is just fine. FRS contact is Jeannie Geneczko

Military Families Support Group (MFSG) For nine years, the MFSG has offered mutual support and education for families and friends experiencing all phases of deployment. They also provide networking information to ease the transition from soldier to veteran. Each meeting starts with a welcome of new participants and a "check- in" with returning members. Meetings are held the third Tuesday of the month. MFSG meets at the West Concord Union Church. They welcome partners, parents, grandparents, adult/teen siblings and friends of deployed loved ones and OEF/OIF veterans. To sign up for the monthly notices, email Milfamilysg <at> gmail.com or become a friend of the group on Facebook. Kathleen & Jake Zagata coordinate this area resource. Next meeting October 21.