



# The Dover Church

*"A Welcoming Community of Faith and Service since 1762"*

August 29, 2016

Volume 7, Issue 6

## *News from Meeting House Hill*

Beloved of God in The Dover Church!

May overflowing streams of grace and peace be yours through the love of God our Creator and our Lord Jesus!

You have been in my joyful thoughts and prayers the last two months and I so look forward to getting together again in September. For those of you who either didn't know I was away or didn't miss me, I was on a month of sabbatical and a month of vacation.

"Sabbatical?" you might ask. "What's that for a minister?" "A rest." I would answer. "A time to renew, refresh, do nothing for a change after having done a lot for a while."

Many of you can relate to the feeling of a wrung out sponge or a deflated balloon? No? That feeling of having given your all, every ounce of energy, every new idea and inspiration, every hour of building relationships and reaching out to others, every chance to GET THINGS DONE, (insert whatever it is you do) and...AND THEN...or AFTER...having a fulfilling marriage, parenthood, friendships, exercise regime, intellectual/ spiritual/emotional life, etc. That's the life we lead here in Dover, **full on** from September to June.

Thanks be to God, the leaders of our church wrote a three month sabbatical every six years into my covenant of call to ministry, wisely recognizing both the needs of the pastor for renewal and the congregation's need for a pastor at the top of his/her game. "So what did I do to renew and refresh?"

I went to France with my family. The great thing about "France with family" is you don't really do much by Dover standards. Long hours are spent sitting around visiting neighbors, friends, other relatives, eating, talking and drinking wine (glasses, not bottles!!!!), only to finally clear the table and start planning the next meal. My Swedish Yankee disposition was not OK with this, which told me it was exactly what my soul needed. So I relaxed into it and lived the spaciousness that we sacrifice all too often here.

Oh, we also visited caverns with prehistoric cave paintings in the Ardeche, went kayaking in the gorge there, toured through Provence (picture hill top villages and ancient monasteries), swam on the Cote d'Azur, and sightseeing in Monte Carlo-Monaco. France is beautiful, if tense and frightened with the terrorism and influx of refugees.

## LOOKING AHEAD

**Labor Day Weekend**  
**Sunday, September 4th**  
**at 10:00 AM**  
**in the sanctuary**

**Dover Days Fair**  
**Saturday, September 10th**  
**SHYG ASP Display**

**Welcome Back Service**  
**Sunday, September 11th**  
**at 10:00 AM**

**Sunday School Begins**  
**Sunday, September 11th**

*See inside calendar for more details.*



THE DOVER CHURCH • P.O. Box 305, Dover, MA 02030 • Tel/fax: 508-785-0957

info@thedoverchurch.org • www.thedoverchurch.org

The Reverend Dr. C. Maxwell Olmstead, Pastor <max@thedoverchurch.org>



Much to reflect on and savor in the coming winter months.

Then I spent nine physically and spiritually intense days in yoga teacher training at Kripalu in Stockbridge. The teaching was on leading Vinyasa flow yoga, but the learning was about living into the flow of life and breathing and stretching into the places/people/memories that cause you to not breathe and recoil. Much more about that as the year goes on. And finally, I have been at our Cape house. Sort of putting the frosting on the cake.

Most importantly, I am back at full love of life level and missing all of you. I can't wait to hear about your summers.

In Faith, Hope and Love.  
Max - Your Pastor

**Staff Transitions**  
**Liz, Jack and Carrie**

I hope you all loved Liz Williams, our summer pastor during my vacation-sabbatical. I was sad to never hear her preach, but she is such a delight to sit and talk with. Guess what? Liz has been called to be the Pastor at the Wollaston Congregational Church, United Church of Christ, in Quincy. That is FANTASTIC! She starts on September 11 and we'll miss her. What this also means is Liz, having been called by a local church, will now be ordained at 3 PM on September 25 at The Pilgrim Church, United Church of Christ, in Sherborn, where she is a member. If Liz touched your soul this summer or if you are just curious about what a UCC Ordination is like, cross the Charles on the 25<sup>th</sup> and share in Liz and the folks at Pilgrim's joy.

And there's more good news! We did such a good job as Carrie's Contextual Education site,

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our reputation is growing at Boston University School of Theology, and we are getting a new student in September: John (really known as "Jack") Holder. Jack is an interesting and interested young man, a Presbyterian pastor's kid, who is doing something very different than Carrie did. Jack is into theology and the arts. Instead of preaching and leading worship all the time, Jack will be leading theological conversations about film, working with our CE folks in creating theological drama, and reaching out to artists and neighbors in our community to create some theological synergy (figure out what that will look like!)

