

THE 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

March 19, 2010

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From the Minister *Rev. Ed Hardy*

My fear of flying in 1983 caused a very costly error when two friends, Paul Mazzeo and Ed Morgan had set out from West Barnstable to bicycle across the country. We decided we would bicycle East to West rather than “fly” out West and take usual route West to East—in the direction of the prevailing winds. In bike riding, as in life, it is always easier to have the “wind at your back”.

The prevailing wind was not much of a problem as we struggled through the “hills” of western Connecticut, New York and Pennsylvania. “Hills”, I say that with the utmost respect. While the hills were not as high as the mountains we would face the in the west the steep road grades made each day a torture. When we reached the New York border and saw a sign, “Pennsylvania Land of a Thousand Hills” we almost turned around. Yet, as difficult as the hills were, a more arduous element of nature was ahead of us.

We had our mission to go to San Francisco, California; we had our vision to bicycle there in thirty days. By the time we reached the Pennsylvania – Ohio border we were two days behind schedule. I remember it so clearly. It seemed the last fifty miles of Pennsylvania gave way rather quickly to the seemingly endless flat of Ohio. The first morning in Ohio we were jubilantly rolling along. Then the wind arose. In biking, some people say, “Wind, the hill that never quits”. This comes from the well known fact that when a bicycle reaches 15 – 17 miles per hour most of the resistance experienced is parting the still air in front of you. When the wind blows in your face the resistance goes up—not linearly, but squares. For example, one day in Missouri the wind was blowing so hard if we stopped pedaling we went backwards. That day we biked 14 hours and went only 43 miles—usually 14 hours of biking got us over a hundred miles.

"Let's face it. In most of life we really are interdependent. We need each other. Staunch independence is an illusion, but heavy dependence isn't healthy, either. The only position of long-term strength is interdependence: win/win." Greg Anderson

Our solution to the wind of course was drafting—the process by which bikers ride behind each other allowing the lead biker to break the wind, while the following bikers ride using as much as twenty percent less energy. Our ability to reach our daily goal depended on our ability to cooperate. Each rider had to take their turn at the front. Each rider had to adjust for the other two. The lead rider might go too fast and lose the following riders, who are suppose to be resting, off the back. The variety of biking skills, experience and age all played into our ability to cooperate. We had spats. Who was or wasn't doing their share of the pulling. Who was pulling too fast or not fast enough. Sometimes our young buck would ride off by himself. When we caught up, we would scold him—tell stories about teamwork and sportsmanship. Being the oldest I would complain about not having a 27 year old body anymore.

By the end of Ohio we had it figured out—we weren't riding alone. We shared the same mission and the same vision. Gradually we made adjustments and recalculated for everyone's skills and abilities. Every day was rugged. We averaged 103 miles per day. Despite the effort or because of the effort of cooperation that 33 day bike ride has become one of the most memorable times of my life.



Worship Services – April 2010

April 4 – Easter Intergenerational Service Led By Danette Carter

April 11 – Can We Really Change – Led by Rev. Ed Hardy

Easter is a time of resurrection, the return to life of the earth from its sleep beneath the winter's snow. If change were easy, I would weigh 158 lbs instead of XXX lbs. If change were easy, I would be a marvelous baritone. Sometimes change comes after years of folly and effort. Sometimes change comes under the incredible pressures of sickness or sidesteps that narrowly pass the door of death. Or out of the incredible helplessness of holding someone's hand as they go experience death. If you were transformed through such, and came out the other side limping, but alive and totally changed would you get down on your knees and sing Hallelujah?

April 18 – Earth Day Intergenerational Service Led By Danette Carter

April 25 – St. Francis: A Blessing of the Animals – Led by Rev. Ed Hardy

Celebration of St. Francis with a Blessing of the Animals. Bring a pet (on a leash, in a cage or a tank) or bring a picture of your animal. Blessings for them all. Who was St. Francis? And why is he so loved and important today?

