



The Clapboardtree Spire

News From First Parish of Westwood, United Church
340 Clapboardtree St., Westwood, MA 02090

APRIL, 2009

Holy Week & Easter at First Parish

Sunday, April 5th - Palm Sunday

- ◆ 10am: Palm Sunday worship in the Meetinghouse
- ◆ 7pm: Labyrinth Meditation Introduction, in the Parish Hall

Monday, April 6th

- ◆ 7-9pm: Labyrinth Meditation in the Parish Hall

Tuesday, April 7th

- ◆ 7-9pm: Labyrinth Meditation in the Parish Hall

Wednesday, April 8th

- ◆ 4-5pm: Kids' Labyrinth Walk, in the Parish Hall
- ◆ 7-9pm: Labyrinth Meditation in the Parish Hall

Maundy Thursday - April 9th

- ◆ 12-3pm: Labyrinth Meditation in the Parish Hall
- ◆ 7:30 pm: Service of Communion & Tenebrae, in the Meetinghouse

Good Friday - April 10th

- ◆ 9am-3pm: Personal meditation in the Meetinghouse
- ◆ 12-3pm: Labyrinth Meditation in the Parish Hall
- ◆ 7:30 pm: Good Friday worship in the Meetinghouse

Holy Saturday - April 11th

- ◆ 7-9pm: Labyrinth Meditation in the Parish Hall

Easter Sunday - April 12th

- ◆ 6:30 am: Sunrise Worship in the Meetinghouse garden (light breakfast served afterwards in the Parish Hall)
- ◆ 10am: Family Worship in the Meetinghouse

Interfaith Lecture

The Westwood Interfaith Council is pleased to announce a Rabbi Henry & Barbara Zoob Lecture on Monday, April 27th at 7PM at St. Denis Church.

On that evening, Celia Sirois will speak on "The Jewishness of Jesus." Hospitality will follow in the Parish Hall. All faith communities of Westwood and surrounding towns are most welcome to attend.

New Members Class Gears Up

All those who are interested in learning more about membership at First Parish are invited to the Vogel Room at 11:30 on Sunday, April 5th for an informal discussion of the membership process.

At this initial meeting, the group will decide on the date and time of two additional discussion opportunities, prior to Membership Sunday on May 17th.

We hope that if you are considering formalizing your participation at First Parish that you will join us on the 5th.

Birthdays & Anniversaries

Birthdays

April 1	Jamie Osenton, Suzie Peterson Kathryn Egizi
April 3	Douglas Clay, Betsy Dakin
April 4	Lucia Vaccaro
April 5	Dana Schock
April 7	Joy Sudduth
April 8	Jean Blum
April 10	Eric Burgess, Emma Lloyd Rebecca McClellan
April 12	Ava Peters
April 13	Kevin Bean, Joan Stefans
April 14	Landon Bayer, Bob Deininger Stefanie Joe, David Liebrock Peter Stefans
April 15	CJ Adourian, Mitchell Pfaff Susan Shaw
April 16	Emma Archambo, Scott Blomquist
April 17	Lisa Locklin, Jeslyn MacClary
April 18	Drew Donovan, Karen Poreda
April 19	Nicholas Hawes
April 20	Joshua Belinsky, Austin Russell
April 21	Joshua Blaney, Andrew Gettings
April 22	Ginnie Mather, Jason Sullivan
April 23	Katie Cushing, Nikki Oliveri Fred Rice
April 24	Jim Dakin
April 25	Kimberly Egizi
April 26	Genny Rogers
April 28	Gail Bean, Linda Perry Carol Robinson
April 29	Kylie Arnold
April 30	Delaney Russell

Anniversaries

April 2	Klaus & Wendy Ullmann
April 11	Fred & Toni Lea
April 14	Neal & Elayne Clay
April 19	Robert & Jane Forsberg
April 25	Bob & Nancy Stoll

Lifetimes

Deaths:

- On March 17th: *Beatrice Busalacchi*. A funeral service was held at First Parish on Tuesday, March 24th. Memorial donations may be made to the charity of your choice.
- On March 20th: *M. Roy London*. A memorial service was held at First Parish on Saturday, March 28th. Interment will be in New London NH later in the spring. Memorial donations may be made to the First Parish General Memorial Fund, 340 Clapboardtree Street, Westwood, MA 02090.

