



THE GOOD SHEPHERD
Hopedale Unitarian Parish's
Monthly Newsletter

November 2015

Vol. I, No. 4

From the Minister

**“How Science Supports the
Daily Gratitude Practice”**

Look on the bright side. Count your blessings. Give thanks. Every year as we approach Thanksgiving, the suggestion to practice gratitude comes at us from every angle. Social media memes encourage us to post about something for which we are grateful every day. Churches of all types publish gratitude journals and booklet of reflections about counting our blessings. We all know that even in dark times there not only can be, but actually are, things for which we can be grateful. And yet....

If you're anything like me, it can often sound trite. Isn't it just a bit over-simplistic to think that granting gratitude and appreciation a regular few seconds each day will change reality or even one's outlook? Well...

As it turns out, it's not overly simplistic at all. In fact hard-core neuroscientific research shows that a regular practice of taking time, even a few seconds, to give thanks, appreciate something that went well, and being aware of and recognizing good fortune, or even taking note that someone treated you kindly, helps form new brain patterns that make it easier to be resilient, find a healthy sense of perspective, and experience more positive emotions.

Neuroscientist Rick Hanson's book "Hardwiring Happiness: The New Brain Science of Contentment, Calm, and Confidence" not only explains the science



Hopedale Unitarian Parish
Come as you are - All are welcome

65 Hopedale Street -- P.O. Box 367
Hopedale, MA 01747
508-473-0745

www.hopedaleunitarian.org

hopedaleunitarian@verizon.net

Parish Minister: Rev. Tony Lorenzen

Congregational Administrator: Valerie Clement

Director of Religious Education: Kelly Sarazen

Music Ministry: Carol Devendorf, Organist and Choir Director

Junior Choir Director: Deanna Mustachio

Co-Treasurer/Collector: Janet Grant & Frederick Oldfield III

Sexton: Al Gross

Bell Ringer: Frederick Oldfield III

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(Verizon) Thursdays and Sundays at 12 noon and 7 pm



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behind the importance of gratitude and appreciation, but offers concrete practices to help develop our capacity for happiness and gratitude.

Hanson explains that the human brain has a “negativity bias,” that is hard-wired by evolution to focus on fear and danger and take less notice of contentment and positive feelings. This has helped us survive, but now is a root cause of chronic anxiety, depression, and worry.

A simple regular practice of taking notice of positive feelings, giving them a moment to register and allowing them to cause a response of gratitude can help diminish the negativity bias and restructure neural pathways in a positive direction.

Hanson calls this process “experience-dependent neuroplasticity,” and says “the main way to develop inner strengths is to have experiences of them; repeated feelings of gratitude make a person more grateful. As neuroscientists might say, positive neural traits are built from positive mental states. “

An intentional daily gratitude practice is not just positive thinking, but rather taking time to notice the positive and being aware that you are noticing. Just having a happy (or happier) thought doesn't make you happier, but cultivating a practice of noticing the good, being aware of blessings, and consciously giving thanks for even small things, actually does.

So, when you come across an invitation to take up a gratitude practice this November, you might want to give it a try. To help you out, we will make available to anyone who wants one, a copy of the gratitude journal "Blessings of a Grateful Heart" from Inspiration House (a UU owned and operated resource center with a mission "to champion, aggregate, and integrate information and ideas about spiritual practices, environmental sustainability and social justice.")

Blessings, Rev. Tony



The annual **Kris Kringle Fair** will be held on **SATURDAY, NOV 14** from 10 am - 2 pm.

Our table chairs are in need of your support! Please take a minute to review requests from table chairs below and consider donating. If you would like to volunteer during the fair, please contact Rita Earl.

Crafts – Rita Earl email: rita.earl@lfb-usa.com
We are in need of crafters, only 2 people have come forward to let us know they are making items for the craft table. Please let Rita know if you are making items, or are able to and need ideas. Rita.earl@lfb-usa.com or 508-902-7416

Cheeses, Spreads & Dips - Steve Luca email: lucarocks67@yahoo.com
The cheese table needs your donations of cheese (to slice, spreads, homemade dips, etc). Please contact Steve if you can donate.

