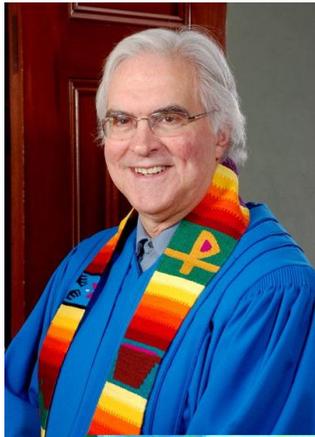




# The Arbella



## CAPTAIN'S LOG



Mark W. Harris

Many of us have been feeling a tremendous sense of sadness and loss in the wake of the shootings at the Tree of Life Synagogue in Pittsburgh. It was not lost on me that a child dedication was taking place at the Synagogue on the same weekend that we had a child dedication scheduled here at First Parish. Religious communities should be about affirming new life and hope, and not be the scenes of tragic killings.

Tragic killings in a religious community came up in my class at BU. Every student in my history class must give a report on the history of one UU church. Usually they pick their home church. The point of the exercise is partly for each student to understand their role as minister in the context of their congregation. They must ask how their approach to ministry can help this congregation fulfill its sense of mission as a community. One of my students at BU is a member of the UU Church in Brattleboro, Vermont, where in 2001 a young man was shot and killed by police. He had brought a knife to church and threatened to kill himself. He was also begging the congregation for protection, as he believed the FBI was out to get him. There were mental health issues, too. The members tried to calm him down, but someone had also called the police. They came, and a confrontation ensued, where the young man was gunned down. Members believe it could have ended differently, and they were traumatized by the event. They are still working through it seventeen years later. This is one of many instances where bringing a weapon into a confrontational situation will, more often than not, lead to a bad ending.

One thing my students must ask is how long major events continue to impact the congregation. One of the responses to the shooting in Pittsburgh was to suggest that armed guards be present to protect parishioners. This goes against the very foundation of what we

## SERMONS/SERVICES

**November 4, 2018, 10:30am**

**Lay Service: "How to Not Give Up After Hearing the News"**

**Lay Worship Leader: Alyssa Lawson**

**Speakers: John Portz, Beverly Smith, and Jean Gauthier**

Since this is the last Sunday before the upcoming midterm elections, the Worship Committee felt it would be relevant to choose a topic related to the current political climate and our own ways of dealing with what has been a difficult era for many of us. Our three speakers, all First Parish members, will share their thoughts on dealing with the challenges of the troublesome era in which we are living and how we might respond in these hard times.

**November 11, 2018**

**"Time's a Wasting" Mark W. Harris**

The modern age has us plugged in all the time, but perhaps that over connectedness and over scheduling means we have lost the ability to waste time. And this may be the most valuable time of all.

envision as a religious community. This must be a place where no one carries a weapon of violence, because it is a place of peace. The central mission is cultivating compassion for one another. While the leaders of our country may not be responsible for specific acts of violence, what they do when they consistently attack people as unworthy in some way – losers, ugly, rapists, less intelligent, drug dealers or people who live in shitholes – is create a climate where those people who are called less worthy become more vulnerable to being attacked because they are judged inferior and hence don't belong here. An attack on two African Americans in Louisville occurred after the perpetrator failed to gain access to a local church. He targeted them. A church is a place where it is imperative that we stand in defiance of hate, and side with love, just as the UUA campaign says we should. Hate speech must be replaced by love speech.

Watertown residents and some First Parish members took part in a vigil in the Square on the Tuesday after the shootings. I am sure we all felt some measure of gratitude that we live in a place where people care about what happens in their community, or care about what happens when their neighbors are threatened. You could see and feel the pain of those who grew up in Pittsburgh, or knew someone from the Squirrel Hill area, or as was the case at the First Parish in Bedford, had a parishioner, whose sibling was killed in the massacre. People want to learn what connection people have to a place or a people because then we know each other better and feel each other's pain. Hearing my student's story helped us understand him a little better, and it helped us in discerning how we might behave in our congregation when someone asks for help.