The Clapboardtree Spire

The Clapboardtree Spire is published monthly, September - June by and for The First Parish of Westwood, United Church. Material should be submitted to the church office by the third Friday of the prior month. Available monthly at www.firstparishwestwood.org, via email, and through the mail (by request only).

Pastor:	Rev. Christopher L. Dodge
Phone:	781-326-0135
Email:	revchris@firstparishwestwood.org
Moderator:	Bob Deininger
CE Admin.:	Donna Bertazzoni
Phone:	781-326-3141
Email:	dbzoni@firstparishwestwood.org
Treasurer:	Cathy Ellis
Phone:	781-326-5344
Email:	treasurer@firstparishwestwood.org
Music Director:	Joshua Nannestad
Phone:	978-562-5614
Email:	nannestad@gmail.com
Parish Nurse:	Margery Eramo
Phone:	781-326-3997
Email:	meramo@firstparishwestwood.org
Secretary:	Judy Holbrook
Sexton:	Denis Wholey
Office Hours:	Mon.-Fri., 9AM-3PM
Phone:	781-326-5344
Email:	parish1st@firstparishwestwood.org
Fax:	781-326-5954
Web Site:	www.firstparishwestwood.org
Cottage:	781-326-3997

Our Spring Yard Sale Has a New Date Saturday, May 2nd

This year our Spring Yard Sale will be held on Saturday, May 2nd, from 8AM to 2PM in the Parish Hall! So mark your calendars and save the date to help us with one of our biggest fundraisers!

There's lots of ways you can help:

- **We need lots of good, useable stuff!** Start making a pile of donations and bring them to the Parish Hall the week before the sale. *Remember: no clothes, computer equipment, books which are water damaged, moldy or over 10 years old, or anything that is dangerous or broken!* Please contact the church office before delivering heavy furniture or large items.
- **Donations of baked goods are always welcome.** Start browsing through all those cookbooks for goodies – and if you have too many cookbooks, donate them to the Used Books Table! *Donations must be accompanied by an Ingredients Check-list, available in the church office.*
- **Spring plant donations are also most welcome!** Start those seedlings now, or just before the sale, thin out those perennial beds!
- **Lots of volunteers are needed!** Sorters, pricers and helpers are needed, both before and on the day of the sale. Those with vans and trucks are especially needed too!
- **And of course, spread the word!** It's never too early to remind your neighbors and friends to mark their calendars too. They'll appreciate the reminder – and they might even have items to donate.

Please deliver your items directly to the Parish Hall, starting on the evening of Thursday, April 30th, so we don't have too much stuff to move across the street. If you bring your donations early, please pack them neatly in the barn, starting at the rear of the building.

It's Not Too Late for OGHS

During worship on Sunday, March 22nd First Parish gratefully accepted donations for this year's One Great Hour of Sharing offering. Church School children placed their Treasure Chests on the altar during the Word For All Ages, and adults added their envelopes to the offering plates. To date we have collected over \$2000 for this important cause, and we thank all for their generosity.

But it's not too late if you missed us on the 22nd! OGHS envelopes, located at the Hospitality Table at the back of the chancel, may be placed in the offering plate on any Sunday – and if any children out there still have their Treasure Chests, they are welcome to bring them to church on any Sunday.

It's never too late to help those less fortunate than ourselves!

Work Camp, Anyone?

Our Senior High Youth Fellowship is planning a summer work camp during the week of July 5th through 11th. The group will spend a week in Port Arthur, Texas providing outreach assistance to those less fortunate than ourselves.

