

# May At-a-Glance

May is a busy month here at First Parish!  
So - keep this page on your 'fridge to help you keep it all straight...

## Worship

### Sunday, May 1<sup>st</sup>

Communion Celebration Sunday (10am)  
Westwood Mini Walk for Hunger (1pm)  
Southern Rail Bluegrass Concert (3pm)

### Sunday, May 8<sup>th</sup>

Mother's Day Men's Chorus (9am rehearsal)  
Graduate Recognition (10am)

### Sunday, May 15<sup>th</sup>

Confirmation Sunday (10am)  
Church School Day rehearsal (10am in the Parish Hall)

### Sunday, May 22<sup>nd</sup>

10am Worship & Church School Day Celebration

### Sunday, May 29<sup>th</sup>

10am Worship & Church School

## Meetings & Gatherings

Lunch Bunch (5/5 @ 11:30am)

Christian Ed (5/9 @ 7:30pm)

Fox Hill Bible Study (5/12 @ 10:30am)

Worship (5/16 @ 7:30pm)

Property Consolidation (5/18 @ 7:30pm)

Yard Sale (5/21, 8am-2pm)

## Save the Date in June

### Sunday, June 5<sup>th</sup>

Coffee Hour Reception for Pastor Chris & Lynne Daige  
11am in the Parish Hall

### Saturday, June 25<sup>th</sup>

Wedding of Pastor Chris & Lynne Daige  
4pm in the Meeting House



# The Clapboardtree Spire

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

## May, 2011

### OUR SPRING YARD SALE IS MAY 21<sup>ST</sup>

One of our biggest fundraisers is just two weeks away – and lots of help is needed to ensure it's a huge success.

How You Can Help...

**DONATE**

**VOLUNTEER**

**SPREAD THE WORD**

- See page 4 for all the details and be sure to make time to help out!

**Questions?**

**See Coordinator Pam Kane  
or contact the church office.**

### MOTHER'S DAY GIFT IDEA

Are you having trouble deciding how to honor your mother or other special person in your life on Mother's Day? Our Ministry of Mission & Service can help you with that!

For Mother's Day, First Parish is offering the opportunity to participate in Church World Service's *Blankets+* program. Here's how it works:

- For every \$5 you donate, a blanket will be purchased and provided to help families around the world who have been affected by natural disasters.
- Donors will receive a card to give to their mother or other special person, stating that a gift has been given in their honor.

A table will be set up in the Parish Hall during Coffee Hours with additional information.

### CONGRATULATIONS GRADUATES

On Sunday, May 8<sup>th</sup> we will recognize our high school graduates during worship, and send them on to the next exciting phase of their journey with our prayers and blessings.

Congratulations to: *Ellen Bailey*, who is off to Dartmouth College; *Kara Belinsky*, who will attend Boston College in the fall; *Jessica Donovan*, who plans to attend Trinity College; *Justina Germano*, who is deciding between Connecticut College and Salve Regina; *Matt Hurley*, who will attend St. Louis University; and *Megan Porter*, who is headed for Elon University in September.

