Summer Spirituality, Connection & Worship



Summer services are lay-led and inspired, relaxed and comfortable. They will be held in-person at 10 am on Sundays in the air-conditioned chapel unless otherwise noted. Please enter the church through the garden door by the labyrinth. There are also local events this summer that involve North Parish members & community partners!

**Note: Services are in-person only; no Zoom is available at this time. Children are more than welcome to attend summer services; there is no Religious Education or childcare during the summer. There will be a nearby classroom area available for caregivers and children.

For all the facts, visit northparish.org/events/ or click on **Join us on Sunday!** on the North Parish homepage at northparish.org.

June 25th - "Reflections on being a helping traveler: Everyone wins"

Leader: Dave Lewis is a Professor Emeritus at UMass Lowell. He has had the opportunity to visit 140+ countries over the past 50 years. He has attended North Parish for 30+ years. In a previous life he was a Peace Corps volunteer in El Salvador. You may see him traveling around town in his moving art project (a VW hippy bus).
Worship Assistant: Aaron Pawelek

July 2nd - A Credo: Hey, if the COA kids can say what they believe in public, let's hear from some adults

Description: It's a good practice for all of us. Unitarian Universalists don't have a set of doctrines or creeds we all claim to believe. We know what it is when we see it, but saying it is another story. Today, a few of us will give it a shot

Credos will be offered by: Bob Watts, Terrie Reid, Shelby Christian, and Renee Hoekstra

July 9th - "They are in the rushing streams"

Description: Senegalese poet Birago Diop boldly states "The dead are not under the earth. They are in the rustling tree, In the murmuring wood, In the flowing water." How much are we still influenced and guided by those who have passed? Not only global figures, but those who have been part of our personal lives: relatives, role models, and intimate friends and partners. We may be occasionally struck by vivid memories and inspirations, or we may talk to them daily. But they live on through us and through all of creation. In physics we learn that matter cannot be created or destroyed; the same is true of the Human Spirit.

Leader: Rev. Helen Cymbala, ordained Earth-Centered Clergy with lifelong passions for history, early music, and comparative religion.
Music: Æring, NP's Early Music Ensemble
Worship Assistant: Heather McNeil

July 16th - An Introduction To Mindfulness And How It Can Decrease Our Suffering

Leader: Dr. Renee Hoekstra obtained a Masters Degree at Seattle University in Existential-Phenomenological psychology her Doctorate of Psychology from Pacific University. She completed a postdoctoral position at Massachusetts Mental Health Center in Dialectical Behavior Therapy and obtained her license in 2008. She has had various coursework in mindfulness interventions for depression and mental health and has been teaching short mindfulness practices in small group settings for the last 20 years. She has become creative, skillful, and discerning in helping people regulate attention, find self-compassion, show up for the moment, manage difficult emotions, sit quietly, observe their breath, acknowledge reality, find inner peace, and act with inner wisdom. She has had training in Dialectical Behavior Therapy, Acceptance and Commitment Therapy, Compassion Focused Therapy, Mindfulness Based Stress Reduction, and Functional Analytic Therapy- all treatment interventions that rely on teaching and modeling mindful awareness. You can find more on her blog and website at *www.reneehoekstra.com* or on her YouTube Channel DBT skills with DrReneeHoekstra.
Worship Assistant: Aaron Pawelek
Greeter: Heather McNeil

July 23rd - Women in the Hebrew Bible Please bring a Bible if you have one.

Description: Have you always wondered about the role for women in the Bible? When we read the Bible, we often have to "read between the lines" to get to the real story. Join Anna Choi as we explore some specific stories from the Hebrew Bible that speak to the role of women in the Ancient Near East. They had bigger roles than we think! Examples will include; Eve, Rahab, the women around Moses, Rebekkah, and more!

For those of you planning on attending, please read the following from the Bible so you know the stories beforehand. Genesis 1-3, Genesis 25 and 27, Exodus 1-4, Joshua 2.

Leader: Anna Choi is an Adjunct Professor of Religious Studies at Endicott College and Rivier University. She also teaches online at several other institutions as well. She also spent 8 yeas as an Archaeologist in Israel and sings with various groups in the Boston area including the Tanglewood Festival Chorus. She has been a member of North Parish since 2006. She is married to North Parish members Andrew Wright and is mom to Sam and Henry Wright.
Worship Assistant: Melissa White

July 30th - Feeling like an Imposter

Description: An exploration of "Imposter Syndrome" from David's personal experience and observations. This is a repeat of a summer service he did in 2019, back by popular demand.

Leader: David has been a member of North Parish for 13 years, and has participated as a COA mentor, handbell choir member, guitar soloist, and member of the Aering vocal group. He has studied a variety of religious and spiritual traditions, including Buddhism, Hinduism, Christianity, and Paganism.
Worship Assistant: TBD
Set-Up Greeter: Melissa White

There will be a pre-service hike with Keith Connors and Heather McNeil beginning at 8:45 AM. We will meet at the Stevens to Stevens Trail on Academy Road right up the street from North Parish and return for the 10:00 AM service.

