

The Church Bell

United Congregational Church

The Commons
P.O. Box 506
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Office Hours:
Tues – Fri, 9 AM – 3 PM

**Worship Service:
Sundays at 10 AM**

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Web Site: UCCLCRI.org



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Chiming in...

"Breathe"

You may find it hard to believe, but I took an exercise class once. Long before my fibromyalgia made it more difficult, I took a step aerobics class. Now you know how long ago it was.

In the class, the instructor would ease us from a slow and easy stepping into a more aerobic routine. As the stepping increased and our heart rates increased, the instructor would always say, "Don't forget to breathe".

I always found that hilarious. Of course I was breathing! I would be dead if I were not. Because she mentioned it however, I would dutifully pay more attention to my lungs. To my surprise, I noticed that in fact there were places where I was holding my breath.

Breathing, at its core, is one of the signs of life. The word "breath" in Hebrew (RUAH) also means "spirit". So our breathing involves the life of the spirit.

As we approach the holiday season, we may find our stepping up and stepping out increasing. We may find our heart rate beginning to race. Perhaps it is the best time to notice how our breathing is going and how our spirit is doing.

In this season of gratitude amidst the bounty before us, may we also give thanks for breath and breathing. May we give thanks for the Spirit and may we give thanks for people who remind us to "Breathe"!

This past month the prayer group has been "practicing their breathing" as a way to pray. I leave you with one of their prayers.

God is my refuge.....My strength (Psalm 46:1)
The Lord is my light.....My salvation (Psalm 27:1)
Do not worry.....About anything (Philippians 4:1)

No matter how much you are stepping out, I hope you will join us in worship as we breathe out the tensions, doubts and grief so that we might breathe in the Spirit of strength and calm.

Rev. Sue

IMPORTANT NOTICE

Elevator Concerns

WE WILL BE STREAMING THE SERVICE DOWNSTAIRS. *As many of you know, our elevator into the sanctuary is not working. In the meantime, we are setting up the parlor as a place for people to sit and watch and listen to the service upstairs. We will be presenting more details at our Quarterly Meeting on Nov. 2nd, following Worship (to be held in the vestry). This will be an important topic for discussion. If you cannot attend, we will update you in our weekly news. You can look for an update on our new website www.ucclcri.org. Please come join us! We apologize for this inconvenience and ask for your patience.*

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

Board of Deacons

Deborah Kelchner, Chair

The Board of Deacons has added two Deacons, Lily Derbyshire and Christine Merriman to fill vacancies due to resignations. Their appointment is subject to confirmation by Congregation at our Quarterly Meeting on November 2nd. The Board feels

they will make excellent additions to the Deacons.

At the end of November, Church members will be receiving a postcard from the Board of Deacons with a schedule of the special Christmas Services. Post this card on your calendar or share it with a friend to remind you of all the Christmas Services.

Bells are ringing...

Baptisms

A warm welcome from our church family to:

William Mason Barnes III

Son of William & Patricia Barnes.
Baptized on October 19, 2014.

Emmett Blake Watson

Son of James & Elizabeth Watson.
Baptized on
October 26, 2014.

Board of Trustees

Ted Merriman, Chair

As mentioned in a previous Church Bell article, the UCC Board of Trustees has started to review and approve the monthly meeting minutes via e-mail. This allows the completed documents to be available to everyone much faster. This month we have taken the next step by posting the completed minutes on the bulletin board in the vestry next to the kitchen instead of having to get them from the office. In addition to the Trustees meeting minutes, you will also be able to review the last set of notes from the Deacons and Finance

Committees. If you have any questions or concerns, please contact me at

ted.merriman@cox.com



QUARTERLY MEETING

Shirley Hardison, Clerk,

**United Congregational Church
Quarterly Meeting
Sunday, November 2, 2014
Following Worship Service**

WARRANT

Members of the United Congregational Church in Little Compton are hereby warned of the Quarterly Meeting of said church to be held on Sunday, November 2, 2014 in the sanctuary of the church immediately following the service. **The purpose of said meeting will be:**

