First Church Sandwich, UCC

THE SPIRE NEWSLETTER



A NOTE FROM REV. TINA:

"I am about to do a new thing; now it springs forth, do you not perceive it?" ~Isaiah 43:19

Dear First Church and Friends,

The other day when I was out running it was a little warmer than usual. I had on my leggings which go down to my calves. For some reason, the one on my left leg always rolls up to my knee which can be annoying. I had on my favorite white, and neon green running hat and a short-sleeved shirt. I was sweating up a storm. The humidity was high, my pant leg was rolling up, sweat was dripping off my nose, the sun was shining down on me and I was struggling to breathe. I was running along 130 on the sidewalk by the pediatric offices thinking I still have about another mile to get home. That's when it hit me that I needed to practice what some runners call a *gratitude mile*.

You use a gratitude mile when you are out on a run and it is a struggle; maybe your legs feel heavy, it is a hot day, you have low energy, or you just are not feeling the run (like I was). A gratitude mile is when you shift your thinking from all the negative going on in your run (the temperature, how heavy your legs are, labored breathing, etc.) to things you can be grateful for such as: I am thankful for the trees providing me shade on this run, or I am thankful for my new sneakers, or I am thankful for my good health allowing me to run, or I am thankful I live in an area that I can run outside. A gratitude mile shifts a person thinking from negative into positive. So, I gave it a try on that hard run and low and behold....it worked! My run felt so much better! My legs we a little bit lighter, my breathing was not as bad, my pant leg was still rolled up, but I made it home still jogging and in a much better mood.

Our thoughts are powerful. This election season, no matter how the election turns out, we as individuals and as a faith community have a lot we can be grateful for. No matter who wins the election for president, senator, state representative or anything else, the sun will still rise the next day and we have a choice in how we approach each situation.

So when November 4 comes I invite you, no matter if your candidate(s) wins or loses, to take time that day and make a list of 5 things you are grateful for. I know one of mine will be having the opportunity to lead this wonderful community. I am grateful for you.

May you be grateful and may you be kind to yourself and others.

Blessings,

Rev. Tina

P.S. Many have been asking if we will be back in the church building for Advent and Christmas. As you will read in the update from the Sanctuary Restoration Team, it has been found that the steeple is in need of structural repairs which will delay the timeline. This means we are putting on our creative hats and will worship together in NEW ways this Advent and Christmas Eve. Stay tuned for more information. It won't be the same however *God is working in a new way, can you not perceive it?* We will create new memories and witness Christ's birth among us. Nothing can keep the light of Christ away!

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CHURCH SCHOOL NEWS:

Church School Moves Entirely Online

With the range of in-person comfort levels, a part of our church school body is missing! Rather than have some families meeting in person, and some missing, Faith Formation will offer church school completely online until further notice. Families that opt to come to worship will be provided with child-friendly activities to engage wiggly ones with during the service. Church School will be held on Zoom on Sundays at 8:30 a.m.. To log on, click here:



https://us02web.zoom.us/j/83185853968?pwd=dk56MXp0bXY2K3pNUXcxc1l0UjdUZz09

Or use Meeting ID: 831 8585 3968, Passcode: 600434. The log on information will be the same each Sunday.

Sunday Morning Church School Schedule:

We are enjoying learning about God's promises!
We promise to share God's love with you through the lessons outlined below.

DATE	FOCUS SCRIPTURE	STORY	MAIN IDEA/NOTES
November 1	1 Kings 17:1-16 [17- 24]	The Widow of Zarephath	Communion Education Lesson #2; We will begin in Church School and join worship for communion.
November 8	Jonah 1:1-17; 3:1-10 [4:1-11]	Jonah & the Big Fish	No matter what we do, God's love for us never changes.
November 15	Isaiah 6:1-8	Isaiah's Vision in the Temple	God calls imperfect people to do God's work.
November 22	Jeremiah 36:1-8, 21-23, 27-28; 31:31-34	A New Covenant	No matter what we do, God promises a renewed relationship
November 29	Daniel 6:6-27	Hope in the Lion's Den	Advent Begins! We can trust in God's faithfulness.

