



**THE UNITARIAN CHURCH IN
FALL RIVER**

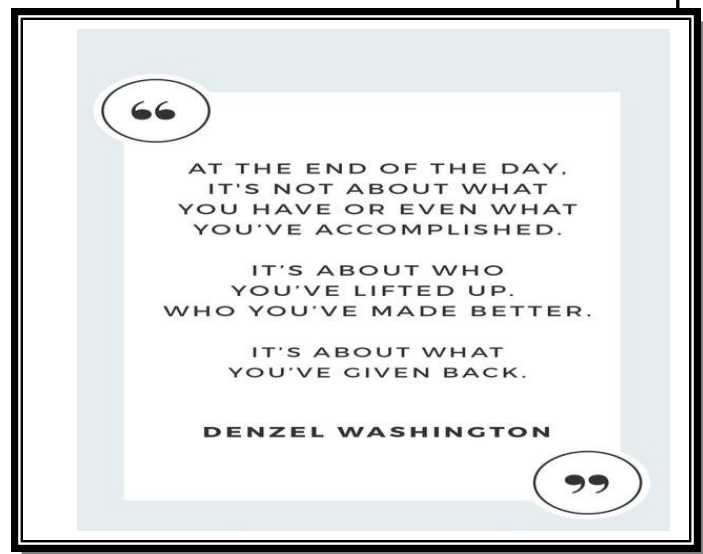
309 North Main Street
Fall River, Massachusetts 02720
508 678-9700 • unitarianchurchfr.org

We are a welcoming congregation,
dedicated to providing a venue for inclusion
of all.

December 2017

It may not feel like winter yet, not just because the season doesn't officially change until December 21st this year, but perhaps it's the fluctuation of the season due to the thoughts of climate change. Recently it was over 50 degree in many areas in southern New England.

Still, we see the beginning of the publicity about all the things we need to do for the coming holiday season. We need to buy cards to send, things to put up and decorate with, gift wrap and packaging, whatever other things we need to send to friends and family, and all the other activities the businesses would like to have us do soon to help them get started into their Christmas holiday activities.



Of course, when you receive this, you will have only just gotten through Thanksgiving, with all the preparation, the cooking and organizing that family gatherings involve. And everything else that makes it also one of our favorite holidays of the year.

We are often so caught up in the preparation and responsibilities of the holiday season that we sometimes forget to reflect on the very special message these holidays send us, on so many different levels. There are the traditional religious and spiritual messages, the memories of what we did in our childhood, and the thought of how we can make the best of the holiday season for ourselves, but more importantly, for our families and friends.

And that is a time to think about how much of life is so meaningful.

CFFlagg, Minister Emeritas

Originally printed in the December 2014 Newsletter

Our Service Leaders for December:

December 3rd: Rev. Nick Boke
December 10th: Rev. Kevin Carson
December 17th: Rev. John Burciaga
December 23rd: Rev. Paul Langston
December 30th: The Male Bonding Band



Visit the Fall River Historical Society this holiday season! Deck the Halls!

**Annual Holiday Open House
November 18 – December 30, 2017**

Featured on *Chronicle* and in publications including *The Boston Globe*, the acclaimed Annual Open House lets visitors experience the splendor of a grand Victorian era Christmas.

Visit the Easton Tea Room

November 26 – December 18, 2016

Saturdays and Sundays.

Seatings at Noon, 1:00, 2:00, 3:00, and 4:00.

Reservations suggested.

Please call 508-679-1071, ext. 1 or 2.

Walk-ins welcome.

Visiting the Easton Tea Room is one of the pleasures of the holiday season for many of our members and friends. Located adjacent to the museum building in the circa 1870 Alexander Dorrance Easton residence at 458 High Street, the tea room features designer interiors and original period details, accented with Victorian antiques.



BUCHE DE NOEL CAKE

3 eggs
1 cup granulated sugar
1/3 cup water
1 teaspoon vanilla
¾ cup Gold Medal™ all-purpose flour
1 teaspoon baking powder
¼ teaspoon salt

FILLING

1 cup whipping cream
2 tablespoons granulated sugar
1 ½ teaspoons instant coffee granules or crystals

CHOCOLATE BUTTERCREAM FROSTING

1/3 cup unsweetened baking cocoa
1/3 cup butter or margarine, softened
2 cups powdered sugar
1 ½ teaspoons vanilla
1 to 2 tablespoons hot water

GARNISH

½ cup chopped green pistachio nuts



The Unitarian Church in Fall River
309 North Main Street
Fall River, MA 02720
(508) 678-9700