### Southern Rail Bluegrass Band



**IN CONCERT**

Sponsored by the Roy & Eleanor London Memorial Music Fund

**First Parish of Westwood**  
340 Clapboardtree Street, Westwood MA

**Sunday, May 1**  
**3:00 PM**

**Tickets:**  
\$12 (\$10/seniors \$30 family pack)

781-326-5344 ~ parish1st@firstparishwestwood.org

## BIRTHDAYS & ANNIVERSARIES

### Birthdays

May 1 Reese Bigelow, Craig Burgess  
 May 2 Jeannie Germano  
 May 4 Joshua Nannestad, Diana Lassen  
 May 5 Blair Baldwin, Robert Baldwin  
 Braden Joe  
 May 6 Jennifer Rutan  
 May 7 Ruth Miller, Jon Peterson  
 May 8 Alison Bertazzoni, Jamie Vaccaro  
 Matthew Werth  
 May 9 Rocco Dafonseva  
 May 10 Griffin McKeown  
 May 11 Peter Cannon, Doug Gorman  
 May 12 Shannon Condon  
 Carrie Connaughton, William Gettings,  
 Jason Poreda  
 May 13 Emily Stefans  
 May 16 Maggie Der Marderosian  
 May 17 Brent Peterson, Kevin Liebrock  
 Chris Pfaff  
 May 20 Molly Speros  
 May 23 Brian Davis, Bill Reiland  
 May 25 Grace McMurray  
 May 26 Susan Abbadessa, Eric Peterson  
 May 28 Charlie Domina, Andrew Smith  
 May 30 Laura Burgess, Jane Forsberg  
 May 31 Leslie Condon

### Anniversaries

May 4 Reese & Jackie Bigelow  
 May 4 Cosmo & Nancy Nocca  
 May 7 David & Lynn Porter  
 May 11 Tom & Gail Miskell  
 May 18 Jim & Barb Worth  
 May 20 Carrie & Terry Connaughton

## 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](http://www.firstparishwestwood.org), and via email or mail.

## LIFETIMES

### Births:

- On April 15, 2011, *Carter William Christian*, grandson of Roger & Anne Christian, born to their son Dr. Ben Christian and his wife Dr. Nicole Korbly.

## LOST & FOUND

**A blue sport coat** has been hanging in the church for months. If it's yours, please contact the church office.

**The "Church Supper Cookbook"** is missing from the Health Ministry's cart in the Parish Hall. If you borrowed it, please drop it off so others can enjoy it.

## 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   |
| 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.-Thurs., 9AM-3PM<br>(Closed Fridays)                                     |
| Phone:          | 781-326-5344   |
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| Fax:            | 781-326-5954   |
| Web Site:       | <a href="http://www.firstparishwestwood.org">www.firstparishwestwood.org</a> |
| Cottage:        | 781-326-3997   |

## OUR SPRING YARD SALE IS SATURDAY, MAY 21<sup>ST</sup>!

One of our biggest fundraisers is only two weeks away! Here's how you can help make it a huge success:

### Donations:

- **Bring your donations to the Parish Hall stage** any time after 7PM on Thursday, May 19<sup>th</sup>.
- **Large and difficult to move donations:** please contact the church office before dropping it off.
- **No computer equipment, outdated sound equipment, and non-digital tv's!**
- **We DO need:**
  - Baked Goods:** Cupcakes, cookies, bars and squares, and breads are always popular. Ingredients Checklists (available in the Parish Hall) must accompany each donation. Please break up batches of baked items into individual servings (ziplock bags work great). Donations may be delivered to the Parish Hall on Friday or early in the morning on Saturday.
  - Used Books:** Hardcover and paperback books are always welcome, as are puzzles and children's games. Books should be dry, in good condition, and no more than 10 years old. Games and puzzles should be complete.
  - Spring Flowers and Plants:** The Yard Sale is a perfect time to offer spring flowers, potted divisions of your favorite perennials, indoor plant arrangements, or vegetable seedlings.

**Volunteers:** We need lots and lots of volunteers of all kinds.

- **Pricers and Sorters:** Help us sift through all the bags and boxes of donations, attaching price tags and dividing contributions up into display categories. Work begins at 7:30PM on Thursday, May 19<sup>th</sup> and continues all day Friday, May 20<sup>th</sup>. *Come when you can – we really need you!*
- **Sales & Marketing:** Volunteers are needed to help keep track of all the donations and customers during the day on Saturday. Strong backs are also useful to help customers get the heavier items to their cars. Shifts are available throughout the day. Sign up in the Parish Hall, or contact Pam Kane.
- **Set Up and Break Down:** We really, really need help before and after the Yard Sale, setting up and breaking down. Set up starts at 7PM on Thursday, May 19<sup>th</sup> – those with trucks or SUVs are especially needed to help transport stuff from the barn. After 2PM on Saturday, May 21<sup>st</sup> help is needed moving all the left over goods out of the Parish Hall.

**Even if you can't donate a lot of your time, help at 2PM on Saturday is a God-send!** Some of our volunteers will have been there for most of the past two days – and fresh help at the end is hugely appreciated. Come if and when you can!

