



First Parish, Hingham

## Old Ship Church

Unitarian Universalist

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### March 2017 Newsletter

[Want to print out the newsletter? Click here.](#)

## Worship

### Sunday, March 5, 10:25am

Ken's sermon will be "Thou Shalt Not Other". Someone once suggested this as an eleventh commandment, which would pretty nicely summarize most of the rest of them. In these fractious times, with debates raging on immigration, transgender rights, health care, and much else, it becomes all the more important to strive to understand one another rather than marginalize some as "other" than some imagined norm.

At 1:00 there will be a "Blessing of the Animals" - postponed from this past fall, all are invited to bring your animal companion for a blessing on the lawn of the Meeting House.

### Sunday, March 12, 10:25am

*Daylight Savings Time begins - turn your clock ahead one hour on Saturday night!*

One of our hymns is titled "Our World is One World" - which will also be the title of Ken's sermon this Sunday. In a world filled with competing interests, varied forms of governance, extreme wealth inequalities, what might it mean, spiritually and politically, to carry this aspirational affirmation into the sometimes dangerous and always complex so-called real world?



### Sunday, March 12 at 3:00: "Singing for the Earth"

**First Parish in Norwell, 24 River Street (a hop, skip, and jump from Hingham)**

For many years each spring we have participated in a UU Union Sunday morning service at one of the nearby Unitarian Universalist congregations. This year we (the ministers of our five congregations) have decided to host instead an afternoon UU Union Celebration: "Singing for the Earth" - to be held at our congregation in Norwell.

Featuring UU minister, folk singer, and climate activist Fred Small, this event for all ages (including activities for the very young) will celebrate the earth through uplifting song and inspiring words, moving us from despair (if despair we feel at the fate of the earth) to hope to action. Of course all are welcome! Bring a friend... or many friends!

### Sunday, March 19, 10:25am

Our guest preacher will be Rev. Liz Lerner Maclay; her sermon title is "Once to Every Soul and Nation." It was Thomas Paine who wrote, "These are the times that try men's souls." His words point to the relationship between the large events of a nation or a people, and the innermost events within the psyche or soul of an individual. That relationship is, or needs to be, a two-way street: from the world to us, and from us out to the world. How does this relationship work? How can our faith help ground us now in this time of change and challenge? Rev. Maclay is a lifelong Unitarian Universalist who was raised and trained in greater-Boston UU congregations.

### Sunday, March 26, 10:25am

As Unitarian Universalist religious educator Sophia Fahs once wrote (you can find her words in our hymnbook), it really does matter what we believe, because "Some beliefs... encourage exclusiveness... and other beliefs are expansive and lead the way into wider and deeper

sympathy..." Ken's sermon, titled "Theology Matters", will explore how our beliefs about God, life's meaning and purpose, and much else, effect how we choose to live our lives.

This sermon will serve as an introduction to the class that Diane Elliott will lead with Ken on "Building Your Own Theology" beginning on Wednesday, March 29, 7:00. See details below in the "Educating Minds and Hearts" section of our newsletter.

### **Most Sunday mornings...**

*Most Sunday mornings at Old Ship begin with gatherings in small circles in the Parish House parlor for sharing and spiritual enrichment. And we are all invited! Our web site has more detailed information about these opportunities: The "Way of the Bodhisattva Study/Meditation Group" meets at 8:30 on the first and third Sundays of each month. "Men's Breakfast" meets at 8:30 on the second Sunday of each month for sharing and conversation. And the Women's Breakfast meets at 8:30 on the fourth Sunday of each month.*

*Childcare available before Sunday services: If you plan to attend any early morning gathering or committee meeting and need childcare in order to do so, please call our office by Wednesday before the Sunday, and we will do our best to arrange childcare in the nursery for you.*

### **Musing**

from the minister's desk

Preaching in these times:

It would be possible to preach each week in response to the latest headlines: whether concerning presidential tweets, Democrats' outrage, climate change, health care, immigration, and much else

And though preaching most certainly ought to be relevant to the times in which we live, a sermon is something other than just an opinion piece on the editorial page. What then *is* a sermon? Well, in the most general terms, it seems to me that a sermon ought to go deeper than any headline, deeper too than any particular social issue - even while sometimes addressing such an issue.