RE Update and News:

Becky Paul, DRE

- 3/21 **Welcome Spring!** Last class of the session!
- 3/28 Children begin in Church with Rev. Ed
Class: **Rehearsal for Earth Day Service with Danette Carter**
- 4/4 Easter Intergen Worship Service – No Classes
- 4/11 Children begin in Church with Rev. Ed
Class: **Rehearsal for Earth Day Service with Danette Carter**
- 4/18 Earth Day Intergen Worship Service – No Classes
- 4/25 **Session V Begins with an Earth Craft – All together class**
Volunteer Fair during coffee hour

It's amazing to me how fast the church year goes by! There is only one class left of this session of RE. Our younger children have been exploring the different names and definitions for "God" in stories and in their own lives. Our older students have been learning about God images in relation to science. I want to thank Katie Tierney and Cheryl Gardner for a fantastic job teaching over the past five weeks. Thanks also to Paul Anderson for your willingness to fill in when we need you.

The RE Committee met on March 3rd to discuss our progress with the current curriculums, God Images and Stories about God. The response to these curriculums from teachers, parents and children have been very positive, therefore we are considering continuing with these curriculums for another year. We also discussed the model we have been using for RE for the past couple of years. Volunteers commit to teaching a session of 4 to 5 weeks at a time, rather than all year, so teachers don't feel overwhelmed or burnt out. They are able to choose from a number of pre-planned lessons that are well organized and easy to facilitate.

The students also benefit from this model by experiencing many different teaching styles and unique perspectives. I have received such wonderful feedback from both volunteers and students, including:

"It's been so interesting to hear what the kids think"

"We had so much fun today"

"I think everyone could benefit from volunteering to teach a class"

"I found the whole experience quite joyful!"

Thank you again to all the wonderful volunteers who have blessed Channing and our children with their time and talents. We are seeking new volunteers for next year, so if you are interested, please find me at coffee hour one Sunday and we can discuss the possibilities.

~Becky Paul

Youth Group Calendar

Planning on attending a "CON"? Make sure to get your registration form and have it signed by a parent/guardian. You cannot attend a CON without your form, registration fee and an advisor.

Sat-Sun 3/27 - 3/28: "CONOPOLY" Duxbury Youth Conference

Fri-Sun 4/9 - 4/11: Brewster CON

Fri 4/16: (Fund Raiser for Star Island Youth) Taco and Ice Cream social and movie

Sun 4/18: Earth Day - Youth & others play chimes at Service

Sun 4/25: 4pm to 8pm: Open House- for Youth Groups from area churches

Sat 5/1: 1) Car wash - This is "**tentative**" ... stay tuned!
2) Mystery Fun night 6pm

Sun 5/2: Walk for Hunger

Sat 5/8: RE Bake Sale

Youth group meetings: Sunday evenings 5 - 6:30 PM (practice chimes 6:30-7:30)
(Dates are subject to change ... keep in touch)
April 4 - Easter Sunday --- NO meeting
April 11, 18, 25 (Open House) May 16 & 30

Save the Date!



Sunday, May 2, 2010

Lots of Love from February 2010!!

Thank You to All who participated in our February Fundraisers!

Our Chocolate Auction on Valentine's Day made a total of \$441.50!

And our Chinese Dinner & Auction made a total of \$457.50

Bringing February profits to \$899!!! Again many thanks to our to all who came and enjoyed the festivities & to the hard workers who made it all happen!! Your dedication and commitment is deeply appreciated!



Helping Children Cope with a Loved One's Cancer:

A program for families with children ages 4-6

Talking to children about a loved one's cancer isn't easy. Our two-hour program is free for children ages 4-6 years and their parents where there is a loved one in the family who has cancer. (Note: The program is not for children who have cancer.) Our program uses the power of children's imaginations to help them cope with feelings that accompany serious illness and changes within a family. Using a blend of story and art, children will learn how to draw about worries and feelings that they may not be able to talk about. Parents will observe the session from the back of the room. At our program's conclusion, children will enjoy a snack and play time while parents learn more about using the program book with children at home. All program materials are free. Our program features the award-winning book *The Moon Balloon*, written and illustrated by Joan Drescher of Hingham.

Advance reservations are required. Please call (781) 624-8919 to register.

Braintree

Program Room
Thayer Public Library
798 Washington Street

Saturday March 13

9:45 – 11:45 a.m.

