

**NORTSHORE UNITARIAN UNIVERSALIST CHURCH
THE ADVANCE • JANUARY 2011**

323 Locust Street

Danvers, MA 01923 • 978-774-7582

nsuu@verizon.net

www.nsuu.org

From Frieda...

It doesn't seem quite real that we are again starting a new year. What will 2011 bring? Personally, I know what I am looking forward to: renewed health and energy, exercise, deeper engagement with my work and accomplishing some of the things I've wished for (no need to list them as it is a long list and it would suffice to accomplish just one of them.) As I write I am anticipating the last of my chemotherapy treatments on Jan 6th. Hopefully my recovery from the treatment will come quickly and be lasting.

Endurance is a quality that has gotten me through a lot this year. Humor has been equally important as it lifted the burden of suffering and made it possible to feel joy. What I hunger for and look forward to is more creative engagement, more activity. We will be starting our after service Religious Education program for everyone this month. Look for announcements of specific offerings. This will be an opportunity for all of us to engage with each other more deeply.

Every experience has its lessons and one that I keep learning over and over is that it is our perceptions about events that determine our feelings about them. We interpret everything we see and hear. That is part and parcel of who we are as human beings, we can't help it. Our job is to name our perceptions and test them against reality to make sure we aren't telling ourselves a story that distorts reality and causes us harm. With the exception of an occasional genius (if such exists), we need other people to do this. We need to tell someone else how we feel and what story we are telling ourselves about what happened. The other person, especially if they are a good listener and care about us, represents a powerful force of reality. We can tell our story to such a person and hear it at the same time with our own wisdom. There is nothing more freeing.

If your story is that nobody cares (which has been my story many times in my life) then you create a particular trap that is quite difficult and can lead to serious depression. The good news is that there is a wisdom in each of us that knows the truth and will reach for what it needs to be heard. May we all listen to the voice of wisdom within us, find the courage to tell our story, and be prepared to be that listener for others as well. Let's make 2011 the year of physical, mental and emotional healing and health!

Blessings,
Frieda

JANUARY 2010 SERVICES

JANUARY 2	SUNDAY SERVICE	10:30 am
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UU 101: Where Is Paradise?

Rev. Frieda Gillespie

One of the most basic questions that all religions provide answers for is ‘what happens when we die?’ In the first of a series about progressive religion and the perspective of Unitarian Universalism we’ll address the concept of an afterlife and how we think about death.

JANUARY 9	SUNDAY SERVICE	10:30 am
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UU101: Who or What is God?

Rev. Frieda Gillespie

If we reject oppressive or literal understandings of God, is there a concept or experience of God that provides a foundation for us? What is the mystery that ‘God’ is supposed to describe?

JANUARY 16	SUNDAY SERVICE	10:30 am
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UU101: Our History with Racism

Rev. Frieda Gillespie

In many ways Unitarians and Universalists have been at the forefront of abolitionist and civil rights movements and in other ways we have contributed to the general supremacist notions that have so often prevailed. In honor of Martin Luther King Day, we’ll explore that history and where we can go from here.

JANUARY 23	SUNDAY SERVICE	10:30 am
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UU101: Spirit and Our Spiritual Mission

Rev. Frieda Gillespie

What is spirit and how does it pervade our lives? Do we have a spiritual mission and if so, what is it? Who do we invite into our spiritual home?

JANUARY 30	SUNDAY SERVICE	10:30 am
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Music: The Healing Potential of Rhythm and Vibration

Joseph G. Hayes

Joseph Hayes is an author, bird watcher, naturalist, and professor of Gaelic. He will join us to share the sounds of his quartz bowls, native drums and wonderful words to sooth and inspire us with his fabulous rhythms and healing tones. Andrea Sweeney will be the Service Leader. A drumming workshop will follow the service.

DRE Dabbles

Happy New Year! I hope everyone had a wonderful holiday season and a bright start to what is sure to be an exciting 2011. Chris and I celebrated the holidays with my family in Florida and then returned to Boston to spend time with his father, who visited from California. As much as I love family, I must say it is nice to be settling back in to our own routine again.

Of course nothing is routine about the New Year in the RE Department! I am excited to announce that our new multigenerational program will begin on Sunday, January 23. Following service and an abbreviated coffee hour we will have a number of offerings for Religious Education for all ages. I look forward to sharing this new and exciting adventure with all of you, and hope you will make a point to be involved.

Ashley Benner
Interim Director of Religious Education

To Be Faithful is to Lead

In this exciting time of growth and transition, the hard work of the RE Task Force cannot be realized without your help! We are seeking two teaching teams (of 2-3 people) for each of the Sunday morning offerings. All materials will be prepared and provided, and training and support will be made readily available. Please watch for an informational email in you inbox or contact Ashley with questions, comments, or willingness to help. It takes a village!

