



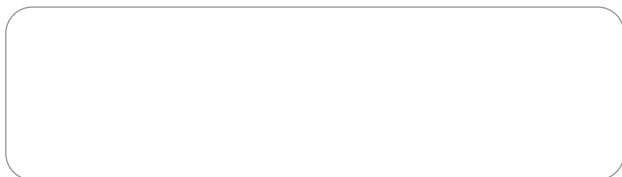
THE UNITARIAN CHURCH

IN FALL RIVER.

309 North Main Street
Fall River, Massachusetts 02720

508 678-9700 • unitarianchurchfr.org

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



August 2017

Join us for our first service of the new church year, which will be taking place on September 3rd at 10:30am! It will be followed by our First Sunday potluck at 11:30am. This first service will be led by Rev. Richard Trudeau, and is titled **“Why Be Good? Unitarian Universalism’s Two Contradictory Answers”**.

UPCOMING GUEST LEADERS:

September 3: Rev. Richard J Trudeau

September 10: Rev. John Burciaga - Rev John Burciaga has served UU congregations throughout the USA, and lives now in Newburyport, MA with his wife, Linda Lu. John’s other career is in journalism and he continues to write editorial-page columns for daily and weekly newspapers.

September 17: Rev. Richard Fewkes - Dick Fewkes has served three churches in the Ballou Channing District: (1) First UU Society in Middleboro (1964-69), (2) is the Minister Emeritus of the First Parish in Norwell, Mass. where he served from 1969 to 2000, and (3) as Interim Minister at the First Parish UU Church, Bridgewater, for a two-year period, 2000 – 2002. He resides with his partner Connie Johnson in Sagamore Beach, has a summer home on Cape Cod in West Dennis, is a grandfather to eight grandchildren, three great grandchildren, and is a member of the UU Meeting House in Chatham, MA.

September 24: Rev. Paul Langston-Daley - Ordained in 1997, Rev. Paul Langston-Daley is a graduate of Andover Newton Theological School and the International Institute for Restorative Practices. He is passionate about social justice and human rights, and he has been involved in LGBT rights, reproductive rights, immigration issues, restorative justice projects, and Black Lives Matter. As UUSC’s senior program leader for justice building, Rev. Langston-Daley grows the capacity of UU congregations to pursue sustained, systemic social change work.

The only limit to our realization of tomorrow will be our doubts of today. Let us move forward with strong and active faith.

— *Franklin Delano Roosevelt*



Parish Notes

We are in the middle of the 185th year of the existence of the Unitarian Church in Fall River. We started in 1832, with the professed purpose of forming a society of religious fellowship for the worship of almighty God. Over the years, we have experienced many things. Growth - increase in membership – stagnation – decrease in membership – the underground railroad (our building was a stop) – a major move from Borden Place to North Main Street in 1858 – fast forward to 1985 – a devastating fire that completely destroyed that building – the rebuilding of a new and modern facility.

Do you like our service on Sunday mornings? How about suggestions for something different? We are a group of people who will always agree to disagree. Let me ask you something. How will you know if you like or dislike something not experienced? We need you on Sundays. By the time you read this our summer vacation will be almost over and we will be through the hot part of August. Will you come back? Will you help the church to come back? We are in desperate need of your support. Both our spiritual and fiscal bills are due and in some cases overdue. Help.

First Sundays On the first Sunday of each month we bring a little extra to munch on together after the service. It's sort of a potluck brunch. It gives us a little extra time to be together in our busy schedules. We'd love to have you with us, too!! Please come!! (even if you didn't bring something to share!) And bring a friend, too!! (You do have friends, don't you?)

Church Events

These are the events that will be happening on an every week basis.

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Monday evenings - 6:30 - Sine Nomine rehearsals - meets in sanctuary (open to Sine Nomine members only)

Tuesday evenings - 5 to 6 - Peer2Peer Yoga - meets in community room (open to anyone currently recovering from addiction)

Wednesday evenings - 5 to 6 - Peer2Peer Meditation - meets in community room (open to anyone currently recovering from addiction)

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)

Saturday mornings - 8:30 am to 1:30 pm Peer2Peer Family support- meets in community room. Peer2Peer is open to anyone in recovery. Anyone in recovery can drop in but then they have go through a procedure before they can participate in the program.