Saturday, March 20

10 a.m. – Noon

Quincy

Presidents Place
Lower Level Conference Room
1250 Hancock Street

Tuesday, March 16

5 – 7 p.m.

Sunday, March 21

3 – 5 p.m.

Weymouth

South Shore Hospital
Emerson Rooms
55 Fogg Road at Rt. 18

Saturday, April 10

1 – 3 p.m.

Sunday, April 11

1 – 3 p.m.



Helping Children Cope with a Loved One's Cancer is provided by The Friends of Hope, a volunteer coalition that supports South Shore Hospital's cancer care programs. Our program is supported by a grant from the Blue Hills Community Health Alliance (CHNA 20), which receives funding from Caritas Norwood Hospital, Harvard Vanguard Medical Associates, South Shore Hospital, and Weymouth MRI.

Farm Fresh Eggs for Sale

We have 150 new hens at Luand Farm, which are coming into lay, so we have LOTS of yummy farm fresh eggs for sale! For a limited time, we have pullet eggs, which are the smaller eggs that hens lay when they first begin laying eggs. They have a hard shell, and are fluffier in scrambled eggs, have a nice dense quality about them and a great taste. Young hens lay these smaller eggs for about 2 weeks, then mature to full sized eggs.



Egg prices are:

1 Dozen Pullet Eggs \$3.00

1 Dozen Regular Eggs \$4.00

½ Dozen Pullet Eggs \$2.00

½ Dozen Regular Eggs \$2.50



Eggs will be for sale after Sunday services. For more information, or to reserve eggs, contact Chris Ricciotti at (781) 982-8042. Remember to save and return your egg cartons for recycling. We think green, and reuse all returned egg cartons to avoid unnecessary trash. Thanks for your support in helping to keep one of the last working farms in Rockland alive and supporting local farming!

Cedar Hill Retreat Center

Located at 346 Standish St, Duxbury

www.cedarhillcenter.org

The Board of Directors of the new Cedar Hill Retreat Center, Inc. is please to inform you that the final step of the transfer of ownership of Cedar Hill to the new independent non-profit corporation took place in January 2010. At that time we officially became new owners and operators of the retreat center.

Cedar Hill began as a retreat center with the gift of the property by Rosamund Allen of 1st Parish Duxbury to the Ballou Channing District in the 1980's. Cedar Hill is located on over 12 secluded acres of waterfront property with its own 500 foot beach on Kingston Bay across from the town of Plymouth.

Cedar Hill operated as a retreat center founded on UU principles and was open to spiritual seekers of a wide variety of faiths and beliefs. Over the course of 2009 the physical facility at Cedar Hill has received many needed repairs and upgrades. These repairs addressed energy efficiency, fire safety and comfort aspects of the building to provide a safer and more enjoyable retreat experience. Special care was taken to retain the traditional look and feel of the retreat house as a seashore summer cottage.

Our mission is to provide a spiritual sanctuary for meditation, reflection and learning experiences while coexisting in harmony with our neighbors and natural surroundings. Our niche is being able to provide a private and more intimate space than the larger retreat centers. Currently we provide an overnight capacity for 20 and indoor meeting space for up to 30 persons.

We continue to focus on being affordable and available to youth groups and other small group functions. We are encouraging increased use for congregation Board retreats, both day and overnight use. We hope you consider us when you need meeting space. If you have any questions, concerns or wish to explore becoming our guests, please call our Executive Director, Laura Howerton at 781-934-2207

The 11th Annual Plant Sale will be held May 22nd Sat 9 am – 2 pm



Workers will be needed to tend the cash box, price items, distribute plants and flowers, setup and cleanup and to add to the joy of the event. If you have anything at home you would like to donate, now is the time to start thinking about it and preparing for it. Look for the signup sheet in Channing Hall. Ideas are always welcome. It is a great way to meet new friends and add to your gardening experience. Many, many thanks, Paul Arena



ANNUAL SPRING RUMMAGE SALE

Friday, April 9, 9 am-2 pm

Saturday, April 10, 9 am-12 pm

Our All Church Spring Rummage is here we need a lot of helping hands to sort and put things out for the sale! We also need people to work on the days of the sale. This event serves not only as a fundraiser but also as *community outreach* to families in need.