Last Saturday on the day of the massacre in Pittsburgh, I went to see a film called "An American Story" which was part of the Asian American Film Festival in Boston. It was the story of Norm Mineta, a Japanese American who was a Senator from California and a Cabinet Secretary for both Bush and Clinton. Mineta was also a victim of the Japanese internment camps in World War II. After September 11, he had inspired Bush to reach out to Muslim Americans rather than stigmatize them, or even create internment camps like the one Mineta had known. Because of Mineta's experience, Bush knew it would be the wrong to stigmatize the Muslims. Even though they were members of different political parties, Mineta and Bush came to a common vision of not acting out of hate or fear, but of finding a common ground of friendship. They knew one another, and thus could create a climate of kindness and friendship towards others. The more people we know who are different from us the better chance we will have of creating the beloved community. As we celebrate Thanksgiving, may we be grateful for the beloved community we belong to.

*Mark*

## SERMONS/SERVICES - *continued*

**November 18, 2018**

### **Intergenerational Thanksgiving Service - Mark, Lauren, Charlyn**

Come join us for our annual Thanksgiving service. We will have a story about welcoming the stranger, we will eat different ethnic breads, we will have a family choir, and the church silver will be here. NOTE: Mark is looking for volunteers to bake some kind of bread to reflect their ethnic/immigrant heritage.

**November 25, 2018**

### **"The Blessing of Curses"**

**Mark W. Harris**

We feel terrible when some difficult event occurs in our lives, but sometimes what seems like a life changing failure or disaster turns into a blessing.

## Religious Education News



Lauren Strauss, DRE

Dear ones,

The first thing I'd like to mention is that my email address here at church has changed. It is now [dre@fpwatertown.org](mailto:dre@fpwatertown.org). I'm very excited about this change, because it leads to greater consistency among the

staff here at First Parish, and I also know that getting the information out will take time and reminders. Email sent to my old address will auto-forward to my new one, so don't worry if you send something to the wrong place!

Things have been charging right ahead in the Children's Religious Education program. We've been talking about "Food, and who is welcome at the table" this month – and that continues through Thanksgiving. At our Thanksgiving Multigenerational Service, we'll present a version of the story for this month, *The Mysterious Guests: A Sukkot Story* by Eric A. Kimmel.

Each class has had a different spin on welcoming this month. Our Blue Dragons class – ages 3-5 – have had a tea party during which they practiced their best party manners and heard books about sharing: *Should I Share My Ice Cream?* *An Elephant & Piggie Book* by Mo Willems and *Dragons Love Tacos* by Adam Rubin, in which one gets a party ready for dragons, taking their dietary preferences and requirements in mind. They also made play-dough together.

The Hamsterguineachillas, ages 6-8, clearly have their own take on consensus-building. ☺ They've made bird feeders to welcome our feathered and furry playground friends, learned about Hearth's

Warming traditions in different *My Little Pony* families, and have played a couple of fun welcoming games.

The Dragon Tails, ages 9-11, have thought about welcoming everyone at a Harry Potter feast – by visiting a ghostly Deathday Party and realizing that ghosts have very different needs from humans in the wizarding world. They talked about Dementors and created chocolate frogs to counter the effects of these terrifying magical creatures.

The Sickth Dymencion, ages 12-14, have seen two episodes of *The Twilight Zone* in which people were not welcomed or made to feel safe: "The Monsters are Due on Maple Street" and "The Shelter."

We focused on our Second Principle, Unitarian Universalists affirm and promote justice, equity, and compassion in human relations in all our classes this month, and our upcoming Faith in Action project should help bring that message out to the wider community.

Thank you all for reading! In peace,

Lauren



## Musically Speaking



It is rather hot (80 degrees) and humid: Imagine walking down the sidewalk-made-of-bricks which is narrow, street musicians halfway down every block, unimpressive storefronts with the most amazing art—crafty things, ethnic restaurants, a looming church. Every morning, people hose down that

sidewalk to keep it clean. People look each other in the eye and seem to applaud the outrageous costumes, tattoos, jewelry, face paint, hats that show the life in each person. Each day is a party. Where IS this place?

Guy and I just returned from a week in New Orleans. This trip was historic for us: we have never gone away just to be tourists. It is usual for us to go away to a conference or to visit family. But this time, it was only for fun! We had a wonderful time in every way. We enjoyed the food, the weather, the scenery (we even went on a swamp boat tour!) and sights of New Orleans from our vantage point at our hotel in the French Quarter. The very best thing about his trip was the music.