High School Youth Group meets on the 2nd and 4th Sunday of the month at 6:00pm. We will meet in person in the garden at church unless otherwise announced.

Middle School Youth Group meets on the 4th Sunday of the month at 4:45 p.m. online. To log on, click here: https://us02web.zoom.us/j/81961631987?pwd=OURVL3I1N1d0endiUVJxdHRzNTJ5UT09

Or use Meeting ID: 819 6163 1987, Passcode: 034473. The log on information will be the same for each meeting.



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SCHOOL NEWS CONTINUED:



Many, many thanks to Betsy Pottey the energizer bunny helper, for her work organizing and preparing Trek or Treat! And thank you to all the stops along our Trek for welcoming the trekkers. It was a joyous and playful time of making connections with our church family!



Thanks to Diane Ranney for teaching our church school for the month of October. We learned a new song, sculpted clay, blew bubbles (sort of), and found out more about God's promises.

If your family hasn't had the chance for a Getting to Know You meeting with Rev. Jennie, be sure to email her at reviennieval@comcast.net to set up a Zoom or in-person meeting. Time together helps us better serve your family's individual needs.

Advent Workshop - Paint and Play Online December 4th @ 6:00 p.m.

Families and individuals are invited to paint a wooden nativity and prepare for the Holy season of Advent. We will demonstrate that "we believe even when..." we are distanced from each other, the Christ Child will come again to fill our hearts with hope, peace, joy, and love! A full kit including all needed paint and supplies will be available for pickup or delivery. Cost is \$15 per family. If finances are an issue, please contact Rev. Jennie; no families will be excluded. We will gather on Zoom for a time of learning and crafting, and making our hearts ready for the music and light of that wonderful gift of Jesus. Gather your whole family for this fun workshop. Please RSVP by November 10 by emailing Rev. Jennie here: reviennieval@comcast.net or call the church office at 508-888-0434. Faith Formation will send more details about 1 week before the workshop. Zoom information will be provided once you RSVP.

Christmas Pageant! Yes! We will be presenting a Christmas pageant this year. It will be done on video. Participants will

record themselves in costume from the safety of their own home. Rev. Jennie will come record folks if that is helpful. If your child would like to participate, please click here and write your child's name in the body of the email: reviennieval@comcast.net and let her know who would like to

participate. Many thanks to Debbie Barrette, Joanne Saunders, and the Faith Formation Ministry Team for making this happen.



Traveling Nativity: Mary and Joseph are on the road! We invite a different pair of people each Sunday to be our Traveling Nativity. Each Sunday from 12-1pm, Mary and Joseph will be positioned somewhere in



Sandwich with a sign indicating what they are doing. Each Sunday will bring the Holy Family closer to "First Church

Bethlehem." We will supply the costumes. You just need to dress and stand in the designated location on your Sunday. Won't our neighbors wonder what is happening? Will word spread that there are some unusual travelers around town? Help keep the idea of Advent - the traveling journey that leads to Emmanuel - God With Us - in the minds of our community. If you want to be part of this playful and intriguing opportunity, email Rev. Jennie at revjennie@comcast.net.

CHAIR YOGA:

Thursdays at 10 am Via ZOOM

Chair Yoga is a great way to Get fit where you sit®! presented in multiple levels of flexibility. With Chair Yoga, your chair becomes your mat. Just about any pose that can be done standing, sitting, or lying on a

mat can be adapted to the chair. The class includes breathing, stretching, strengthening, and relaxation.

