

Channing Circle

Our Family is a Circle of Strength and Love.
With every Birth and every Union, the Circle grows.
Every Joy shared adds more Love.
Every Crisis faced together makes the Circle Stronger.
— Eavenson —

Channing Unitarian Universalist Church • 45 Webster St. • Rockland, MA 02370

February 15, 2007

Church Phone: (781) 878-0650 (leave message on machine) **Church e-mail:** UUChanning@aol.com
Minister: Rev. Gretchen Robinson Home: (508) 226-2910 e-mail: whistling_girl@msn.com
Prudential Committee:
Kareen Arena: **Co-Chairperson**
Cheryl Gardner: **Co-Chairperson**
Margaret Holmes: **Clerk**
Susan Curran
Phil Dolan
Phil Berry: **Treasurer**
Danny Howland: **Asst. Treasurer**
Rel. Education: Danette Carter

and Becky Paul

Music and Worship: Cheryl Gardner

Building & Grounds: Paul Arena
Music Director: Lillian Cunningham-Hall
Flower Committee: Mary Sayian
and Donna Berry
Church Secretary: Bob Smith



Chinese New Year Dinner and Auction – February 24th!

We will be celebrating the Chinese New Year again with a Chinese food dinner and auction on Saturday, Feb. 24, 2006 at 6 p.m. Tickets will be \$10 for adults and \$3 for children 10 years and younger. Please NOTE. No tickets will be sold at the door! Tickets must be purchased or arranged for by Wednesday, Feb. 21

Worship Services



February 18: Gretchen Robinson, Sermon: "A Rose in the Wintertime"

Our Sunday service is built around a favorite hymn: "A Rose In the Wintertime." By February, winter's chill drives as deep into our bones as frost into the soil. This is a natural time to assess what it is that gets us through the challenges we face. Is

it good fellowship, an attitude of hope, enjoying life's pleasures, a sense of new possibility? What "rose" are you yearning for?

Sunday, February 25: Led by Gretchen Robinson, "Losing It and Finding Our Truest Self."

Sunday, March 4: Led by Gretchen Robinson, "Let Us Take Care of the Children."

Sunday, March 11: Led by Gretchen Robinson, "You Work Hard for Your Money."



From the Minister

I feel a new energy around Channing Church. Have you felt it, too? It's kind of indefinable, maybe a spirit of place. The children are having a joyful time and growing apace. They are growing physically but also growing in Spirit. I daresay the grownups are, too.

This "Channing Circle" takes us from mid-February to Mid-March, a period coinciding with the start of the Lenten season. Lent is observed more by our orthodox Christian neighbors, but our lives too can benefit by this as a traditional time to be more reflective.

One option is to set aside time every day for some kind of meditation or daily reading. Journal writing works, too. The UUA Bookstore offers a number of books for personal reflection and introspection. If you are online, go to www.uua.org/bookstore or stop in and browse through the catalogs in the Church Office. Skinner House is another resource: www.uua.org/skinner. If enough people want books, we can order them together. I'm willing to coordinate this and I carry around copies of both catalogs.

In the meantime, here are two quotes to reflect upon--to get us started. The first was said by Napoleon at the end of his 'career' as a military genius and conqueror:

"Do you know, Fontanes, what astonishes me most in the world? The inability of force to create anything. In the long run, the sword is always beaten by the Spirit."

What an astounding thing for Napoleon to say. We might use quotes such as this to find new insights into problems that are perplexing (plaguing!) us. This quote gives a new insight into the futility of using force. It also confirms us in our ongoing dismay at our nation, which again is deeply involved in yet another unpopular war. We at Channing Church have responded by holding two Vigils for Peace. In the process we learned great lessons about how to come together to do that which cannot be done alone.

Here's another quote by the amazing psychologist, Virginia Satir:

"I matter. You matter. What goes on between us matters."

When we come together to worship, to share good fellowship, to have fun, we learn how much we matter to others and how much they matter to us. We're not the first people to find winter long and cold weather harsh and confining. Warm fellowship and gathering simply to have fun are how we get through. Church is where we learn to live the truth of Satir's quote. By our presence we say: you matter. When we show up for a social event or Sunday worship, we're telling each other that this part of our lives is important. Whenever we gather, we give aid and encouragement to others just by our presence and our acceptance and positive regard for one another.

