



The Clapboardtree Spire

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

January, 2011

ANNUAL MEETING SET FOR JAN. 30TH

First Parish's Annual Meeting will be held in the Meeting House on Sunday, January 30th immediately after worship. All members of First Parish are urged to attend this important meeting, which will approve the operating budget for the coming year.

Copies of the 2010 Annual Reports will be available in the Meeting House narthex on Sunday, January 23rd.

Staff and Ministry and Committee chairpersons are reminded that Annual Reports are needed in the church office no later than Monday, January 17th.

A WORD FROM OUR TREASURER

Giving Statements for 2010 will go out around the end of January. They will be emailed to those for whom we have email addresses, and mailed to all others. 2010 pledge payments are needed in the church office by January 6th in order to be reflected in your 2010 tax records.

2011 offering envelopes are available in the church narthex for those who requested them. If you do not find a box with your name on it and would like envelopes, sign up on the sheet provided. *Please do not use 2010 offering envelopes after January 1st!*

WINTER WEATHER POLICY

Unpredictable winter weather often makes it difficult to decide what's "on" at First Parish. In the event of a storm, we hope the following helps:

- *Sunday worship will always be offered*, thanks to Pastor Chris' close proximity to the church. Please use your best judgment about safe travel – but if you can get here, we will worship together.
- *Church school cancellations* are available with the storm cancellations on Channel 7.
- *All other cancellations* will be announced, when possible, on the office voicemail and our website. If information is not available on either of these sources, please contact Judy at 617-759-0653.

DECEMBER UNSUNG HEROES

December is an intensely busy month at First Parish – and it would be a whole different experience without a number of behind-the-scene workers who stepped forward to help make everything run smoothly. Our heartfelt thanks and appreciation to the following Christmas Angels:

- *Ron Arntz, Dave Blomquist, Art Marsh and Stuart Maynard* for helping with the sheep

shed construction;

- *Ron Arntz* for constructing the outdoor nativity figures used around the creche;
- *Sheldon Blaney* for polishing the Meeting House chandelier so it looked gorgeous on Christmas Eve;
- *Dave Blomquist* for organizing the sheep pen

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BIRTHDAYS & ANNIVERSARIES

Birthdays

January 2	Isaiah Ritchey
January 3	Matthew Anderson, Donna Schock
January 4	Matthew Hichar, Sophia Tempesta
January 5	Samuel Jacobson, Steven Larch Shelley Reeve, Karen Wagner
January 6	Brock S. Thomson
January 7	Alex Adourian, Katie Holbrook
January 8	Shelby McKim
January 9	Jake Liebrock, Kelly Porter Megan Porter, Megan Rees
January 11	MaryAnn Archambo
January 13	Alex Archambo, Jim Ritchey
January 14	Kris McDonough
January 15	Emily Werth
January 17	Brian Bayer, Ava Connaughton
January 19	Emily Christian, Gladys Dunsford Emily Wright
January 21	Thea Roper, Brad Rutan Billy Storey
January 22	Katherine Millos
January 23	Elvin Fowell, Will Vaccaro
January 24	James Christian
January 25	Wyatt Ritchey, Stephen Werth Rebecca Whalen
January 26	Jacey Anderson
January 27	Drew Pfaff
January 28	Alexandra Brind, Lindsey Hall
January 28	Derek Peterson
January 30	Michael Peterson
January 31	Matt McClellan

Anniversaries

January 1	Sebastian & Susan Bonaiuto
January 20	Charlie & Louise Domina

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, and via email or mail.

LIFETIMES

Serving in the Military:

- *Ben Baldwin*: in Afghanistan
- *Jim Howard*: in Iraq

Address Changes:

- *Peter & Joan Stefans* to 1 Curlew Way, Wareham 02571
- *Linda Johnson* to 9 Whitehall Ave., Apt. 1, South Portland ME 04106

Email Address Changes:

- *Doug Hyde*: dkhydema@gmail.com
- *Linda Johnson*: ellejohnson84@gmail.com
- *Sheldon Blaney*:
Sheldon.blaney@comcast.net
- *Laura Stanton*: lwstanton918@gmail.com

Deaths:

- On Nov. 29th, *Barbara Perry*. A memorial service was held at First Parish on Dec. 6th.

