



The Communicator

the monthly newsletter of the

UNIVERSALIST UNITARIAN CHURCH OF HAVERHILL

What's Happening This Month, June, 2014

UUCH: a faith community transforming lives and the world.

OUR ANNUAL MEETING will be held on **Sunday, June 1 at 12 pm.** All are welcome to attend; voting members in good standing of the congregation only are eligible to vote.

Brown Bag Lunch every Thursday at Noon. Come join us in the Minister's Study for an hour of conversation and fellowship. No reservations needed!

Second Sunday Donation on June 8.

June's Second Sunday donation will go to Ruth's House in Haverhill. Ruth's House Inc. is a non-profit corporation operating a charitable thrift store in Haverhill. Their mission is to recycle, reuse and renew for charity and their goal is to help clothe low income people. Proceeds from store operations are used to purchase new underwear and socks for our *Hands Across the Valley* referral program to clothe the needy. UUCH's donation will assist with their daily operations and this month will be in honor of Irma Pasquale as she was a devoted supporter of their organization.

June 10 UUCH will be a polling place for the special Haverhill election. The polls will be open from 6:30 am until 8 pm.

An important Quarterly Parish Council Meeting will be held Tuesday, June 17 from 7-8 pm. This meeting will be devoted solely to calendaring. Any committee, group or event team that wishes to have items listed on the calendar, please send a representative.

Next Communicator deadline will be June 23.

There will be no August issue of this monthly newsletter. Articles (limit 350 words) are welcome from groups, committees, task forces, and individuals. Articles should be of some spiritual or intellectual depth. Reports on group activities are also welcome.

The Summer worship schedule begins June 29. Worship will be held every Sunday at 9:30 am, with the exception of Labor Day Weekend, which we will take off. All are welcome!

Summer Office Hours: Tuesdays and Thursdays, 10-2, and other times by appointment, starting July 1 through August 25. Call before you come!

A Community Garden to Feed the Hungry. Some of you will remember our church's Cornucopia Project, led for years by Delight Reese and Peter Reinhold. We grew corn and shared it with area food pantries, so their clients could have fresh food to eat. There's a new community garden in town, on the grounds of St. John the Baptist parish, across from Haverhill stadium. A number of groups and individuals are taking plots in the garden, and raising vegetables to help feed the hungry. Father Bob Murray, pastor of St. James and St. John, has been a leader in this effort, and we are glad to be joining with him and the people of these churches.

There's a plot with our name on it, cleared and ready to plant! We'll grow vegetables and deliver them to the Open Hand Pantry. Anyone who helps out is welcome to take some vegetables home to enjoy. We are excited about this--gardening with other folks and getting our hands dirty for a good cause. If you'd like to be involved, speak with Rev. Frank, frank@uuhaverhill.org, or add your name to the signup sheet in the Murray Room.



Things Seen and Unseen

by Rev. Frank Clarkson

What do you see in our church community? And what remains unseen? This is something I think about a lot. None of us can see everything. But with effort and attention, you can broaden your perspective.

That's what life in community is meant to do: widen our peripheral vision. I hope being in this church reminds you that your own perspective isn't universal; that others may see things quite differently. I hope life in this community is opening your heart and mind and changing you for the better. I'd love to hear your stories about this.

We all need to practice seeing what is easy to miss. If you've been part of the church for a while, do you notice new folks and welcome them, or are you too focused on seeing people you already know? If you are new here, do you see how this community works--that your talents and passion are needed here, that your participation is a blessing? Does everyone see that it takes real money to keep this church going? Does everyone understand that a few dollars in the offering plate is not enough?

Once a year, we ask you to make a financial commitment to the church. Based on these pledges, we make plans that include funding programs, caring for our building and paying our staff. If you don't pledge, we have a problem. Among those already pledging, we are doing pretty well. But the growth and vitality we have here on Sunday morning hasn't translated into a broader base of financial support for the church. **If you value this church, please fill out a pledge card today. We need your help.**

Our annual meeting is Sunday, June 1, at noon. Normally we vote to approve a balanced budget. But this year we are short by thousands of dollars. What should we do? Make significant cuts to our already lean budget? Find more income? Both? I'm convinced that if everyone connected to this congregation would give as they are able, we'd have enough money to run our church. Please do your part. Thank you.



Intern Insights

by Julie Lombard

"And how many times will it be this way, with your arms around the future and your back up against the past. You're already falling; it's calling you on to face the music and the song that is coming through. You're already falling; the one that it's calling is you."

--Moody Blues lyrics from "The Voice"

During my senior year of high school at Milford Area Senior High in Milford, NH I was asked if I wanted to put a quote under my senior picture in the yearbook, so I added "*And how many times will it be this way, with your arms around the future and your back up against the past.*" The Moody Blues were my favorite theologians then and they still make it to the top of my list. I knew great things and times were ahead of me, yet I felt excited and terrified at the same time. These words brought me comfort to know that I wasn't the only one who had felt this way.