If you can help during the week of set up for 1,2,3, or more hours it would be *greatly appreciated* (as all of us on the fundraising committee have busy schedules and family responsibilities, too).

We hope everyone is busy cleaning out their closets, and setting aside clothing and household items for the sale. It's a good time to get a jump on **spring cleaning**, we take any CLEAN clothing articles, house ware items (dishes, linens, knickknacks, small, working electrical appliances or tools, etc.). You can clean out space at home and help your church raise funds at the same time.

Your donations insure the success of our rummage sale!

It is **VERY IMPORTANT!!** that we get lots of helping hands on Saturday at 12:05 pm, to clean up everything for church the next day & our next event! We bag everything up, put the tables back, and set up the coffee area & the fireplace room.

We are kindly asking for your help.

Thank you, The Fundraising Committee

COFFEE HOUR HELP NEEDED!

Please help with coffee hour set up and clean up. Your help is needed, this week and every week to set up and clean up coffee hour.

Are you committed to saving the environment? Show it by bringing in your travel mugs for coffee! Coffee hour responsibilities are shared by the whole congregation, please do your part. *Goodies and Juices are always needed and welcomed!*



Our Annual Spring Clean up is

March 27th Sat. 9am – 1pm

Anyone who would like to help please contact one of the House & Ground members. There are plenty of jobs for everyone: raking, pruning, planting flowerbeds, window washing, dusting, painting, sweeping & organizing.

Please sign up in Channing Hall so that we can have enough supplies.





Channing Church Penny Race

Thank you to all who supported Channing's Winter Penny Race and congratulations again to our winners!

Our Spring Race has begun & teams have been chosen, but **IT'S NOT TOO LATE** to join the fun!



You can still enter the race for \$1 or you can help out a friend and bring in your pennies!

Remember each penny counts as one point.

Nickels count as **-5** points, Dimes are **-10** points, Quarters equal **-25** points.

Dollars count as **-100** points.

You want your team to have the most points!!! The more pennies the better!

At the end of the race the winning team will be served Ice Cream Sundaes by the losing team!

To join our Spring Penny Race, for only \$1, please see Aaren Arena.

Channing Unitarian Universalist Church - Presents:

Silhouettes

Heirlooms in the Making

By Joy Anne MacConnell



Internationally known Silhouette artist Joy Anne MacConnell will create her unique portraits at Channing Church on

Saturday, April 3rd, 2010

Each \$60 sitting produces 2 mirror-image silhouettes. Additional copies are available upon request. *Appointments and deposit are required.*

As one of the only 35 practicing silhouette artists in the U.S., Joy Anne's *Appointments fill quickly.* Call now to make a reservation.

A perfect Mothers Day gift to be treasured for years to come!

To schedule a sitting call (781) 878-1988

*A birthday is just the first day of another 365 day journey around the sun. Enjoy the trip.
~Author Unknown*



Birthday Wishes

Happy Birthday wishes to:



March 3 – Dean Tilden
5 – Owen Paul
12 – Peter Arena, Sr
14 – Lara Herosy
20 – Leon Chandler
21 – Marc Tierney
25 – Maryanne Frenette
27 – Carolyn Norkus
29 – Paul Anderson
30 – Gary Paul

April 4 – Tony Light
5 – Jason Carter
8 – Libby Tierney
& Jennah Williams
16 – Jordan Paul
19 – Darrell Kavka
23 – Lauren Hannah-Murphy

And Happy Anniversary to ...

Jeanette and Leon Chandler (**March 22**)
Dean and Barbara Tilden (**March 24**)

You're Invited to Free Informational Seminars

Programs presented in partnership with the South Shore Visiting Nurse Association, part of the Home Care Division of South Shore Hospital

Hospice 101

Tuesday, April 6, 2:00 p.m.

What is hospice care? Who needs it? And how is it beneficial?
Find out at this special, informative seminar with Mary Beth Barry, RN, MSN, CHPN

Protect Yourself From Identity Theft

Tuesday, April 20, 2:00 p.m.

Join Liisa Budge-Johnson of the Plymouth County Sheriff's Department for a discussion about the steps you can take to protect yourself and your identity in today's increasingly electronic world.