Spots are still available! If you would like to participate, please contact trip leader Jeannie Germano at 781-461-0088 for more information.

DID YOU KNOW...

Free Tickets Available

Several free tickets are available for the Dixie Echoes gospel music concert at Fiddlehead Theater in Norwood on Monday, April 27th at 7PM.

If you are interested in attending, please speak with Dick Burgess during the Sunday Coffee Hour or contact him at 781-769-4075 or rbur-

Need Summer Help?

Parishioner Amy Colcord would like everyone to know that she is available this summer for tutoring or babysitting.

Amy is a 4th grade teacher looking for flexible summer work. She holds a master's degree in elementary education and a bachelor's degree in Spanish. She is available for tutoring in almost all subject areas in all grade levels, individually or in small groups.

She also has over 13 years of experience in child-care and has babysat for more than sixty families. She is a resident of Norwood and has her own transportation. References are available upon request.

If you are interested, you may contact Amy at amie-colcord@gmail.com or 781-269-5856.

Service of Installation For Pastor Chris

Save the date of May 17 at 4 PM! We will gather in the Meetinghouse for a Service of Installation for Pastor Chris. Installation is an act of the association (Metropolitan Boston Association) confirming and celebrating the covenant between Pastor Chris and members of First Parish Westwood and reaffirming the covenantal relationship of all the churches in the association.

This special service is the final piece of the search process and will be a wonderful service. There will be par-

ticipation from the choirs and members of First Parish along with clergy from other UCC churches. The clergy of Westwood will be invited along with clergy and lay representatives from our sister UCC churches in our association.

Following the service there will be a reception in the Parish Hall. This is a place where many hands make light work. If you are interested in helping with the reception please contact the church office or speak with Bill Holbrook or Jim Aldinger.

"Sister to Sister" Offers Heart Health Fair

Did you know that the leading cause of death among women in the United States isn't cancer – it's heart disease? Each year, more women die of heart disease than from all forms of cancer combined. The good news is that in most cases, heart disease can be prevented by making simple lifestyle changes.

To help women find out if they may be at risk and how to protect their hearts, a **FREE National Women's Heart Health Fair** is planned for **Saturday, May 9 at The Prudential Center in Boston** in the Belvidere Arcade from 10 a.m. to 5 p.m. This annual event is organized by Sister to Sister: The Women's Heart Health Foundation.

At the fair, you'll have the opportunity to get a free heart disease screening that reveals your personal level of risk, and be able to talk one-on-one with a medical counselor from Brigham and Women's Hospital. There will also be medical presentations, lifestyle seminars, cooking and fitness demonstrations, stress-reduction workshops, vendors, raffles, and giveaways. Visit www.sistertosister.org for more information or contact MA Region Executive Director and First Parish parishioner, Margaret Carr at mcarr@sistertosister.org or 781-467-9460.

Pre-Registration at sistertosister.org is strongly encouraged. The Sister to Sister: Everyone has a Heart Foundation, Inc. is a national 501(c)(3) non-profit organization that helps women take action to improve and maintain their heart health as well as the health of their families and communities.

From Pastor Chris



I was reading this in my home church's (Christ Congregational Church, UCC in Brockton) newsletter and share it with permission and some adaptations to this season of Easter that is soon upon us.

I came across this prayer by William Willimon:

“Lord Jesus, almost anytime we get together with you, or you intrude among us, the world gets destabilized, upset. Here we are, moving along our accustomed ruts, relatively secure, mostly satisfied and fairly content. Then you show up and things get, well, *interesting*. Maybe that's why we are keen to print up an “Order of Worship” to follow during our services. Is that why we bolt down the pews or sit row upon row here in church? Our speech, here, in worship, is in soft, measured deliberate tones and slow-moving patterns. Is our worship a sincere attempt to come before you (and to allow you to

come to us) or is all this just an elaborate attempt to keep everything tied down and in place in case you should actually show up?