Now I have concluded my seminary studies; as Rev. Frank said during the worship service on Sunday, May 18, I am at an ending and beginning. I feel that my greatest blessing is that while I am in this in-between place; I am here with you at UUCH. Although I graduated from seminary on Saturday, May 17, I still have another year of my ministerial internship at UUCH. Your church is my sponsoring church which means we are linked in the most unique sort of way. You have adopted me and promised to support me on my path to ministry. I feel so well supported by all of you and I'm grateful to have a welcoming, caring faith community in which to grow. Thank you!

As this church year comes to an end and many of us go our separate ways during the summer, I relish that I get to return for another year with you. This year has offered me a rich learning environment and one that has prepared me well for life as a parish minister. I am looking forward to another growing season together.

A Great Lesson on Stress

Author unknown, contributed by Nancy Rusk

A young lady confidently walked around the room with a raised glass of water while leading a seminar and explaining stress management to her audience. Everyone knew she was going to ask the ultimate question, "Half empty or half full?" She fooled them all. "How heavy is this glass of water?" she inquired with a smile. Answers called out ranged from 8 oz. to 20 oz. She replied, "The absolute weight doesn't matter. It depends on how long I hold it. If I hold it for a minute, that's not a problem. If I hold it for an hour, I'll have an ache in my right arm. If I hold it for a day, you'll have to call an ambulance. In each case it's the same weight, but the longer I hold it, the heavier it becomes."

She continued, "and that's the way it is with stress. If we carry our burdens all the time, sooner or later, as the burden becomes increasingly heavy, we won't be able to carry on. As with the glass of water, you have to put it down for a while and rest before holding it again. When we're refreshed, we can carry on with the burden, holding stress longer and better each time practiced. So, as early in the evening as you can, put all your burdens down. Don't carry them through the evening and into the night. Pick them up again tomorrow if you must."

1. Accept the fact that some days you're the pigeon, and some days you're the statue!
2. Always keep your words soft and sweet, just in case you have to eat them.
3. Always read stuff that will make you look good if you die in the middle of it.
4. Drive carefully... It's not only cars that can be recalled by their Maker.
5. If you can't be kind, at least have the decency to be vague.
6. If you lend someone \$20 and never see that person again, it was probably worth it.
7. Never buy a car you can't push.

8. Never put both feet in your mouth at the same time, because then you won't have a leg to stand on.

9. Since it's the early worm that gets eaten by the bird, sleep late.

10. The second mouse gets the cheese.

11. When everything's coming your way you're in the wrong lane.

12. Birthdays are good for you. The more you have, the longer you live.

13. Some mistakes are too much fun to make only once.

14. We could learn a lot from crayons. Some are sharp, some are pretty and some are dull. Some have weird names and all are different colors, but they all have to live in the same box.



Ferry Beach News

by Stacey Sherman

Please save the date for this annual retreat we share with the Marblehead, Northboro and Sudbury UU Churches. October 17-19. Application, deposit and general information will be announced at a later date, however, we hope to have the registration, including deposits, completed by July 1st. Stacey Sherman will be coordinating our efforts here in Haverhill.

UUCH Artist Gallery

by Nancy Rusk

Thanks to all who have participated in the UUCH Art Gallery. Over the year the gallery has received some wonderful recognition as the works have offered beauty, expert skill, variety, color, and freshness. Now that Winter is over and Spring is in full bloom it is time to hang new work in the gallery, located just outside the Murray Room and in the entry way hall on the walls before the Sanctuary. We are in need of a few members willing to lend their original artwork of framed, small to medium sized paintings, drawings, photography, or fine crafts (such as quilting, needlework, and tapestry). These works are hung seasonally on a rotating basis.

Since this gallery is located in the church, we ask that those submitting their work ensure that it is framed/prepared in a professional manner that can be safely hung using our particular hanging system. As well, ensure the content is appropriate for a place of worship. Those who elect to serve as part of this artist collective will own the responsibility of ensuring that the pieces hung in this space are appropriate in terms of content, size, and ease and safety in hanging.

We are also seeking volunteers to serve on the artist collective to assist in the hanging and maintenance of the exhibition which has the potential to expand in space. If interested in submitting work and/ or serving on the UUCH Artist Collective, please contact Nancy Rusk (857)998-2788, namaste_1953@yahoo.com, for more details.

Welcoming Congregation News

by Diane Brokvist

It has been ten years since our congregation voted to become a Welcoming Congregation. The process took two years of workshops, seminars and dedication. It was YOUR work and willingness to undertake the endeavor that made it happen. We thank you for all your support in making our church as a welcoming community. The Welcoming Congregation Committee is a diverse group of gay, lesbian, transgender and straight allies who work towards the mission not only for LGBTQ's but also of our beloved church. What this says is that LGBTQ

people are not an island, but part of a community that with strength and dignity empowers the words "Love is the doctrine of this Church."