Contact Rebecca Reeves
Dundorf for log-in information:
rebreeves@comcast.net

Rebecca Reeves, LVCYT



SANCTUARY RESTORATION FUNDRAISER:

Christmas is coming in less than 100 days.... Need a gift idea? As a fundraiser for the Sanctuary restoration and as a way to keep me out of my kitchen I have been crocheting animals. I would love to help your shopping and can do special requests. The picture shows some of



my animals, large and small. Please contact me at msahlgren@msn.com or call (or text) me at 508-274-8613. I can send pictures of other completed animals. Peace, Merry Sue Ahlgren



THANKSGIVING PRAYER SERVICE:

This year Thanksgiving for many will look and feel very different, because travel is more limited families will not be able to gather in the usual way. However, we still have much to be grateful for. We at First Church are a strong community and this year we are offering a time of worship on Thanksgiving Day to bring folks together who may be apart. God's Spirit is with us no matter where we are and for that we can be eternally grateful! So come worship with us on Thanksgiving let us connect our hearts and prayers. To participate by phone dial **1-929-205-6099** When asked for the meeting id type in: **897 7201 3828**

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WITH MALICE TOWARD NONE

decrease election polarization in our community & regard those who voted differently without malice and with respect

Accept one another, then, just as Christ accepted you, in order to bring praise to God. - Romans 15:7 (NIV)

1.) Consider the upcoming election, and its threats and opportunities. Decide if you would you like to sign this pledge:

"Regardless of how the election turns out,
I will not hold hate, disdain, or ridicule for those who voted
differently from me. Whether I am pleased or upset about the
outcome, I will seek to understand the concerns and aspirations
of those who voted differently and will look for opportunities to
work with people
with whom I don't agree."

 Attend a post-election virtual gathering with others who voted and feel as you did.

 Attend a second post-election virtual gathering with others who voted and feel differently

More Info: revtina@comcast.net or 508-888-0434



How
pleasant it is
when God's
people live
together in
unity!

- Psalm 133:1



ADVENT OFFERINGS

Advent Workshop

December 6 @ 4pm via Zoom. Join Faith Formation for a fun time as each family paints their own Nativity set!

More details to come.

https://us02web.zoom.us/j/88500523117? pwd=WIVaV1k2ZTJtYi8vTzVXTVdpcy80Zz09 password:537341

Weekly Centering Prayer (Meditation)

Join Rev. Tina each Tuesday evening at 6pm via Zoom for a time of centering prayer and meditation on 12/1, 12/8, 12/15, 12/22

https://us02web.zoom.us/j/85034320036

Drive-in Carol Sing

December 12 @ 2pm in the Church Parking Lot Come park your car tune into a predetermined radio station and sing with your favorite Christmas Carols led by Roy and Kathy!



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JUBILEE:

Jubilee is a ladies' book discussion group that meets the first Tuesday of each month at 6:30 pm



via Zoom. We discuss our selected book, have a time of worship and enjoy refreshments and the support of a wonderful group of ladies. Anyone interested in joining-in or contact Nancy Lawrence: nancjl@comcast.net for Zoom information.

NOTE DATE & DAY CHANGE!

Nov. 2nd *My Own Words* by Ruth Bader Ginsburg

Dec. 1st Behind the Beautiful Forevers

by Katherine Boo

OUTDOOR WORSHIP:

Outdoor Worship Services will continue in November! Starting November 1st, we will have **heaters at the services** (thank you Chapman Electrical)!

As the mornings get cooler we are working to warm you physically and spiritually. Please remember to RSVP to Jennie in the office (508-888-0434, or email Sanducc@firstchurchsandwich.org) by Friday at noon.



CHURCH CIRCLE:

Church Circle annually supports A Baby Center in November and the Salvation Army "Dress a Live Doll" program in December.

We will continue those missions this year with gift cards and clothing purchased from our treasury. If anyone would like to make a monetary donation to increase our gift to these charities, please send a check (made out to "Church Circle") to the church office to Circle's attention. Thank you.

THANK YOU:

How do you help young families during a pandemic? Several of our loving congregants prepared dinners and delivered them right to their doorstep. These young families were not food insufficient. However, they were dealing with so much uncertainty, especially before and once school started. We hope these young families felt the love of Christ first hand.

Thank you to the following individuals (cooks) who exemplified "Caring People, Sharing Gods Love."

