

www.fpcberlin.org  
May 2018



# The Record

Newsletter

First Parish Church in Berlin

*A federated church, gathered 1779*

United Church of Christ and Unitarian Universalist Association of Congregations  
24 Central St. Berlin, Massachusetts 01503

Pizza Night  
Friday, May 11  
5 – 7 pm  
Meeting  
House  
Take-out or  
eat-in



Mother's  
Day  
Sunday,  
May 13



Memorial Sunday  
May 27  
Worship 10 am  
Meeting House



Memorial Day  
Monday, May 28  
Parade 1:00

In the rising of the sun  
and in its going down,  
we remember them.  
When we are weary and  
in need of strength, we  
remember them.  
So long as we live, they  
too shall live, for they are  
now a part of us, as we  
remember them.

-adapted from #720,  
Singing the Living Tradition

## From the Minister

Happy May! Dare we now say it is spring? The bulbs say 'yes', the birds say 'yes', the trees say 'yes'. Let us hope that the weather agrees.

On January 16, we started working together to create a mission statement for the church. A mission statement is a short, pithy description of the purpose of the church. It doesn't have the detail or the poetry of the covenant, nor does it replace the covenant, but still it is 'catchy' and can be used in signage outside the church to draw the interest of passersby. It can also be used on correspondence from the church. On Jan 16<sup>th</sup>, you shared many ideas for what the mission statement should include. We wrote them down and then met again on an evening in February to further refine the words. From there, the Transition Team boiled the ideas down into a single mission statement. The words, the ideas are from all of you. Here it is:

First Parish Berlin:  
Many paths,  
Many beliefs,  
Stronger together.

This statement is flexible and will change with changing times. It is not a creed but a snapshot of a concept important to this spiritual community.

We hope you find it useful.

The Transition Team

Jim McNickol, Peter Wheeler, Joni Bergen,  
Rev. Frieda

## Sunday School – MAY HAPPENINGS.....

During the month of MAY, the Sunday School children will continue learning about kindness, love and appreciating the things that they have. We will be working on a beautiful Mother's Day gift for the children to bring home to their mother or someone special in their lives.

Have a wonderful month of May. Enjoy the beautiful weather.

Blessings,  
Dawn Galli, Director of Religious Education



## Big Sale Scheduled for June 2



It has been a long tradition to have the plant sale/yard sale/bake sale on the first weekend in June. This event is always a great fundraiser for FPC. This year, Jim McNickol (508-981-5969) and Joni Bergen (508-380-7168) are looking for help in coordinating this event. Everyone's effort is needed to make this a success.

**Plant Sale:** Please start potting divisions from your garden so that they look well established by the time of the sale.

**Yard Sale:** We are seeking your unwanted but still useful items—no large furniture or appliances please. We are also seeking

that special someone(s) to manage the yard sale on that day.

**Bake Sale:** Please plan to bring your contributions that day.

Stan Rogalinski (508-400-0202) is pondering what may be offered to eat that day—if you have ideas or can help him, please let him know.

Deep peace of the running wave to you.  
Deep peace of the flowing air to you.  
Deep peace of the quiet earth to you.  
Deep peace of the shining stars to you.  
Deep peace of the infinite peace to you.

--adapted from Gaelic runes



## “Come, Sing a Song With Me...”

Returning to my article in “The Record” last month, and referencing the book, ***“Imperfect Harmony: Finding Happiness Singing”***, by Stacy Horn:

“‘When you sing, you cannot be sad for long,’ a chorister was quoted as saying in a British study of singing, and that seemed too e both my experience and that of the choir overall. There is a lot of science to support the universality of this response. Almost every study of singing I’ve read comes to the same conclusions: singing feels great and it’s good for you. It decreases feelings of anxiety, loneliness, and depression. ‘Singing also makes you smarter. Children who sing in choirs get better grades, according to a 2009 study by Chorus America. Choristers are also nicer. They were found to volunteer significantly more than the general public and to give more money to charity.

“There are physical benefits to singing, as well. Studies show that brain activity involved with learning music helps counteract the effects of aging and cognitive decline. In her book *The Secret Life of Grown-up Brain*, Barbara Strauch includes joining a choir as one of the things you can do to enhance neuroplasticity. Music increases gray matter and the number and strength of neural connections in the brain.... When archaeology professor Steven Mithen, a consigner, took singing lessons, it changed his brain after only one year.

“Singing relieves tension teaches and symptoms of irritable bowel syndrome. It helps people with asthma and bronchitis to breathe. It’s ‘particularly useful,’ according to the of the paper *The Therapeutic Effects of Singing in Neurological Disorders*,’ in ameliorating the effects of a variety of neurological disorders, including stuttering, Brocca’s aphasia, Parkinson’s disease, and autism. Singing also reduces stress, which can aid in healing and improve the immune response. People who listen to music before surgery are more relaxed and need less anesthesia, and afterward they by with smaller amounts of pain medication. Music can calm our hearts or makes them race, lower our blood pressure or raise it.

“One study indicated that making music together actually reduced stress more than sitting back with a magazine or newspaper. Even singing about death is good for you. Researchers discovered that a choir singing Mozart’s *Requiem* showed an increase in s-IgA, an immunoglobulin that enhances our immune defense.”

So..... from all of what I have reported to you in this, and the last article, please remember: **KEEP SINGING!** or, even better, **JOIN THE CHOIR!!** It will keep you going for years to come.

Bob Specian  
FPC Berlin Choir Director



**First Parish is all about food...**and we have a wonderful kitchen that supports our food ministry. The Friendship Village Fair Shoppe committee voted to set aside \$1000 towards replacing our faithful, elderly stove with a modern version (one with electronic ignition rather than pilot lights...) We need to raise about \$9000 more. Contributions of any size are most welcome—send them to FPC collector and note “stove fund” on it. Thank you so much in advance.





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 Minister's Office Hours  
 Tues, Thurs 10 - 2  
 or by appointment.  
 Administrator's hours  
 are flexible, so please  
 call ahead. 978-838-  
 2575

## Remember Pizza Night! Friday, May 11

Second Friday Pizza Nite at FPC! Pizza buffet at the Meeting House or call (978-838-2964 after 2:00) to order all hand-made 14" rounds to take home—baked or unbaked. We will also wrap-unbaked-for-freezing...a great way to have FPC pizza another day!



Special this month:

- Mexican Meat Fiesta
- Pesto/Sweet Potato/Roasted Corn/Ricotta

**Sunday School &  
 Sunday worship @  
 10 a.m. childcare**



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 Many paths,  
 Many beliefs,  
 Stronger together.

2018 Mission statement

Rev. Frieda Gillespie, minister      Joyce Andrews, secretary  
 Robert Specian, choir director      Robert Cunningham, pianist