Rose Tea News & Thank You's

By Pat Feller, Event Chair

The Ladies Circle 7th annual Rose Tea took place on Saturday, May 3. It was a wonderful day for our guests and also offered an opportunity to honor two of the Ladies Circle who recently passed away, Irma Pasquale and Cindy Armstrong. Cindy was a very important member of the Tea Committee from the inception of the event, and Irma always contributed by baking or donating one of her unique artistic creations to the raffle prizes. Kudos for a job well done to:

Rose Tea Committee: Trudy Blyth, Valerie Osborne, Sarina Ryan, Barbara Gove, Malinda McPhee and Maggie Reeve

Setup Crew: The Committee assisted by Bob McPhee, Frank Gauvin, Scott Leary, Aidan and Connor Wertz, Doris Myers and Barbara Cleary.

Wait Staff: Bob McPhee, Frank Gauvin, Paul Floyd

Bakers: Sandra DeVellis, Abbe Wertz, Stacey Sherman, Pam Katz, Carolyn Hart and Doris Myers

Clean Up Crew

The Committee assisted by Cil Dullea and Sandra DeVellis.

Entertainment

Tad Hitchcock and Betsy Robertson



What Happens Every Month

This is a list of recurring gatherings in our community. To make changes or add an event, or if you have a question, contact Lisa Compton at office@uuhaverhill.org.

Drumming Circle gathers first Sundays at 12:15 pm in the Meditation Chapel.

Choir Rehearsals (note new schedule) are Wednesdays 6:30-7:30 pm and Thursdays 9:30-10:30 am, with Sunday warm up at 9 am. Expected attendance is one of the weekday/night rehearsals AND Sunday. All are welcome; ability to read music is a plus, but not required.

Ladies Circle meets second Saturdays at 1 pm. All women of the church are invited to join this group that serves the church and knows how to have fun!

UUCH Book Group meets second Sundays at 9 am. This year's book series continues with the next section of A House for Hope: The Promise of Progressive Religion for the Twenty-first Century, by UU's John A. Buehrens and Rebecca Ann Parker.

Lectio Divina meets fourth Sundays at 9:15 am in the Meditation Chapel. This ancient spiritual practice offers a contemplative way to engage with scripture.

MoonPool Coven gathers on first and third Sundays at 6 pm. Led by Rick Baillargeon and Marylou

Johnson, teaching about and experience of pagan spirituality is offered.

Social Justice Committee meets third Sundays following coffee hour.

INC (Interfaith Network of Compassion) meets at UUCH on third Thursdays at 12 pm to network about issues surrounding hunger ministries in Haverhill. Representatives from many area food pantries and other agencies attend.

Interfaith Special Needs Worship, led by Rev. Wendy Von Zirpolo, is held in the Murray Room on second Mondays at 6 pm.

Mindful Meditation Practice is Mondays at 7 pm, led by Betsy Robertson

Board of Trustees meets second Wednesdays at 7 pm. Meetings are always open to visitors; if there is an item that needs discussion, it must be placed on the agenda in advance. Contact: Board Chair Sarina Ryan.

Alcoholics Anonymous meets in our downstairs hall at 7 pm on Sundays, Tuesdays and Thursdays.

Merrimack Valley String Orchestra meets every Thursday at 5:45 pm while school is in session for rehearsal in the Murray Room. Two public concerts take place here every year. The orchestra is open to all string players.

Community Meals

First and third Saturdays, volunteers shop for, cook, serve and clean up after this free meal for the entire community. This rewarding outreach program serves 50-75 folks each week. We encourage family groups or other committees to work together to produce a meal! Contact: Kristie Colton (kenozagals@mac.com) or Abbe Wertz (abbewertz@yahoo.com)

Various other committees meet periodically throughout the year. Watch e-News, Sunday announcements and the website calendar for meeting times for: Building & Grounds/Gardens, Caring Ministries, Finance, Green Sanctuary, Leap of Faith, Membership, Ministry, Music, Parish Nurses, Permanent Funds, Religious Education, Sabbatical, Stewardship, Welcoming Congregation and Worship committees.

Church Leaders and Staff Contact Information

Board of Trustees Chair: Sarina Ryan smrtilton@yahoo.com

Board of Trustees Vice Chair: Nancy Rusk namaste_1953@yahoo.com

Rev. Frank Clarkson: frank@uuhaverhill.org

Ministerial Intern: Julie Lombard: lombardpottery@comcast.net

Director of Religious Education: Sally Liebermann: dre@uuhaverhill.org

Music Director: Claudia Keyian: claudia@claudiamusic.com

Office Administrator: Lisa Compton: office@uuhaverhill.org

Or call us on the telephone: 978-372-5173

Website: www.uuhaverhill.org

To view the church calendar, please visit
www.uuhaverhill.org/events/calendar

Facebook folks: please visit our new church Facebook page at www.facebook.com/uuhaverhill, and “like” us so church news and pictures show up in your news feed!

And if you’re on Instagram, follow us there so you see photos of our congregational life:
<http://instagram.com/uuhaverhill>

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