

The Church Bell

United Congregational Church

The Commons
P.O. Box 506
Little Compton, RI 02837
Telephone 401-635-8472
Fax 401-635-8473

Office Hours:
Tues – Fri, 9 AM – 3 PM

**Worship Service:
Sundays at 10 AM**

Email:
dawn@ucc.necoxmail.com
Web Site: UCCLCRI.org

September 2014

INSIDE THIS ISSUE

Chiming In...A message from
Rev. Sue

Committee News

Bells Are Ringing...(Baptisms,
Weddings, Passings)

Did you know?

A Blast from the Past

**Church Chuckles and Bible
Trivia**

Children's Puzzle

What's Happening?
September/October Calendar

Chiming in...

**CHURCH BELLS, CIRCLE TIME, &
SQUEEZES** by Rev. Sue

During the summer, as I enjoy the wonderful weather around me, I often find myself reminiscing about summers past. I often think about my times at summer camp where I went as a camper, camp counselor, and Program Director.

One of the traditions of our camp "congregation" was to gather by the lake each evening for "circle time". Once we were all in our circle, we would lower the flag, sing a few songs, and end with "Day is Done". We would stand together with crossed arms and pass a squeeze around. That was our "benediction". You could almost always tell who just got squeezed by watching for the person bending over in pain which was followed by an angry look from a counselor directed at the person who had just squeezed too hard. It was supposed to be a sign of care and support. Sometimes it was not. One of the songs I remember singing was called "No Man is an Island". Though its language is a bit outdated, I think you will see the meaning behind it. The lyrics are:

***No man is an island,
No man stands alone,
Each man's joy is joy to me,
Each man's grief is my own.***

***(Refrain) We need one another,
So I will defend,
Each man as my brother,
Each man as my friend.***

***I saw the people gather,
I heard the music start,
The song that they were singing,
Is ringing in my heart. (Refrain)***

I never knew that the song was inspired by the words of John Donne who was

dean of St. Paul's Cathedral and a prolific writer in the 1600's. The words come in part from his famous meditation (#18) which has been used by songwriters and poets ever since. John wrote: "No man is an island, entire of itself; every man is a piece of the continent, a part of the main...I am involved in mankind, and therefore never send to know for whom the bell tolls; it tolls for thee".

That is certainly true for our understanding of our church. In some ways, our church Bell symbolizes our call to be a community who gather and support one another with "circle time" and "squeezes". Sometimes our church bell will ring to call people together at the beginning of a week for "Circle Time". Sometimes our church bell will ring out joy in a peal of delight for a wedding; and we shake hands. Sometimes it will ring as a long and somber toll to remember a loved one lost; and we hold hands. Each time it reminds us that we do not stand alone on this "island". We are part of the main.

Attending summer camp, I never knew that there was another verse to the camp song:

***No man is an island,
Way out in the blue,
We all look to the One above,
For our strength to renew.***

May our church bell ring out for many years to come, calling all to gather; calling all to remember we are not alone. May we continue to gather for our "circle time". May we continue to look for the One above for our strength to renew and may we always hold hands in love and "squeeze".

BOARD AND COMMITTEE NEWS

For more information on any of the following committees, please contact the church office at 635-8472 or email Dawn at dawn@ucc.necoxmail.com



Thank you to our guest preachers who preached this summer. Rev. Jennifer Geary, Amy Edwards, Member in Discernment, the Rev. Dr. Bruce MacLeod, and Rev. Nancy Soukup.

Board of Deacons

Deborah Kelchner, Chair

The principal mission of the Board of Deacons is to assist the overall spiritual care of the congregation, but the most visible way the Deacons serve is by being a part of the Sunday Service. There are a minimum of two Deacons involved at every service. The main Sunday deacon duties are as the Liturgist Deacon and the Deacon of the Day. The Liturgist Deacon participates in the service by reading the Offertory Invitation, Offertory Prayer and the first Scripture Reading. They may also assist with a Baptism. Prior to the service, the Liturgist Deacon will greet church members and friends at the rear door and offer assistance with the elevator as needed. The Deacon of the Day greets at the front door and also provides information to visitors. During the service, the Deacon of the Day will collect the offertory from the balcony. On Communion Sundays, there are up to five additional Deacons involved in the service. The Deacons prepare the trays of bread and juice, set the Communion table, serve Communion to the congregation and clean up after the service.

Bells are ringing...