Cookie Walk - Sharyn Johnson
Please contact **Sharyn Johnson 508-533-8323** if you can donate fresh baked cookies or empty coffee cans for the cookie walk!

Bake Table - Staci Luca email: staciluca@gmail.com
Please contact Staci Luca if you are able to donate to this year's bake table.

The Jewelry Box - Janet Grant email: grant421@gmail.com
Donations of jewelry in boxes, loose jewelry and small boxes for the jewelry are needed. If you have questions, please contact Janet Grant.

Attic Treasures - Fred Oldfield email: fgo3rd@aol.com
Donations of gently used "treasures"/yard sale items in **GOOD** condition may be dropped off in the RE classroom adjacent to the office beginning November 8 after services. Early donations may be left in the office. Some ideas include Christmas items, dishes, linens, glassware, & knickknacks. **NO ELECTRONIC** items please.


Raffles - Alice Jacobson email: alicejacobson@comcast.net
The Annual Kris Kringle Fair is sneaking up on us. **November 14** is just around the corner. Items needed for the raffle table include: **gift baskets, games and toys, blankets, gadgets, handmade items, plants, gift cards etc.** Here is an idea for you: do you have some gift cards that were given to you that you will never use because you don't shop there or go to that restaurant? Donate them to the Raffle table (only gift cards that have their full balance please) Any questions please contact Alice Jacobson.

Lunch Room - Sean & Laura Aldrich email: - laurapaldrich@yahoo.com or seanald74@yahoo.com.
If you are able to help out in the kitchen or can donate to the "cafe", please contact Sean or Laura Aldrich



FELLOWSHIP HOUR SCHEDULE November 2015

- November 1** Host : RE - Halloween Theme
Kitchen Support - Alice & Tom Jacobson
- November 8** Host: Sandy Farrer & Sharyn Johnson
Kitchen Support - Alice & Tom Jacobson
- November 15** Host: Betty Flodin & Michele Alves
Kitchen Support Tony & Michele Alves
- November 22 - Joint Service @ Union Church**
- November 29** Host: OPEN
Kitchen Support - Chris Grilly

Game Night! Friday, Nov. 20 @ 7 pm
 Come play fantasy games such as Magic the Gathering and Dungeons & Dragons. **All are welcome!** Children under 12 must bring an adult with them. Please contact Tony Alves tonyhopedale@gmail.com with any questions.



FLOWERS & USHERS

November 1

Flowers: Given by the Welcoming Congregation committee

Ushers: The Hunt Family

November 8

Flowers: Given by Richard & Sharyn Johnson in honor of our nation's veterans, those of past generations and those who continue to serve today.

Ushers: The Alves Family

November 15

Flowers: OPEN

Ushers: Alice Jacobson & Tina Mustachio

November 22 - Service @ Union Church

November 29

Flowers: OPEN

Ushers: Patrick Giles and Tim Symonds

If you would like to give flowers on the 15th or 29th, please contact the church office.



Interested in giving flowers?

It has long been a tradition at Hopedale Unitarian Parish to give flowers/plant for the Sunday service. You can donate in memory of a loved one, in appreciation, or in celebration of something significant to you. Your intentions will be noted in the Order of Service the week of your donation. If you would like to give alter flowers/plant, please contact Valerie in the church office 508-4730-0745 or at hopedaleunitarian@veriozn.net. Please note you are welcome to purchase a plant, cut flower bouquets, or florist floral arrangements. After the service you may bring the flowers/plant home, share with other church members or donate them.



Mindfulness Practice Group

Continues to meet every other Sunday continuing on 11/8 and 11/22 from 3:00-4:30 PM in Parish Hall
Walking Mindful in the Parklands meet up options Monday and Friday mornings 8-9 AM. Meet at the Bath House at Hopedale Pond.

Other meet up options up for discussion- please join us for more information on a scheduled Sunday or contact Michele Alves through email at mlareauvalves@gmail.com



WELCOMING CONGREGATION

Hopedale Unitarian is proud to announce that our Parish is beginning the process to become a Welcoming Congregation

(<http://www.uua.org/lgbtq/welcoming/program>). Our Parish will be recognized by the Unitarian Universalist Association upon the completion of this process.