WHO'S WHO AT FIRST PARISH

Pastor:	Rev. Christopher L. Dodge
Phone:	781-326-0135
Email:	revchris@firstparishwestwood.org
Moderator:	Bob Deininger
CE Admin.:	Donna Bertazzoni
Phone:	781-326-3141
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Treasurer:	Cathy Ellis
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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.-Thurs., 9AM-3PM (Closed Fridays)
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Web Site:	www.firstparishwestwood.org
Cottage:	781-326-3997

**FROM
PASTOR CHRIS**



Below are excerpts from a sermon preached here at First Parish on October 17, 2010 by Rev. Wendy Vander Hart, Associate Conference Minister of the Metropolitan Boston Association of the Massachusetts Conference of the United Church of Christ. It is based upon Philippians 4:1-13. They are good words to hear again as we step into another year!

Peace,
Pastor Chris

“Grace and peace to you from Jesus Christ, the head of the church. I bring you greetings, blessings and all manner of good wishes from the 76 churches of the Metropolitan Boston Association as well as the 400 churches of the MA Conference. It is good to be together to worship God and lift up our covenant connections as the body of Christ and this particular manifestation in the United Church of Christ.

You may or may not be familiar with the mission of the MA Conference but it goes something like this, “nurturing vitality and covenant among our churches to make God’s love and justice real.” Can you imagine with me the fruition of that mission? Vital churches in partnership with each other, drawing on each other’s strengths to make God’s love tangible and God’s justice a reality. I thank you for your contributions to that mission through your giving to Our Church’s Wide Mission and fellowship dues and the ways in which you offer time and talent to the cause...

I find kinship with the Apostle Paul in my role as Associate Conference Minister, especially in this letter to the Philippians. If you were to sit down and read the whole letter written to real people in a church that he helped start in Philippi and who in partnership sent money and prayers to other churches, you would find at least three themes – gratitude, joy and encouragement. Focusing on the 13th verse of this fourth chapter I want to lift up the theme of encouragement. So those words of verse 13 are, repeat after me, “I can do” “All things.” “Through Christ who strengthens me.”...

I imagine this phrase carrying over into other corners of life... You can parent this child. You can beat this disease. You can tackle this problem head on. You can work it out with your colleague. You can make it through this transition. You can have faith. You can do it because I am with you. I can do all things through Christ who strengthens me.

I imagine it carrying into community life as well... You can faithfully use the eight acres of land you own for effective ministry. You can bridge the gap between the meeting house and the parish hall and the cottage. You can give testimony to the power of God in your life.

Lest it seem that this is simply a matter of the power of positive thinking let’s remember the key phrase of this verse. It is not, “I can do.” It is not, “all things.” IT IS “through Christ who strengthens me.” Without the “through Christ” we would only be keyed into our efforts.

What might happen to First Parish Westwood if you adopted Paul’s attitude that you

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can do all things through Christ who strengthens you? Chris tells me that you will be focusing on the power of testimony in this coming year. What a fabulous way to be reminded of your source of strength by giving testimony to where God is working in your lives. You are responding to the invitation in this text, to ask God to be at the center of your community life.

Let me be more concrete. I am thinking about our congregational heritage where as Rev. Martin Copenhaver has written, "early Congregationalists believed that the workings of the Holy Spirit can be discerned in community by receptive hearts that are molded in prayer. Indeed, the very name 'Congregational' derives from the understanding that it is the congregation, informed by scripture and molded in prayer that is best able to discern what Christ would have them do. We listen to each other because you never know through whom the Holy Spirit will speak."

So what does making sure God is at the center of your community life look like? It might look like a prayer team, a few people specifically charged with steeping the mission of First Parish in prayer. It might mean asking, "what do you think God is doing here?" at regular intervals in a meeting. It might mean prefacing any conversation with the invitation, "may the Holy Spirit speak to us and through us."