Weddings

Our congratulations to:

Cara Marie Marsilio and William Cotton Welch
Married August 2, 2014

Board of Trustees

Ted Merriman, Chair

The Quarterly Meeting was held on Sunday, August 17th to a well-attended group. Paul Suttell, on behalf of the Search Committee, gave an update of the progress that has been made and advertised a more detailed meeting for all to attend on Sunday, September 7th at 11:15 a.m. in the church vestry.

The Music Committee presented to the congregation an opportunity to purchase a beautiful 1892 Chickering grand piano to replace the piano that is currently used in the sanctuary. The purchase was approved with positive discussion regarding the

benefits of such an improvement to the music program. The purchase of the piano, refurbishing, moving and necessary adjustments to the first pew will be funded by the generously provided Hawes Brayton account. The existing piano will be moved downstairs to the vestry.

Another topic discussed, of high importance, revolved around several identified safety issues. The issues include the safe entry and exit of building occupants that include the stairs, elevator and emergency exits. It was voted to allow the Buildings and Grounds Committee to immediately research short term steps that can be taken to improve the stairway concerns as well as the longer term changes that will be needed to properly protect the occupants and building structure.

Buildings & Grounds

Peter Derbyshire, Chair

We will soon be cutting down the arborvitae trees on the west side of the church.

If anyone in the congregation has any ideas for Buildings & Grounds projects, please contact a member of the Buildings and Grounds Committee so we can begin to budget them in the upcoming year.

Finance Committee

Bob Hartnett, Chair

Finance would like to thank those who attended the August 19th Finance Committee meeting. Rev. Karen McArthur gave us valuable information and resources related to Church Finance, Stewardship and Investments. Her knowledge of Church Administration is impressive and should prove to be very helpful going forward.

Greeters Committee

Marjorie Simmons, Chair

We are beginning our new school year. This is a great time to volunteer to be greeters/ushers. If you are interested, please speak to Marjorie Simmons or one of the Deacons.

Health & Wellness Ministry

Wendy Merriman, Chair

We have had a quiet summer with two programs going.

Shawl Ministry: Everyone is welcome...come share your cares, concerns, and handwork.

A woman in the church shared with me last week, "I was looking for a place to sit down. I joined a group in the Ladies' Parlor who were knitting. I now have new

friends and a chance to maybe crochet!"

Sharing the Bounty: For the next few weeks, there will be a card table and a couple of chairs set up outside at coffee hour. We welcome garden produce to share. I may even have some recipes. It is also an invitation for some to come sit in the shade.

Meeting with Deacons: Health & Wellness is accountable to the Board of Deacons. Wendy was invited to meet with the Deacons last week to share ideas for upcoming programs and how spirituality can affect one's health. A valuable time it was. Thank you Deacons!

Shavasana: "Right now, notice your body position – without changing it. As you remain in the same position, relax all the unnecessary tensions. Allow your body to soften into the position you are still in. Turn this body position into a variation on *Shavasana**.

Notice how you feel after doing this. Your breath moves more easily. Your mind feels less pressured and your emotional state is more open and free. This simple practice provides profound benefits, and you can do it anywhere and any time. You can do it all the time. You can learn to live in *Shavasana**."

~ Swami Nirmalananda
"Living in *Shavasana*"

**Shavasana* is a profound yoga practice. It is yoga's pose of rest and relaxation. In *Shavasana*, you rest on the floor with your body supported; your muscles begin to release and relaxation seeps in. As your body relaxes,

you settle into a restful state, which leaves you feeling refreshed and peaceful.

Along with others in the congregation, I have been a participant in Pam Church's yoga class for several years. I was not prepared how practicing the above is making a difference. PAUSE, notice the position my body is in and not change it. Relax unnecessary tensions and soften into the position. I have been trying this variation of *Shavasana*, especially when stressed...I thought it might be helpful for others so I wanted to share it with you.

Hospitality Committee

Christine Merriman, Chair

To all Committee Chairs,

Please mark your calendars as to when your committee is responsible for coffee hour. We will send a reminder 2 weeks prior, requesting the names of those hosting. Also included will be some helpful information for hosting.

Thanks in advance for your help!

COFFEE HOUR HOST SCHEDULE

January	Trustees
February	Memorial Garden 1 Sunday/Thrift Shop remainder
March	Visiting Committee
April	Stewardship Committee
May	Religious Education
June	Music Committee
July	Flower Committee
August	Hospitality /Summer Members
September	Outreach Committee
October	Membership Committee
November	Deacons
December	Hospitality

Membership Committee

Martha Fisher, Chair

We are encouraging everyone to make sure to wear your nametags as we still have many summer guests with us.