We don't know. We do know that we love the predictable and the pleasant sometimes more than we love you.

Despite all this, come to us Lord Jesus, move in among us, intrude, fill us with astonishment, demonstrate to us that you are a living God, free of our attempts to pin you down and make you manageable. Amen.”

A prayer to relate to indeed for all of us! Jesus tells us, as disciples and as the church, that “pleasant” is okay for part of our days, but not all of them. The predictable is fine too, but it isn't where we are called. There is work to be done, in this journey of following Jesus – work that will be *interesting*.

In Jesus life, both his adversaries and his friends tried to manage Jesus to fit their expectations. And when Jesus did not stay as confined as they would have liked, he was pinned down, literally.

But the God who intruded among us, could not be confined nor kept down forever. The empty rock-hewn tomb of Easter morning reminds us of that good news. That Sunday was anything but a predictable first day of the week. It was very *interesting*, because God showed up again giving great hope and once again asking us to love him more than we love the pleasant and the predictable. Easter may have finished the work of Jesus but it was just the beginning our work.

Whether gathered at First Parish and scattered in the world, there is work to be done, in this journey of following Jesus – work that will be *interesting*. We can count on the intrusion of God. May we be filled with astonishment and with courage, and with the vision of the world as Jesus would have it.

Blessings on your Easter celebrations!

Pastor Chris

A Word About Holy Week

At First Parish, we hope that you and your family will be with us for as much of Holy Week as possible. Invite your friends and neighbors as well. While we are accustomed to just worshipping once a week, there is so much meaning and power in Holy Week services that coming to worship on Thursday and Friday evenings can make such a difference.

Remember that the joy of Easter is most deeply felt when you have sat around the table of the Last Supper and focused on the cross of Good Friday.

Donna Bertazzoni
Church School
Administrator

Possibilities



Draw a different frame around the same set of circumstances and new pathways come into view.

- Zander and Zander

Last month Church Moderator Bob Deininger encouraged all the Ministries, and invited all of us, to help turn some of the ideas that came out of the February lay leadership meeting into goals for 2009. Gauging from the spirit of energy and enthusiasm generated by this process at the Ministry of Education meeting in March, I hope all of us are living into this moment of opportunity. We may be in a harsh economic position along with the rest of the country, but this church is not just about survival. It remains a place of energy and compassion; a people actively seeking relationship with God, with one another and with the world. Bob's challenge encourages us to apply that energy to think and act in terms of *possibility*.

In *The Art of Possibility*, Zander and Zander describe what this looks like:

“The action in a universe of possibility may be characterized as generative, or giving, in all senses of that word – producing new life, creating new ideas, consciously endowing with meaning, contributing, yielding to the power of contexts. The relationship *between* people and environments is highlighted, not the people and things themselves. Emotions that are often relegated to the special category of spirituality are abundant here: joy, grace, awe, wholeness, passion, and compassion.”

These sound like Christian terms, like the world we are offered as Easter people. This context does not set limits. When we think in terms of possibility we become open, generous and inclusive. Christ-like.

The goal chosen by the Ministry of Education is for children and families to invite their friends and neighbors to participate in two of our most visible, meaningful and fun Church school events: the Mini-Walk for Hunger on the first Sunday in May, and Church School Day in June when the children will lead us in worship, celebrating their outstanding mission work with the World Wildlife Fund this year. If we can include others in raising funds to feed our Massachusetts neighbors and show our passion for the health and welfare of 'all God's critters'; that is enough. It reflects a relationship with the community that embraces and addresses real life circumstances creatively and offers to draw the circle of compassion even wider. It is the spiritual practice of faith in action that creates opportunities for our children and their friends to experience inward reflection and outward service. If in the long run it contributes to increased membership, so much the better.

I hope you'll join us.