Kathleen and Geoff Bridge
Judy Coppola
Marilyn Dexter
Carole and Charles Dundorf
Nancy Jannson Serodio
Wendy King
Paula Mc Ouaid

Ed and Althea Brabazon

Annie Morrison

Betsy Pottey

Chris and Diane Ranney

Rebecca Rosensweig

VIRTUAL FAITH ON TAP:



The next Faith on Tap will be held On Zoom

https://us02web.zoom.us/j/89005589482

Password:906963

November 11th @ 7:00 p.m.

All are welcome to join!



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STEWARDSHIP:

BE THE CHURCH

The Stewardship Committee is grateful for everyone who has already pledged their financial support this year. Over 30% of those pledging INCREASED their pledge, and we welcomed ten new individuals or families as pledging members.



We are still 25% away from our goal for this year's budget. If you haven't done so already, we ask you to prayerfully consider pledging. You can fill out your pledge card online this year by visiting bit.ly/2021Pledge.

Thank you for being the church and for sharing your gifts of time, talent, and treasure! -The Stewardship Committee

SANCTUARY RESTORATION PROJECT (SRP) UP-DATE:

The sanctuary ceiling superstructure has been reinforced, and the ceiling has been refastened. The plan is to complete the painting of the upper portion of the sanctuary ceiling and crown molding and then dismantle & remove the scaffolding.

We removed loose insulation for better visibility of the structural reinforcing of the ceiling systems over choir loft and sanctuary. It became evident that the timber trusses that support the Belfry & Steeple have more than normal deflection and connection failures. The trusses are made up of heavy timbers & steel fasteners.

The Steeple has always had a slight, but visible "tilt" and we expect this breakdown has been ongoing for many years. The tilt seems to be directly related to the truss issues and the direction of the tilt is a confirmation.

Our structural engineer has inspected the Belfry & Steeple support structure. It was determined that the ceiling beneath the Choir Loft should be removed so that we could more closely inspect the entire structure. The timber truss deflection is continuing and many of the steel fasteners are in various stages of failure. We have installed temporary posts in the choir loft to secure the Belfry and Steeple while the new reinforcement design is completed. A second structural engineer has been engaged to assess and provide a peer review of the proposed design.

The Belfry & Steeple support system is a complicated & substantial effort. We are exploring alternative solutions. The cost, is significant. We are exploring differing some of the work that was initially planned, to be able to tackle this critical work, and initially stay within the \$230,000 that has been approved by the congregation. When we firm up the scope and cost of this added work, we will explore options to complete both the initial scope and the added scope.

Thank you, The Sanctuary Restoration Project Team

PERSONAL INFORMATION UPDATE:

included in the church	and let us know if your conditional directory. Forms can be for the information can be	mailed to	: First Chu	rch Sandv	vich, UCC	PO Box 810,	
Name	amePreferred Name						
Mailing Address				Town			
Zip Code	Home Phone			Cell F	hone		
Email Address							
I give permission to pu	blish my information in th	e church	directory	Yes	No		
I would like to receive	the Spire Newsletter by:	Mail	Email	Both			

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COOKIE MAKERS:

Connections will be collecting your cookies on Saturday, November 7 from 10 to 12. The plan is to work in the garden making up baskets of varied sizes to give out. If you are unable to deliver your cookies on Saturday please contact Merry Sue to arrange a drop off. We are also looking for names of organizations and individuals you believe would enjoy some homemade goodies. We plan to deliver them early in the week.

Thank you, Cheryl Johnson-Moore. (cljrx57@yahoo.com), Merry Sue Ahlgren (msahlgren@msn.com or 508-274-8613 cell)







PLEASE KEEP THESE FRIENDS **IN YOUR PRAYERS:**

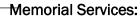
Prayers for Comfort & Healing:

Daryl Forth, Janet Garfield, Richard Augustine, Judy Lumpkin, Jessica Freitas

Prayers of Sympathy:

The Hammel Family, The Ecker Family and all others who have lost loved ones.

> Home Bound: Mildred Lauzier. Eleanor Rose, Marjorie Hadley, Aggie Rosander



Nov. 1 @ 1:00 Ann Ecker Nov. 8 @ 1:00 Tom Hammel



ADVENT IS COMING!:

Adults and kids - send us your words about... "I Believe Even When...Fill the Night with Music and Light!"