One of our hymns starts with the words: "O thou who makes all things new." We may or may not call this God but we cultivate here that same soul force that baffled Napoleon and which Jesus and Gandhi devoted their every breath to promoting. I matter. You matter. We are important. The time we share together is important. There is 'only' us to do the spiritual 'work' that makes all things new.

Love, Gretchen

P.S. Our adult education programs on Thursday evenings are continuing. People can join anytime. Ideally, they would let me know in advance so I can get the readings to them. But the group is open and welcoming for members and friends of Channing Church. There are two sessions to participate in each night. I would describe them as follows:

On Cold Winter Nights Find Warm Fellowship

7:00 to 8:00 PM: Mindfulness Meditation: an introduction

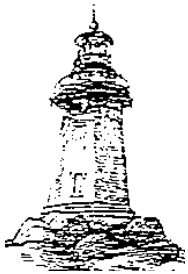
The meditation in these sessions is based on Mindfulness Meditation as taught by Dr. Jon Kabat Zinn of the Worcester Medical Center in his Stress Reduction Clinic. We also draw from Insight Meditation, utilizing the work of leading teachers Sharon Salzberg and Jack Kornfeld. Participants will be asked to meditate daily on their own for the duration of these classes.

8:00 to 9:00 PM: "Growing in Spirit, Growing in Faith"

These programs will feature readings, poetry, group discussion, sharing, reflection, guided meditation, music, writing, and exercises that are enjoyable and revealing. We will be seeking our authentic voice and authentic self as well as supporting one another's spiritual unfolding.

Each participant will be asked to choose a book and to read it, using it as a personal/spiritual guide. You can choose a book/materials you already have. The Bible or other religious texts are also good resources as are meditation manuals. Audiotapes are also recommended. We can offer suggestions for resources.

Ballou Channing District News



The New England UU Musicians Network and the BCD are co-sponsoring the eighth annual **Music Conference** to be held Saturday, March 3 at the Murray UU Church in Attleboro. It is a pleasurable day of music, networking and musical workshops. For further info contact Helene Gersuny at (401) 789-0996 or gersu@uri.edu.

LABYRINTH WORKSHOP

JOURNEY TO THE CENTER, JOURNEY TO THE SACRED.

A Labyrinth Workshop will take place in the Parish House of Old Ship Church, First Parish Unitarian Universalist, 107 Main Street in Hingham, Massachusetts on Saturday March 3, 2007, from 4 pm to 5:30 pm. Arrival and welcome from 3:30 pm.

Labyrinth walking has been practiced in a great variety of cultures and religions for many thousands of years. This form of meditative walk is known to, among other things, clear the mind and to bring up personal insights.

Liliane Verdier has been presenting this well-received workshop to the public and to special interest groups since 2000. 20 % of the \$15 admission fee will go to support Old Ship Church. No pre-registration. For more info. contact Liliane at Lilianevhing@aol.com or 781-749-9581

BCD Small(er) Congregation Workshop

Want to make your congregation jump and dance? Come to a district conference on Saturday, March 10, at First Parish, Scituate -- "**Supporting Vitality in Small(er) Congregations**"-- that will teach you how to grab vitality and run. This one-day, information-packed workshop will be led by Rev. Karen Brammer, the Small Congregation Specialist in the Northeast District.

Congregations that attend will assess congregational strengths and needs in relation to vitality; learn how to identify skills and issues around transformational leadership; and finally, gather information, skills and strategies for supporting this new zeal when participants return to their congregations. Karen plans to be in contact with each participating congregation prior to the workshop to learn about the major issues facing each congregation in order to address them in the context of the workshop's topics.

The cost is \$100 for a congregation team of three. Questions? Call BCD Program Associate, Julianna Lovell at 780-740-1045.

All Souls Church in Braintree is hosting a **South Shore Cluster Dinner** on Wednesday, March 28. Social time at 6:30, Dinner (\$7) at 7 pm and program from 8 to 9 pm. The program is titled, "The Gifts of Immigrants. The speakers are Marcia Hohn, Director of Public education, Immigrant Learning Center in Malden, and Cynthia Tschampl, Massachusetts Immigrant & Refugee Advocacy Coalition. They will help us understand the gifts that immigrants bring to our society as well as the complexities of the current debate on immigration policy. For reservations, please leave a message at 781-843-1388 or email kschmitz@uuma.org by Monday, March 26.

