



The Congregational
Church of Needham

FOCUS

JUNE 2017

UPDATE FROM THE BOARD

Fellow Congregants,

Here is a report on the Board's May activities.

Bylaws Review. A team of Deacons and Board Members has initiated a review of our Church's bylaws to identify areas where updates would be helpful. The intent is to have any proposed changes ready for Congregational review in the late fall and for a vote at next January's Annual Meeting.

The team is not contemplating changing the Church's governing structure. An example of a helpful change we are considering is that in the case a board/deacons/committee member resigns, at the next Annual Meeting a new member will be elected to serve only the remaining years of the resigned members term, and not the standard 3-year term. This will prevent too many members of a committee all being on the same 3-year cycle. We are also evaluating how to make the Parish and Pastoral Relations Committee (PPRC) a permanent Committee of the Congregation.

If you have any questions, comments, or suggestions for the team, feel free to contact any one of its members: Susan Lively, Mike Normile, Sharmon Priaulx, Howie Sesso, and Scott Stewart.

You can find a copy of the current Bylaws on the church web site at <http://needhamucc.org/wp-content/uploads/2011/10/BYLAWS-revision-2011.pdf>. From the Church home page (needhamucc.org) mouse over "Come" in the upper left. A pop-

up menu will appear, click on "Who We Are". The "Who We Are" page will appear. Click on "Our Church Bylaws" near the top.

Mid-Year Report

Meeting June 11. The Board, Deacons, and Ministers have been preparing for our June 11 meeting. The agenda includes a mid-

year financial review, a report on 1180 Great Plane Avenue, and an overview of the Senior Minister search process. There will also be an opportunity for you to interact with members of the Board and Deacons. And there will be a delicious BBQ lunch, catered by Blue Ribbon Barbecue.



Youth and Christian Education. The Board received a report from Rev. Downer on the status of our Youth and CE programs. Maddie has made commendable progress in revitalizing these important programs, and she shared plans for an expanded range of activities next year. An ongoing challenge is finding enough volunteers as instructors for Bible Village and chaperones for Youth events. Maddie reported that neighboring congregations are having similar problems, and some have addressed the instructor shortage by hiring instructors. Maddie suggested that our Church try this approach next school year, the Board approved her request to spend a maximum of \$4,500 to hire two teachers.

Yours in Christ,
The Board

OUTREACH GIVING

The Outreach committee made the following grants May, 2017:

\$4,000 to support a Guatemala Partnership project - build a 2-classroom building at the middle school in Santa Maria Tzeja.

\$1,200 to Needham Steps Up as our continuing financial support to the organization.

\$1,000 to Define American to help inviting Jose Antonio Vergas who will speak about the topic: Immigration and Identity. The talk will be held at our church at 6 pm on Saturday, June 10th.

Outreach would like to announce that three scholarships from the Abbott Scholarship fund were awarded to graduating seniors from three public high schools in Boston. We plan to honor them on June 4th as part of Youth Sunday.



As we continue to celebrate the 30th anniversary year of our church's partnership with Santa María Tzejá, here are highlights of our recent activities and some upcoming events that you won't want to miss.

Recent Activities:

Chocolate-Making Session: In early May, 20 adults and children shared the experience of making chocolate like they do in the village, by roasting and grinding cacao nibs multiple times, while adding sugar and cinnamon. We found out how much work (and sugar!) is involved in making chocolate from scratch, and everyone got to take home a sample to share.

Guatemala Yard Sale Success:

The 27th Annual Guatemala Yard Sale did not disappoint! With great donations and weather, many volunteer workers, and lots of shoppers, we managed to raise \$5,000 for education in Santa María Tzejá. That's enough to send 4 students to high school for a year! Thanks to all who contributed to make this a memorable community event.

Reminder: Partner-Family Letters Were Due June 4. If you haven't submitted your partner-family or scholarship student letter to Dave Johnson yet, please send it ASAP to: davebjohnson77@gmail.com. The August delegation (August 2-13) will deliver your translated letters to eager families in the village.