- Search Committee Update
- Reports from Committee Chairs
 - Buildings & Grounds will report on the elevator
- Quarterly Financial Update
- New Business



**THANKSGIVING DAY
COMMUNITY SERVICE
THURSDAY, NOVEMBER 27th**

*Please join us for a
traditional service held at
the Friends Meeting House
on 234 West Main Road,
Little Compton at
10:00 am.*

*St. Andrew's joins the United
Congregational Church in
leading the service.*

Please dress warmly

Finance Committee

Bob Hartnett, Chair

With the Stewardship Campaign underway Finance would like to remind everyone to send in their pledge. As the 2015 budget process has started, it is very important that we hear from you soon. Generous pledging makes for a healthy Church. Your pledge helps more than you may realize as we continue to search for a new Pastor. Prospective candidates look at this and we need to show that we continue to be healthy and worth considering.

Health & Wellness Ministry / Shawl Ministry

Pam Church

Over the centuries, shawls have come to symbolize shelter, peace and spiritual sustenance. In 1998, two women graduates of the Women's Leadership Institute at The Hartford Seminary, began a shawl ministry that combined "compassion and the love of knitting/crocheting...into a prayerful ministry and spiritual practice which reaches out to those in need of comfort and solace, as well as in celebration and joy. Many blessings are prayed into every stitch." Since 1998, prayer shawl ministries have formed throughout the United States and around the world.

We began our Shawl Ministry here at UCCLC in 2005 as part of our Health Ministry, with the idea of bringing more connection and interaction into our church community. We have based this ministry on guidance from a book called *Knitting into the Mystery* by Susan S. Jorgensen & Susan S. Izard - a wonderful book about this very meaningful spiritual practice. When we come together with a common purpose, using our time, talent and love to create something that will nurture someone else and fill them with joy, we find that we, ourselves, are nurtured as well.

Our ministry gives shawls to anyone who would benefit from consolation or support. This can be because of a serious illness or loss of a loved one, but we are not limited to that and shawls have been given in a variety of situations, whenever the need presents itself. The person who makes the shawl may have someone in mind as they knit or they can make it available for future needs that arise.

Our shawl ministry meets on Sundays after the church service to knit in community and we also knit at home. We welcome anyone who would like to join us. Please come to see us in the Ladies' Parlor - we are there most Sundays, unless there is an all-church meeting. We can teach you the simple shawl pattern and how to knit if you are not currently a knitter. We have a closet full of donated yarn, which you are welcome to use to make a shawl and we are also happy to accept any further donations of yarn.

If you know of anyone who may be in need of a shawl or if you would like to talk to a member of the shawl ministry, please contact Dawn or Pastor Sue at the church office.

"Be thankful for what you have; you'll end up having more. If you concentrate on what you don't have, you will never, ever have enough."

~ Oprah Winfrey



CPR/AED TRAINING

*Cardiopulmonary Resuscitation,
Heimlich Maneuver for Choking,
AED*

WHEN: Wednesday, November 19th from 6-8pm

WHERE: Church Vestry
Please wear comfortable clothing

WHO: Tommy Mello from the North Tiverton Fire Dept. – Certified with American Heart Assoc.

LIMITATIONS: None
(I have arthritis, etc.) Instructors will teach ways you can assist

COST: \$25
Sign-up sheet in the vestry

We will need to know who is interested by the first week in November so the Fire Dept. knows how many support staff to bring.