These are happening each month

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

On the first Wednesday of each month at 6:30 - Lower Highlands/Historic Downtown Neighborhood Association meets in community room (open to the general public)

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

SPECIAL EVENTS

CoffeeHouse 309 will be having a performance by Crashland Acoustic on October 7th. Watch our Website - www.unitarianchurchfr.org or our Face Book page for further updates.



RECIPE OF THE MONTH

"Perfect hard boiled eggs"

Put eggs in boiling water. Boil for twelve minutes. Then place eggs in ice water for 5 minutes. Peel and enjoy!

Abigail Adams:



A Brief Biography

Nov. 11, 1744-Oct. 28, 1818
 Abigail Adams and her husband John were active members of a Unitarian church, the First Parish Church in Quincy. During the course of Abigail's life, she advocated and modeled an expanded role for women in public affairs. She left a voluminous correspondence, providing information on everyday life and insight into the

activities in the corridors of power during her time. Her letters show her to have been a woman of keen intelligence, resourceful, competent, self-sufficient, willful, vivacious, and opinionated—a formidable force. Her writing reveals a dedication to principle, a commitment to rights for women and for African-Americans, fierce partisanship in matters of her husband's and her family's interest, and an irreverent sense of humor.

Born in the parsonage of the North Parish Congregational Church of Weymouth to the Rev. William Smith and Elizabeth Quincy, Abigail was raised simply and without pretension. She received no formal schooling, but certainly benefited from the many books and the lively conversation in the parsonage. Abigail was a devoted reader of history and an astute judge of its impact upon her own time.

Abigail married John Adams in 1764 beginning one of history's great partnerships. She managed the

farm and raised a family successfully, while John was frequently absent attending to the nation's business. She also accompanied him on diplomatic missions, and in particular, a visit below the Mason-Dixon line strengthened Abigail's conviction that slavery was not only evil, but also a threat to the American democratic experiment. Afterwards, Abigail wrote that she doubted the distinguished Virginians had quite the "passion for Liberty" they claimed, since they had been used to "depriving their fellow Creatures" of freedom. When later approached by a black servant boy who wanted to learn to read and write she enrolled him in an evening school over local objections.

Abigail often spoke up for married women's property rights and more opportunities for women, particularly in education. She believed that women should not submit to laws clearly not made in their interest. Women should not content themselves with the role of being decorous companions, but should educate themselves and be recognized for their intellectual capabilities, for their ability to shoulder responsibilities of managing household, family, and financial affairs, and for their capacity to morally guide and influence the lives of their children and husbands.

Early in October 1818, Abigail fell ill with typhus and died several weeks later. She was buried in the cemetery of First Church in Quincy. Most of her correspondence is in the Adams Family Papers and the Warren-Adams Letters, both at the Massachusetts Historical Society. The largest published collection of her letters is contained in L. H. Butterfield, ed., *The Adams Papers: Adams Family Correspondence*, 4 vols. (1963-73).

Adapted from: <http://www25.uua.org/uuh/duub/articles/abigailadams.html>
 Article by [Laurie Carter Noble](#)

Endowment: The Gift That Keeps On Giving

The Unitarian Society in Fall River derives nearly 40% of its income from endowments (not because our endowment is huge but because our operating budget is tiny.) An endowment is money that is invested, and only the interest is spent each year.



Many charities spend interest equaling 5% of the total endowment, and re-invest the remaining interest. Using that math, an endowment of \$100,000 would provide income of \$5,000 every year. If the invested endowment earned more than 5%, the remaining income would be added to the original \$100,000. Over time, both the principal and interest grow.