UU Activity Elsewhere

"A B&B experience will be hosted by Cedar Lane UU Church on the Washington DC beltway during the **National Cherry Blossom Festival** (night of April 13 thru afternoon of April 15). Transportation to and from the airport, the Metro subway entrance, and church service on Sunday is included. A brief city tour (or Metro pass), reserved seats at the Annual Cherry Blossom Parade and a dinner at church Saturday evening are also all part of the festival package.

(Participants will receive a package of tour materials and recommendations, including Metro maps, designed to make any spontaneous touring on your own easy.)

Cost: \$250/single; \$500/couple. Registration form must be received by March 19, 2007, accompanied by a non-refundable deposit of 50% of the total cost. A flier with registration form is posted on the bulletin board.

UU NIAGARA EXPERIENCE July 15-18, 2007

If you have ever wanted to visit **Niagara Falls** or if it is already one of your favorite places, this is a chance to experience the wonder of Niagara Falls including some great educational opportunities while in the company of UUs from around the country. The UU Church of Niagara is conducting a four day UU Niagara Experience which is a lifetime opportunity to encounter the Falls up close from every perspective, even safely riding beneath a tethered balloon. Spend four days with us exploring the rich history and natural wonders around the Falls. For information visit our web site :

<http://www.uunex.net/> Email : info@uunex.net Telephone : (716) 791-4453

THE BERRY PATCH

Hey did you guess who the people were in my last newsletter article?

The Four generations who are still coming to Channing Church???????

WellYou might want to ask:

Jeannette Chandler, Carolyn Norkus, Allyson Norkus and Madison Norkus....

It is such a pleasure to have them all here at Channing Church, from the

Mature to the Young..... Your family truly makes Channing Church what it is today....

THANK UU FOR BEING UU ☺

As you might already know we have a new display in the Fire Place Room to the left of the Fire Place. We have our display of EQUAL EXCHANGE COFFEE, TEA, COCOA AND CHOCOLATE PRODUCTS. We have a variety of Products that you can buy at a reasonable savings. We have priced the products below the price you would pay at the local super market.

We have a variety of:

Drip & Organic Coffees

Several kinds of Organic Teas

Natural Decaf Tea, called Rooebos
Organic Cocoa
Organic Chocolate Bars

To make it easy for everyone wanting products, we ask that you pay by check & check off the items you purchase. Not only do you receive a discount, but also you are dealing with a company that is:

TOTALLY FAIR TRADE

“Equal Exchange has been the model for Fair Trade for over 20 Years”

TOTALLY WORKER OWNED & COOP

“Again being the leader and model for Worker Owned & Coop”

You not only get the Best Product, at such a reasonable price.

You support Fair Trade, which gives the Farmers a guaranteed Fair Price for their Product, which helps the farmers with education, health and education for their families. The farmers would be otherwise at the mercy of malicious coffee buyers who are out to take advantage of farmers who are impoverished.

Come to Church and view our display, check out the variety of products, we can even buy whole bean coffees, for those who have coffee grinders. Just let me know what you might be interested in. We have a listing of all the products we can order. Let me know and I will make sure we have them for you to purchase on a regular basis.

Your purchase helps Channing Church, the Farmers, and yourself, as consumers.

Please take the time to consider using these wonderful products.

You may want to check out the Equal Exchange Web Site – you will be impressed:

<http://www.equalexchange.com/>

<http://equalexchange.stores.yahoo.net/pacof.html>

We as “UU’s” never let a good thing pass us by.... Please tell everyone you know about what a good thing that is happening at Channing Church...

PEACE & MAY BLESSINGS

PHIL BERRY, UU'r TREAS.

More on Global Warming

As seen in the newsletter, “Sloop’s Log” of the Scituate UU Church.

An Indian island in the Bay of Bengal was reported by researchers last week to be the first inhabited island on earth swept away by rising seas as a result of global warming. The island, Lohachara, near the mouth of the Ganges, had a population of 10,000. The residents have fled to a larger neighbor, Sagar. So has most of the population of nearby, fast-disappearing Ghoramara. But they can't stay there. Sagar, too, is disappearing. Within a few years, say the scientists at Calcutta's Jadavput University, at least 70,000 people in the Sundarban atoll will be homeless, victims of climate change. It's only the beginning, and it has come much sooner than most scientists had expected.

From Forward.Com Friday, Dec. 29, 2006

In his recent State of the Union Speech, President Bush, for the first time, acknowledged the threat of global warming. He also presented a plan to increase fuel economy for cars that, if properly implemented, could offer serious cuts in the amount of global warming pollution generated in the United States. Now the president and Congress must work together to insure his words become action.