One can hear music 24/7 in New Orleans. We heard high quality jazz that was almost constant. It was obvious that all the players we heard love to play or sing and their technique was flawless. Their commitment to their art was obvious and impressive. They were generous in that they were playing their hearts out just for tips.

It was easy to talk to people in the street. Young people, retired people—all were outside sharing pre-Halloween. Houses were decorated with big spiders, skeletons, and spooky lights on balconies. What brought us together was the moment.

My take-away from all this: I feel renewed by the whole

scene in New Orleans. People care about other people. The connection person to person is the culture. The musicians especially are their best because of the camaraderie. There is a context to this city that includes everyone. When appreciated by their listeners, musicians have permission to take risks and then exceed their best. I am inspired. If I could bring some of New Orleans to our church, it would be: Let's all be accessible to each other and support those around us. Enjoy the moments we share! Make every day maybe not a party, but still a little special. Let's let the good times roll, y'all!!!!

That is not to turn a blind eye to what is happening in our world. Also in New Orleans is the World War II museum, reminding us of times that were darker than those we face today. The constant music in this city reminds me that we can stay the course, with our resilient spirits, as we fall back on our integrity and work to make our shared world a better place, one day at a time.

See you in church.

**Charlyn**

Here is what is happening musically at First Parish in November:

**November 4:** I am hopeful that the choir will sing An Old English Prayer. I believe there will be a special offering from two of our local musical stars!

**November 18:** For this Intergenerational service, I will be asking all of YOU to come to a before-service rehearsal to create the Family Choir that will sing that day. Plan to come at 9:45 and enjoy singing with the whole family!

**November 25:** This is a day for chamber music! With our guest musician, Jill Dreeben, flute, the three of us will play a piece for flute, oboe, and piano by the African American composer, William Grant Still. This is a piece is based on American folk songs in very lovely arrangements. I know you will enjoy this music.

Choir rehearsals are on November 1st, (NOT the 8th), 15th, 29th.

## Social Action Corner

**Find out what it is like to help out with Bedford**

**Sanctuary:** Friday, November 2 from 7:00 – 8:30 p.m. at Sue Kuder's home, 45A Parker St., Watertown. All are invited. Please rsvp to Sue at skuder#cmlaw.net

**Sanctuary in Bedford:** There are two Trainings scheduled in November for anyone who is able to help in Bedford Sanctuary by sitting shifts, and has not as yet been trained.

- Wednesday, November 7 from 1 – 3 pm
- Thursday, November 15 from 7 – 9 pm.

They are both at the church in Bedford at 75 Great Road, Bedford. If you can attend, email Judi Curcio at [judi.gez84@gmail.com](mailto:judi.gez84@gmail.com), or just show up.

**Grow Clinic at Boston Medical Center - Toy Drive**

The Social Action Committee asks for FPW help with holiday gift donations in support of Toy Drive for the Grow Clinic at the Boston Medical Center.

This clinic has been helping at risk children since 1984. We ask that you help contribute these gifts to the FPW Giving Boxes during the month of November unwrapped.

**For Younger Children**

- Interactive flipbooks that teach phonetics to young children (i.e. Leap Frog)
- Educational preschool toys (i.e. sing along, numbers, alphabet and shapes)
- Wooden puzzles/puzzles marked with appropriate age groups (including educational puzzles dealing with counting, shapes, animals, and the alphabet)
- Crayons, washable markers, etc.
- Craft materials: coloring books, paper pads, sketch pads, washable paints, etc.
- Building blocks, matchbox cars
- Plastic food toys, toy medical kits
- Toy telephones, train sets
- Push and pull toys
- Plastic tea sets
- Sturdy toy trucks, buses and cars for toddlers
- Stacking toys
- Baby dolls (multi-cultural, if possible)
- Playskool toys
- Mega blocks for young children
- Soft, bouncing balls
- Toys for "Little Tikes"
- Duplos or Legos for little ones
- Gift cards for Walmart, Target

**For Older Children**

- Arts/Crafts Materials and Activity sets: Beads, Ceramics, Sand art and jewelry making kits
- Phone Clock Radios
- Sports related gear: Hats, T-shirts, Sweatshirts (only Boston teams, please)
- Headphones
- School Organizer Sets
- Watches
- Legos Designed for 8 + (for girls and boys).
- Portable Speakers
- Movie Theater Gift Certificates
- Diaries and journals
- Jewelry Boxes
- Puzzles
- Calculators
- Board Games
- Etch-a-Sketch/Magna Doodle
- Game Stop
- Gift Cards for Target, Marshalls, TJ Maxx
- Gift Cards for Old Navy, Amazon, Kohl's