Wishing you a world of Easter possibilities,

Donna

Holy Week Nursery Care

The Parish Hall nursery will be staffed with volunteers on Palm Sunday (April 5th).
On Easter Sunday (April 12th) the nursery will be closed.

Church School Mini Walk for Hunger

Sunday, May 3rd during Worship

It's time to "lace-up" for our annual "Mini-Walk For Hunger"!! Rain or shine, we anticipate a fun-filled event on Sunday, May 3rd, as we walk to raise money for Project Bread – the organization that supports over 400 emergency food programs in Massachusetts. Project Bread's 41st Walk for Hunger will be held in Boston on the same day, and we are excited to sponsor our own "mini-walk" to help them fight hunger.

This year's "mini-walkers" (and their donations from friends, family and neighbors) will put miles between hunger and those in need when they "walk the bases" at the Westwood High School baseball diamond, adjacent to the Parsonage. Please have your children wear their sneakers

on Sunday, May 3rd, bring their friends and join us for this meaningful event. We will meet before Worship at the Westwood High School baseball diamond (or in case of rain in the Parish Hall). Preschoolers should be accompanied by an adult, older children will be supervised by church school teachers and administrator. We will all return back to the Parish Hall to meet parents after their special Blue Grass Worship service and just before the important congregational meeting to discuss and vote on budget issues.

Additionally, the Church School is sponsoring a Food Drive throughout May to benefit the Westwood Food Pantry. Non perishable items will be received in the Parish Hall all month and will be de-

livered after Memorial Day so the pantry will be stocked for the summer. 5th and 6th graders will be invited to help deliver and sort the items.

We hope to see all the children and their friends for this special opportunity to help combat the serious issue of hunger in our community and state. The message that we all can work to make a difference is a strong and important one to share with our kids.

Kids, please call your friends and plan to join us on the 3rd to do your part!



Congratulations Communion Class!

First Parish's Communion Class will successfully complete their seven-week of study of the life of Jesus and the sacrament of communion on Sunday, April 5th, by taking communion with their families.

Congratulations to the following students for their hard work: CJ Adourian, Alexandra Brind, Katherine Brind, Michael Bullen, Shan-

non Condon, Alison Deinger, Daniel Hiller, Harry Linehan, Kate McMurray, Wyatt Ritchey, Jackie Vancura, Valerie Vancura, Ashley Whalen, Becky Whitney, Bryce Whitney, and Leah Worth.

Special thanks to teachers Jeannie Germano and Stephen Werth for their hard work and dedication.

Graduate Recognition and Scholarships

On Sunday, May 10 First Parish will recognize all graduates during the 10 AM worship service. At that time, scholarships will also be presented. High School graduates will be receiving more information in the mail. If you are a college student and would like to be considered for another scholarship you can find an information form on the church website (www.firstparishwestwood.org).

The deadline for receiving requests in the office for scholarships is April 26th.

Church School Update

Saturday, April 4:

- Communion Class helps to set up communion
- Confirmation Retreat: Parish Hall, noon-4PM

Sunday, April 5:

- 10AM intergenerational Communion worship & Communion Class Celebration (church school for pre-school through grade 2)
- 7PM Labyrinth Introduction group in the Parish Hall

Wednesday, April 8:

- 4-5PM Kids' Labyrinth Walk in the Parish Hall

Thursday, April 9:

- 7:30 PM Maundy Thursday worship (appropriate for grades 5 and up)

Sunday, April 12: Easter Sunday

- 10AM intergenerational Service of Celebration

Sunday, April 19:

- 10AM worship & K-8 Adventure Group Lesson

Sunday, April 26:

- 10AM worship & church school
- 11:30 AM Confirmation Class in the Vogel Room.

Notes From SL&F

A major event this spring is Pastor Chris's Service of Installation, in the Meetinghouse on Sunday, May 17th at 4pm, followed by a reception in the Parish Hall. The Spiritual Life and Fellowship Ministry – and the church - have a significant amount of planning to do for this occasion. This will keep us very busy in the weeks prior to May 17, and we welcome volunteers to help us!