Union of Concerned Scientists e-mail 2/5/07

Religious Education News



Hello Everyone! The children at Channing have been busy! The Youth Group class has started working on their Peace Project which is on peaceful immigration. The younger class has been putting together a peace bulletin board and peace posters! The preschoolers have been learning about families. The Spirit Seekers also have been continuing to work on world religions. We are currently learning about Buddhism. In Children's Chapel the children did some relaxing yoga with Becky.

The Religious Education calendar is as follows:

February 18: Children start in church
Youth Group - no class
Spirit Seekers - World Religions
Chalice Children – class

February 25: Children start in Chapel
Youth Group - Tough Guise w/ Jason Carter
Spirit Seekers - Peace Project
Chalice Children - no class

March 4: Youth Group - Tough Guise
Spirit Seekers- World Religions
Chalice Children – class

March 11: Youth Group – Tough Guise
Spirit Seekers - World Religions
Chalice Children - no class

March 18: Youth Group - Tough Guise
Spirit Seekers- Peace Project
Chalice Children – class

" If we are to attain real peace in this world, we will have to begin with the children"

--Mahatma Gandhi

YOUTH GROUP NEWS

From Susan Kavka

Schedule:

Sunday, Feb 18 - Youth Group is invited to attend Church service (no class)

Sunday, Feb. 25 – Tough Guise classes begin with Jason Carter (at least 4 Sundays). It is important that the Youth make “every effort” to be in attendance for all these classes as the classes will be a continuing series.

Sunday, March 4, March 11, and March 18 - Tough Guise continues

NEXT Youth Group Meeting - Sunday Feb 25th, 5:00-7:00PM

YOUTH GROUP FUNDRAISING

The Youth Group is planning several fundraisers to help raise \$ to help offset their cost of attending Star Island this summer.

BOTTLE/CAN DRIVE - Anyone who would like to donate their returnable bottles or cans can bring them to church on any Sunday. We will have a container for your donations located in the RE Hall, past the kitchen. We appreciate your support and thank you to those who have already begun to donate.

SPAGHETTI SUPPER, March 10th at 6PM. A good old-fashioned Spaghetti Supper will be prepared and served by the “Most Awesome Youth Group”. Dinner will include spaghetti/pasta, salad, bread, beverage and dessert. We will also have a surprise RAFFLE during dessert!!!

Cost: \$5.50 for Adults and \$3.00 for Children under 12. There will be a sign-up sheet posted or call to make a reservation. (Darrell Kavka 781-826-8906 or Danny Howland 781-871-0471)

OUR 50/50 RAFFLE WINNERS!

Our 50/50 Raffle winner in December was **Mary Sayian**, and for January it was **Linda Tesauro's** name that was drawn.

We urge everyone to continue to support our monthly raffle. It is inexpensive, it is fun, and the church benefits. Tickets are two dollars (\$2) apiece. Buy as many as you like. Our next drawing is scheduled for this Sunday, February 18.

Thanks everyone, Aaren Arena



February 15, 2007

Our Family Is A Circle of Strength and Love

UNITARIAN UNIVERSALIST WORSHIP – Sundays at 10 AM

Child care available

Religious Education Classes available

SUNDAY WORSHIP LEADERS

February 18: Led by Gretchen Robingson

February 25: Led by Gretchen Robinson

March 4: Led by Cheryl Gardner

March 11: Led by Gretchen Robinson

EVENTS & OCCASIONS

Monday evenings at 7 p.m.: Yoga

Tuesday evenings at 6:30 p.m.: Boy Scouts of America

Wednesdays: Spanish Classes

1st Sunday following worship: Religious Education meeting

3rd Sunday following worship: Prudential Committee

Thursdays from 7 – 9 p.m.: Continuing Adult Ed/Meditation sessions

Saturday, February 24 at 6 pm: Chinese New Year Dinner and Auction



Altar Flowers Coordinated by Mary Sayian & Donna Perry

Feb. 18	Danny Howland	In loving memory of his parents, Edwin and Marjorie Howland
Feb. 18	Joanne Kellaway and the Hess family	In loving memory of Lorraine and Arthur Kellaway
March 4	Jeannette and Leone Chandler	In loving memory of her parents, Mr. & Mrs. Ira Richards and her sister, Mrs. Pauline Chase
March 11	Clyde Gurney	In loving memory of his mother, Mrs. Edith Andrews Gurney

**"The only truly dead are those that have
been forgotten"**

---Jewish saying