For more information, contact Wendy Merriman at 401-487-3819 or email at whmerr@aol.com

Sunday School

*Heather Helger
Director of Children & Youth*



S.S. Faithful

During the month of October, the Sunday School children studied the story of Noah's Ark. Some tough questions and comments ("Did all the other people die?" and "God couldn't have promised to never again destroy the world with a flood because there are still flood disasters today!") were raised during our Children's Church introduction to the story, which showed that the children were engaged and thinking about the story presented. I admit the question and comment caught me off guard and that I did not address either well that morning, so as this bothered me the rest of the day, I sent out a follow up e-mail on Monday with information the parents could use to discuss and address those questions at home during the week rather than waiting until the following Sunday. A few parents contacted me expressing what great family conversations they had. I must admit, kids talking at home with their parents about what they learned in Sunday School is what I hope for!

Workshops held throughout the rest of October included: **SCIENCE** - children explored floatation, ark measurement and rainbows to learn the story and lessons of Noah, **COOKING** - kids made granola bars, (good for

long trips) using ingredients similar to what would have been on the ark, learning that God wants us to work hard, persevere & be patient, like Noah, and **ART** - kids made woven ribbon rainbows or rainbow erasers as a reminder that the rainbow is a sign of God's promise to love & forgive us no matter what and that God wants us to love others, forgive and keep our promises.

The Sunday School children also participated in a Fire Drill this month as part of our continued efforts to keep our Sunday School children safe!

Youth Group

October was a very active month for our Youth Group, they elected new officers (Ellie Bodington, President and Olivia Kneeland & Sam Ryan, Co-Vice Presidents), they planned events for the upcoming year, participated in an outreach project, carved pumpkins and cleaned up apples.



For the fourth year in a row during the month of Oct., the youth hosted the Circle of Friends Halloween Party dinner. They donated ingredients for, prepared and served beef stew

Music Committee

*Peter Fallon & Steve Walker
Co-Chairs*

Our new symphony grand piano's reconditioning and restoration is on schedule and is expected around Thanksgiving.

and pumpkin spice rice krispie treats. Thanks to all who made this event a success!



The Youth Group also carved a dozen pumpkins for The Pumpkin Walk on Oct. 25th held in Tiverton Four Corners sponsored by Cutie Curls. And finally the group collaborated with the Amicable/Holy Trinity youth group to clean up Old Stone Orchard. In turn, the orchard donates apples for our Thanksgiving Pie Fundraiser which will raise funds to send youth from our group to the UCC's General Synod event in Cleveland, OH June 24-30.

Confirmation

The Confirmation class met twice this month. The first meeting, they met and interviewed with their mentors, the second class they learned some important Bible basics. During their class on the Bible, they learned how the Bible began, raced to find Bible verses (with candy prize incentives encouraging them to be first), participated in a Bible true and false scale which showed them that not all of us believe the same things about the Bible and were given a list of scripture references helpful for life.



Christmas Pageant Meeting

There will be a Christmas Pageant meeting and sign-up on Sunday, Nov. 16th after church in the downstairs of the Sunday School. If your child is interested in participating, please plan to attend.



Advent Wreath Lighting

Families interested in lighting the Advent Wreath should contact Heather. New families to the Sunday School and families who have never lit the wreath before will be given priority and are highly encouraged to sign up.

Office News

The Church Office will be closed on the following dates in November:

Veterans Day, Tuesday, November 11th.

Thanksgiving Day, Thursday, November 27th and on Friday, November 28th. The office will re-open on Tuesday, December 2nd.

Please Note: Dawn will be on vacation November 25th & 26th. If there is anything you may need before then, please contact the Church Office.

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.

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.



DO YOU HAVE A FEW MINUTES FOR PRAYER?

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

This monthly (September–May) gathering where we meet and learning about different types of contemplative prayer practices has begun. It will be open to all at any time. 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.

We will gather in the **Parish House Conference Room from 11:30am – 1:00pm** on the following dates:

**Sunday, November 9th
Sunday, December 14th
Sunday, January 11th
Sunday, February 15th
Sunday, March 8th
Sunday, April 19th
Sunday, May 17th**



Thursday Thrift Shop

Donna Stewart

The Thrift Shop wants to thank all the consignors, volunteers, and managers for their hard work.