Coffee Hour hosts are also needed each week to provide and serve refreshments. A sign up sheet is posted in the Parish Hall. New faces are always welcome!

Every Sunday there is a donation basket on the coffee service table for the purchase of basic Coffee Hour supplies (coffee, filters, cups etc). This, along with the food provided by our Coffee Hour hosts, makes our Coffee Hours less of a drain on our church budget!

Emergency & Funeral Information

Sadly, Roy London's death has brought to our attention once again, how important it is to have information on file in the office designating your wishes for funeral arrangements. For example, do you want a funeral service in the church or at a funeral home? What funeral home do you prefer? Do you want a memorial service? What hymns would you prefer? Are there next of kin that the church needs to know about? The list of details goes on and on...

We realize that this is not a subject that any of us want to think about, but it is important information to have on file and will be helpful to those family members left behind who are making arrangements.

We have comprehensive Confidential Emergency & Funeral Information forms available in the office, and on our website at www.firstparishwestwood.org. Be assured that they will be kept under lock and key and will only be referred to when the need arises. Please give serious consideration to providing your loved ones and the church with this information.

Thank you,
Margery Eramo, RN
Faith Community Nurse



**From Our
Faith
Community
Nurse**

Deer ticks are rampant in this area and are being brought into our households by our animals and ourselves. Several of our members have already found deer ticks on their persons. Here are the facts about Lyme Disease:

What is Lyme disease?

Lyme disease is caused by bacteria (germs) that are spread by tiny, infected deer ticks. Both people and animals can have Lyme disease.

Where do cases of Lyme disease occur?

In the United States, Lyme disease most commonly occurs in the Northeast and mid-Atlantic regions and in the upper Midwest. In Massachusetts, Lyme disease occurs throughout the state.

How is Lyme disease spread?

Lyme disease is spread by the bite of an infected deer tick. The tick usually must be attached to a person for at least 24 hours before it can spread the germ. Deer ticks in Massachusetts can also carry the germs that cause babesiosis and human granulocytic anaplasmosis (also known as human granulocytic ehrlichiosis). Deer ticks are capable of spreading more than one type of germ in a single bite.

When can I get Lyme disease?

Lyme disease can occur during any time of the year. The bacteria that cause Lyme disease are spread by infected deer ticks. Young ticks (nymphs) are most active during the warm weather months between May and July. Adult ticks are most active during the fall and spring but may also be out searching for a host any time that winter temperatures are above freezing.

How soon do symptoms of Lyme disease appear after a tick bite?

Symptoms of early Lyme disease, described below, usually begin to appear from 3 to 30 days after being bitten by an infected tick. If untreated, symptoms of late Lyme disease may occur from weeks to years after the initial infection.

What are the symptoms of Lyme disease?

Early stage (days to weeks): The most common early symptom is a rash where the tick was attached. However, signs can occur in other areas of the body. It often, but not always, starts as a small red area that spreads outward, clearing up in the center so it looks like a donut. Flu-like symptoms, such as fever, headache, stiff neck, sore and aching muscles and joints, fatigue and swollen glands may also occur. Even though these symptoms may go away by themselves, without medical treatment, some people will get the rash again in other places on their bodies, and many will experience more serious problems. ***Treatment during the early stage prevents later, more serious problems.***

Later stages (weeks to years): If untreated, people with Lyme disease can develop late-stage symptoms even if they never had a rash. The joints, nervous system and heart are most commonly affected.

- About 60% of people with untreated Lyme disease get arthritis in their knees, elbows and/or wrists. The arthritis can move from joint to joint and become chronic.
- Many people who don't get treatment develop nervous system problems. These problems include meningitis (an inflammation of the membranes covering the brain and spinal cord), facial weakness (Bell's palsy) or other problems with nerves of the head, and weakness or pain (or both) in the hands, arms, feet and/or legs. These symptoms can last for months, often shifting between mild and severe.
- The heart also can be affected in Lyme disease, with slowing down of the heart rate and fainting. The effect on the heart can be early or late.