And finally, Carrie. Carrie has been hired as the Youth Ministry leader at Old South Church in Boston! That is yet more great news. Not only is OSC Carrie's home/favorite church (the church whose love brought her into the United Church of Christ and led her to seminary), but she will get to expand her ministry experience/portfolio of competencies by working with youth, something she didn't do here in Dover. I think we should praise God that our time with Carrie helped equip her for this new stage in her life in Christian ministry. I certainly do.

Max

**New Ministries in the Fall**

As we live and grow in our love of God, our neighbors and our selves, the spiritual chemistry and needs amongst us change. Noticing these changes and offering us nourishing and life giving ways forward is one of the things I do as the Pastor. So here are some new ways forward coming to our church this Fall:

House churches:

If you missed the first series of welcoming announcements in the Spring, we are forming something called House Churches this Fall. These will be once a quarter gatherings in peoples' homes to share some food and spiritual conversation, get better acquainted, and build relationships of love and trust. By quarterly gatherings, think "one Friday, Saturday or Sunday night September-November and one January -April." By spiritual conversations, don't think "discussing the Nature of the Trinity;" think "How I came to be a member friend of The Dover Church" or (more advanced) "The places where I

see God in my life" or (even more advanced) "The Time God saved me". We all have stories to tell and recipes to share. Already some 25 couples/families have expressed a desire to join in. I will be putting initial groups together in September with Beth and other's help, so if you are interested please let us know. Or wait until you hear the buzz around the church/town and we'll form more groups.

Web Accessible Meditations:

It's just not always possible or spiritually efficacious to get to church every Sunday. Or, you might need some spiritual refreshment on a Tuesday and not a Sunday. Can I get an "Amen"? This is the 21<sup>st</sup> century after all! With that in mind, I will be offering regular brief spiritual meditations which you will be able to access on-line from wherever you are when the Spirit moves you to want to connect. By "brief spiritual meditations," I mean 2-5 minute videos that invite you into prayerful meditation on, for example, "what is my spirituality?", "why compassion?", "why kindness and how?", "how can I pray?", etc...and I am happy to take "requests"...you send me a question that has been on your mind and, when I have an answer, I'll make the video and put it on-line. More details to follow as we get the mechanics of this ironed out. If you "friend" The Dover Church Facebook page, you will certainly be one of the first to know.

Meditation and Yoga:

I will be offering both Meditation and Yoga again this fall. **Meditation** will happen **Tuesday evenings at 7 PM** in the Meeting House, which is a way of inviting everyone who will be coming to Tuesday evening meetings at 7:30 to show up a little early and rewire that spirit. I will be teaching various "techniques" as well as offering space for silence.

**Yoga** will move to 9 AM on Tuesdays this Fall and will become more vigorous. Breathe, Feel and Flow is the theme. While physically more demanding than in the past, there will always be a chance for meditation and reflection around a theme. **Yoga will start on Tuesday, September 13th at 9 AM.** We will meet in Kraft Hall.

For those people who have never given yoga a try for fear of physical or other challenges, I will be offering **Chair Yoga** this Fall once a month on Wednesdays at 11 AM. The chair will

offer people comfort, support and stability while we still stretch and bend and strengthen and breathe. So even if you are a regular (or irregular) yoga practitioner, this is something you might want to check out so you can learn how to practice in your office at work. **Chair Yoga will begin on Wednesday, September 21st at 11:00 AM.** We will meet in the Music Room.

Worship in September

Sunday morning is the time when we all get together to praise and thank God in worship. We reconnect with our God, our selves and our neighbors. For those of you were in worship last year, we have been moving to a thematic worship, which is to say staying on a topic for a season or a series of Sundays (we focused on The Lord's Prayer for the six Sundays of last Lent for example). We have also been seeking to offer a variety in worship so that the various worship needs of our congregation can be nourished. With that in mind, our theme for this Fall is Welcome and Hospitality. Not only is this central to who God is and what God does, but it also happens to be one of the great aspirations many members pray for our church. Throughout September, October and November, we will be inviting everyone who comes on Sunday morning into inquires into the meaning and living of Welcome and Hospitality, both as they pertain to God's welcome and hospitality towards all of Creation, and our welcome and hospitality towards others. Our services move back to 10:00 am starting with the first Sunday in September.