We close on November 1st with our traditional \$5.00 Bag Sale and will open again May 2, 2015.

We are open:

Thursdays 10am - 3pm

Saturdays: 10am – 3pm

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 December newsletter is Friday, November 14th

Coming in Our Next Issue...

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



On November 2nd, we will celebrate ALL SAINTS’ DAY.

We would like to invite people to come forward to light a candle in memory of a loved one.

Please join us for this special service.



Don’t forget to turn your clocks back. Daylight Savings Time ends on Sunday, November 2nd.

Thankful TREE

Make this Thanksgiving decoration and keepsake as a reminder of God’s many blessings.

What you need:

- Acrylic paints
- Paint brush
- White cardstock (8" x 11")
- Baby wipes or wet paper towels
- 8" x 11" frame (available at dollar stores)
- Black permanent marker
- Bowls or paper plates

What you do:

1. Paint your palm, fingers, wrist and a portion of your arm with brown paint.
2. With the white cardstock placed vertically, press down your painted hand and arm. The print should resemble a tree trunk and branches.
3. Clean your hand and arm with baby wipes or wet paper towels.
4. Dip your fingertips into different-colored paints and press them onto the paper to make leaves. (It’s autumn, so leaves can be falling!)
5. When paint is dry, write “thankful” down the trunk with permanent marker. Also write your name and the year in the corner.
6. Frame and display your decoration.

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A Blast From the Past!

Marjorie Simmons, Church Historian



United Congregational Church

1704 **310** 2014

In November of 1704, a small group first gathered to form what would become Little Compton's beloved United Congregational Church. The first structure went up in 1724, served the parishioners for over 100 years, and was demolished in 1832.

Its timbers, and all the history absorbed in them, were used for a simple, single-story church – the foundation of the one we worship in today.

As the years passed, the building survived multiple renovations and natural disasters. The congregation survived changing lifestyles and attitudes. Thirty-two ministers have helped write our magnificent history.

Throughout this journey, our faith has deepened. Today, our illuminated church steeple symbolizes the love in our church, and in our hearts. May it forever shine.



Pumpkin Pie Smoothie

Ingredients:

- 1 can (15 oz) LIBBY'S 100% Pure Pumpkin
- 1 can (12 fl. Oz.) *NESTLÉ® CARNATION® Evaporated Fat Free Milk
- 1 cup crushed ice
- 2/3 cup (6-oz. container) vanilla light and nonfat Yogurt
- ¼ cup granulated sugar
- ¼ tsp. Pumpkin Pie Spice
- Light whipped cream

Directions:

Combine pumpkin, evaporated milk, yogurt, sugar and pumpkin pie spice in blender; cover. Blend until mixture is smooth. If a thinner smoothie is desired, add water, a little at a time, until desired consistency is reached.

Top with whipped cream; sprinkle with additional pumpkin pie spice.

Note: For a richer and creamier version of this recipe, substitute NESTLÉ CARNATION Evaporated Lowfat 2% Milk or Evaporated Milk for the Evaporated Fat Free Milk.

Makes 5 servings

Church Chuckles

Oscar must have been thinking about eating lunch when he asked his Sunday School teacher if Adam and Eve had a choice between original sin or extra crispy!

On their way to church service, a Sunday School teacher asked her LIBBY pupils, "And why is it necessary to be quiet in church?" One bright little girl replies, "Because people are sleeping."

Bible Trivia
*Sorcerers, Witches, and
 So Forth*

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

1. What queen of Israel practiced witchcraft? *Jezebel (2 Kings 9:22)*
2. Who called on magicians to duplicate the miracles of Moses? *Pharaoh (Exodus 7:11-12)*
3. In what city did Paul find many believers who had formerly dabbled in witchcraft? *Ephesus (Acts 19:19)*



Did you know?
Thanksgiving Fun Facts

The Plymouth Pilgrims were the first to celebrate Thanksgiving.