Is there treatment for Lyme disease?

People who are diagnosed with Lyme disease can be treated with antibiotics. *Prompt treatment during the*

(Continued on page 10)

early stage of the disease prevents later, more serious problems.

What can I do to lower my chances of getting Lyme disease, or any other disease, from ticks?

- **Prevention begins with you!** Take steps to reduce your chances of being bitten by any tick. Ticks are most active during warm weather, generally late spring through fall. However, ticks can be out any time that temperatures are above freezing. Ticks cling to vegetation and are most numerous in brushy, wooded or grassy habitats. They are not found on open, sandy beaches, but may be found in grassy dune areas. When you are outside in an area likely to have ticks (e.g. brushy, wooded or grassy places), follow these simple steps to protect yourself and your loved ones:
 - **Use a repellent with DEET** (the chemical N-N-diethyl-meta-toluamide) or **permethrin** according to the instructions given on the product label. DEET products should not be used on infants under two months of age and should be used in concentrations of 30% or less on older children. Permethrin products are intended for use on items such as clothing, shoes, bed nets and camping gear, and should not be applied to skin. More information on choosing a repellent and how to use repellents safely is included in the MDPH Public Health Fact Sheet on Tick Repellents at www.mass.gov/dph/cdc/factsheets/factsheets.htm. If you can't go online, contact the MDPH at (617) 983-6800 for a hard copy.
 - **Wear long, light-colored pants tucked into your socks or boots**, and a long-sleeved shirt. This may be difficult to do when the weather is hot, but it will help keep ticks away from your skin and help you spot a tick on your clothing faster.
 - **Stay on cleared trails** when walking or hiking, avoiding the edge habitat where ticks are likely to be.
 - **Talk to your veterinarian** about tick control options (tick collars, repellents) for your pets.
- **After spending time in an area likely to have ticks, check yourself, your children and pets for ticks.** Young ticks, called nymphs, are the size of a poppy seed. Adult deer ticks are the size of a sesame seed. Both nymph and adult deer ticks can spread the bacteria that cause Lyme disease; however, nymphs are of more concern. They are aggressive feeders and so tiny that it can be difficult to see them on the body, unless you are looking carefully. When doing a tick check, remember that ticks like places that are warm and moist. Always check the back of the knees, armpits, groin, scalp, back of the neck and behind the ears. If you find a tick attached to your body, remove it as soon as possible using a fine-point tweezers. Do not squeeze or twist the tick's body, but grasp it close to your skin and pull straight out with steady pressure.
- **Know the symptoms of Lyme disease.** If you have been someplace likely to have ticks and you develop symptoms of Lyme disease, or any other disease carried by ticks, see your health care provider right away.

Where can I get more information?

- **For questions about your own health**, contact your doctor, nurse, or health care clinic.
- **For questions about Lyme disease or other diseases spread by ticks**, contact the MDPH at (617) 983-6800 or toll free at (888) 658-2850 or online at <http://www.mass.gov/dph>. You may also contact your local Board of Health (listed in the telephone directory under "Government").

Information excerpted from the MA Department of Public Health Fact Sheet on Lyme Disease

Have a Joy-full Easter and a Healthy Spring.

Blessings,
Margery Eramo, RN, FCN

Rosie's Place Volunteers
MONDAY, APRIL 20

Drivers:

S. DeFeo & J. Forsberg

Fruit (large canned peaches)

S. DeFeo	J. Forsberg	L. Domina
T. Bruno	C. Mather	M. Nelson

Sandwiches (12-14 turkey on wheat bread)

V. Mather	J. Clay	J. Hansjon
P. Sullivan	L. Owen	J. Marsh
C. Robinson	B. Jorgensen	B. Macdonald

Altar Flowers

Sunday, April 5:

Given by the Delisle family, in memory of Jim Delisle Sr., and Katie Helgeson.