Contacting the Interim DRE

Ashley is available at the church on Mondays from 10am-1pm. She can also be reached 7-days a week at: northshoredre@gmail.com 617-987-0607 (Home Office) 772-359-1750 (Cell)

It's Finally Here!

Thanks to the diligent work of the RE Task Force, the multigenerational religious education program is finally ready! We have worked tirelessly to create programs that will be enriching and fulfilling for all ages, and hope that you see a reflection of your own input in this first round of offerings. Beginning January 23, please join us for:

Spirit of Life - a multi-week course that travels through the UU Principles and their applications in our daily lives using readings, times of sharing, and group activities ranging from service projects and field trips to games, music, and art.

Reflections - a weekly discussion group centered on the topic of the day (generally what has been discussed and preached in service). With the help of a few guiding questions, this group will use the Small Group Ministry format of reading, sharing, and discussion to look deeper into the topics we discuss as a congregation.

Little Learners - Recognizing that the multigenerational format may be challenging for our smallest voices, an additional offering will be available to children in preschool through Grade 1. Through story, song, and creative activity the children as well will explore the seven UU Principles and their role in the daily lives of a youngster.

Coming Events

Sunday, January 16 Youth Meeting *
Saturday, January 22 Facilitator Training
**Sunday, January 23 Multigenerational
Program Begins**
Sunday, January 30 Youth Meeting*

*Youth Meetings will be held at the church from 5-7pm. Snacks and drinks will be provided.

News from the Social Action Committee

January Share-the-Plate: The January share-the-plate offering will be donated to the World Health Mission. The funds will pay the hospital costs for women in Nigeria undergoing surgical repair of vesicovaginal fistulas (VVF's). These develop as the result of prolonged obstructed labor, advanced cervical cancer, and complications of pelvic surgery. The women who develop VVF's are among the poorest of the poor, become social outcasts, and are often shunned by their families. NSUU member Michael Reich is a volunteer with the World Health Mission and will take the funds to a hospital in Nigeria, where he will be part of a team performing these operations. Over the years, Michael has made 14 trips to do this volunteer work in Nigeria.

Share-the-Plate Applications: The Social Action Committee welcomes proposals for the share-the-plate program. If you support a charitable organization whose goals are consistent with UU principles, please consider submitting an application for that organization to share the plate. Contact Lois Markham for an application.

New Discussion Series: The Social Action Committee will begin a new series of monthly discussion groups, starting on Sunday, January 16. The topic is "Looking at Racism and White Privilege." In our exploration, we will be guided by the UU curriculum Building the World We Dream About. From the introduction to the curriculum: "As Unitarian Universalist people of faith, we must talk about race, even in the midst of personal angst and pain. As the poet Seneca once said, 'It is not because things are difficult that we do not dare; it is because we do not dare that they are difficult.' Indeed, our spiritual health and moral integrity demand that we dare to confront racism and oppression in our congregations, our faith community, and the larger world. And we must begin with honest conversation." The Social Action Committee invites you to join us for some "honest conversation" after the service on January 16.

Sunday-Night Suppers at Lifebridge: Thanks to everyone who has volunteered at the church's monthly Sunday night supper at Lifebridge and/or donated money for buying food. We are now signing up volunteers for the February 27 dinner. The time commitment is 5:00 to 7:00 PM. Please check your schedule and see if you can volunteer. And then, please sign up on the white board in Fellowship Hall. If you would like to donate money for the purchase of food, you can make out a check to NSUU, write "Lifebridge" in the memo line, and put your check in the offering any Sunday.

Danvers Food Pantry: NSUU is still collecting nonperishable food items for the Danvers Food Pantry. Donations can be left in the box in Fellowship Hall. They will be taken to the Danvers Food Pantry.

CIRCLE DINNERS ARE STARTING AGAIN IN JANUARY!!!

Circle Dinners are a special way to get to know others in the church in a friendly, relaxed atmosphere. We had a successful round of Circle Dinners last year and hope to continue the fun this year. Circle Dinners will be held next year in January, February and March. They are all scheduled for the last Saturday of the month – to make it easier for you to remember! So, mark your calendars now: NSUU Circle Dinners will be on January 29, February 26 and March 26 in 2011!

Host and guest sign-up sheets for the January 29th Circle Dinner will be posted in the Fellowship Hall in early January. There will be 2 sign-up sheets - one for hosts and one for guests. Please sign up by January 16th so we can organize the January participants in a timely manner. We will try to notify all hosts and guests of their specific Circle Dinner party one week ahead of time.