Upcoming Dates and Events for Your Calendar:

Guatemala Partnership Social, Saturday, June 17, 6:00 - 8:00 pm, at the Johnson's (505 Great Plain Ave.): Please join us for a relaxing BBQ and an evening of good fellowship. For more information contact: caryljohnson@gmail.com.

August Delegation and Send-Off Gathering: The August delegation, led by Alan Clayton-Matthews and Bill Garrett, will leave for Guatemala on August 2nd. Other travelers are: Jim Ruetenik and son Ken, with friend Ben Braun; Gayle Secord and daughter Gabriella; Wendy Miller and daughter Amaya. Please join us on Tuesday, August 1st, at 7:00 pm at the Johnson's (505 Great Plain Ave.) to 'send off' the delegation with our good wishes.

Founders' Dinner, Saturday, September 23 (Time TBD), Fellowship Hall: Please join us for this catered event during which the partnership's founders, Clark and Kay Taylor, and other travelers will share their stories and reflections on our 30 years of friendship and solidarity with Santa María Tzejá.

Concert and Silent Auction, Sunday, October 22 (Time TBD): Save the Date! Details to follow.

Presentation at the UU Church, June 4, Noon - 1 pm: Leaders of the partnership, along with Clark and Kay Taylor, will make a presentation about the partnership to interested people at the UU Church in Needham. Our hope is to broaden engagement in the partnership, whether as delegation members or participants in other aspects of our long-running outreach project.

February 2018 Delegation Sign-Up: It's not too early to sign up for the February 14-25, 2018 delegation, since the delegation will be finalized and airline tickets will be purchased in late September. Please contact co-leaders Brenda Metzler or Fred Moder with your interest or questions: bmetzler7@verizon.net; or fmoder@verizon.net.

FOCUS

Contributions are welcome. Please submit materials by e-mail to office@needhamucc.org.

September issue
deadline:
Fri. August 25, 2017

Rev. Jim Mitulski
Interim Senior Minister
revjim@needhamucc.org

Rev. Heike Werder
Associate Minister
revheike@needhamucc.org

Maddie Downer
CE & Youth Director
youth@needhamucc.org

Valerie Becker
Music Director
musicdirector@needhamucc.org

Danielle Jurdan
Administrator
office@needhamucc.org

Cindy Sullivan
Office Assistant
office2@needhamucc.org

Rev. Dr. Paul Clayton
Pastor Emeritus

The Church Board
board@needhamucc.org

Jackie Allen, Moderator
moderator@needhamucc.org

The Deacons
Susan Lively, Chair
emaildeacons@needhamucc.org

To provide feedback about any aspect of the church, email feedback@needhamucc.org

FELLOWSHIP & ADULT ED

COMMUNITY DINNERS

6-7pm, June 6, July 11, August 1 - Linden Hall

Dinners coincide with monthly Baby Basics distribution. Volunteers are welcome to join in our effort to provide a healthy dinner for our guests and members of the church.

Volunteers are welcome to help set up, serve, visit and eat with our Baby Basics families, and clean up. Please contact Rev. Heike or Diana Conroy.

MEDITATION GROUP

11:30am on June 4 & 25

Sue Findlay and Stephanie Oddleifson will lead a

group in mindful meditation in the Chapel.

WHEN BREATH BECOMES AIR - BOOK

DISCUSSION

7pm on June 28

Join us for a discussion of When Breath Becomes Air by Paul Kalanithi, a memoir about a young doctor and his battle with cancer. It is thoughtful, spiritual, concise and beautifully written. Here is a link to the Boston Globe review <https://www.bostonglobe.com/arts/books/2016/01/12/young-doctor-husband-father-traces-his-losing-cancer-fight-memoir/CKzcOvnlP5A76lMSNGjMsI/story.html>

See Rev. Jim if you have questions. Copies are available at church book store outside the chapel.

DIVERSITY OPPORTUNITIES

Over the past year we have been engaged in conversations around the meaning and scope of diversity, not only in the church, but in the wider community and the world. Our church, with a grant from the Outreach Committee, is hosting a special event on Saturday, June 10 at 6:00 pm that will invite guests from Needham and eastern Massachusetts into this conversation.