Sunday, April 12: Easter

Seasonal plants are placed in the chancel by members and friends of First Parish, in honor and memory of loved ones. A dedication list will be included with the bulletin on Easter Sunday.

Sunday, April 19:

Given through the Endowed Memorial Flower Fund by the Dorey Family and Nancy & Bob Stoll, in memory of Nancy's grandparents, Clifford & Christine Fiske.

Sunday, April 26:

Given by Louise Donovan and family, in memory of James Asselstine.

FIRST PARISH VOLUNTEERS

Ushers

Sunday, April 5:

Bill Holbrook (C)
Sheldon Blaney
Don Friedl
Lee Adourian

Sunday, April 12 (Easter)

Dave and Bonnie Blomquist (C)
Chris Pfaff
Dan & Karen Wagner

Sunday, April 19:

Martha Crawford (C)
Ron Arntz
Stuart & Carol Maynard
David Friedl

Sunday, April 26:

Fred Rice (C)
Charlie Domina
Peter Kane
Nancy Hyde

HOSPITALITY AT FIRST PARISH

Coffee Volunteers

***Sunday, April 5:**

???????????????

Sunday, April 12: (Easter)

Hydes, Kanes, Holbrooks & Aldingers
(more volunteers are welcome!)

Sunday, April 19:

???????????????

Sunday, April 26:

Kelly & Vancuras

*Lenten Sunday – please avoid sweets!

Worship Greeters

We need volunteers for this easy but important part of our Sundays! It is so important to offer a welcoming smile to friend and stranger alike – can you help?

Sunday, April 5: Sue Burgess

Sunday, April 12: _____

Sunday, April 19: _____

Sunday, April 26: _____

FIRST PARISH FELLOWSHIP

Fox Hill Bible Study

Pastor Chris will meet with the Fox Hill Bible Study group on Thursday, April 16th at 10:30 AM. All Fox Hill residents are invited to participate.

If you do not live at Fox Hill and would like to attend the meeting, please contact Rev. Dodge at 781-326-0135 for details.

Senior Moments

The Senior Moments Fellowship Group will meet on Thursday, April 2nd at 11:30 AM in the Parish Hall. All seniors are invited to bring a bag lunch – coffee and dessert are provided.

This is a great opportunity to gather together, just because it's fun! The group meets on the first Thursday of every month in the Parish Hall, unless otherwise noted.

Retired Men's Club

The Retired Men's Club will meet on Thursday, April 16th for a tour of the Massachusetts State Police Station in Framingham, MA. Please contact Fred Rice for information about this month's meeting.

All meetings are held in the Parish hall at First Parish on the third Thursday of each month, from 9:30-11:30 am, unless otherwise note din the schedule. All retired men are welcome to attend.

Easter Memorials

If you would like to remember or honor a loved one by placing a plant in the Meeting-house on Easter Sunday or by making a donation to the Special Music Fund, please complete

the order form on page 12.

This year, plants are \$8, and orders and your payment, are needed in the church office by Sunday, April 5th.

Memorial Gifts at Easter, 2009

To honor the memory of loved ones, I would like to: (check space)

____: Place a plant in church at Easter (\$8 each). I would like to order ____.

____: I will pick up my plant(s) after the 10:00 AM service on Easter Sunday.

____: Please deliver to a hospital patient, nursing home resident or shut-in.

____: Make a gift of \$____ to be used for SPECIAL MUSIC.

All memorial gifts will be acknowledged in the Easter worship bulletin. Please print your dedication below:

IN MEMORY OF:

GIVEN BY:

Enclosed is a check for \$____ to cover the above gift(s). **Please make checks payable to First Parish of Westwood, and send this form to the church office, 340 Clapboardtree St., Westwood, MA 02090 by Sunday, April 5th.**

Signature: _____