The first Thanksgiving celebration lasted 3 days.

The Wampanoag Indians were the people who taught the Pilgrims how to cultivate the land.

Benjamin Franklin wanted the turkey to be the national bird of the United States.

The annual Macy's Thanksgiving Day Parade tradition began in the 1920's.

Turkey has more protein than chicken or beef.

Turkeys will have 3,500 feathers at maturity.

The heaviest turkey ever raised was 86 pounds, about the size of a large dog.

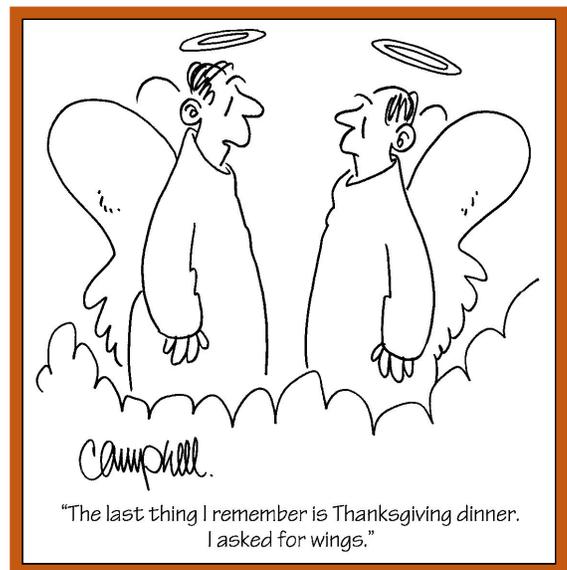


**How to make a
 Glove Turkey!**

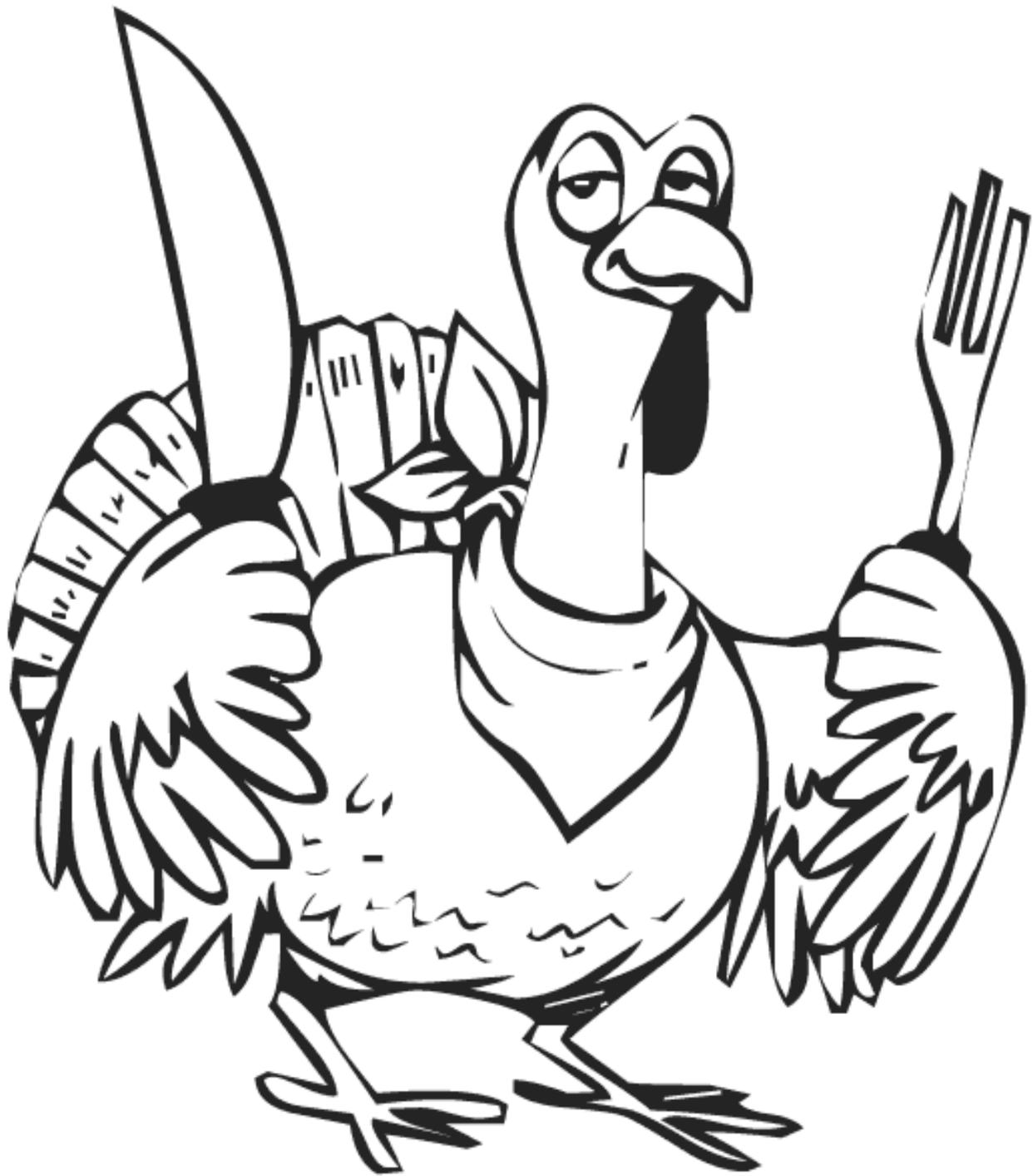
A cute decoration for a Thanksgiving table centerpiece. Here's how:

- Use three different-color, small, stretch-knit gloves (yellow; orange or red; and brown). You can find these inexpensive gloves at any department store.
- Stuff the yellow and the orange or red glove with polyester fill.
- Sew the cuff ends shut.
- Stuff the brown glove for the turkey's front with a little more filling so that you get a nice "stomach."
- Stitch the cuff end shut, and tack the thumb to the front to form the turkey's head.
- Glue or sew the other two stuffed gloves to the back of the brown glove.
- Spread the fingers, and make sure that the turkey balances well on a flat surface.
- Decorate the turkey with a felt beak, Pilgrim hat, vest, and tie. Attach tiny button eyes. If you like, you can put the turkey on a plate decorated with leaves, moss, and dried flowers for a Thanksgiving centerpiece.

~from the Old Farmer's Almanac



Coloring page -





UNITED CONGREGATIONAL CHURCH

The Commons

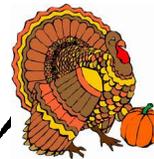
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Little Compton, RI 02837

Non-Profit Organization
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Happy Thanksgiving!



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Annie Ellis

508-679-5381

NOVEMBER 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	27	28			31	1 8:00 AM RICUCC Autumnal Meeting @ Newman Cong. 8:30 AM Lego League
2  ALL SAINT'S SUNDAY Daylight Saving Time Ends 10:00 AM Worship Service 11:20 AM Confirmation Class	3  12:00 PM Thrift Shop Luncheon in Vestry	4  11:30 AM Staff Meeting 7:00 PM Adult Choir	5 4:00 PM FIRST Lego League - Vestry	6  3:00 PM Jr. Choir 6:30 PM Search Committee 7:00 PM Religious Ed Meeting	7  11:00 AM Memorial Service "Emery" 3:30 PM FIRST Lego League-Vestry	8 1:00 PM Confirmation RI Mission Event
9  8:30 AM Health & Wellness Ministry 10:00 AM Worship Service 11:15 AM Shawl Ministry 11:15 AM Youth Group 11:30 AM ECP Prayer Group	10	11  CHURCH OFFICE CLOSED 7:00 PM Adult Choir	12 4:00 PM FIRST Lego League - Vestry	13  3:00 PM Jr. Choir 6:00 PM Deacons 6:30 PM Search Committee	14  4:00 PM Confirmation Retreat	15  7:00 PM Confirmation Retreat 8:30 PM Lego League