**Important dates for FPW Grow Clinic Toy Drive Support:**

- 1. November 1 thru Nov 30** - Bring your unwrapped gifts to the FPW Giving Boxes
- 2. November 30, 6p.m. - Evening with Friends Potluck** - Friday evening - Please join the Fellowship Committee for a relaxing meal and friendship. Come brighten your winter week with this fun dinner event and catch up with or make good friends at FPW. Bring your gifts for the Grow Clinic and a dish to share. We will light the fireplace, serve hot cider and have fun trimming the FPW holiday tree.
- 3. Sunday, December 2** - final day to bring gifts to church. We will display all our donated gifts under the tree during the church service and then collect the gifts to drop off at the Grow Clinic.

## Among Us

**A warm welcome to Emerson Esher Cass**, who was dedicated by Mark Harris in a ceremony in church on October 28, 2018.

### **Designated Offerings**

In the wake of the Gas line disaster in the Merrimack Valley we had a designated offering for Emmaus House in September. Here is their response:

*“Emmaus is overwhelmed by your congregation's generous donation in support of our work with families and individuals experiencing homelessness, specifically our crisis work with those struggling to carry on in the aftermath of the Lawrence gas explosions. As I mentioned during our phone conversation, Emmaus provides a range of supports to low income families from Lawrence and the surrounding communities. These include the following:*

*Emmaus staff provides on-site homelessness prevention and diversion services at the Lawrence Department of Transitional Assistance office to assist parents and their children at imminent risk of entering shelter to remain in or secure new housing. This assistance includes landlord-tenant mediation and rental assistance to pay arrearages or to secure a new apartment. Last year we helped 204 families to avoid emergency shelter with these efforts.*

*Emmaus provides Emergency Shelter to 54 families with children each night (183 over the course of last year). Many of these parents are originally from Lawrence and are helped to return to their home community with supports and housing assistance. Emmaus provides 12 months of case management support services after families are rehoused to address crises that may arise and*

*assist them to secure community-based resources to ensure continued housing stability.*

*Emmaus staff has joined other partners in responding to households affected by the gas crisis in Lawrence. Our staff have been volunteering their time at the emergency response centers to advise households affected by the situation about available resources and how to access them. We have been providing concrete supplies such as crock pots along with service supports. 30 of Emmaus' stabilization families live in Lawrence. 20 are still affected by the continuing gas crisis. Unfortunately, many of the units in Lawrence are in older buildings with electrical service which cannot safely handle the space heaters being supplied by the gas company. We have been working with families in these situations to access alternative housing through the gas company or other means until the gas lines are replaced.*

*Thank you again for Congregation's generosity. Emmaus will always respond to crises as they arise but the support of caring people within the community at large is critical to our ability to do. Please share our gratitude with your fellowship.”*

*- Leslie Lawrence*

### **October Designated Offering**

In October our designated offering was for the benefit of the sanctuary program at the First Parish in Bedford. The total we received from the offering was \$802.88. We are proud to have contributed 11 volunteers to the program and will continue to try to be supportive of the effort to support the guest. Thank you to everyone who made a generous contribution.

*From the Parish Committee*

*November Calendar*

At our latest meeting the Parish Committee discussed the following items:

**Memorial Garden** – Parish Committee will be working with the Capital Campaign committee to talk about shared goals and understandings about uses for the new space for the Congregation as well as for Rentals. We will be creating a process for those wishing to add a name to the Memorial Garden.

**Mark’s Retirement in July** – We will be hearing from a staff member from the New England Region of the UUA at our November 14<sup>th</sup> meeting. She will help us understand the process of calling a new minister, preparing for the interim period and saying goodbye to Mark.

**Policies regarding use of Sanctuary** – We are working on wording for a policy regarding animals in our Sanctuary. We will welcome registered service animals only. We will ask that other pets be left at home. We also discussed any further changes to the Sanctuary and decided that any changes to that space will need to be coordinated with the Minister and the Worship Committee so that we have a more orderly way to make decisions.