This sounds simple, but remember doing all things through Christ who strengthens you may mean you will go places you do not want to go or cannot imagine going. Being Christ strengthened may cause you to step out in faith. Believing you can play this game will stretch you and shape you anew.

What might happen to First Parish Westwood if you proclaimed Phil. 4:13...Dare to find out my friends. It could be the most life-giving choice you can make for this community!"

THANK YOU

A word of deep appreciation to all who helped First Parish celebrate the Advent and Christmas season in our worship:

- Members of the Ministry of Worship;
- Lay Readers for Greening of the Church, and the 5PM and 9PM Christmas Eve Services;
- The Adult Choir and the Junior Choir;
- Organist Karen Westerfield Tucker;
- The Synergy Brass Quintet;
- The Ushers and Communion Servers for the 9PM Christmas Eve Service;
- Our great staff, Judy Holbrook, Donna Bertazzoni, Marge Eramo, Denis Wholey, Josh and Joanna Nannestad.

Pastor Chris

WORSHIP NOTES

January 2nd: Epiphany Sunday

We will celebrate the Visitation of Magi to the Christ Child.

January 9th: Baptism of Jesus Sunday

In this Big Story Sunday we will recall Jesus' baptism and remember the promises of God that come through our own baptisms.

January 16th: Festival Choir Sunday

Singers of all ages are welcome to participate in this once-a-month congregational choir. Rehearsal is in the choir loft at 9AM on the 16th.

- lighting after Denis' injury;
- *Martha Crawford*, whose Alternative Gifts ensured we could all find gifts for everyone on our lists;
 - *Ruth Dettbarn* for serving as pianist for the Dec. 21st Longest Night worship service;
 - *Michael Gettings* for organizing yet another amazing year for our Christmas Families;
 - *JHYF* for their creativity and caring in assembling Christmas stockings for all the children of our Christmas Families;
 - *Robin Ostrander* for cheerfully putting in a very busy year as Head Shepherd – and to all our *Shepherd Volunteers* for taking such excellent care of our wooly visitors;
 - *The Ministry of Christian Education* for their loving attention to the 5PM Christmas Eve worship service;
 - *The Ministry of Worship* for so ably dealing with all the myriad details around Christmas decorations and the many worship services;
 - *The Vaccaros* for providing the pasta for the Fellowship Dinner on Dec. 19th;
 - *The congregation* for responding so generously to the needs of our Christmas families – and for donating so many beautiful poinsettias for delivery to those who could not be with us on Christmas Eve;
 - *Pastor Chris* for overseeing it all with endless patience and humor, and for ensuring that all our gatherings were meaningful and saturated with the best that the season has to offer.

WHY NOT TRY THE LUNCH BUNCH?

Are you no longer working and available to “do lunch”? On Thursday, January 6th - and the first Thursday of every month through June - you are invited to come to the Parish Hall at 11:30 AM to join the “Lunch Bunch” for good conversation and fellowship. All ages are welcome. There is no agenda - just a nice lunch and some conversation with fellow First Parishioners.

Here's how it works: RSVP to the church office no later than the day before to let us know you're coming, and then bring a bag lunch to the gathering. Coffee and dessert are provided. We hope to see you there!

The lunch group will also meet on: Feb. 3, Mar. 3, Apr. 7, May 5, and June 2.

SILENT AUCTION THANK YOU

A belated thank you to all who participated in this year's Holiday Fair Silent Auction. To those who supported it with their donations, a big THANK YOU! The list of donors is too long to include here, but you know who you are. Be assured your First Parish family appreciates your generosity in helping to support our financial needs.

Thanks to Gail Miskell, Suzie Peterson and Louse Donovan for all of their solicitation, setup, coverage and closeout efforts.

A special thanks to Judy Holbrook for all of her help before, during and after the auction. We could not do it without you!

Thanks to Karina Adourian for her individual support of the auction and her overall coordination effort of this year's fair.

And last but certainly not least, a big thanks to all who participated as bidders in the auction.