On **September 4**, worship will have a "traditional" feel, with familiar hymns, several choir anthems, Communion (albeit by intinction, which isn't "traditional" for us, but it is hard to get four Deacons on Labor Day weekend) and readings and a sermon about Hospitality as the Nature of Creation.

**September 11** is Welcome Back Sunday, when we rejoice in and bless our Sunday School. While this is a tradition, the feel will be decidedly untraditional, with a band and lots of children making a lot of noise. After the Children leave to get acquainted with their teachers and classrooms, we will settle down for a sermon on the Challenge of Welcome, specifically as it relates to all the trauma and fear surrounding September

11 and it's aftermath...and how we can try to stop accelerating the karmic wheel of fear and dread.

On **September 18**, we will switch gears back to a more traditional feel. Along with our traditional Children's Message, organ-lead hymns and choral anthems, our Sermon will be about the story of Abraham and Sarah and how a moment of welcome and hospitality changed their (and our) lives.

**September 25** will be a day of great joy! Not only we be welcoming a substantial group of new members into our faith and fellowship, but our Senior High Youth Group will be sharing their reflections on July's trip to West Virginia where we repaired homes with Appalachian Service Project. If you happen to know a teenager for whom Youth Group would "be good," this would a good Sunday to bring her/him. The music and liturgy will be teen friendly.

And not to get too far ahead of ourselves, but on **October 2** we will celebrate World Communion Sunday with music from around the world (mariachi anyone?) and the Reverend June Cooper of the City Mission Society of Boston preaching.

Youth Programming

Sunday School News

Sunday school begins again on Welcome Back Sunday, September 11th. All children from Pre-Kindergarten to 7th grade are welcome to join us. Our Teddy Bear room will be open every Sunday for our youngest members, ages 0 to 3 years. We ask that all children be registered. If you have not already registered your child, please contact Sarah Hefter, our Christian Education Administrator, sarah@thedoverchurch.org. Sarah sends out a weekly Sunday school eNews filled with important upcoming information. If you do not currently receive our Sunday school eNews, please email Sarah and ask her to send it to you!

For our 8th graders we offer an optional 8-week course called "Human Sexuality from a Christian Perspective" based on the Our Whole Lives (OWL) curriculum. The parent orientation will be held on Sunday, September 11th at 6:30 pm. If you have not already confirmed your youth's participation in this program please contact Sarah Hefter before the 11th. We have limited space available. Confirmation for our 8th and 9th graders

will begin in December. Max and Beth will be sending out additional information about our meeting dates and time shortly.

Youth Group News

This Fall marks the third year in our youth group rebuild effort. As happens with youth ministry, core members leave every year for college. We'll miss Stephen, Andrew, Graydon and Lizzie. They really gave Senior High Youth Group some traction when we were getting started.

Middle School Youth Group

A fun group for youth grades 6-8, we do a variety of activities on Wednesday afternoons 3-4:15, with an emphasis on being good friends, having fun, and touching our spirits. MSYG kicks off on **Wednesday, September 14**, when we go kayaking at Lake Cochituate in Natick at 3 PM. This will be a longer outing lasting until 4:45 pm. On **September 28**, we will be going some group building activities in Kraft hall. If you know a Middle Schooler who is looking for friends, fun, food and faith, with no religious strings attached, let him, her or them know about MSYG.

Senior High Youth Group

Our SHYG has grown, thanks in large part to the popularity of our Appalachian Service Project trip every summer. Kids from all over Dover and Sherborn have joined in this life transforming work we do together. This year, SHYG kicks off on Dover Days, **September 10**, when we will have our "screw gun race" fundraiser for next summer's ASP trip. On **September 18** we will have our welcome back party at 7 PM. On Sunday morning, **September 25**, we will share our ASP reflections in worship. And then, at 7 PM we will have our first ASP organizational meeting looking forward to June-July 2017. SHYG is open to anyone and everyone.

Serving Others

Family Promise Hosting

We are holding a **Family Promise Volunteer Training** session on **Thursday, September 22nd at 7 pm** here at the church. If you are interested in finding out more about our work with Family Promise the training session is a great way to find out more. Thank you all for volunteering and supporting this

important service work. Our next **hosting week** starts Sunday, **October 23rd**. Be on the lookout for the sign up email coming soon!

**Save the Date** - Friday, **November 5th** is Family Promise's Fall fundraiser, "*Keep The Promise.*" We would like to put together a table of volunteers from our church. If you are interested in attending please let Beth Benjamin know.