Pulitzer Prize-winning journalist, filmmaker, and immigration activist Jose Antonio Vargas will be speaking on the topic of Immigration and Identity. His presentation is also being sponsored by Progressive Massachusetts and the Progressive Needham Chapter, and supported by Massachusetts ACLU, First Parish in Needham Unitarian Universalist, and several other local organizations that support dialogue about immigration reform and other social justice causes. These include Joined in Action, The Needham Human Rights Committee, Needham Area Immigration Task Force, Needham League of Women Voters, Massachusetts Immigrant and Refugee Advocacy Coalition.

We expect a full house, so registration is suggested for this event. Sign up at www.progressivemass.com/2017_06vargas

Jose Antonio Vargas came to the United States from the Philippines at age 12. He has written for various publications including the New Yorker, Rolling Stone, and the Huffington Post, and received a Pulitzer Prize as part of a Washington Post team covering the 2007 mass shooting at Virginia Tech. His story has been extensively covered by national media, including the New York Times Magazine in 2011, where he first revealed his undocumented status, and a cover story in TIME magazine the

following year. He also produced and directed the film Documented (2013), telling his own story, and founded the activist organization Define American, which seeks to elevate the conversation around immigration and citizenship in this country.

Among the accolades Vargas has received are: the Freedom to Write Award from PEN Center USA, the Salem award from the Salem Award Foundation, which draws upon the lessons from the Salem witch trials of 1692, a Public Service Award from the National Council of La Raza, and honorary doctorates from Colby College in Waterville, ME and the John Jay College of Criminal Justice in New York City.

Progressive Needham will also honor the first six recipients of their Persistence Award, given for proven commitment to and accomplishment in demonstrating the values of the organization.

Renee Graham, associate editor and columnist for the op-ed page of the Boston Globe, for her many columns on racial justice;
Heather Yountz, one of the first local immigration attorneys to respond to the administration's travel ban in January;
Clark Taylor, founder of the Needham Area Immigration Justice Task Force;
State Representative Denise Garlick (MA-13), sponsor of two successful bills in the Massachusetts legislature marking the second Sunday in June each year as Race Amity Day;
State Representative Michelle DuBois (MA-10), who took great political risk to warn undocumented people in her district about increasing activity by federal immigration enforcement; and Harmony Wu, ACLU Massachusetts board member, co-founder of Progressive Mass and Progressive Needham and tireless warrior for social justice.

June

SUNDAY	MONDAY	TUESDAY	
<p>4 8:30am - Choir Practice 10am - Worship - Confirmation & Youth Sunday 11:30am - Bible Study Meditation Group "Documented" movie 7pm - Guatemala Partnership Meeting</p>	<p>5 9am - Cancer Support Grp 7:15pm - EMT Meeting</p>	<p>6 6pm - Community Dinner</p>	
<p>11 8:30am - Choir Practice 10am - Worship - Guest Preacher, Rev. Ryan Eller from Define American 11:30am - Congregational Mid-year Update & Blue Ribbon BBQ lunch</p>	<p>12 9am - Cancer Support Grp 7pm - Finance Team Mtg</p>	<p>13</p>	
<p>18 8:15am - Men's Breakfast 8:30am - Choir Practice 10am - Worship - Father's Day</p>	<p>19 9am - Cancer Support Grp</p>	<p>20</p>	
<p>25 8:30am - Choir Appreciation Breakfast 10am - Worship 11:30am - Mediation Group with Sue Findlay</p>	<p>26</p>	<p>27 7pm - Outreach Meeting</p>	
<p>JULY 2 10am - Worship in the Chapel 11am - Coffee Hour</p>	<p>JULY 3 Church Office Closed</p>	<p>JULY 4 Church Office Closed</p>	
<p>JULY 9 10am - Worship in the Chapel 11am - Coffee Hour</p>	<p>JULY 10</p>	<p>JULY 11</p>	
<p>JULY 16 10am - Worship in the Chapel - Guest Preacher 11am - Coffee Hour</p>	<p>JULY 17</p>	<p>JULY 18</p>	