16  10:00 AM Worship Service 11:15 AM Christmas Pageant Meeting 11:15 AM Shawl Ministry 2:00 PM Folk Concert in Vestry	17	18  10:00 AM Visiting Committee 6:30 PM Finance Committee 7:00 PM Adult Choir	19  <i>The Board of Trustees Meeting has been moved to December 3rd</i> 9:00 AM Garden Club - Vestry 4:00 PM FIRST Lego League-Vestry 6:00 PM CPR/AED Training in Vestry	20  3:00 PM Jr. Choir 6:30 PM Search Committee	21	22 8:30 AM Lego League
23 ADVENT CALENDAR MAKING Junior Choir singing THANKSGIVING SUNDAY 10:00 AM Worship Service 11:15 AM Shawl Ministry 11:15 AM Youth Group	24	25  7:00 PM Adult Choir	26 4:00 PM FIRST Lego League - Vestry	27  CHURCH OFFICE CLOSED 10:00 AM Thanksgiving Day Service at Friends Meeting House	28 CHURCH OFFICE CLOSED	29  8:00 AM Men's Breakfast Group
30  FIRST SUNDAY OF ADVENT Guest Preacher, Rev. Nancy Soukup NO SUNDAY SCHOOL 10:00 AM Worship Service 11:15 AM Outreach Committee 11:15 AM Shawl Ministry	1	2 11:30 AM Staff Meeting 7:00 PM Adult Choir	3 4:00 PM FIRST Lego League - Vestry	4 3:00 PM Jr. Choir	5	6

DECEMBER 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	1	2  11:30 AM Staff Meeting 7:00 PM Adult Choir	3  4:00 PM Lego League 6:30 PM Trustees	4 3:00 PM Jr. Choir	5	6
7  COMMUNION SUNDAY Junior Choir singing SECOND SUNDAY OF ADVENT 10:00 AM Worship Service 11:15 AM Confirmation Class 11:15 AM Shawl Ministry	8	9  7:00 PM Adult Choir	10 4:00 PM Lego League	11  3:00 PM Jr. Choir 4:30 PM Christmas Pageant Practice 6:00 PM Deacons	12	13
14  Junior Choir singing THIRD SUNDAY OF ADVENT 10:00 AM Worship Service 11:15 AM Shawl Ministry 11:15 AM Youth Group 11:30 AM ECP Prayer Group	15	16  6:30 PM Finance Committee 7:00 PM Adult Choir	17 4:00 PM Lego League	18 3:00 PM Jr. Choir 4:30 PM Christmas Pageant Practice	19	20 9:00 AM Christmas Pageant Dress Rehearsal
21  CHILDREN'S CHRISTMAS PAGEANT FOURTH SUNDAY OF ADVENT 10:00 AM Worship Service 11:15 AM Shawl Ministry 11:20 AM Confirmation Class	22	23  7:00 PM Adult Choir	24  CHURCH OFFICE CLOSED Junior Choir Singing <i>NO Trustees Meeting tonight</i> 5:00 PM Christmas Eve Service 10:00 PM Christmas Eve Service	25  CHURCH OFFICE CLOSED	26 CHURCH OFFICE CLOSED	27  8:00 AM Men's Breakfast Group
28  Guest Preacher NO SUNDAY SCHOOL 10:00 AM Worship Service 11:15 AM Shawl Ministry	29	30 CHURCH OFFICE CLOSED 7:00 PM Adult Choir	31  <i>New Year's Eve</i> CHURCH OFFICE CLOSED	1	2	3