Many people think meaningful endowment gifts can only be made by the wealthy, but every gift counts. Let's say you make a special gift of \$50 to the church every year, over and above your monthly pledge and plate offering. A contribution to the endowment of \$1,000 would endow your annual gift, forever. You're probably saying, "I don't have \$1,000 to give away!" I don't either. But, maybe we have an extra \$25 per month to contribute for three years or so. Maybe it's \$10 per month for eight years; it doesn't matter. What matters is growing the endowment to keep the church financially strong. Institutions with robust endowments tend to be robust institutions. Just look at Harvard!

A gift to endowment is a gift that lasts forever. Your contribution to the Unitarian Church in Fall River's endowment ensures that the Society will be maintained and strengthened in perpetuity.

Note: The information above is not intended as legal advice. For legal advice on your gift planning, please consult an attorney.

The Power of Appreciation



Originally written by By Mike Robbins for Jeffrey Gitomer's *Sales Caffeine*

Have you ever had something taken away from you only to realize how much you appreciated it after it was gone?

Most of us have taken someone or something for granted and only truly realized how much that person or situation meant to us after the fact such as our health, an important relationship, or business success.

For me, at the age of 23 my professional baseball career ended abruptly when I blew out my pitching arm. I was in my third season in the minor leagues with the Kansas City Royals, and just like that my childhood dream was over.

I realized looking back on my eighteen years in competitive baseball that I had only one major regret; I'd pushed myself so hard that I'd forgotten to enjoy the game. Being so focused on "making it" and on overcoming my weaknesses, I had not taken much time to appreciate what I was doing along the way.

We often waste our time and energy focusing on what we don't like, what we're worried about, or what we think needs to be fixed, changed, or enhanced. We live in a culture obsessed with "bad stuff," – just turn on the news, listen to the conversations of the people around you, or pay attention to the thoughts in your own head. And, those of us in sales or who own our own businesses are often the worst offenders of this type of negativity.

The Power of Appreciation on your life and business. What if we stopped this negative obsession and started paying more attention to what and whom we appreciate, right now?

Imagine how this simple but profound shift could transform our lives, our families, our relationships, our careers, our work groups, our results, and more. Our experience is a function of what we focus on. Each moment we have a choice as to where we place our attention.

I'm not advocating that we deny, avoid, or run from our challenges or sugar coat anything. It's im-



portant that we're able to confront, face, and deal with the stressful and difficult aspects of life and work. However, we don't have to obsess about the bad stuff, complain about it, and let it run us.

We each can consciously choose to focus on the good stuff in our lives, with others, and most importantly towards ourselves. There are great things happening in your life, your business, and around you all the time - if you look for and find them.

Five Principles for Living a Life Filled with Appreciation: In order to utilize the power of appreciation in your life as a way to enhance your relationships, improve your results, and empower yourself, here are five key principles:

- 1) **Be Grateful** – Focus on the many blessings in your life and all that you have to be grateful for.
- 2) **Choose Positive Thoughts and Feelings** – Make a conscious decision to transform your negative thoughts and feelings into ones that empower you.
- 3) **Use Positive Words** – Pay attention to the words you use with others, about things, and in speaking about yourself. Speak with the most positive words possible – our words have the power to create, not just describe.
- 4) **Acknowledge Others** – Focus on what you appreciate about the people around you and let them know. Be genuine and let others know the positive impact they have on you and your life.
- 5) **Appreciate Yourself** – Celebrate who you are, what you do, and the gifts and talents that you have. Self-appreciation is not arrogance; it's an awareness of your own power and it's the key to self confidence, success, and fulfillment.

When we truly focus on this good stuff, our world transforms and we're able to see and experience the GREAT FULLNESS of our lives.

We don't have to wait until everything is handled, we get it all perfect, or people do things exactly as we want them to. We can just start appreciating life, others, and ourselves exactly as we are, right now.

The Best Time Of The Day

Written by Raymond Carver

Cool summer nights.
Windows open.
Lamps burning.
Fruit in the bowl.
And your head on my shoulder.
These the happiest moments in the day.
Next to the early morning hours, of course.
And the time just before lunch.
And the afternoon, and early evening hours.
But I do love these summer nights.
Even more, I think, than those other times.
The work finished for the day.
And no one who can reach us now.
Or ever.