Outreach Committee

*Shirley Hardison & Marsha LaPointe
Co-Chairs*

Reaching Out

It has been a busy summer for the Outreach Committee. In July, members of the outreach group at St. Andrews by-the Sea and members of our Outreach Committee hosted 32 young adult cyclists who were riding from Acadia, Maine to New York City for Bike and Build. This organization raises funds and makes grants to groups that build affordable housing. Along the way, the group actually participates in the building or rehab projects. The group slept in sleeping bags – half in our vestry and half at St. Andrews. Members of both churches prepared and served a plentiful pot luck supper – the leftovers became lunches for the group for the next day for their 95-mile ride to No. Stonington. Everyone agreed that this was a successful event for an extraordinary group of young adults. We've heard from them that the remainder of the trip was very successful and that they would love to stop over in Little Compton again next year. We all agree!!!

Along with the Health and Wellness Committee, the Outreach Committee hosted a Random Act of Kindness Garden Party at the home of one of our members. It seems that his beautiful gardens had grown so extravagantly that the lushness was impeding access to his front door. Because of some vision difficulties, our friend is no longer able to keep all this beauty tamed.



A group of about 8 individuals – some from the Health and Wellness Committee, some from the Outreach Committee and several others from the congregation spent a Saturday morning, clipping, chopping, weeding and pruning back the overgrowth.



These beautiful gardens are now back to doing their job – providing a beauty and peace for the owner. To celebrate the occasion, everyone joined in a lunch in the newly restored lower garden.

Search Committee

Shirley Hardison, Clerk

The Pastoral Search Committee

Presents

A Summary of

The Church Profile

*(that will be used to attract
pastoral candidates)*

Sunday, September 7, 2014

in the Vestry at

11:15 a.m. during coffee hour

WE URGE EVERYONE TO ATTEND

This is the opportunity for the congregation to hear about the profile of our church that has been prepared by the Search Committee. After this presentation, the Profile will be submitted to the UCC position postings and other sources for candidates.



Sunday School

Heather Helger
Director of Children & Youth



**MARK YOUR
CALENDARS FOR
SEPTEMBER 14TH!
IT'S RALLY DAY!**

Don't miss out on this Sunday School kick-off day. It will be a kid friendly Family Service based on the year's theme "God's Eternal Love" and the first rotation topic of the year "The Psalms." Children and youth volunteers are wanted to help lead the service and to play music, please contact Heather at ssfaithful@ucc.necoxmail.com if your child is interested in participating. The Confirmation Class of 2015 will be introduced at this service as well. Please share this date with friends and neighbors who might be interested, as new families are always welcome! No Circle Time.

Please plan to stay late after the service for a special coffee hour pizza lunch and entertainment by Todd Brodner, 2-time World Frisbee Champion which will include about a 30 minute show and a 30 minute interactive playshop. For lunch planning purposes, we appreciate that everyone RSVP to Heather or Dawn (635-8472)

YOUTH GROUP

September 7th from 4-7pm, Youth Group Cookout at South Shore Beach. We will just check in and catch up with some food, fun, and s'mores. **Please RSVP to Heather**

September 21st from 2-7pm, RI Youth Event at Barrington Congregational Church. A KICK OFF RI Youth Event for 7th – 12th grade with music by 17 year old folk singer, Hayley Reardon! Includes a mini concert and storytelling, youth workshops, interactive worship and pizza. Workshops: Hayley's chorus, percussion, sacred dance, banner making, video and Power Point, guided meditation, Communion prep and prayer (all will end up being used as part of the closing worship). **Please RSVP to Heather**, so we can arrange for transportation (we will depart around 1pm and return around 8pm). Event Link: www.hayleyreardon.com

September 28th – Our first regularly scheduled Youth Group Meeting of the year, after church in the Youth Room from 11:15 am – 12:30 pm. Youth group meetings this year will continue to be held the 2nd and 4th Sundays of each month, with other additional events as scheduled. Youth Group is open to all youth in 6th – 12th grade.

CONFIRMATION

On Rally Day, a new group of seven youth will begin their Confirmation journey. A meeting for confirmands and parents will be held after church in the Youth Room beginning at 11:20 am.