All programs will be held in the Linden Ponds Garden Room at Renaissance Gardens.

Seating is limited and open to the public.
Light refreshments will be served.

R.S.V.P. today to 781-534-7170



Renaissance Gardens


at LINDEN PONDS

400 Linden Ponds Way, Hingham, MA 02043
Linden Ponds' extended care neighborhood located on campus
www.TheCareExperts.com

Channing Church

March 21, 2010 – May 1, 2010

SUN	MON	TUES	WED	THURS	FRI	SAT
Mar 21 <i>Layled Service by Marc Tierney</i>	Mar 22	Mar 23	Mar 24	Mar 25	Mar 26	Mar 27 Spring Clean Up 9am-1pm
Mar 28 <i>Palm Sunday Service led by Rev. Ed</i> House & Ground Meeting 11:30am	Mar 29	Mar 30 Prudential Budget Meeting 6:30pm	Mar 31	Apr 1 <i>April Fool's Day</i> 	Apr 2 <i>Good Friday</i>	Apr 3 Silhouettes Heirlooms in the Making
 Apr 4 <i>Easter</i> <i>Intergenerational Service Led by Danette Carter</i>	Apr 5	Apr 6	Apr 7	Apr 8	Apr 9 Spring Rummage Sale 9am-2pm	Apr 10 Spring Rummage Sale 9am-12pm

SUN	MON	TUES	WED	THURS	FRI	SAT
<p>Apr 11</p> <p><i>Service led by Rev. Ed</i></p> <p>Circle Deadline</p>	<p>Apr 12</p>	<p>Apr 13</p> <p>Fundraising Meeting 6:30pm</p>	<p>Apr 14</p>	<p>Apr 15</p>	<p>Apr 16</p>	<p>Apr 17</p> <p>Blue Moon Coffee House 7:30pm</p>
<p>Apr 18</p> <p><i>Earth Day Intergenerational Service Led by Danette Carter</i></p>	<p>Apr 19</p>	<p>Apr 20</p> <p>Prudential Meeting 7pm</p>	<p>Apr 21</p>	<p>Apr 22</p> <p><i>Earth Day</i></p> 	<p>Apr 23</p>	<p>Apr 24</p>
<p>Apr 25</p> <p><i>Service led by Rev. Ed</i></p> <p>Volunteer Fair 11:30am</p> <p>Youth Group Open House 4-8pm</p>	<p>Apr 26</p>	<p>Apr 27</p>	<p>Apr 28</p>	<p>Apr 29</p>	<p>Apr 30</p>	<p>May 1</p> <p>Car Wash at Rockland Walgreens 9am – 2pm</p> <p>Mystery Fun Night & Dinner 6pm</p>

Channing Unitarian Universalist Church
45 Webster Street
Rockland Ma 02370
(781) 878-0650

RETURN SERVICE REQUESTED



March 19, 2010

Our Family Is A Circle of Strength and Love

UNITARIAN UNIVERSALIST WORSHIP – Sundays at 10 AM
Childcare available
Religious Education Classes available

The **deadline** for the next issue of THE CHANNING CIRCLE is **Sun April 11th**.
Submissions may be emailed as an attachment to: uuchanning@aol.com
or dropped off in hard copy at the church office.

UPCOMING APRIL EVENTS INCLUDE:

Saturday, Apr. 3rd
Silhouettes by Joy Anne MacConnell
(please call to schedule an appointment)

Friday, Apr. 9th
9 AM to 2 PM Spring Rummage Sale

Saturday, Apr. 10th
9 AM to 12 PM Spring Rummage Sale

Saturday, Apr. 17th
7:30 PM Blue Moon Coffee House

**BLUE MOON COFFEEHOUSE
UPCOMING SHOW**



All shows start at 7:30

The Channing Unitarian Universalist Church, 45 Webster Street, Rockland
Admission: \$6 at the door, Children under 12 Free



For information on upcoming shows at the Blue Moon Coffeehouse, you can visit
www.thebluemooncoffeehouse.com.

Hope to see you there! Cheryl & Mark Gardner

Upcoming Shows

April 17th
Three Cats and a Dog

May 22nd
Three Tall Pines