As a host, you tell us how many guests you can accommodate (2 to 8) and coordinate each guest's contribution: appetizer, entree, salad, dessert, drinks, etc. So, if you are a host, you provide the place and have first choice about what you're providing for the dinner - your guests can bring the rest!

Something new this year...Circle lunches! Too busy on a Saturday evening? Prefer to gather during the day? Sign up for a Circle Lunch! You can now indicate your time preference (noon, 6:30 or either) on the sign-up sheet and we will try to accommodate your wishes.

Enjoy the pleasant conversation and warm feelings that only a shared potluck can provide. Do consider participating. Contact Leonard Swanson (978.356.8880) if you have any questions.

Frank Armstrong

By Martha Ardoff

Frank Armstrong, a member of Northshore Church for about five years, is in his 5th consecutive term as a Board member. His first three years here he served as Chairman of the Board when the board was stuck for an hour trying to find someone willing to make the major commitment that position entails. Most of us know him as the constant voice on the microphone at Octoberfair, drumming up business and interest all day – or as the spirited DJ at some church functions. But many of our hardest-working members recognize him as a key player, taking on jobs that need doing.

A native of Somerville, Frank went through 12 years of Catholic school. He played the clarinet in his elementary school marching band then attended Don Bosco Technical High School in the heart of Boston. It is no longer open, but was unusual for its combination of trade training and academic college preparation for its students. Frank's technical track was in graphic arts and commercial printing, which led to a career in that field. After serving in the Air Force and the

Army as part of a National Guard program, Frank studied business at Northern Essex College and then worked for a printing company dealing with creative graphic design in addition to advertising and marketing. He ended up buying the company and enjoyed being a business owner, but it was a time of rapid technological changes. He now works in biotechnology, building bioreactors, which pharmaceutical companies use to make their products. Meanwhile, he also worked as a part-time professional musician from ages 20 to 40, providing rock and dance music on the keyboard, singing, and sometimes on guitar.

From an early marriage, Frank has one child, a 39-year-old daughter who lives in Nova Scotia, Canada, and who has been married for two years.

Frank lived most of his adulthood as a lapsed Catholic but in his fifties he developed a spiritual path, checked out a few local denominations and then learned about Unitarian Universalism through our website, back when it was quite limited. But what Frank read interested him enough to visit Northshore Church, where “Ed Lynn’s sense of humor and style and Judy Putnam’s musical presentation captured me.” He values our ideals of respecting everyone’s spiritual search and choices and thus finds it difficult to understand why some UUs get in an uproar if anyone mentions “Jesus” or “God.”

When asked what he wants people to know about him, Frank quickly said, “I love my chihuahuas and my Harleys!” He’s always been an animal lover. His special babies are his current pack of chihuahuas, which he’s had for 10 years. He has only two Harleys. He’s been riding motorcycles since he was 13. He offered a motorcycle ride as an item in our People to People auction one year and ended up taking Mary Langlois all around the North Shore and out to lunch. He says “She did AWESOME, as she had never been on a motorcycle before.” During our last Octoberfair, he talked with potential buyers of Jim Lynch’s donated motorcycle which netted the church a good price.

Among his other contributions to Northshore Church, Frank has served on the Building and Grounds Committee with John Gibson for most of his time here. He’s also helped with the Christmas Dinner at Northshore Church, and has served a few times at the Salem Mission, now Lifebridge. During his Board Chairmanship, Frank dealt with all sorts of issues involved with two interim ministries, transitioning to a settled minister, Religious Education changes and never enough money. He’s also fielded phone calls about the roof leaking onto the electrical panel. During the same time frame, his father passed away and then he was divorced about a year and a half ago. “I developed some wonderful relationships with people who’ve been very supportive of my personal challenges and some very special friendships I value highly.” He is amazed by how many deeply committed members we have, mentioning Bob Cumming, the Hights, and Leonard Swanson as prime examples. He’s also impressed and very thankful for the fantastic job Dan Kennedy has done developing our church website into a welcoming and useful asset.

Currently Frank has added fund-raising chairperson to his duties. This committee oversees Octoberfair, Music in the Woods led by Brian Orr, and other projects. Frank says dealing with the roof has somewhat delayed focus on new general fund-raising efforts, but if anyone has any new ideas to offer, the fund-raising committee would welcome them. Frank has also just accepted the role of chairperson of the annual pledge drive, so we’ll all be hearing from him

before the end of the fiscal year! He wants Northshore Church to flourish and he has the outgoing personality to stir us in the same direction.

Frank says he knows that he isn't exactly like a lot of other UU members in various ways but he feels accepted at Northshore Church and appreciates being involved with the community. He's earned our appreciation in return.

Great News!

Bo and Joanne have a big announcement

After almost 30 years together, we have finally taken the big step. Frieda married us at the church on Friday, December 31st.