**DO YOU HAVE
A FEW
MINUTES FOR
PRAYER?**

Rev. Sue will be offering a new Program for ADULTS called – E.C.P. (Exploring Contemporary Prayer)

Have you explored the practice of contemplative prayer and want to learn more? Are you new to the idea and want to learn about what it is and what its rich history entails? All it takes is a few minutes.

Rev. Sue will be leading a monthly (September–May) gathering for those interested in learning about and "practicing" different types of contemplative prayer practices. It will be open to all. You can come just once a month and try it, and/or you can attend the once a month gathering and "practice" in between our gatherings.

We will use resources from *Scripture Echo*, a program started by Tracey Marx, a former Presbyterian Pastor and current spiritual director and writer.

If you are interested in learning more and possibly joining this adventure, please contact Rev. Sue OR come to the introductory gathering on:

Sunday, September 21st
11:45am - 12:15pm
in the conference room

Once we know how many are interested, and what time works best, we will decide on whether we need one or two time periods.

At this moment, Rev. Sue is blocking off two possible times. One could be after church on the second or third Sunday and/or one could be the third Wednesday of each month. **PLEASE RSVP**, especially if you cannot attend the introductory session.

Office News

Please feel free to fill out a **KEEP IN TOUCH** card (KIT) [which can be found in the pews] if you need to update your information with us.



Thursday Thrift Shop

Donna Stewart

This is made possible by the 68 volunteers from our church and the surrounding churches - winter and summer residents representing several towns, and our Managers. Consignors donate the clothes: volunteers tag them: display them and manage the front desk. We would not be successful without their help.

Winter Articles Accepted:

Mondays: 1pm - 3pm
Saturdays 10am – 12pm

We are open:

Thursdays 10am - 3pm
Saturdays: 10am – 3pm

If you would like to share something for the Church Bell Newsletter, please submit your ideas to the office at dawn@ucc.necoxmail.com The office will review and print as space allows. Gratitude stories about our church, news from the Boards or committees, etc. are appreciated.

IMPORTANT: Please inform the church office if you know of anyone who may be in the hospital or if any member or friend has passed away. Also, please let us know if you know of any members who are planning to relocate.

**Our deadline for the next newsletter is
Friday, September 19th**

Coming in Our Next Issue...

- Committee News
- More news and fun
- More Blasts from the Past
- Children’s Page

REMINDER BOARD



Start off the school year right by making this wipe-off board, which can help you remember important things.

What you need:

- Adult help
- 5" x 7" picture frame with glass (available at a dollar store)
- Lined notebook paper
- Scissors
- Low-heat glue gun
- Buttons, ribbon, stickers or foam shapes
- 1" piece of Velcro
- Erasable marker

What you do:

1. Using the cardboard insert or picture from the frame as a pattern, cut the notebook paper to fit the frame. Then insert it behind the glass.
2. Decorate the outside of the frame by gluing on buttons, ribbon, stickers or foam shapes.
3. Glue one side of the Velcro to the erasable pen and one side to the frame. Then attach the pen to the frame.
4. Place the board on your desk, dresser or kitchen counter. On the glass, write daily reminders about assignments and activities.

A Blast From the Past!

Marjorie Simmons, Church Historian



The class of long ago eager and ready for Sunday School. And so it continues...are you eager and ready?



Back to School Survival Kit

The penny is to remind you that you are valuable,
The star is to remind you to always try your best,
The eraser is to remind you that it's okay to make mistakes,
The lifesaver is to let you know that you can always talk to me,
The tissue is for drying your tears and those of others,
The bandaid is to let you know that together we can make things better,
The chocolate hug is to remind you that you are cared for,
The sticker is to remind you that we always stick together.

~author unknown

Church Chuckles

On a church sign: "Where will you spend eternity? Smoking or Nonsmoking?"

A grandmother read Bible stories to her grandson, Paul. She read, "The man named Lot was warned to take his wife and flee out of the city, but his wife looked back and turned to salt." Paul asked, "What happened to the flea?"

Bible Trivia

The Bible on Screen

How many of the following did you answer correctly? (Answers below).

1. What controversial 1985 movie starred actor Richard Gere as a king of Israel? *King David*
2. What 1966 epic featured director John Huston both as Noah and the voice of God? *The Bible*
3. What 1953 film starred Charles Laughton as a lecherous Herod and Rita Hayworth as the title character? *Salome*



**MARK YOUR CALENDARS!
RALLY DAY IS SEPTEMBER 14TH!**



Did you know?