## Save The Date!

### St Boniface Haiti Foundation Gala

The **St Boniface Haiti Foundation (SBHF) Annual Gala** will be on **Tuesday, October 25th** from 6 to 9 pm at the Boston Marriot Newton. We hope many of you will join us there.

## Making Music Together

In our music ministry, we seek to glorify God in all that we do. If you come to church at all, you are already part of that music ministry and are an active participant in our music making at the Dover Church. Your willing and enthusiastic participation in the SINGING each week is an outward expression of your faith and part of your offering.

This fall we will be continuing the effort to have music be naturally and well integrated into our worship. We plan to continue our singing groups, singing together at times - and move ahead with what was started last spring with the Woman's Choir - a group that will occasionally gather in fellowship to learn and sing songs that are enjoyable and easy to learn.

I have heard, over the years, that many people are somewhat insecure about their musical abilities and somehow don't feel worthy or are intimidated to join a singing group - even from the most talented among us! But I have learned that when we put our voices and efforts together, talented or not, with the ability to read music or not, those barriers are usually transformed into a joyous collaboration where people create something greater than the sum of their individual parts. Let's be open to the possibilities and rejoice in our different tastes and abilities.

**Cherub Choir** (PreK through Grade 3)  
Sings each week when there is Sunday school in the basement of Kraft Hall for 10 minutes, learn-

ing simple, fun songs together.

### **The Caryl Singers (Grades 4 – 8)**

Rehearsals each week when there is Sunday school, from 11:15 to 12:00. They meet in the music room.

### **Women's Choir**

Rehearsals after church from 11:15 to 12:00. Rehearsal dates will be listed in the announcements.

### **Senior Choir (8th grade and up)**

Rehearsals Sunday mornings at 8:30, before worship and monthly on Thursday evenings.

### **Instrumentalists**

Please let Michael, Stacia, Max or Beth know of your and your children's musical talents and willingness to share them either in The Dover Church Band or as a prelude before worship.

## Congratulations, Michael!

On September 1, Michael Kraft, our church's Music Director, becomes the President of the C.B. Fisk Company, Designers and Builders of Fine Organs in Gloucester, MA. For more than 50 years, Fisk has been building organs for churches and other venues around the world... including The Dover Church's organ. We are so pleased for Michael and this recognition of his skill and hard work at his "day job." Well done and good luck, Michael!

## Fellowship Opportunities

### **The Dolphin Group**

**The Dolphin Group** is a men's group who meet for monthly for lunch. Please join us this month on **Wednesday, September 7th at noon** at the Dolphin Restaurant in downtown Natick Center. Please RSVP by calling the church office by September 6th. If you like seafood and fellowship, we invite you to join us!

### **Movie Matinee**

Join us for popcorn and a movie on the big screen! **Friday, September 9th at 1 pm** for "**Salmon Fishing in the Yemen**", starring Ewan McGregor, Emily Blunt, Kristen Scott Thomas and Amr Waked.

*Dr. Alfred Jones (Ewan McGregor) is a fisher-*



ies scientist who one day receives an unusual request: A businesswoman named Harriet Chetwode-Talbot (Emily Blunt) wants his help in fulfilling a wealthy sheik's (Amr Waked) request to bring sport fishing to Yemen. Jones declines at first, but when the British prime minister's spokeswoman latches on to the project as a way to improve Middle East relations, he joins in. Romance blooms as Jones and Harriet work to make the sheik's dream come true.



### Ladies Who Lunch

The Ladies Who Lunch is a strictly social lunch group. We have fun getting together monthly just to have lunch, catch up and get to know each other a bit better.

We hope you will join us on **Tuesday, September 13th at noon**. We will meet at the **Wellesley College Club, 727 Washington St., Wellesley, MA**. Please RSVP by September 12th if you plan to join us. If you need a ride, please call the church office so that we can organize rides for everyone.

### Ladies Lunch Bunch

The Ladies Lunch Bunch is a multi-generational group of women from our church and the community who meet monthly for lunch. In addition, we work together to support many of our church's outreach opportunities.

We invite you, the women of our church (and your friends), to join us on **Thursday, September 15th at 12:15 pm in Kraft Hall**. Bring a friend! And don't forget to bring your lunch!

### Men's Breakfast Group

Over the past few years, men of all ages from the Dover Church have been getting together monthly for breakfast, conversation & laughter for 60-70 minutes. We would love to have you join us. Our next breakfast will be on **Friday, September 16th, at 7 am**. We will be meeting at the home of Steve Karlson, 7 Adams Lane in Dover.