This program is aimed at educating our congregation about the inclusion and value of all people with a specific focus on sexual orientation and gender identity. It is our goal to uphold these Unitarian Universalist values by making a more positive impact in the community on social issues and providing an environment in our church that is free from discrimination.

As a part of this process, our activities will include a book club, a movie series and guided lectures and workshops. The goals of these activities include education of our members and community, outreach into the community, and improving the quality of our Parish to promote inclusion. We look forward to seeing you at the events listed below as **your participation is vital** to the success of this program.

Upcoming Calendar of Events

- 1) **November 1** (following service and a brief coffee hour) - Welcoming Congregation workshop - Introductions & Expectations accompanied by a potluck provided by the Welcoming Congregation Committee. Facilitated by Tony Lorenzen
- 2) **November 6 & 7** at 10:00 AM- Book club discussion of Coming Out in Faith with Alice Jacobsen.
- 3) **November 11** at 7 PM - Next meeting
- 4) **November 21** - at 6:45 PM (doors open at 6:30) - Movie showing of Southern Baptist Sissies with Maryhelen Hibben.
- 5) **December 6** at 7 PM - Welcoming Congregation workshop - What We Know and How We Learned It - Facilitated by Chris Grilly & Marcia Matthews.
- 6) **January 10** - (after Sunday Service, soup and sandwiches provided) - Welcoming Congregation Workshop - a. The Common Elements of Oppression – Alice Jacobsen as secondary leadership
- 7) **January 15 and 16** at 10:00 AM - Book club discussion of Queer History of the United States with Alice Jacobsen and Tony Lorenzen



**Welcoming Congregation Committee
presents**

"Southern Baptist Sissies"

**November 21, Saturday,
doors open at 6:30, movie starts at 6:45,
discussion to follow**

This is an award-winning film version of the successful Del Shore's play about four boys growing up and coming out in the Southern Baptist Church. It "explores the conflict between the caustic rhetoric of dogmatic religion and the fragile development of adolescent homosexuality while challenging hypocrisy, exposing damage and offering hope" (from the DVD jacket).

Maryhelen adds, "This is an emotionally moving and thought-provoking movie. The actors play the boys at ages 9, 12, 15 and adulthood. We see how the conflicting messages of 'Jesus loves you' and 'homosexuality is an abomination' tear at them and affect their entire lives. It is uniquely filmed as a live play with multiple camera angles and close-ups."

Not rated, but only for mature viewers due to nudity, sexual content and language.

2 hours, 20 minutes

Discussion of the movie will follow the showing.

If you cannot join us, this film is available through Netflix, Amazon Prime and the Library.

If you have any questions, speak to Maryhelen Hibben.

NEWSLETTER DEADLINE

Please submit all items for the December newsletter to Valerie in the church office by

Monday, November 23

Theme for November - GRATITUDE

This month at Hopedale Unitarian Parish we make gratitude a focus of our worship, education and outreach.

Our worship experiences about gratitude will be:

Sunday, November 1 "Our Ancestor's Breath"

A Multigenerational service celebrating All Saints Day and Day of the Dead. We will give thanks for our ancestors and Rev. Tony will reflect on what our ancestors in faith, the founders of the Hopedale Community, have to teach us about living out our faith. The annual costume parade will be during the Time for All Ages and people of any age are invited to come to church in costume and join the parade. There's won't be tricks, but rumor has it there might be treats. We will also honor our ancestors by placing photos of loved ones (family, friends, pets) who have passed, upon the altar table.

Sunday, November 8 "Re-Wired for Gratitude" Rev.

Tony reflects on the neuroscience behind why it pays to develop an attitude of gratitude. It turns out that it truly is important to think positively, but it takes some discipline to guide the rewiring of our brain to be rewired for happiness.