2017

	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Noon - Lunch with Rev. Heike 6:30pm - Music Team Meeting 7:30pm - Choir Practice	2	3
7		8 7pm - CE Meeting	9	10 Progressive MA/Progressive Needham Event. 6pm - Jose Antonio Vargas
14 7pm - Deacon's Mtg		15	16	17 6pm - Guatemala Family Social at 505 Great Plain Ave
21 7pm - Board Meeting		22	23	24
28 7pm - "When Breath Becomes Air" Book Discussion		29	30	JULY 1
JULY 5 6pm - Bible Study 7pm - Sing! Prayer & Praise		JULY 6	JULY 7 Church Office Closed	JULY 8
JULY 12 7pm - Sing! Prayer & Praise 7:40pm - Board Mtg		JULY 13	JULY 14 Church Office Closed	JULY 15
JULY 19 7pm - Sing! Prayer & Praise 7:40pm - Deacon's Mtg		JULY 20	JULY 21 Church Office Closed	JULY 22

CONGREGATIONAL MID-YEAR UPDATE AND BLUE RIBBON BBQ!

Sunday June 11th, 11:30am

ENVIRONMENTAL MINISTRIES TEAM NEWS ... EARTH STEWARDSHIP FOR OUR LIVES TODAY...

Streetlight pilot: good quality means energy efficient, healthy and eco-logical!

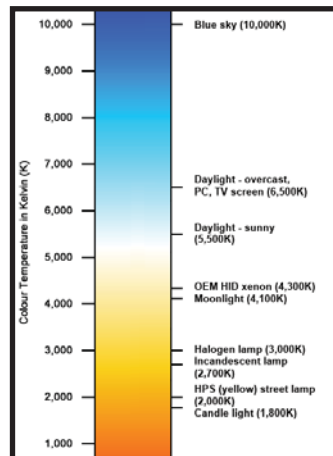
The Town of Needham is running a pilot of LED streetlights from May to July and residents are asked to weigh in.

It so happens that last Advent, EMT sponsored a book discussion on *The End of Night*, by Paul Bogard, about light pollution. While EMT is supportive of reducing carbon footprint, we all learned that LED outdoor lighting is a rather complex topic. We encourage church members to check out the pilots on Stevens, Pinewood, Eaton, and Coolidge Roads near Harris Avenue. But before you do, please educate yourselves with the help of this article and the resources listed.

We are very fortunate to have this opportunity to input to a pilot. After all, changing our street lighting is an important decision the Town will make that will impact public health and safety, wildlife, and our quality of life for decades. Let's explore two important attributes - color temperature and shielding.

First, let us consider color temperature.

The higher the temperature (degrees K) the bluer the light. Bluer light at night affects humans by suppressing melatonin production in our bodies. Melatonin is an important hormone that regulates our circadian rhythms (sleep cycles), synchronizing the entire body's daily functions. The American Medical Association is very concerned about excessive blue light at



night leading to elevated rates of various diseases including certain types of cancer and recommends an absolute maximum of 3000K for human health.

The nocturnal creatures sharing our habitat also need darkness at night to thrive and reproduce. Excessive light at night, especially blue light, disrupts feeding, mating, and migration patterns of animals from insects to birds to mammals, and threatens entire species with extinction. Millions of birds a year die when they become disoriented by city lights and crash into buildings or circle endlessly until dying from exhaustion.

Avoiding the worst of the consequences, the good news is that two of the LED pilots offer the AMA-recommended maximum of 3000K at different luminosities. However, 3000K still has more than twice the blue light content - and more than twice the melatonin suppression - of our current HPS amber-colored street lights. 2700K is already visibly warmer in tone to the eye compared with 3000K. Technology is rapidly evolving, and 1800-2000K LED street lights, similar in temp to our current street lights, are just now coming onto the market.

Please also imagine the light you see in the pilots reflected on winter snow...

Second, let us consider shielding.