If you can make it, please email Glenn Jensen at glennjensen@comcast.net to make sure we have enough bagels & muffins for everyone. We hope to see you!

### Fall Family Potluck!

Join us again for our Fall Family Potluck. This is a fun event for everyone, young and old. Please save the date! **Friday, September 16th at 6:00 pm**. Location TBD. Watch your emails for our evite with additional information on how you can RSVP and sign up to bring something.

### Altar Flowers

Altar flowers are part of our Sunday service every week. If you would like to dedicate the flowers in honor of or in memory of a family member or friend, please contact Betty Brady, Chair. doverhugh@comcast.net or 508-785-0790. Thank you.

### Learn to Play Bridge in One Day!

Playing a hand of bridge takes no more than a deck of cards, people, and 10 minutes. Bridge has hooked players for close to a century. It is a game both easy to learn and challenging to master. This seminar is intended for new players, or for anyone who has been away from the game for years. In 5 hours, you will learn the basics of bidding, play, and scoring for this fascinating pastime. **Saturday Sep 24, 10:00AM to 3:00PM**. Anyone interested in attending should contact Lisa Procter, membership@acblemba.org, or 508-785-0131. Flyers are available in the church office.

### A Message to The Dover Church

Thank you all so very much for the cards and thoughts you sent to me while I was in the hospital and at daughter Prudy's. They meant and mean so much to me. The summer of 2016 was certainly not the one I planned. I went to the hospital early July exhausted, fighting a tick virus and anemia. I did not feel myself physically or mentally. I loved having son Sandy and Prudy's family visiting even if they only stayed 10 minutes! Walking was tiring and I slept a lot but I was never uncomfortable. Then all started to change and after 5 plus weeks in hospital I was able to go to Prudy's for rehab and as of yesterday I was discharged by all doctors, nurses and therapists. Hooray! Plan to return to Dover Labor Day weekend and look forward to seeing all of you. This is the longest time I have been away from The Dover Church since 1961 - it certainly will be good to be back. Thanks again the cards and thoughts. Love and God bless, Mary Jane Law

# September 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><i>(This calendar receives many updates after publication. The most up-to-date calendar is the electronic one on our website: <a href="http://www.thedoverchurch.org">www.thedoverchurch.org</a>).</i></p>						
28 Worship 9:00 AM Worship Service	29 1:00 PM Al Anon	30	31 9:00 AM Al Anon	1	2	3
4 Communion 10:00 AM Worship Service	5 Labor Day Office Closed  1:00 PM Al Anon	6 9:00 AM - Yoga	7 9:00 AM - Al Anon 12:00 AM Dolphin Lunch 7:15 PM Scouts	8	9 1:00 PM Movie Matinee	10 9:00 AM Dover Days
11 Welcome Back Sunday 10:00 AM Worship Service/ Sunday School 6:30 PM Parent Orientation For OWL	12 1:00 PM Al Anon	13 9:00 AM - Yoga 12:00 PM Ladies Who Lunch 7:30 PM Trustees	14 9:00 AM - Al Anon 3:00 PM MSYG 7:15 PM Scouts	15 12:15 PM Ladies Lunch Bunch	16 7:00 AM Men's Breakfast Group 6:00 PM Fall Potluck	17
18 Worship 8:30 AM Choir Rehearsal 10:00 AM Worship Service/ Sunday School 6:30 PM Student Orientation For OWL 7:00 PM SHYG	19 1:00 PM Al Anon	20 9:00 AM - Yoga 7:30 PM Deacons	21 9:00 AM - Al Anon 11:00 AM - Chair Yoga 7:15 PM Scouts	22 6:30 PM Music Committee 7:00 PM Family Promise Training 7:30 PM Choir Rehearsal	23	24
25 Service Trip Sunday 8:30 AM Choir Rehearsal 10:00 AM Worship Service/ Sunday School 6:30 PM OWL Session 1 7:00 PM SHYG	26 1:00 PM Al Anon	27 9:00 AM - Yoga 7:30 PM Church Council	28 9:00 AM - Al Anon 3:00 PM MSYG 7:15 PM Scouts	29	30	1

# WELCOME BACK

Join us on Sunday, **September 11th** at **10:00 AM** for our  
Welcome Back Sunday service.  
Lunch will be served following worship.

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#### THE DOVER CHURCH

P.O. Box 305 • Dover, MA 02030 • Tel: 508-785-0957 • Fax: 508-785-0957 • [info@thedoverchurch.org](mailto:info@thedoverchurch.org)

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