Sunday, November 15 "Dawnlanders and Wordy Shipmate"

A multigenerational service including an original story by one of our high school youth, a Litany of Thanksgiving during Joys and Concerns, and a "Cornbread and Cider Communion" - a sharing of cornbread and cider as part of thanksgiving for our community, our blessings, and our complex history. Rev. Tony reflects on the mythology of the American Thanksgiving, and how to give thanks for our blessings while at the same time being honest about history.

Sunday, November 22 "The Doctrine of Discovery and a Day of Mourning"

Rev. Tony reflects on how the doctrine of discovery still infuses our understanding of and relationship to native peoples and why Thanksgiving is considered a Day of Mourning in some native communities.

This service will take place at the Union Congregational Church in Hopedale.

Sunday, November 29 "When Gratitude Is a Platitude"

Whether you are feeling hungry, craving more, fully satisfied, or stuffed to the gills with the theme of gratitude, there is something for you in this service. In this time of year when gratitude often intertwines with both hope and lament, we hold sacred space for one another.

Rev. Tony is out of the pulpit this Sunday. Our guest preacher will be Sierra-Marie Gerfao, a Candidate for Unitarian Universalist ministry working on her Master of Divinity at Yale Divinity School and her Master of Social Work at Yeshiva University. She's a lifelong Unitarian Universalist and a former professional religious educator, but her most exciting ministry is her family. She currently lives in Connecticut with her wife and two children.

Our service opportunities for the month will include:

Thank You Notes to the Civil Servants of Hopedale (or Milford or your city or town).

During November we ask that you and your family write thank you notes and letters to people in Hopedale (or your town) who serve us daily but who often go un-thanked. People at Town Hall, police, firefighters and EMTs, postal carriers and post office staff, teachers, and others. Write to some or all of these people. When you have all your thank you's, bring them to church with a clear label including who and in which town, such as Hopedale Teachers or Milford Post Office. We will get your thank yous to the appropriate people. To ensure delivery by Thanksgiving, please have your thank yous to us by **Sunday, November 15.**

Operation Turkey Sandwich

Even though Thanksgiving is a holiday, many people have to work. Not only hospital personnel, police, and firefighters, but people at airports, public transportation operators, convenience store clerks, gas station attendants, and more. Help bring some of these people who will be working in the greater Hopedale area a Thanksgiving Dinner. On Wednesday, Nov. 25, beginning at 11:30 a.m. Rev. Tony will host a lunch in the parish hall and kitchen. Volunteers will eat together and assemble sack lunches containing Thanksgiving Dinner: a turkey sandwich, cheese, potato chips, mayo, cranberry sauce, and apple pie.

On Thanksgiving Day, volunteers will drive around the area and drop these sack lunches of Thanksgiving Dinner off to people who are working at the various jobs mentioned above. If you would like to volunteer to be a sandwich maker and/or a meal deliverer, contact Rev. Tony at revtonyyu@gmail.com or 508-344-3668. The inspiration for Operation Turkey Sandwich (including the name) comes from this recent news story: <http://kdvr.com/2013/11/27/operation-turkey-sandwich-feeds-people-who-are-stuck-working/>

Resources for thinking about Gratitude On The Web:

A UU Family Gratitude Circle Practice - <http://www.uua.org/worship/words/reading/110052.shtml>
A Child's Chalice Lighting for Gratitude - <http://www.uua.org/worship/words/chalice-lighting/child%E2%80%99s-chalice-lighting-gratitude-earth>
UU Church of the Larger Fellowship monthly journal Quest for Meaning for November 2011 on Gratitude- <http://www.questformeaning.org/quest-monthly/gratitude-2011/>
Thanks for This Home (video) by Rev. Meg Riley, Minister of the Church of the Larger Fellowship - <https://youtu.be/Ge4K9nvBv14>

Gratitude and other Curses (video) by Rev. Joanna Fontaine Crawford, Minister, Live Oak UU Church, Round Rock, TX - <https://www.youtube.com/watch?v=rzxm-gBsmm4>

Books:

Hardwiring Happiness: The New Brain Science of Contentment, Calm, and Confidence" by Rick Hanson

- "Lies My Teacher Told Me: Everything Your American History Book Got Wrong" by James Loewen
- Mayflower by Nathaniel Philbrick
- The Wordy Shipmates by Sarah Vowell
- "Blessings of a Grateful Heart" by Carol Hohle

Spiritual Practice Resources:

Blessings of a Grateful Heart booklets - This fantastic daily gratitude journal was written by a Unitarian Universalist named Carol Hohle. If you would like one, please pick it up at the front of the church or come by the church office. Challenge yourself or your family to do these exercises for two weeks this month, perhaps beginning on November 11 or 12th so as to end on Thanksgiving.