Dave Blomquist

CHURCH SCHOOL UPDATE

Sunday, January 2nd: Epiphany Sunday

- **10AM:** Intergenerational Communion worship; no church school classes or nursery care.

Sunday, January 9th: Big Story Sunday: The Baptism of Christ

- **10AM:** Children start off the morning in the Parish Hall
- **10:30AM:** Classes cross the street to the Meeting House
- **11:30AM:** Confirmation Class in the Stage Classroom

Sunday, January 16th: Festival Choir Sunday

- **9AM:** Festival Choir rehearsal in the Meeting House
- **10AM:** Worship in the Meeting House
- **10:15AM:** Church School classes in the Parish Hall

Sunday, January 23rd:

- **10AM:** Worship in the Meeting House
- **10:15AM:** Church School classes in the Parish Hall; Extreme Breakfast in the Cottage
- **11:30AM:** Confirmation Class in the Stage Classroom

Sunday, January 30th:

- **10AM:** Worship in the Meeting House
- **10:15AM:** Church School classes in the Parish Hall
- **11AM:** Annual Meeting in the Meeting House
- **11:30AM:** Confirmation Class in the Stage Classroom

2011 CONFIRMATION CLASSES BEGIN

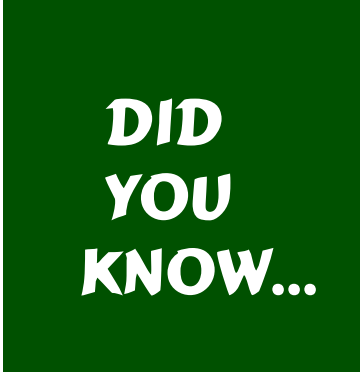
The 2011 Confirmation Class will meet for the first time on Sunday, January 9th at 11:30AM in the Stage Classroom. Additional meetings in January are on the 23rd and 30th.

If you have questions about the class, please contact Pastor Chris.

PASTOR CHRIS TO ATTEND CONFERENCE

Pastor Chris will be attending a Worship Symposium in Grand Rapids, Michigan from Jan 25 - Jan 29.

Pastoral coverage will be provided. If there is a pastoral emergency, please contact the church office.



**DID
YOU
KNOW...**

FOX HILL BIBLE STUDY

Rev. Chris Dodge will meet with the Fox Hill Bible Study group on Thursday, January 20th at 10:30 AM.

The group meets at Fox Hill Village on the third Thursday of every month, at 10:30AM.

If you live at Fox Hill Village and would like to begin attending the Bible study, please contact Pastor Chris for the meeting location.

YOUR IMMUNITY – BOOST IT!

Prevention is worth a pound of cure. You can minimize your chances of coming down with something by adopting some proven habits. Things you can do everyday will help your body defend itself from germs.

1. **Stay in motion.** According to several studies, moderate exercise (walking briskly, cycling, or swimming for 45 minutes five times a week) has shown to enhance your body's defense. Aerobic exercise helps your blood flow to bring cells to fight off infection.
2. **Eat plenty of protein.** The amino acids in protein are the building blocks of the cells in your immune system, and they help create protective white cells and antibodies. Get at least 10 to 15 percent of your daily calories from protein. Choose lean protein such as fish, skinless poultry, eggs, beans, low-fat cuts of beef or soy products.
3. **Mind the fat.** High fat diets can make your immune system more sluggish and less functional. Try to get 25 to 30 percent of your total daily calories from fat and most from monounsaturated fats (found in olive oil, peanut butter and nuts) and polyunsaturated fats (corn and sunflower oils, salmon and walnuts). Limit saturated fats like whole milk, butter and high fat meats. And, limit trans fats, which are listed on labels as partially hydrogenated oils.
4. **Get three colors in every meal.** Fruits and vegetables in bright colors are rich in carotenoids that help immune cells surround and kill off a virus. They also contain antioxidants and vitamins A and C, which strengthen the cells defense against bacteria.
5. **Pet something fluffy.** A study found that stroking a dog for 18 minutes led to a significant spike in a substance which helps protect the body against germs trying to enter. The power of pleasure triggers the release of chemicals in the brain that enhance immune function. If you do not have a pet, borrow the neighbors pet. No pet? Well a study showed that touching a loved one has a similar effect.
6. **Eat good bacteria.** Studies have shown that good bacteria can help prevent or reduce the duration of some stomach, lung and urogenital illnesses. Look for yogurts (such as Dannon Activia and Danactive), and fortified cheeses.
7. **Resolve to really relax.** Take time to unwind by doing something that is relaxing to you. Chronic stress suppresses circulation of your immune cells.
8. **Show off your musical talent.** Singing helps improve both a person's mood and the levels of antibodies that protect from invading germs. So go ahead and sing in the shower or drum out a tune on the steering wheel as you drive. (Just don't get so caught up in your drumming that you don't pay attention to the road).
9. **Get a good night's sleep.** Set aside enough time to get the restorative shuteye that your body needs (7 to 9 hours). To help you nod off, keep your room cool, quiet and dark. Avoid caffeine, alcohol and strenuous exercise 3 hours before bedtime.