August 6th - My Journey Toward Climate Justice

Description: It has been said that we are the first generation to feel the effects of climate change and the last generation who can do something about it. Join Carmen Pepicelli for a thought-provoking, uplifting exploration of ways we can honor and respect, individually and as a community, the interdependent web of all life of which we are a part.

Leader: Carmen Pepicelli is a trauma therapist and consultant who practices EMDR therapy in Andover. In a previous professional life, she was a biomedical scientist. Her latest climate justice-related project is a permaculture food forest at her suburban house, for which she obtained a Permaculture Design Certification. She is a member of the choir and the Climate Justice group and lives in North Andover with her husband Klaus, also a North Parish member, their JYG-aged son Raphael and their cat.

Worship Assistant: TBD

August 13th - Family Community and Food ~ Potluck Service

Description: Food can be a way to connect with your family and heritage, experience other cultures and local flavors as part of traveling, express your thoughts on the environment and our web of life, and generally, can bring people together for connection and conversation. We will talk about family, food, and community and are asking everyone to bring a dish to share and the recipe; store bought favorites are also welcome. It will be a brunch-ish potluck service!

Leader: Heather McNeil has been a member of North Parish since walking in with her husband, Justin Nealey, and their infant daughter, Ellise, who Bridged this year. Her other daughter, Maylen, did Coming of Age this year. Heather loves to eat, sometimes loves to cook, and loves sharing food with others. It is one of the ways she remembers her grandmothers and celebrates her Armenian and French Canadian heritages.

Worship Assistant: TBD

August 20th - Title TBD

Description:

Leader: John Williams
Worship Assistant: Jeff Nathan

August 27th - What is an Exvangelical, and what can they teach UUs?

Description:

Leaders: Lora Freeman Williams is a mental health counselor and expressive arts therapist and lives and works in Andover. She is also an "exvangelical," and she lives with her husband (John), 17-year-old son (Isaac), cats (Cosmos and Nebula), and one dog (Joann). She has been a member of North Parish since 2016 and is part of a small group, choir, the Caring Team, and Racial Justice Team.

Aaron Pawelek is a psychotherapist with the New England Pastoral Institute in Salem, NH. He also facilitates the Pastoral Care Specialist Training Program for the Association of Clinical Pastoral Education. At North Parish, Aaron is chair of the worship committee, a small group ministry leader, and a member of the choir. He lives with his wife Susan and misses his son Oliver, who is at college. Aaron plays the guitar with Alice and the Groove Diggers!

September 3rd, Labor Day Weekend - no service!

September 10th, Ingathering & Water/Shell/Stone Communion 10:00 am in the Sanctuary, with the Rev. Lee Bluemel & John Middleton-Cox.

Keep Reading for Additional Gatherings! —>

Additional Gatherings and Events

Juneteenth Celebration

Cormier Youth Center
40 Whittier Ct., Andover
Monday, June 19th 4:00 - 7:00 PM



Andover Baptist Church in partnership with the Town of Andover, the Andover Interfaith Community Friends, the Merrimack Valley Black and Brown Voices (MVBBV), and the DEI Commission is proud to bring you the 3rd Annual Juneteenth Celebration! All are welcome to come to attend this educational, uplifting, and moving event.

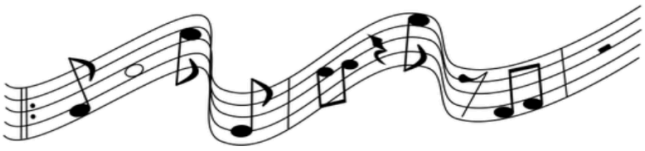
Historic Speeches on the Common

North Andover Town Common

Tuesday, July 4th, 10:30 AM



Please join The Friends of the 1836 Meeting House and the North Andover Historical Society with support from Mass Humanities and the North Andover Festival Committee for this 4th annual event. The program will include local leaders and activists reading some of our nation's important texts. For more information visit https://www.1836meetinghouse.org/events.



North Parish @ the Sunday Concerts on the Common:

Sundays at 6 pm, July 9th - August 20th

White Street Band on July 9th!

Alice and the Groove Diggers on August 20th!

The Sunday night Concerts on the Common are an opportunity for the whole family to meet up with other North Parish members and friends and enjoy some outdoor musical entertainment just outside our doors on the Town Common.
Concerts are every Sunday, July 9th - August 20th at 6pm. North Parish will be out in force on **July 9th and August 20th**, to support our own **White Street Band** and **Alice and the Groove Diggers**! Bring your own blanket or chairs; come early with snacks and drinks to socialize ahead of the music. The shows are put on by the town's Youth & Recreation Services. See the line-up of all the performers here.