Summer 2016 Trip to Transylvania Planned

Are you interested? Rev. Tony is! We are organizing a summer pilgrimage trip to Transylvania to meet Rev. Noémi, her family, her congregation and her village. Plus see more of Transylvania while we are there. Ann Gary will lead the trip. Probable dates: July 1-9. Probably cost: Airfare PLUS about \$700 per person. There is a signup sheet on the bulletin board. Contact the office if you are interested! Or email Ann at annkgary@gmail.com

Rev. Tony will lead a group on a pilgrimage to Csekefalva in July 2016. This will be part of a Partner Church Council Trip which will hopefully include visits to other partner churches along with members of the UU churches here that work with them. We will be working to try to raise money and obtain grants to make it as affordable as possible for those who would like to go.

As I'm writing this I'm looking at my calendar and can I tell you something...you are not going to want to miss a Sunday at HUP. There are some wonderfully awesome things coming and you'll want to be here for. Grover is going to be sharing a story with us, our kids will be parading around in costume, we will be filling buckets, sharing corn bread and cider, learning about hope from the Hanukkah story, our totally awesome pageant, music Sunday, and Coming of Age is starting. It's going to be a busy and fun time at HUP.

Perhaps one of the most exciting things that we are doing this year is adding a 4pm Christmas Eve service. This service will not differ all that much from our 7pm service other than it will be a bit shorter and have some more family friendly elements. I'm really hoping that everyone, not just families with young children, see the benefits of an earlier service that will give you a beautiful Christmas Eve service and get you home in time to entertain, get your kids to bed, or go to a family party.

Some important dates that I want you all to be aware of are...

November 1 – this will be our annual costume parade, so please, please, please come in costume. We will also be honoring those we have lost, so please bring in a photo or memento of a family member or pet that has passed away to add to our alter table.

December 6 – this will be our first formal pageant rehearsal. We are doing Charlie Browns Christmas this year so if your child wants to participate please make sure you are at this service.

December 13 - PAGEANT, PAGEANT, PEGEANT!!!!!!!!!!!!!!!!!!!!!!!!!!!! This is the date of our holiday pageant, it's going to be awesome, and you are going to want to be here.

December 20 – Music Sunday; again another totally awesome HUP Sunday. Our choir is out of this world amazing, you don't want to miss this.

December 24 – not one but two services are available for you on this very special day and there is nothing saying you can't go to both, but please come to one of them. Our first service will be at 4pm and will be a bit shorter than our 7pm service and a bit more family friendly. It will have reading, a homily and candle light, all the things you have come to expect from our 7pm service with some of the features you have come to expect from our multigen services.

It's Free Movie Night! Friday, November 6th – 6:00pm (Doors open at 5:30PM)

Concessions will be sold, but you may bring dinner/snacks of your own.
Come and bring your friends to see...



Home
2015 Rated PG
94 mins rated 5.0 stars

On the run from cosmic enemies, a band of aliens arrives on Earth looking for a safe haven, but one of them inadvertently gives away his location. As the extraterrestrial refugee desperately tries to avoid capture, he begins learning about humans

(In the social hall of the Hopedale Unitarian Church)
***The movie is FREE, but donations are welcome**



HOLIDAY GIFT COLLECTION SPONSORED BY THE FRIENDS OF THE MENTALLY ILL

The annual collection for gifts for the Friends of the Mentally Ill begins **Sunday, November 8** and will continue through **December 6**. Please place donations in the marked box located in the parish hall. This program provides gifts to more than 800 patients at Taunton, Worcester and Westborough State Hospitals as well as many mentally ill people living in the community. Some suggested gift items include:

Men's & Women's clothing: socks (no ankle), underwear, white male t-shirts, jeans sweaters sweatshirts and sweatpants (especially extra large and plus sizes)

Toiletries: Hairbrushes, combs, lipstick, nail polish, tissues (pocket size) shampoo, deodorant, body wash and lotion. **NO GLASS PLEASE**

Jewelry: watches and rings

Games: hand held games, playing cards, crossword puzzles and word search books.