Steps to make the Cake

1. Heat oven to 375°F. Line 15x10x1-inch pan with foil or waxed paper; grease with shortening or cooking spray. In small bowl, beat eggs with electric mixer on high speed about 5 minutes or until very thick and lemon colored. Pour eggs into large bowl; gradually beat in 1 cup granulated sugar. Beat in 1/3 cup water and the vanilla on low speed. Gradually add flour, baking powder and salt, beating just until batter is smooth. Pour into pan, spreading batter to corners.
2. Bake 12 to 15 minutes or until toothpick inserted in center comes out clean. Immediately loosen cake from edges of pan; invert onto towel generously sprinkled with powdered sugar. Carefully remove foil. Trim off stiff edges of cake if necessary. While hot, carefully roll cake and towel from narrow end. Cool on cooling rack at least 30 minutes.
3. In chilled medium bowl, beat all filling ingredients on high speed until stiff. Unroll cake; remove towel. Spread filling over cake. Roll up cake.
4. In medium bowl, beat cocoa and butter on low speed until thoroughly mixed. Beat in powdered sugar until mixed. Beat in vanilla and enough of the hot water until frosting is smooth and spreadable.
5. For tree stump, cut off a 2-inch diagonal slice from one end of cake. Attach stump to one long side using 1 tablespoon frosting. Frost cake with remaining frosting. With tines of fork, make strokes in frosting to look like tree bark. Garnish with nuts.

****Looking for a unique gift for under \$25.00, for any age? Here's a web site to check out:

<https://www.uncommongoods.com/gifts/by-price/gifts-under-25>

***10 Ways to Stay Sane This Holiday Season**
You know it's true: The holidays are madness. Here are some tips on how ditch your inner grinch this season.

By Nataly Kogan

For most of us, the holidays are a mixed bag. Sure, there's lots of fun stuff to look forward to (and anticipating things does make you happier), but there can also be tons of stress and anxiety along the way. This year, instead of feeling bummed out, overwhelmed or joy-challenged, follow these 10 easy tips for making the holidays happier--for everyone.

1. **Walk it off.** Going to a busy shopping area? Park as far away as possible. You'll avoid the mad dash for "rockstar" parking plus you'll get some bonus exercise and fresh air.
2. **Complain less, thank more.** Yep. Someone just cut you off in traffic, but think of your commute as an opportunity to practice gratitude: be [thankful](#) that you have more time to listen to your favorite tunes, feel fortunate that being cut off didn't result in a fender bender, celebrate the fact that you're lucky enough to have a car. Bonus: Research shows that being



The Unitarian Church in Fall River
309 North Main Street
Fall River, MA 02720
(508) 678-9700

thankful helps you avoid colds, get better sleep, and have more positive energy with which to deal with difficult relatives during the holidays.

3. **Escape.** 'Tis the season to be overwhelmed and overbooked. Which means you need to schedule down time like you would a party. It's not wasteful, it's necessary. A quick manicure; your favorite yoga class; an hour to read a few chapters of a book you've been meaning to finish (or [start](#)); see a movie. There are no awards for "most activities completed," but there are big rewards for catching your breath with mini-breaks--even during the holidays. Not enough time or money for a big vacation? Take a local staycation. Can't swing that? Take a nap.
4. **Spend money.** Yes, [money can make you happier](#)! The trick? Spending it on someone else. Perform simple random acts of kindness by paying for someone else's coffee or giving away your umbrella on a rainy day, or skip this year's office Secret Santa in favor of organizing a Year of Giving calendar so that coat-drives and canned-food donations become the rule instead of the once-a-year-holiday-time exception.
5. **Breathe.** Next time you feel yourself losing your cool, breathe. Not the short shallow breaths of the eternally stressed, but healing calming deep ones. Inhale and picture your entire body filling up with fresh, cleansing air. Exhale. Repeat. Or, take a few minutes to count your breath and clear your mind.
6. **Give up the need to be right and tell someone you were wrong.** Despite their best efforts (or maybe because of?) even your closest, dearest relatives can work your last nerve. When tensions rise over the holidays, instead of giving in to the urge to fight and bicker, focus on a shared goal (rolling out the pie dough; getting a great meal on the table) or take a quick time-out to walk away and be present with your feelings. Think about what's bothering you and why, then choose to let it go--even if just for now. Extra credit to those who choose to go one step further into the realm of [spiritual healing](#): Tell someone you were wrong or apologize for something you wish you'd done differently or hadn't said and feel your heart and soul open and fill with love.
7. **Get creative, but keep it simple.** Want to show someone that you really care? Make holiday [gifts personal](#) - make them yourself. And if you're not the creative type a simple deck of "IOU" cards will do trick. Bonus: get the kids involved and have some crafty fun. Not only will you all have a blast, but you'll be leading by example. The holidays aren't about spending lots of money to show someone



The Unitarian Church in Fall River
309 North Main Street
Fall River, MA 02720
(508) 678-9700

that you care. And, research shows that no matter what time of year, being creative makes you happier.