Like today's streetlights, these LED ones would be on level with our street-facing bedroom windows. Well-designed shielding directs the light onto the sidewalk and street where the light is needed, and keeps it from entering our homes. When you visit the pilots, examine how the beams of light are emitted and imagine yourself on the second floor of the house next to it. We thrifty New Englanders often like to sleep with our windows open in the summer instead of putting on the A/C, so this is important to our quality of life. Try also looking at an LED test light from 100 feet away (6 car lengths). Can you still directly see the LED light itself in the streetlight fixture? If so, then the light is not well shielded. The AMA report details why direct views

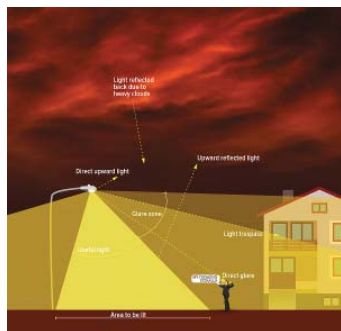
of LED lights are harmful and should be prevented by fully shielding them.

Next, let us consider the color temperature and shielding combined effect.

Proper shielding, combined with a lower color temperature, work together to keep our skies dark. It is energy-smart to direct light to the ground where we need it, avoiding wasteful dispersion up into our night skies. It would also permit us to move toward being able to see once again with the naked eye the thousands of stars that are there, whereas today we can only see a few handfuls here in Needham. Spiritually, multitudes of stars help us sense our place in the Universe as well as God's infinite love. Some of us have the means to go north periodically to visit a dark sky sanctuary, but others cannot. As a matter of social justice, then, we need a dark sky here at home.

The migrating birds we love so dearly also need a dark sky to navigate by the stars. Local astronomers at nearby Wellesley College could also use some more darkness in the night sky to do their research work. The current benchmark in quality outdoor lighting is Sherbrooke, QC, which chose 2200K fully shielded for their LED upgrade. This city is also located near an astronomical telescope station.

Good lighting design avoids glare: direct, bright light to which your eyes react by closing down your pupils, whereas to see well at night, we need our pupils to open. Combining glare resulting from poor



shielding with bluer light is particularly unsafe. The goal of streetlights is to improve visibility; glare makes visibility worse, not better. The good news is that we can have both our cake and eat it too: good lighting design directs light without glare to the ground, where it is needed.

So please do visit the pilots and think about what you are seeing in these contexts. Empowered and educated citizens can extend or widen this pilot with their rich feedback, beyond an up or down vote. Street lights are an investment in our quality of life: it's important we get it right as a community.

Additional resources:

- Town pilot info and survey link: <http://needhamma.gov/streetlight>
- 15-min video TEDx: <https://youtu.be/NX07-6gwaOs>
- 6-min Dark Sky Int'l video: <http://darksky.org/resources/losing-the-dark/>
- darksky.org web site
- Fixture recommendations and effects by QC dark sky reserve: <http://ricemm.org/en/documentations/recommended-fixtures/>
- For the AMA report, or questions, contact EMT@needhamucc.org

Environmentally-themed worship service July 16
EMT is thrilled that Rev Betsy Sowers will be at our church preaching on Sunday, July 16! She is very well known and active in our area and beyond in as a minister in Earth Justice. We hope as many as possible will attend, affirming our church's commitment to all of God's Creation.

Wishing you joy and beauty in the abundance of summer, Anne & Isabell, Carla, Carol, Caryl, & Jenni

JUNE WORSHIP SCHEDULE

Pentecost and Pride: Many Gifts, One Spirit

June 4

The Feast of Pentecost : The Rite of Confirmation and Youth Sunday with Rev. Heike

June 11

Guest Preacher Rev Ryan Eller from Define American,
Congregational Mid-Year Update and Blue Ribbon BBQ!

June 18

Father's Day and Holy Communion

June 25

Music Appreciation Sunday and Stoenwall Commemoration



The Congregational Church of Needham

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Needham, MA 02492-2202

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office@needhamucc.org

On the web at
needhamucc.org

On the twitter
[@needhamucc](https://twitter.com/needhamucc)

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Congregational Church
of Needham UCC

Men's Fellowship Breakfast, Sunday, June 18th

On Sunday, 6/18, the Men's Fellowship Breakfast will welcome all church men to breakfast.