For I don't believe you, the congregation, simply want to hear my opinion on this or that issue each week. Sure, you might be curious as to what I think about some social or political matter, and often I will satisfy that curiosity in the midst of a sermon.

But I expect you harbor a deeper curiosity too, curiosity about the purpose of our lives, curiosity about how best to live not only in these times but in any time, curiosity sometimes urgently felt about how to navigate a life crisis or transition, curiosity about the meaning of "it all." And though I may or may not directly satisfy all (or any) of these varieties of curiosity, I do strive to address them, to share my explorations as I invite you, too, to explore with me and with each other - grounded in everything from ancient scripture to contemporary poetry, as well as in our own experience.

All this said... do let me know what questions (from personal to political, from social to spiritual) you are harboring these days in your heart or mind, what concerns you would like to hear addressed, what you would like to explore together on a Sunday morning... or in a class or personal conversation. Let me know with a phone call, email, or even a never out of fashion letter.

Together we will continue to navigate the waters of our lives, whether calm or troubled. For whatever else is spoken or sung or thought on a Sunday morning, we have each other in blessed community, and we have the sheltering walls of our ancient house of love.

Peace and blessings,  
--Ken oldshipkrb@gmail.com  
cell: 781-635-2060

p.s. Once again this April I'll be running the Boston Marathon to raise funds for the MA/NH Chapter of the Alzheimer's Association, in memory of my mother and with so many others in mind and heart as well. Funds raised are used for support of families affected by Alzheimer's and also to support the Association's work in the direction of more effective treatment and eventual cure. If you'd like to contribute to my efforts, you can find my web site by [clicking here](#). Thank you!

*My Parish House office hours are ordinarily Tuesday, Wednesday, Friday mornings from about 10:00 - 2:00 and by appointment. Monday is my day off, and Thursday my sermon writing day. My primary phone contact is through the Parish House office - 781-749-1679. The office answering machine includes my cell phone if you need to reach me quickly - since when I am not in the office I am either working in my study at home, or making visits or attending meetings elsewhere. I can also be reached via email, [oldshipkrb@gmail.com](mailto:oldshipkrb@gmail.com).  
--Ken*

### **Notes from your Membership Coordinator**

Only 20 more days until Spring has officially sprung and I don't know about you but...I...am...ready!! I'm ready to see the flowers and feel the earth bloom again. I'm ready to see the birds that nest in the birdhouse near my front door return again. I'm ready for Spring and all its beauty.

Ken will honor St. Francis this Spring on March 5th at 1:00pm on the lawn in front of the Meeting House with a "blessing of the animals" ceremony. Pets of all types are invited to attend: bring your dog, cat, chicken, bird, lizard, rat, snake—or any other kind of pet you may have!—to be blessed for 2017.