8. **Make a mess; leave the**

dishes. Sometimes a messy house is a happier house. And you know that time you ditched the vacuum and had dinner with a friend or went to bed a few minutes earlier rather than doing the dishes? You'll never regret it, so go ahead and live it up! The dust bunnies can wait.

9. **Acknowledge stress and sadness.**

Instead of feeling like a failure for not being 1000% happy during the holidays, accept the fact that the holidays are emotionally difficult for more people than you think. If the holidays have always been complicated for you, consider spending them with friends who make you happy or traveling to a new place you've always wanted to see. If you've suffered the loss of a relative or a relationship and are dreading the season without them, share your feelings with people you know who are in similar circumstances or find a local support group. Be sensitive to friends, co-workers, and neighbors who might be struggling and reach out to them to share some egg nog; drop off a batch of cookies; check in by text or email to let them know you're thinking of them.

10. **Eat, drink, and be merry--and mindful.** For lots of people, the holidays are all about

food, drink, and letting go. For others, it's all about trying to stay healthy. Be mindful of your own needs and sensitive to the needs of others: respect friends or family members who are trying hard to stay successful on a weight-loss plan; have alcohol-free options on hand for those committed to sobriety; set realistic food and exercise goals and then forgive yourself for not meeting them.

Church Events

Sine Nomine meets in Church every Monday evening.

*Sine Nomine is an auditioned chamber choir based in Fall River, MA. Now entering its 20th season, this community ensemble currently consists of eighteen voices, and performs music from the Middle Ages through the 21st-century, with a special emphasis on a cappella repertoire. Sine Nomine has collaborated with the Boston Camerata, Newport Baroque, Providence College, New Bedford Symphony Orchestra, and was featured at the 2005 Organ Historical Society National Convention. The group draws its members from across southeastern Massachusetts and Rhode Island.

The Lower Highlands Historic Downtown Neighborhood Association meets monthly on the first Wednesday in our function room at 6:30 pm. Their agenda includes: A police crime report, treasurer's report, and updates on neighborhood concerns. Newly defined boundaries are; the Taunton River on the west; bicentennial Park and President Avenue to the north; Highland Avenue, High Street, and Troy Street on the east; and Pleasant Street, Sullivan Drive, Pocasset Street, the lower part of



The Unitarian Church in Fall River
309 North Main Street
Fall River, MA 02720
(508) 678-9700

Anawan Street, and along the side of the State Pier back to the Taunton River on the south. All who live, work, or in any way support improving this area are invited to attend with their concerns. For more information, contact co-chairmen James Bartley at bartleyw@juno.com or 508-679-8871 or Steven Camara at steve@stevencamara.com or 508-678-1463.

More Events:

Friday mornings - 9:30 to 11:00 - Course in Miracles - meets in community room (open to the general public)

Friday mornings - 11:00 to 12:00 - Dream Study - meets in community room (open to the general public)

These are happening each month:

On the second Sunday of each month the Standing Committee will meet at 12 noon. (open to members only)

A Meditation Group meets every 3rd Sunday in the Community Room at the Church from 3pm to 7pm. All are welcome.

On the first Thursday evening – 6:00 – 7:30
“Our Revolution MA Greater Fall River Affiliate” (ORMA/GFRA) Meets in the community room (open to the general public)

Volunteer Opportunities:

We are still looking for volunteers to help clean out the over and under growth in the Play yard and the other area in the back. If you care about the look of our house, perhaps you can come down and help us take care of the

grounds. This is a request that can be accomplished without checking in with anyone. You can do it anytime you want and just bring your own yard tools. Yard waste bags can be picked up just about anywhere and they are really inexpensive. How about it? Make yourself feel good and others too!!



By [Amy Peterson](#)

- **YOU’LL FEEL RICH**
- Giving to others increases your capacity for love. It makes you realize that even if you don’t have much, you have enough to share with others. In fact, [analysis of giving data](#) shows that poor people donate a larger percentage of their income to charity than rich. Donating used clothes to a shelter, new shoes to foster kids, or money to a worthy organization will make you feel rich.
- **BE PART OF SOMETHING BIGGER**
- Donating a little bit of money or time may not seem like much. But if your donation is joined with others, it becomes something much bigger. My family decided to donate some money to [water.org](#). As I showed my children videos of



The Unitarian Church in Fall River
309 North Main Street
Fall River, MA 02720
(508) 678-9700

children in Haiti fetching water out of a dirty river, their world view was enlarged. At the charity's website, you can choose to donate to a specific well in a specific village, and progress towards the goal is shown. Many other charities have similar opportunities so you can see how your small donation really does make a big difference.