The crayon ranks #18 on the list of most recognizable scents, according to a study done by Yale University.

Didaskaleinophobia is the fear of going to school.

A pencil can write 45,000 words or draw a line 35 miles long and will write in zero gravity, upside down, or under water!

The word "nerd" was first coined by Dr. Seuss in "If I Ran the Zoo."

If you have 3 quarters, 4 dimes, and 4 pennies, you have \$1.19. You also have the largest amount of money in coins without being able to make change for a dollar.

The numbers '172' can be found on the back of the U.S. \$5 dollar bill in the bushes at the base of the Lincoln Memorial.

On the new hundred dollar bill, the time on the clock tower of Independence Hall is 4:10.



Think about these things...

With so many things to remember each day, the apostle Paul provides guidelines in Philippians 4:8 (NIV) for what should fill our minds.

Directions: Match each word in column 1 to the word in column 2 that means the same thing. Then use the words from column 2 to fill in the boxes below.

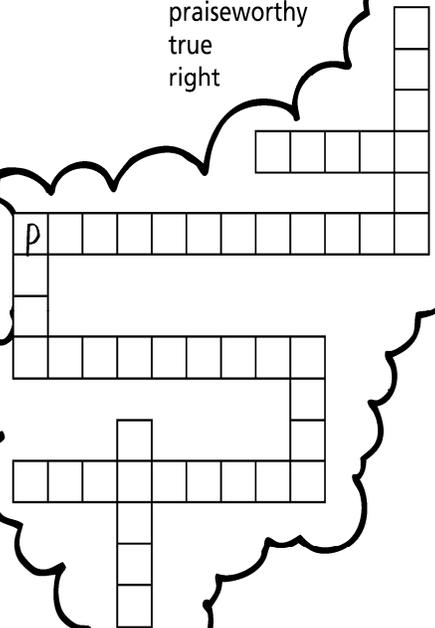
COLUMN 1

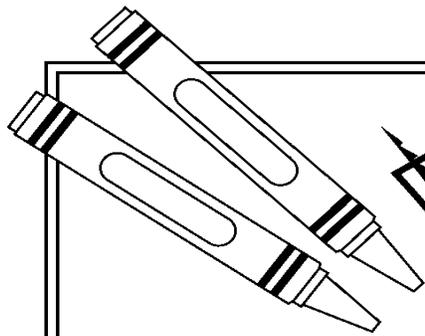
correct
commendable
extremely good
having high moral principles
deserving respect
pleasant
real
wholesome

COLUMN 2

excellent
lovely
noble
admirable
pure
praiseworthy
true
right

"Finally, brothers and sisters, whatever is **true**, whatever is **noble**, whatever is **right**, whatever is **pure**, whatever is **lovely**, whatever is **admirable** — if anything is **excellent** or **praiseworthy** — think about such things." — Philippians 4:8, NIV





PUZZLE

AMAZING ANIMALS

God created a rich variety of animals to live on the earth.

Directions: Write the name of each animal next to its picture. Then fill in the correct letters to complete Psalm 104:24, NIV.

	_____	_____	_____	_____	_____		_____	_____	_____
1					4		2		9
	_____	_____	_____	_____	_____		_____	_____	_____
14		20		11		12			8
	_____	_____	_____	_____			_____	_____	_____
17	7	13	16			19			
	_____	_____	_____	_____	_____		_____	_____	_____
	18	10			3		6		15

“How _____ are your _____ ,
 8 6 15 11 12 2 3 20 13
 O _____ ! In _____
 1 2 3 4 12 7 13 14 2 8
 you _____ them _____ ;
 8 6 14 9 6 1 1
 the _____ is _____
 9 6 3 10 16 17 18 1 1
 of your _____ .”
 19 3 9 6 10 18 3 9 13

Answers:
 leopard, dove, donkey, worm, fish, camel, butterfly, ant
 “How many are your works, O LORD! In wisdom you made them all: the earth is full of your creatures.” (Psalm 104:24, NIV)



UNITED CONGREGATIONAL CHURCH

The Commons

P.O. Box 506

Little Compton, RI 02837

Non-Profit Organization
BULK MAIL
U.S. Postage
PAID
Permit No. 2
Little Compton, RI

Return Service Requested

Back to School!