**Customers:** Of course, we need lots of customers!

If you cannot volunteer to help, how about coming as a customer – and bringing several friends? We need people to buy all this great stuff, so talk it up around town. Your friends and neighbors will appreciate your telling them about this – and who knows, maybe they'll even have goods to donate! We don't want anyone to miss out...

**SEE YOU ON THE 21<sup>ST</sup>!**

**FROM  
PASTOR CHRIS**



This year, Easter was about as late as it gets on the calendar. With May 1 the week after Easter, it feels like there are precious few weeks before the summer season ensues. Liturgically, that means we will be marking the Season after Easter right up to the last Sunday before our Summer Union Service begin. Practically, that means there are lots of traditional events that come within the month of May. Please make note of the worship calendar and event calendar for all of those opportunities. And of course, please try to make time in your calendar to be a part of these special days in May.

I write this in the middle in of Holy Week, so I am mindful of the richness of our Lent this year. I was particularly fed by the weekly gatherings on Sunday evenings for food, fellowship and conversations around marks of discipleship. I am grateful to our great staff and lay leaders who are contributing to the many events of Holy Week. Once again, a job well done!

With Easter being so late and a wedding that will happen at the end of June, my “to do” list seems a little bigger this spring. The good news is that last big thing on our list were the invitations and they are done. Now, Lynne and I are down to the small details. More good news!

And speaking of invitations, we cordially invite anyone in the congregation to attend the wedding ceremony. We will be married on June 25 at 4PM here at First Parish.

Peace,  
*Pastor Chris*

*You Are Cordially Invited  
to  
The Wedding Ceremony  
of  
Rev. Christopher Dodge & Lynne Daige  
Saturday, June 25, 2011  
4pm  
In the Meeting House*

*Gathered in 1730*

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**CONGRATULATIONS  
2011 COMMUNION CLASS**

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The 2011 Communion Class has successfully completed its six-week curriculum, and will complete its time together by gathering in the Meeting House this Saturday to help prepare Communion for this Sunday’s worship service, and by taking Communion with their families on May 1<sup>st</sup>.

Congratulations to: *Lily Bruno, Mackenzie Connaughton, Stefanie Joe, Ben Linehan, Jake Pfaff, and Jennifer Werth!*

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## MAY WORSHIP

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### **May 1 – Celebration of the Sacrament of Holy Communion.**

This Sunday is also the culmination of the Communion Education Class. Through Lent, students having been focusing on the meaning of communion, under the leadership of Jeannie Germano and Steve Werth. Following worship, the children will be in the Parish Hall dressed as some of the disciples. Please plan to meet them after worship!

Note: All other church school children will meet in the Parish Hall at 10AM and then join with their families for Communion.

### **May 8 – Mother’s Day**

In honor of Mother’s Day, our worship service will be accompanied by a Men’s Choir. All men of the church who are interested in singing that day are welcome to meet at 9AM for a rehearsal.

This Sunday will also include Graduate Recognition.

### **May 15 – Confirmation Sunday.**

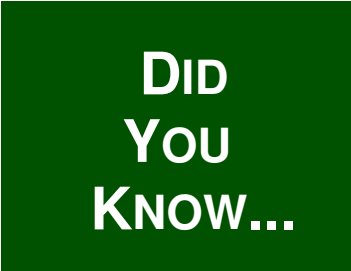
We will gather to celebrate our confirmands’ decision to claim the faith as their own and to take responsibility for its care and nurture.

### **May 22- Church School Celebration Sunday.**

Even though Church School will continue until June 15, the day of celebration will be held on this Sunday. Our Church School children’s ideas will help shape the service and their voices will lead worship on that day. The theme for the day is Pentecost – when we celebrate the “birthday” of the church.

### **May 30 – Memorial Sunday.**

Our worship service will include a remembrance of all those who have served and those who currently serve.