For Advent this year we are creating a booklet of poems written by members of First Church inspired by our theme for Advent: I Believe Even When... Fill the Night with Music and Light. All submissions are welcome and are due by November 15. These booklets will then be mailed to all members of First Church. Please email your poem to the church office at: Sanducc@firstchurchsandwich.org.



ADULT FAITH FORMATION OPPORTUNITY: Wise Women & Spirituality

Howard Thurman reminds us, "How good it is to center down!" reflecting on the hunger deep in our spirits, the space where balance can emerge. In these unprecedented times, tasks pile on and we don't have access to the relationships or resources that ground us. The possibility for respite and retreat seems far away. We cannot go out, but we can follow Thurman's lead and go in, finding the presence of the life-giving Spirit right where we are, and the sacred in the ordinary. Join us for Community and Conversations! Spend six monthly evenings with wise women who have found ways to anchor and sustain themselves spiritually. Think of each session as a "microretreat," with conversation, practices, community, & experience of the gifts of each of these women. To register: https://tinyurl.com/y33cz2nb

SUMMER CAMP PLANNING...ALREADY??

Join us for a special Zoom information session to learn about the innovative new summer camp program Silver Lake will offer in 2021! Silver Lake Conference Center is our Southern New England Conference of the United Church of Christ's summer camp in Sharon, CT. It is on a beautiful lake, and boasts a fabulous low- and high-ropes course, comfy bunks, great game fields, and more!

Get all your questions answered about how we will have fun, make new friends.

and be safe.

TWO SPECIAL ZOOM SESSIONS

Thursday, Nov. 5 @ 7 pm Saturday, Nov. 7 @ 9 am

To register, visit:

www.silverlakect.org/campsessions



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TA	UV			

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
8:30 Church School via Zoom 10:00 Service 1:00 Ann Ecker Memorial Srvc. 5:00 Social Hr. via Zoom	2 6:30 Jubilee 7:30 AA in rear parking lot	3 7:30 AA in rear parking lot	4 12:15 Bible Study	5 9:00 Coffee with Rev. Tina 10:00 Chair Yoga	6	7 10:00 Connections Cookie Collections 12:00 Food Drive Collection
An Samts Day						
8:30 Church School via Zoom 10:00 Service 11:00 Food Drive Collection 1:00 Tom Hammel Memorial Srvc. 6:00 HS Youth	9 7:30 AA in rear parking lot	10 7:30 AA in rear parking lot	11 12:15 Bible Study 7:00 Faith on Tap Veterans Day	9:00 Coffee with Rev. Tina 10:00 Chair Yoga	13	14
8:30 Church School via Zoom 10:00 Service 2:00 Barn. Assoc. Fall Gathering	16 7:30 AA in rear parking lot	17 10:00 Finance 7:30 AA in rear parking lot	18 12:15 Bible Study 6:30 Council	19 9:00 Coffee with Rev. Tina 10:00 Chair Yoga	20	21
8:30 Church School via Zoom 10:00 Service 4:45 MS Youth 6:00 HS Youth	23 7:30 AA in rear parking lot	24 7:30 AA in rear parking lot	25 12:15 Bible Study 6:00 Deacons	26 10:00 Prayer Service Happy Thanksgiving	27	God is faithful
29 8:30 Church School via Zoom 5:00 Service 1st Sunday of Advent	30 7:00 FFM 7:30 AA in rear parking lot	Music Thurs. Choir 7:00 pm			Kaye Swain Sandwich TNK	

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HELP THOSE THAT HAVE HELPED US:

Although First Church is not having a 2020 Holiday Happenings Fair, we still want to encourage our church family to remember all of the businesses that have repeatedly stepped forward to help make our Fair a success. Our local businesses are suffering from the effects of the pandemic. We encourage you to purchase from these businesses and while doing so let them know how much our church has appreciated their support.

We all miss the camaraderie, the laughs, the creative outlet and the food that accompanies working on the Fair. We hope and pray the 2021 Holiday Happenings Fair will be a huge success!