UNITED CONGREGATIONAL CHURCH STAFF

Tele: 401-635-8472 Fax: 401-635-8473

Website: www.ucclcri.org

Interim Senior Minister – Rev. Susan O. Remick

revsue@ucc.necoxmail.com

Church Secretary – Dawn Ross

dawn@ucc.necoxmail.com

Church Bookkeeper – Maureen Cook

bookkeeper@ucc.necoxmail.com

Director of Children & Youth – Heather Helger

ssfaithful@ucc.necoxmail.com

Music Director – Michael Bahmann

Junior Choir Director – Stephanie Derbyshire

vtderby1@cox.net

Service Coordinators – Janet Lofsky

janetlofsky@aol.com

Heather Helger

ssfaithful@ucc.necoxmail.com

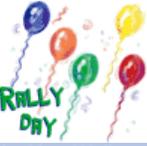
Parish Nurses – Wendy Merriman

WHMerr@aol.com

Annie Ellis

508-679-5381

SEPTEMBER 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>31 10:00 AM Worship Service 11:15 AM Shawl Ministry</p>	<p>1 LABOR Day</p>	<p>2  11:30 AM Staff Meeting</p>	<p>3  <i>Classes at Little Peeps Montessori Nature School begins</i> 5:30 PM Stewardship Committee</p>	<p>4  6:30 PM Search Committee</p>		
<p>7  10:00 AM Worship Service 11:15 AM Search Committee Informational Meeting in Vestry 11:30 AM Mentor Meeting</p>			<p>10 4:00 PM FIRST Lego League - Vestry</p>	<p>11  6:00 PM Deacons Meeting</p>		
<p>14  8:30 AM Health & Wellness Ministry 10:00 AM Worship Service 11:15 AM Confirmation Class 11:15 AM Shawl Ministry</p>		<p>16  FINANCE COMMITTEE 10:00 AM Visiting Committee 6:30 PM Finance Committee Meeting</p>	<p>17 4:00 PM FIRST Lego League - Vestry</p>	<p>18  6:30 PM Search Committee</p>		
<p>21  10:00 AM Worship Service 11:15 AM Shawl Ministry 2:00 PM Confirmation & Youth Group Event</p>	<p>22  First Day of Autumn</p>	<p>23  6:00 PM Music Committee</p>	<p>24  4:00 PM FIRST Lego League - Vestry 6:30 PM Trustees</p>			<p>27  8:00 AM Men's Breakfast Group – Parish House Kitchen</p>
<p>28  10:00 AM Worship Service 11:15 AM Outreach Committee 11:15 AM Shawl Ministry</p>			<p>1 4:00 PM FIRST Lego League - Vestry</p>	<p>2 6:30 PM Search Committee</p>		

OCTOBER 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>28 10:00 AM Worship Service 11:15 AM Outreach Committee 11:15 AM Shawl Ministry</p>	29	30	<p>1 4:00 PM FIRST Lego League - Vestry</p>	<p>2  6:30 PM Search Committee</p>	3	4
<p>5  10:00 AM Worship Service 11:15 AM Confirmation Class 11:15 AM Shawl Ministry</p>	6	<p>7  11:30 AM Staff Meeting</p>	<p>8 4:00 PM FIRST Lego League - Vestry</p>	<p>9  6:00 PM Deacons</p>	10	11
<p>12  10:00 AM Worship Service 11:15 AM Shawl Ministry</p>	<p>13  Columbus Day</p>	14	<p>15 4:00 PM FIRST Lego League - Vestry</p>	16	17	<p>18  Youth Retreat Confirmation Retreat @ Irons Homestead</p>
<p>19  Confirmation Retreat @ Irons Homestead 10:00 AM Worship Service 11:15 AM Shawl Ministry</p>	20	<p>21  FINANCE COMMITTEE 10:00 AM Visiting Committee 6:30 PM Finance Committee</p>	<p>22  BOARD OF TRUSTEES 4:00 PM FIRST Lego League - Vestry 6:30 PM Trustees</p>	23	24	<p>25  MEN'S BREAKFAST 8:00 AM Men's Breakfast Group</p>
<p>26  10:00 AM Worship Service 11:15 AM Outreach Committee 11:15 AM Shawl Ministry</p>	27	<p>28  6:00 PM Music Committee</p>	<p>29 4:00 PM FIRST Lego League - Vestry</p>	30	<p>31  HALLOWEEN</p>	<p>1 </p>