The Men's Breakfast brings men of all ages and persuasions together in the Library on the 3rd Sunday of the month before worship in honest and lively discussion touching our faith and our lives in today's complex world. We welcome men of all ages and accommodate those with scheduling challenges. Arrive at 8:15 AM for fellowship and breakfast or by 9:00 AM for the discussion.

Contact: John Baldwin (jsbaldwin@comcast.net) or Rob Dunlavey (rob@robd.com) for more information.

address

stamp

THE CONGREGATIONAL CHURCH OF
NEEDHAM
UNITED CHURCH OF CHRIST
1154 Great Plain Avenue
Needham, Massachusetts 02492-2202



August VBS

Mon., August 21 - Fri., August 25

NEW TIME! drop-off at 9am Pick-up
at 2pm

Got questions? Email youth@needhamucc.org or call
(781) 444-2510.

Have you always wanted super powers? Wouldn't
it be fun if you could save the world?

At VBS: Superhero Central, we'll learn about all the super
powers we already have! Love, Friendship, Hope, and Faith all work
together to make the world a better place!

Our days will be filled with lots of fun arts and crafts, games and playground time, cooking class and
snack time. Students will bring brown bag lunches. Gluten-free snacks will be provided.

VBS: Superhero Central is open to children ages 3-8. Children must be toilet trained.

Rates: Get one day free when you sign up for the whole week!

\$30/day or \$120/week for the first child

Family discount: \$20/day or \$80/week for additional children

If this program is cost-prohibitive for your family, please reach out to Maddie Downer, youth director,
regarding scholarships at youth@needhamucc.org. Please put "VBS Scholarship" in the subject line.

August VBS Registration Form: Please fill out one per child.

Child Name: _____ Grade: _____ Birthday:(mm/dd/yy) _____

Requested friend(s)/sibling(s) in same class: _____

T-shirt Size (All sizes are Youth sizes): S M L XL

Parent/Guardian Name(s): _____

Home Address: _____

Home Phone: _____ Cell Phone(s): _____

Email Address(es): _____

Emergency Contact Name & Number (other than parent(s) listed above) : _____

Special needs/medications/allergies: _____

Please check all of the sessions you would like your child to attend.

Mon. 8/21
 9am-2pm

Tues. 8/22
 9am-2pm

Wed. 8/23
 9am-2pm

Thurs. 8/24
 9am-2pm

Fri. 8/25
 9am-2pm

Forms and fees can be dropped off at or mailed to:
The Congregational Church of Needham, attn: VBS
1154 Great Plain Ave, Needham, MA 02492

I hereby certify that I am aware of, approve of, and take full responsibility for the participation of the above named participant in The Congregational Church of Needham's 2017 Vacation Bible School program. Furthermore, I assume all risk of and financial responsibility for any loss or injury to the participant or others that may occur as a result of negligence or misconduct by the participant, and I release the Church, and its employees, volunteers, and other agents, from any and all responsibility and legal liability for loss, damage, or injury to the person or property of the participant which may be sustained during or as a result of participation in the Vacation Bible School program.

In the event of an emergency, including illness, injury, or incapacity suffered by the participant during the course of the programming, I hereby authorize the Program Director, a chaperone, or any other adult leader to act as agent for me in consenting to any reasonably necessary X-Ray examination, medical, dental, surgical, or psychological diagnosis, treatment, and/or care, advised and supervised by a physician, dentist, surgeon, psychologist, or social worker licensed to practice under the laws of the state in which the services are rendered. I understand that I, or the applicable insurance carrier(s), will be financially responsible for any such emergency services. I expect that attempts will be made to contact me in the event of any such emergency.

On occasion, children's photos may be posted on the Congregational Church of Needham's website, social media (Facebook, Twitter, etc.) or used in its newsletter. This waiver will remain in effect for 18 months from the date signed or until otherwise revoked. I give my permission that my child's photograph can be published on the church website, social media or newsletter.

Parent Signature _____ Date _____

Please return this form and tuition to:
August Vacation Bible School
c/o Congregational Church of Needham,
1154 Great Plain Ave
Needham, MA 02492

Please make checks payable to the Congregational Church of Needham.