**DID  
YOU  
KNOW...**

## **NEWS FROM THE PROPERTY CONSOLIDATION COMMITTEE**

The Property Consolidation Committee held its second and third meetings on April 5th and April 26th. Committee members include Bob Deininger, Chris Dodge, Mason Tabor, Doug Joseph, Sue Burgess, Charlie Domina, and Brian Bayer, chairperson. The group's current activity is focused on information gathering and identification of preliminary planning issues concerning all of First Parish properties.

Current discussions include:

- Formulation of working assumptions related to property planning
- Identification of benefits/strengths, disadvantages/weaknesses, opportunities, and threats of property consolidation (simple SWOT analysis)
- Potential for a capital campaign to support First Parish physical assets

The Committee is planning to summarize and share information with the congregation before the end of the church year in June. The format will be open and allow the opportunity for members of the congregation to add their thoughts and ideas in order to benefit the process as we move forward.

# 2<sup>nd</sup> Annual Westwood Interfaith



# Mini-Walk for Hunger

**Sunday May 1, 2011**

Meet at Temple Beth David

## Walk!

**All Ages Are Welcome**

Registration ~ 1:00-1:30pm; Start Time ~ 1:30pm; Distance ~ 3 miles

Please bring a non-perishable item for the Westwood Food Pantry

Parents are responsible for their children

## Donate!

Online: Go to <http://www.projectbread.org/goto/westwoodminiwalk>

Team name: Westwood Interfaith Mini Walk

By check: payable to **Project Bread**, memo: Westwood MiniWalk

## Volunteer!

Help with registration, route monitoring and cleanup

A great service project for teens!! Contact [robin@ostrandercorp.com](mailto:robin@ostrandercorp.com)

## Uniting the community to feed hungry neighbors

*Project Bread is a nonprofit organization dedicated to alleviating, preventing, and ultimately ending hunger in Massachusetts. For four decades, Project Bread has been committed to meeting the needs of people who struggle to put food on the table and to finding long-term solutions to the problem of hunger.*



**Donna Bertazzoni**  
Church School

## HAPPY BIRTHDAY CHURCH!

Easter was the beginning of our Christian story. In the church school this month we will look at how the story continues by delving into the third major Christian festival: Pentecost, the Birthday of the Church. It's shaping up to be a month-long celebration.



Not as familiar as Easter or Christmas, Pentecost celebrates the creation of the church with divine special effects. As Luke tells the story in Acts 2, the disciples were obediently gathered in Jerusalem after Easter, waiting. The Holy Spirit came to them with the sound of a "rushing wind" and with "tongues of fire" resting on each of them. The power of the Holy Spirit gave the disciples the courage to go out into the world to share God's transforming love, giving birth to the church. The gift of that power, fulfilling a promise made by the risen Christ, will be the theme of Church School Day on May 22. The weeks leading up to it will be used for preparation.

May 1 at 10 AM all church school children (except those in the Grade 3 communion class) will meet in the Parish Hall for a half-hour of worship and singing to introduce the theme of Pentecost before joining their parents and the third graders for communion. On May 8 the classes will prepare their parts of the Church School Day worship service. Rehearsal and final preparations will take place on May 15, starting at 10AM. Then on Church School Day, May 22, the children will lead worship, and we'll all celebrate the event with birthday cake.

To help us celebrate we are inviting the whole congregation to **wear red, yellow or orange** to church on May 22. Red is the color of Pentecost, recalling the color of the flames that touched the disciples' heads and lit the fire in their hearts.

- May 1 Introduction to Pentecost as the Birthday of the Church in a one-half hour worship service from 10-10:30 in the Parish Hall before joining parents for communion.
- May 8 Classes prepare for Church School Day
- May 15 Church School Day Rehearsal. 10AM in the Parish Hall
- May 22 Church School Day - Birthday Party for the Church!