1856 Country Store, Centerville A Village Florist Amerigas Atlas Computer Aubuchon Hardware Belfry Inn & Bistro Blueberry Muffin Bobby Byrne's British Beer Co. Cafe Chew

Cahoon Museum
Canine Feline Design
Canning's Service Center
Canterbury Market
Cape Cod Beer
Cape Cod Dog Center

Cafe Riverview

Captain Scott's Charlie's Barbershop Coastal Cupcakes & More

Cosmic Cannoli

Cotuit Center for the Arts

Crow Farm

Curley & Co. Salon Dan'l Webster Inn Diesel & Lulu Domino's Pizza ECO Tourz

Edible Arrangements Falmouth Toyota

Father's Kitchen & Taphouse

Fishermen's View

Fitzie's Barbershop Fleetwood Photography Glass Studio of Cape Cod Graziella's Artisan Pizza Great Lengths Hair Salon

Green Briar Nature Center Heidi's Gem

Holly Ridge Golf Club Hometown Juice

Hy-Line Cruises

Lindsey's Family Restaurant Lisa Sells Cape Cod Mahoney's Garden Center Makepeace Farms Marshland Restaurants McDermott Glass Studio

Merchants Square Liquors

Moto Pizza

Next Door Burger Bar

Ninety-Nine

Pick's Handyman/Landscaping Picture This Pilot House

PJ Cranberries Robert E Guertin Jeweler

Rock Bottom Seafood Route 6A Cafe

Rutherford Wine Co.- Bob Browne

Ryans Family Amusements

Sagamore Inn Sam Diego's Sandwich Arts Alliance Sandwich Car Wash Sandwich Glass Museum Sandwich House of Pizza

Seafood Sam's
Seaside Boutique
Shipwreck Ice Cream
Smith Family Popcorn

Spaulding Outpatient Centers

Splash Stationers Sportsite Spotted Cod

Steamship Authority Stop & Shop Sugar Rush Summer Cottage

Sundance

Tails in the Sand
The Brookside Club
The Brown Jug
The Deli
The Lanes
The Lobster Trap
"The Professor"
Rob Wheeler

"The Professor"
Rob Wheeler
The Ridge Club
Titcomb's Bookshop

Trader Joe's

Two Brothers Pizza

Water Wizz William Sonoma

OUTREACH:

The Outreach Committee will once again collect bags of food for the Sandwich and Bourne Food Pantries for Thanksgiving. You can drop off your food donations on Nov. 7th from 12:00-2:00 in the rear parking lot or Nov. 8th from 11-1:00 p.m. in the front of the church. The committee members will be at the church to meet you and deliver the food in time for Thanksgiving. If you are not able to come to the church, please get in touch with Marilyn Dexter at 508-648-2112 and she will arrange for a pick up.

Sandwich Food Pantry specific requests:

Gravy Mix
Quick Bread Mix
Chicken Broth
Other Items accepted:

Pie filling
Green Beans

Instant Mashed Potato Canned Vegetables

Tuna

Tea/Coffee/Juice Apples (fresh) Brownies Crackers Stuffing Soups (mushroom)

Sugar

Pie Crust (boxed) Cranberry Sauce Bourne Food Pantry

Stuffing Mix Cranberry Sauce Instant Mashed Potato Canned Fruit Cake Mixes Soup Shampoo Tooth Brushes

Tooth Brusl Tea

Jars of Turkey Gravy Crackers Canned Vegetables Boxes of Quick Breads

Brownies Coffee Tooth paste Sugar Tuna



FIRST CHURCH, SANDWICH, UCC PO BOX 810 SANDWICH MA 02563

NON-PROFIT ORG PERMIT NO. 3 US POSTAGE PAID SANDWICH MA

Return service requested.



Sunday Morning Worship Service is in person at 10:00 a.m. in the rear parking lot (RSVP required).

Online on our YouTube Channel www.youtube.com/firstchurchsandwichucc

And on Sandwich Community Television, Channel 14 Sundays at 5:00 p.m.