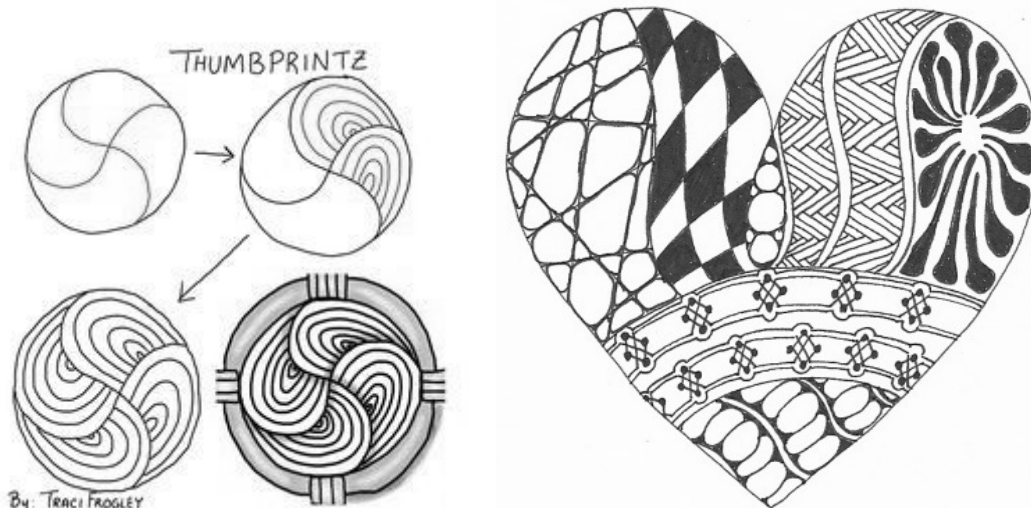
Last Sunday I spoke with two newcomers and encourage all of you to be on the lookout for new faces. Spring can be a time of new beginnings and we should be ready to embrace all those who come to us.

Kindly,  
Erin  
Membership Coordinator  
[membership@oldshipchurch.org](mailto:membership@oldshipchurch.org)

### **Director of Religious Education**

I want to give you a Valentine gift. I know Valentine's Day is past, but I want to give you a Valentine gift anyway. I want to give you the gift of serene relaxation; the kind of relaxation that some folks derive from sitting meditation or from other rigorous, spiritual pursuits and practices.... but without the rigor, and with only a little bit of practice. And I have to confess, this is a "re-gift"... it was originally given to me by a member of this congregation.

The gift is called Zentangle... and yes, it's a real "thing"... It has official originators, classes you can sign up for, books written about it, and that is footnoted.... BUT... The gift is, you don't need any of that to get started... or to keep going... or to reap the benefits. All you need is any old white paper, and a fine point marker... usually a black one, but what the heck? Be wild.





For those of us who find sitting still a challenge, this helps a lot. For those of us who have trouble shutting out distraction, this is magic. For those of us who have to be tricked into a meditative state, this does the trick.

And if you need more substantiation, here are some words from © 2014 Cathy Malchiodi, PhD <https://www.psychologytoday.com/blog/arts-and-health/201403/calm-down-and-get-your-zentangle>

- It's Self-Soothing. Repetitive creative work, in and of itself, can be calming and self-soothing. In fact, some of the preliminary research on the Zentangle process indicates that engagement in the process has measurable relaxation benefits. [ ]
- It's Simple. Zentangle art only requires a black pen and paper; you can do it just about anywhere. [ ] Look for things you can tangle on like business cards, coasters and even newspapers ...
- It Teaches How to Own Mistakes. Using a pen on paper requires that you risk making mistakes; in fact, most tangle art has at least some misplaced lines which cannot be erased. Tangling teaches you how to incorporate what seem like "mistakes" into the overall pattern of the design. It's a great metaphor for everyday life-[ ]
- It Reinforces "Aimlessness." Many Zentangle enthusiasts highlight the tangle doodle process as a form of mindfulness. I like to think of tangling as a form of "creative aimlessness." Zen master Thich Nhat Hanh observes that we need to cultivate aimlessness in life rather than continually striving to be "number one." For example, when we practice walking meditation, we are not trying to arrive anywhere in particular [ ] The same is true of the process of tangling. If we get caught up in judgment and deliberation, we are not in the here and now. But if we simply enjoy the creative process, we can enjoy every single moment of it and that is ultimately what any creative expression offers us.
- 

Keep Calm and Zentangle On,  
Beverly Tricco  
Director of Religion Education  
beverlytmail@gmail.com

\*\*The Zentangle concept and "The Book of Zentangle" are by Rick Roberts and Maria Thomas

## Note from Chris Hossfeld, Music Director

### Vespers with the Old Ship Choir - Darkness and Light

Last month, the Old Ship Choir held its first Vespers service. Many thanks to the members of the choir for their singing and readings, to Ken for his leadership, the Worship and Music Committee for their support, and everyone who attended - you all helped to make the evening a resounding success!