From Boost Your Immunity by Stacey Collino, *Real Simple*, 12/08

Happy New Year, and may it be filled with Many Blessings,
Margery Eramo, RN, FCN

FIRST PARISH VOLUNTEERS

ALTAR FLOWERS

Sunday, January 2nd:

Given by the children of Clapboardtree Nursery School, in appreciation of their wonderful facilities

Sunday, January 9th:

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

Sunday, January 16th:

Given by the Dorey family, through the Endowed Memorial Flower Fund, in memory of Pearl & William Klingenberg.

Sunday, January 23rd:

Given by Kathy Forsberg, Bruce Smith, and Linda Perry, in loving memory of their special education teacher, Ruth H. Doorly.

Sunday, January 30th:

Given by Louise Donovan and family, in memory of Ross Donovan.

Rosie's Place Volunteers

Monday, January 17th

Drivers:

B. Jorgensen & B. Jorgensen

Fruit (canned fruit cocktail; \$5-\$7 maximum)

B. Jorgensen T. Bruno R. Dettbarn

L. Domina B. Macdonald

Sandwiches (14 ham & cheese on wheat bread)

R. Dettbarn T. Bruno S. DeFeo J. Marsh

J. Holbrook D. Howard S. Reeve P. Sullivan

J. Germano B. Jorgensen

USHER SCHEDULE

Sunday, January 2nd:

Bob Kadehjian
Bob Robertson
Jim & Linda McKenzie

Sunday, January 9th:

Bill Holbrook
Sheldon Blaney
Don Friedl
Lee Adourian

Sunday, January 16th:

Dave & Bonnie Blomquist

Chris Pfaff
Dan & Karen Wagner

Sunday, January 23rd:

Martha Crawford
Ron Arntz
Stuart & Carol Maynard

Sunday, January 30th:

Fred Rice
Charlie Domina
Peter Kane
Nancy Hyde

COFFEE VOLUNTEERS

Sunday, January 2nd:

Dix & Dianne Howard

Sunday, January 9th:

The Ostranders

Sunday, January 16th:

The Carrs

Sunday, January 23rd:

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

Sunday, January 30th:

The Holbrooks

LAY READERS & GREETERS

Sunday, January 2nd:

Lay Reader: Michael Ellis
Greeter: Bob Deininger

Sunday, January 9th:

Lay Reader: Jim McKenzie
Greeter: Pam Kane

Sunday, January 16th:

Lay Reader: Dick Burgess
Greeter: Amie Colcord

Sunday, January 23rd:

Lay Reader: Martha Crawford
Greeter: Michael Ellis

Sunday, January 30th:

Lay Reader: Bob Deininger
Greeter: Jim McKenzie

WESTWOOD MEN'S GROUP

The Westwood Men's Group will meet on Thursday, January 20th at 9:30AM. The morning will begin with a brief coffee & doughnut social, followed by guest speaker T.P. Eliot Smith.

All men in Westwood and surrounding communities are welcome to attend the meeting.