Misc: wallets, change purses, stationary, note cards, pocket calendars, twin comforters & throws for beds.

Please continue to support this charitable drive. Every little bit makes a difference!



The Chosen Child Program

The chosen child program begins on November 15. Our church, in collaboration with Children and Family Services in Whitinsville, will be collecting gifts for the holiday for local children in need.

We will post boy/girl cut outs on the classroom doors starting Nov. 15, identifying the ages and "wish lists" of the children. The "wish lists" are meant to serve as a guide in your gift selection. You may choose to buy an item/items on the child's list, or you may choose what you would like to give to them.

All are welcome to choose a child to give to this holiday season. Please sign your FULL name and phone number on the child's cut out that you have selected. Please take the tear-away wish list for your reference, but leave the cut out on the door.

Please bring **UNWRAPPED** gifts to the Parish Hall no later than **December 13**, so we may deliver them in time for the holidays.

If you have any questions please call Kate Correa at (508) 473-4731 Thank you for helping to support this charitable project.



Little Red Wagon Collection:

The Social Action Committee will be collecting items for the Daily Bread Food Pantry **Sunday, November 29**. Donations of non-perishable food, toiletries, or baby items are welcome. Thank you!



HOPEDALE UNITARIAN PARISH

Parish Board: Kern Buck, Chair, John Devendorf, Judy Oldfield, Kate Correa, Mark Dewolf, Patrick Giles, Tina Mustachio

Ministry of:

Finance & Investments: Tony Alves, Chair, Marge Horton, Kathleen Schleper, Fred Oldfield, Tina Mustachio, Renee DeWolf

Nominating: Tony Alves, Chair, Rita Earl, Fred Oldfield

Outreach & Engagement: Jody Buck, Chair, Tony Alves, Renee Dewolf, Alice Jacobson, Ben Spear

Partnership: Ann Gary, Chair, Tony Alves, Carol Devendorf

Visiting: Sharyn Johnson, Peg Theriault, Tina Perry

Religious Education: John Martin, Chair, Kate Correa, Renee Dewolf, Rita Earl

Worship: Jody Buck, Karen Gehm, Chris Hunt, Fred Oldfield, Rita Earl, Tina Mustachio

Building & Facilities: Marcia Matthews, Michele Alves, Tony Alves, Randy Carbo

Gardens & Grounds: Marcia Matthews, Michele Alves, Maryhelen Hibben, Chris Grilly, Patrick Giles

Caring Connection: Alice Jacobson, Mona Gross, Laura Aldrich

Music: Carol Devendorf, Glen Flodin, Peg Theriault, Karen Gehm, Maryhelen Hibben

Scholarship: Bill Gannett, Kathy Haynes, Mark Dewolf, Pat Giles

Historical: Fred Oldfield, Janet Grant, Sandy Farrer

Social Action: Becky Chan, Michele Alves, Kathleen Schleper, Dona Neely, Carol Devendorf, Staci Luca

Kitchen/Hospitality: Tony Alves, Tom Jacobson, Michele Alves, Alice Jacobson, Christopher Grilly

Our minister is an ex-officio member of all committees

Alliance (members at large): Marjorie Horton, Betty Flodin, Paula Touhey

Choir: Rob Burke, Glen Flodin, Karen Gehm, Janet Grant, Kirsten McCandless, Judy Michna, Judith Oldfield, Deanna Mustachio, Betty Flodin, Hannah McCandless, Maggie Gehm, Devon Grilly, Robert Gehm, Kathryn Gehm