The choir will host its next Vespers service on the evening of April 6, exploring the intersection of light and darkness. A gently lit Meeting House, choral and instrumental music, poetry and readings, and plenty of silence for quiet contemplation - all contribute to a peaceful pause in the

midst of our busy lives. All are warmly invited!

If you have been thinking about joining the choir, now is a great time to do it! The choir rehearses on Thursday evenings from 7-9 p.m. and on Sunday mornings at 9:15 a.m. Please contact me if you are interested in joining or have any questions.

Peace,  
Chris Hossfeld  
musicdirector@oldshipchurch.org

### **Grow the Love: The Annual Appeal is Sprouting!**

It's almost Spring! Time for the Old Ship Annual Pledge Campaign - and the seeds are planted. Ken's given his special sermon, a multi-generational crowd enjoyed a musical kick-off dinner, daisies of love are sprouting, letters have been mailed, testimonials are beginning to pop up. So now it's up to you!

Thanks to three-year pledgers, we have begun with a solid base of about 60% of anticipated pledge income. We ask everyone who values Old Ship to make a pledge of support, using the UUA guidelines of between 2% and 4% of your annual income, if possible. Every pledge counts! If everyone contributed to the best of their ability, we would likely have more than enough funds to support our programs and enhance our mission.

Please return your pledge card to the office by March 30, so the Board of Trustees can craft a realistic budget in time for the annual meeting in May. If you would like to speak with a Board member about your pledge or with any questions about Old Ship's finances, please contact [Nina Price](#) here, or catch us at fellowship hour. Thank you for contributing your love, energy and financial support to Old Ship - let's watch it grow!!

P.S. - Yes, the Board did "sing" - catch our debut of "525,600 Pledges," with apologies to "Rent," led by fun new music Director Chris Hossfeld... [click here!](#)

### **Among Us**

#### **Pastoral Care Leadership Team**

The Pastoral Care Leadership Team meets monthly with Ken and often coordinates meals and other forms of caring for Old Ship individuals and families in the midst of illness or crisis. If you have a need or are aware of a need that the PCLT might be able to help meet, you may be in touch with Ken or any member of the group. At Old Ship we all share in our mutual caring and helping one another; the Pastoral Care Leadership Team simply helps to identify needs and coordinate responses.

There are specifically three ways Old Ship members might want to help out:

- Rides: Would you be able to give an Old Ship parishioner a ride to church, either regularly or from time to time?
- Food: Would you be willing to prepare a casserole to be given to someone who could use a little extra help following a hospitalization or in the midst of illness or treatments?
- Companionship: Would you be willing to spend a few hours now and then with an Old Ship member when the primary caregiver in their household needs to be away from the home for a short while?

If you might be able to help in any of these ways, please be in touch with a member of the Pastoral Care Leadership Team. Thanks very much!

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*Please send any items for "Among Us" either to Julianna Dunn in the Parish House office ([office@oldshipchurch.org](mailto:office@oldshipchurch.org)). Like our Candles of Joy and Sorrow on Sunday mornings, this page helps us to knit the fabric of community.*

### **Educating Hearts and Minds: Life Learning Programs**

#### **Building Your Own Theology - four sessions, 7:00, Wed., March 29 - April 19, plus a closing Saturday session, led by Diane Elliott and Ken Read-Brown**

Based on the assumption that everyone is their own theologian, this classic UU adult education program, tailored for Old Ship by Diane and Ken, invites participants to develop their own personal credos and to grow in their ability to understand and articulate their own beliefs and values. For more information and to sign up, contact Diane or Ken.