## CHURCH SCHOOL UPDATE

### Sunday, May 1<sup>st</sup>: Communion Celebration Sunday

- **9:45AM:** Communion Class members gather in the Meeting House
- **10AM:** Communion Celebration Worship (church school students gather in the Parish Hall, and rejoin their families later in the service)
- **11:30AM:** Confirmation Class in the Stage Classroom
- **1PM:** Interfaith Mini Walk for Hunger at Temple Beth David
- **3PM:** Southern Rail Bluegrass concert in the Meeting House

### Sunday, May 8<sup>th</sup> – Mothers' Day

- **10AM:** Worship & Graduate Recognition

### Sunday, May 15<sup>th</sup> – Confirmation Sunday

- **10AM:** Worship & Rite of Confirmation in the Meeting House
- **10AM:** Church School Celebration Sunday rehearsal in the Parish Hall

### Saturday, May 21<sup>st</sup> – Yard Sale Day

### Sunday, May 22<sup>nd</sup> – Church School Celebration Sunday

- **10AM:** Worship & Church School Celebration

### Sunday, May 29<sup>th</sup>:

- **10AM:** Worship & Church School classes



### FROM OUR PARISH NURSE

## SHINGLES

*The Centers for Disease Control and Prevention (CDC) strongly urges people age 60 and older to be immunized against shingles, a painful localized skin rash that can occur in anyone who has ever had chickenpox – that's more than 95% of the adults in the USA!*

Caused by the same virus that causes chickenpox, (varicella-zoster virus or **VZV**), shingles affects about 1 million people each year in the US alone. VZV is a member of the Herpes virus family, but is different from the ones responsible for cold sores or genital herpes. After a person has had chickenpox, the virus remains **dormant** (inactive) in the nervous system. Later, the virus can become active again, travel along the affected nerves, and cause the rash and pain of shingles. Surprisingly, about one-third of the US population will get shingles at some point in their lives, and half of the people who live to age 85 have had or will get shingles.

### Signs and Symptoms

See your healthcare provider if you develop ....

- Pain, often a tingling-type of pain; may occur before the rash appears, may become burning or stabbing pain,
- Rash on body or face (usually affects only one side, but may appear on both sides),
- Blisters that develop in the rash site and then become crusted,
- Fever, headache, fatigue and/or chills.

### Treatment

- Anti-viral medications, if taken soon after symptoms begin, can shorten the length of time and the severity of a shingles episode; these must be prescribed by a healthcare professional, so call your provider quickly,
- Supportive care, including rest and plenty of liquids, is useful in treating shingles (like any other viral infection),
- Acetaminophen (Tylenol®) may help relieve pain and reduce fever, if it is present

*(Continued on page 10)*

- Cover blisters until they are crusted over, do not scratch blisters since they can become infected with bacteria as well as the virus,
- Wash hands frequently (keep them away from eyes, nose and mouth),
- In rare cases shingles can be very severe and cause critical illness, including pneumonia or encephalitis (inflammation of the brain); severe episodes of shingles may require hospitalization for more intensive treatment.

### Complications

Somewhere between one-third and one-half of older adults with shingles develop complications, and the percentage rises with the age of the person. Complications may include scarring, secondary bacterial infections, pneumonia, visual and hearing impairments (if the nerves of the head and face are involved), even death.

Some individuals develop a long-lasting pain condition called **post** (after) **herpetic** (herpes infection) **neuralgia** (sharp pain along one or more nerves). This is the most frequent complication of shingles, and may last months or even years after the blisters heal. This condition is most common in older persons. Again, early treatment of shingles with an anti-viral medication may help prevent post-herpetic neuralgia.

### Prevention

Vaccines are available for chickenpox and for shingles. Varicella vaccine [VariVax® and ProQuad® – a combination of varicella, measles, mumps and rubella vaccines] is recommended for children and for adults who have not already had chickenpox (two shots recommended). Shingles vaccine [ZostaVax®, made of the same virus but fourteen times more potent] is recommended for adults who are 60 and older (one shot recommended). Certain people should not have these vaccines: pregnant women, persons with immune system disease, persons allergic to any of its ingredients including gelatin or neomycin products and infants younger than 12 months. **Ask your health care provider!**