- **JOIN A CAUSE**

- Foundations need research money to discover ways to cure diseases. Other non-profit organizations help different groups of people with specific needs. A lot of this money is raised through donations. You probably know people who run or bike a race to support a cause close to them. If you feel passionate about a cause like this, join a race or donate money or time.

- **SET AN EXAMPLE**

- If you have children, donating to charity will show them you care about others and want to make the world a better place. If you involve your children in choosing charities, you will instill a desire to share and serve that will last throughout their lives. Grandchildren, nieces and nephews can also be influenced by your generosity towards others.

- **A GRATEFUL HEART**

- When I donate to charities, I feel grateful. I'm glad to have clean water to drink, cook with and use in my home. When I've made kits of supplies to be sent to disaster areas, I'm reminded how blessed I am to have a safe home and emergency supplies on hand. As you give food to a local food bank, or write a check for an organization that helps people in need, you can't help but feel thankful for the blessings in your own life.

- **TAX DEDUCTION**

- In the United States, the money you donate to charity can be taken as a deduction on your tax return. Although this isn't the main reason I'd suggest donating to charity, it is a nice bonus. Keep records of money or property you donate so you can itemize correctly on your tax forms.

- Lately, I've been singing a song to my children that I learned in school years ago. The song ends with the words "Love is something if you give it away; you end up having more." I feel that way when I donate to charities that truly make a difference. I end up having more. When you donate to charity, you'll feel the satisfaction that only giving can bring.

- This article was originally published on FamilyShare.com. Check out these other related articles: [Things to know before you donate to a charity](#), [How much money can we afford to give to charity?](#) and [How do I evaluate a charity before making a donation?](#)

Comments:

Any suggestions or comments about the newsletter are welcomed and needed. We will be trying to get this out on a monthly basis from now on.



The Unitarian Church in Fall River
309 North Main Street
Fall River, MA 02720
(508) 678-9700

Holiday Special Offering

Included with this newsletter is a virtual special offering envelope for the Holiday Season. An actual envelope will be available at our Candlelight Service. Thank you for using it. This may be returned when you come to the Candle Light Service on December 23rd, or you may mail it to the Church at 309 North Main Street, Fall River, MA 02720. Again, your support is very much appreciated. Of course, this is a virtual envelope and it is up to you to turn it into a real envelope and fill it with your support.

Christmas Flowers

We will be decorating the Sanctuary with Poinsettias during the Holiday season. Any one who would like to donate a plant in memory of loved ones, please see Kit Tunney or Diane Darling.

Traditional Candlelight Service

At this Holiday event, we will be serving light refreshments. Rev Paul Langston-Daley will be our guest minister and Nancy Donnelly will be our pianist for the service.

Pledge Your Support!

If you are an active member, an occasional visitor, or just one who believes the Unitarian Society is a worthy cause, we ask you to fill out and return a pledge card to the Church as soon as possible. This returned pledge card, indicating your support, would allow us to plan the year's program, activities, building and grounds expenditures, utilities, etc. We need a commitment to help us grow. That commitment needs to be your personal answer to our call. Please respond! **And, even more, we hope you will come and be an active part of this small community of freethinkers!**

2017-2018

The Unitarian Church in Fall River

309 North Main St.

Fall River, Massachusetts 02720

Name(s) _____

Address _____

e-mail address: _____

Phone number _____

In Support of the Operating Budget, my/our pledge for 2017-18 will total \$ _____

I will pay in ☐ weekly, ☐ monthly installments, ☐ Other.

Signed: _____

Date: ____/____/____

In addition to a pledge, I/we wish to make a special gift at this time to:

The Operating Budget of \$ _____

Other Special Purpose (specify): _____

The Endowment Fund of \$ _____

**GENEROSITY IS GIVING
MORE THAN YOU CAN,
AND PRIDE IS TAKING
LESS THAN YOU NEED.**

— KAHLIL GIBRAN



The Unitarian Church in Fall River
309 North Main Street
Fall River, MA 02720
(508) 678-9700

"You are invited to"

The Traditional

Christmas

Candle Light Service

Saturday, December 23rd

7:30pm

A service of readings and carols with special music for all ages