#### **The Way of the Bodhisattva - first and third Sun. mornings 8:30**

If you've been curious about this group, now is a particularly opportune time to give it a try, since we are beginning a new book, *The Heart of Understanding*, which is a commentary by Thich Nhat Hanh on the Buddhist "Heart Sutra". This slim but rich volume is available in paperback and also on-line.

Each session of our group begins with half an hour of sitting meditation, followed by an hour conversation based on the particular Buddhist text we've been reading. Newcomers are warmly welcomed at any time to these gatherings - no previous experience with Buddhism or meditation needed. For more info contact Ken Read-Brown

#### **Other ongoing groups and gatherings....**

[Link here](#) to the page on our web site that includes descriptions of all these groups: from opportunities to meditate and study spiritual texts ancient and modern as described above, to the Men's Breakfast, Women's Breakfast, Book Group, Sewing Group, and the monthly Ceilidh song circle.

### **Youth Group Fundraiser in March: Banding Together Concert on March 25!**

The Youth Group, would like to thank all of you for your generous financial support of our upcoming service learning trip to Immokalee, FL. With seven weeks to go, the 14 travelers are getting very excited!

We have one more fun-raiser planned for March 25. Banding Together will be an evening of music performed by multi-generational bands created from the congregation. If you would still like to join a band, please contact Sarah Hurley. [hurleystrings@yahoo.com](mailto:hurleystrings@yahoo.com). Otherwise, we hope to hear your hooting and hollering in the audience that night!

### **Social Justice Council**

#### **Hingham Food Pantry**

Next food collection during Fellowship Hour will be Sunday, March 26. Just a reminder that cash is also accepted as a donation.

**Annual Stop and Shop Food Drive** is Sunday, March 5 from 12-4 p.m. at the Stop and Shop on 3A in Hingham. Many volunteers have signed up, but you can still help! Please consider shopping this afternoon and buying something for the food pantry. This food drive is to restock the pantry in time for the Easter Holiday Pantry.

#### **Cupcakes for a Cause**

This Old Ship tradition will be co-sponsored this year by the Nurturing Community and Social Justice Councils on Sunday, March 19 during Fellowship Hour.

The funds raised will all go to School on Wheels, which provides academic and mentoring support for children whose families are homeless and living in shelter housing. Bake and/or buy cupcakes!

**Sunday Forum** On Sunday, April 2 at 12 p.m. the Social Justice Council is hosting a conversation and discussion about the SOCIAL JUSTICE direction for Old Ship during the next three years. The conversation will be held in the parlor of the Parish House.

Your input is needed on these questions:

- **Should We Have One Topic to Address?** Past topics have been Access to Education and currently Hunger and Homelessness. What could be a new approach? The Council has explored some possibilities and wants to know what you think.
- **If we choose one topics, what should it be?** Immigration Policies and Racial Justice have been suggested. What are other areas of interest?
- **Should we and how can we collaborate with other social action groups?**

The South Shore Action initiative, mobilized following the election in November is addressing many public policy issues. What is the best way to maximize the impact of the Social Justice Council at Old Ship?

**Unitarian Universalist Association's New England's Regional Assembly - April 21-22, 2017 in Woburn, MA**

Your New England Region UUA is bringing us a unique opportunity to gather with New England Unitarian Universalists for a celebration of spirit. Worship with acclaimed liturgist-singer-music director Dr. Glen Thomas Rideout and UU/UCC preacher Rev. Robin Bartlett. Sing with composer-musician-song leader Dr. Ysaye Barnwell. Attend a UUA Presidential Candidates Forum. Meet and greet your New England Region UUA staff, and choose from three workshops being offered. REGISTER: [new-england.eventbrite.com](http://new-england.eventbrite.com) Youth are welcome to participate; special rate for ages 12-19. Free child care available for ages 11 and under.

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