Thursday	11/1	FPW Choir Rehearsal	6:30 p.m.
Friday	11/2	Sanctuary Volunteer Meeting (Sue Kuder’s home)	7:00 – 8:30 p.m.
Saturday	11/3	B&G Fall Clean-up	9:00 a.m. to 1:00 p.m.
Sunday	11/4	What are the Risks to our Democracy? (Interactive Discussion)	7:00 p.m.
Monday	11/5	Membership Committee (David and Martha’s Home)	7:00 p.m.
Wednesday	11/7	Fellowship Committee (Katherine Calabro’s home)	7:00 p.m.
Thursday	11/8	RE Committee	7:00 p.m.
Sunday	11/11	Newcomer’s Breakfast	9:00 a.m.
Monday	11/12	Social Action Committee	7:00 p.m.
Wednesday	11/14	Parish Committee	7:00 p.m.
Thursday	11/15	FPW Choir Rehearsal	7:00 p.m.
Sunday	11/18	Ad Hoc Fundraising	9:00 a.m.
Sunday	11/18	Introduction to Unitarian Universalism	7:00 p.m.
Tuesday	11/20	Building and Grounds	7:30 p.m.
Monday	11/26	Deadline for submissions to the December Newsletter	12:00 Noon
Wednesday	11/28	Parish Council	7:00 p.m.
Thursday	11/29	FPW Choir Rehearsal	7:00 p.m.
Friday	11/30	Fall Potluck	6:30 p.m.

*Garden Update*

If you have been growing perennials for the garden please contact Sue Sours. We are looking for specific plants and planning a time to add them to our garden.

## General Announcements

### INVITATION TO CHURCH CLEANUP

**Saturday, November 3, 9 a.m. to 1:00 p.m.**

The three big items on our itinerary are:

- 1) Rake leaves and otherwise fill yard waste bags.
- 2) Build a new closet in the RE nursery and reorganize all the supplies stored in the room.
- 3) Organize the sound closet on the stage including building a rack for music stands. Please come if you can, even for only a short while. We appreciate rakes, gardening gloves, and other tools for collecting leaves, no supplies or experience are required.

- Ross Dickson

### INTERACTIVE DISCUSSION

**“What Are the Risks to Our Democracy?”**

**Sunday, November 4, 7:00 p.m.** This is the same day as the lay service, and the Sunday before the election, there will be an interactive discussion on the state of democracy in America. Mark Harris will lead this discussion. “In thinking about this session, Mark thought of the title of a Parker Palmer book, “Healing the Heart of Democracy: The Courage to Create a Politics Worthy of the Human Spirit.” Let’s all share ways we survive and respond to the threats to democracy we witness every day.

### INTRODUCTION TO UNITARIAN UNIVERSALISM

**Sunday, November 18, 7:00 p.m.**

New member and friends and others are invited to an introduction to our church and to UU traditions. This class will be held in the conference room.

### FALL POTLUCK

**Friday, November 30, 2018 at 6:30 p.m.**

Everyone is invited to an all church Fall Potluck Supper. This will be an opportunity to bring presents for the Grow Clinic. Details to follow during the month.

### NEWCOMERS BREAKFAST

**Calling all newcomers!**

**Sunday Morning, November 11 at 9:00.**

The Fellowship Committee would like to invite those of you who are new to our church to a Newcomer Breakfast. This is not a potluck, members of our committee will provide breakfast for you. Children are welcome. This is an opportunity to learn more about our community and the people who make it all possible. Stop by the Welcome Table after church to sign up or email Marianne Collins (Fellowship Committee) at [collins.mariannefrench@gmail.com](mailto:collins.mariannefrench@gmail.com)

### SUCCESSFUL NEIGHBORHOOD PARTY

Our Neighborhood Party on October 13 was a good success despite the breakdown of the food truck, and some inclement weather which drove us indoors for most activities. Special thanks to all the Volunteers: Clint Sours, Sue Sours, Pari Bilimoria, Martha Scott (who rescued us with trips for food), David Morrison, Katherine Cass, Acacia Plesch, Victoria Grafflin, Eileen Ryan, Beth and Izzy Tappan deFrees, Bob and Missy Shay, Carole Katz, Gay Smith, Lydia Vagts, Dean Berlin, Alyssa Lawson, Kim and Andrew Yodisborg, Rachel Jones, Lynn Bratley, Wendell Refior and Chuck Dickinson.