People who have shingles can pass the VZV to others who have not had chickenpox [after exposure to VZV, the first infection is chickenpox. Re-activation later in life is called shingles.] Once the blisters have healed the contagious phase is finished. Research clearly shows that adults' age 60 and older can significantly benefit from the shingles vaccine. A large clinical trial – the Shingles Prevention Study involving 38,000 adults age 60 and older, performed by Kaiser Permanente in southern California, in conjunction with the CDC – found the vaccine reduced the incidence of shingles by 51% and reduced the incidence of post-herpetic neuralgia by 67%! As with most vaccines, common side effects include mild reactions, such as discomfort, swelling or redness at the injection site, headache or itching. According to the CDC, no serious problems have been identified from the shingles vaccine. **HAVE YOU HAD YOURS\_???**

For more information, go to

- [www.cdc.gov](http://www.cdc.gov) (CDC)
- [www.who.int](http://www.who.int) (World Health Organization)
- [www.aad.org](http://www.aad.org) (American Academy of Dermatology)
- [www.zostavax.com](http://www.zostavax.com) (Vaccine website)

God Bless,  
*Margery Eramo* RN, FCN

## FIRST PARISH VOLUNTEERS

### ALTAR FLOWERS

**Sunday, May 1:**

Given by Carol & Paul Robinson, in memory of Carol's mother, Florence M. Chaisson, and Jim Anderson

**Sunday, May 8:**

Given by Susan, Joseph and Christopher Abbadessa, in loving memory of Susan's parents, Waldo & Margaret Smith.

**Sunday, May 15:**

Given by Sheldon & Janice Blaney, in memory of Janice's father, Bill Buckley.

**Sunday, May 22:**

Given, through the Endowed Memorial Flower Fund, by Ruth Miller, Connie & Barbara, in memory of Herman Miller.

**Sunday, May 29:**

Given by Elvin Fowell, in memory of his mother, Dorothy Fowell.

### ROSIE'S PLACE VOLUNTEERS

Monday, May 16

**Drivers:**

S. Reeve & J. Germano

**Fruit (any fresh fruit: \$7 maximum)**

L. McKenzie S. Reeve L. Liebrock K. Ginsberg P. Sullivan  
J. Germano

**Sandwiches (14 ham & Swiss cheese on whole wheat bread)**

C. Robinson L. Liebrock L. McKenzie M. Speros K. Ginsberg  
J. Forsberg J. Clay L. Domina D. Howard J. Holbrook

### USHER SCHEDULE

**Sunday, May 1:**

Martha Crawford  
Ron Arntz  
Stuart & Carol Maynard

**Sunday, May 8:**

Fred Rice  
Charlie Domina  
Peter Kane  
Nancy Hyde

**Sunday, May 15:**

Doug Hyde  
Jerry Verzino  
Mike Gettings

**Sunday, May 22:**

Dix & Dianne Howard  
Steve & Ingegerd Larch  
Ron & Joy Sudduth

**Sunday, May 29:**

Bob Kadehjian  
Bob Robertson  
Jim & Linda McKenzie

### COFFEE VOLUNTEERS

**Sunday, May 1:**

The Underhills

**Sunday, May 8:**

The Howards

**Sunday, May 15:**

The McKims

**Sunday, May 22:**

The Andrus family

**Sunday, May 29:**

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

### LAY READERS & GREETERS

**Sunday, May 1:**

Lay Reader: Kathy Davis  
Greeter: Barb Worth

**Sunday, May 8:**

Lay Reader: Dick Burgess  
Greeter: Martha Crawford

**Sunday, May 15:**

Lay Reader: Don Friedl  
Greeter: Mike Ellis

**Sunday, May 22:**

Lay Reader: Confirmands  
Greeter: Pam Kane

**Sunday, May 29:**

Lay Reader: Church School  
Greeter: Lloyd Clark

### WESTWOOD MEN'S GROUP

All retired men in Westwood and surrounding communities are invited to the Westwood Men's Group's end-of-year breakfast on Thursday, May 19<sup>th</sup> at 8:30AM. Reservations are suggested.

Guest Speaker for the meeting will be Dennis Caar, Associate Curator of the Museum of Fine Art's "Art of the America's" exhibit.