### HARVEST ART AND CRAFT SHOW

A special thank you to all the Artists, Crafters, and Volunteers who made our recent Harvest Show possible. Even with terrible weather, we managed to raise nearly \$2,500 for First Parish. We want to especially note our debt of gratitude to the chair of the show, Judy Kamm for all her hard work. She writes, “*We hope everyone had a good experience at the event itself: meeting new people, getting feedback on your art or craft, and even acquiring some nice gifts as well as tasty treats for others and yourselves. Many of us heard very positive comments about the high quality of all the art and crafts available and the great “feeling in the room. For this we are grateful to you all. Best wishes for a wonderful holiday season ahead, - Judy*”

*General Announcements (continued)***VOTE GREEN**

If you care about the environment, the most important thing you can do to help is to VOTE. Please vote on November 6, 2018, and in every local, state, and national election.

There are currently over 15 million registered voters in the United States who consider themselves environmentalists but do not vote. Nathaniel Stinnett, founder and executive director of the Environmental Voter Project, spoke at the Massachusetts Interfaith Power and Light Annual Conference in Framingham on October 22. The Title of this year's conference was: The Injustice of Climate Change – A Call for Action. Stinnett emphasized that although the majority of Americans consider the state of the environment to be a top priority, citizens who are the most likely to vote in any race do not rank the environment as a primary concern. The Environmental Voter Project is working to persuade those who care to vote. Being a voter is the most important part of being an environmentalist. If you live by a certain set of values and do not vote, nothing else matters. Although everyone is affected by pollution and climate change those who are the most effected are often low-income people of color. The Environmental Voter Project is based in Massachusetts and currently focusing its resources on getting people to vote in six key states: Colorado, Florida, Georgia, Nevada, Massachusetts, and Pennsylvania.

The Keynote speaker at the Interfaith Conference was the dynamic Gina McCarthy, former EPA Administrator and Director of C-Change (Center for Climate, Health and the Global Environment) at the Harvard School of Public Health. McCarthy emphasized that carbon pollution kills over 9 million people a year, mostly women and children. Over 20 percent of the Latinx communities living in the U.S. have asthma and African Americans born in the U.S. are three times as likely to have asthma as the general population. Climate change and carbon pollution are a human health crisis. Reducing climate pollution should be a non-partisan issue. Demand action from your representatives. Have hope, demand technologies that reduce carbon pollution, and VOTE.

Eileen Ryan

Green Sanctuary Committee Member

**DAWNLAND DOCUMENTARY**

**Thursday, November 15, 6:30 TO 9:00 P.M.**

The documentary Dawnland, will be shown at the Watertown Public Library on November 15. Dawnland, is a documentary that explores the legacy of forced removal and coerced assimilation of Native American children in Maine, capturing moments of truth telling and healing among the Wabanaki people. For more information, visit [www.dawnland.org](http://www.dawnland.org).

**HUB OF THE MUSIVERSE: IMMIGRATION, INTEGRATION, AND IMAGINATION**

**Friday, November 16, 7:30 p.m.**

Dinosaur Annex Music Ensemble presents "Hub of the Musiverse: Immigration, Integration, and Imagination" at First Parish Watertown. Co-sponsored by First Parish and the Social Action Committee, the event focuses on the intersection of immigration and contemporary classical music. You will hear works by composers from around the world – Iran, Israel, Brazil, Ecuador, Taiwan, China, Canada and South Korea – who moved to America to pursue their artistic endeavors. The evening will explore the impact of immigration on their lives, their work and their identity.

**OFFICE NEWS**

- 1) The new email address for the office is: [office@fpwatertown.org](mailto:office@fpwatertown.org) - this replaces the office email address and the email address previously used for rentals. Kindly update your email contact list.
- 2) The deadline for submissions to the December FPW Newsletter is 12:00 noon on Monday, November 26.



First Parish of Watertown  
35 Church Street  
Watertown, MA 02472  
617-924-6143

[office@fpwatertown.org](mailto:office@fpwatertown.org)

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

## *The Arbella*

*Newsletter of the First Parish of Watertown*

*Minister – Mark W. Harris*

*Parish Administrator – Brenda Asis*

*Religious Education Director – Lauren Strauss*

*Music Director – Charlyn Bethell*

*Accompanist – Guy Urban*

*Sexton – Frank Griggs*

*Parish Chair – Sue Twombly*

