

March 2019

NEWSLETTER
FIRST CHURCH SANDWICH,
UNITED CHURCH OF CHRIST

Volume 52 Number 1



A Note from Rev. Tina

Dear People of First Church,

My favorite season of the church year is Lent because it is a time we can slow down and really focus on God, without all the commercialization. Lent is a season of reflection and opening. This year for Lent we have chosen the theme of *Prayer* based on the scripture:

"Devote yourselves to prayer, keeping alert in it with thanksgiving."

~Colossians 4:2

Prayer is an important part of our spiritual lives. It both allows us to speak to God and to listen to God. During this Lent, we are offering 3 Lenten Workshops all centered around the theme of Prayer:

Prayer in Movement: On March 24 at 3pm, Rev. Rebecca Shelbe-Hall from *Chaplains on the Way* will guide us in the spiritual practice of walking the Labyrinth. A large tarp Labyrinth will be set-up in the vestry with Rev. Sheble-Hall instructing us and guiding us through this walking meditation, followed by snacks.

Prayer of Music: "Song Writing for God" is a workshop for individuals to learn the basics of writing a musical call to worship, led by Roy Gernhardt. This workshop will meet four times during Lent: March 12 & 13, April 2 & 3.

Prayer through Art: "Praying and Coloring" is a family friendly evening lead by Dianne Ranney and Jericca Waterhouse. Join us as we look at how art and creativity are forms for prayer on April 4.

As we move through Lent this year, I am also reminded of the words we hear from Jesus in Matthew 6:1-6 & 16-21 where he instructs his listeners on *how* they are to practice their piety when they give alms, pray and fast. As Rev. Dr. Lisa Cressman states *"There's no question in Jesus' mind about whether to practice piety, only how."* The question for us this year is *how are we going to walk through Lent?*

Many of us give up something for Lent, whether it be chocolate, caffeine, bread or other indulgences. Fasting undoubtedly can bring us closer to God (and you might lose a few pounds which never hurts!) and there are many spiritual practices in which you can actively participate; in which you "do something" rather than "give something up". Below are a few examples of spiritual practices which involve "doing" rather than "fasting".

Donate: Go through your closet and donate something each of the 40 days

Pray: Practice prayer using the 40 Prayers for 40 Days sheet included in the Spire

Attend: Commit to attending at least one of the three spiritual practices offered by First Church

Move: commit to walking or jogging for a certain amount of time each day

No matter *how* you choose to observe Lent this season, I pray that your spiritual practice brings you closer to God and deepens your faith.

Blessings to you this Lent,

Rev. Tina



Lenten Spiritual Practices-

Prayer in Movement:

On March 24 at 3pm, Rev. Rebecca Shelbe-Hall from *Chaplains on the Way* will guide us in the **spiritual practice of walking the Labyrinth**. A labyrinth is a pattern, usually in the form of a large circle, that has one path, beginning at the outer edge and leading in a circuitous way into the centers. While the path may look like a maze, it in fact will lead you to the center. Simply a maze is designed to make you lose your way and a labyrinth is designed to help you find your way. This spiritual practice has been around for centuries guiding as a walking meditation helping people find inner peace. A large tarp Labyrinth will be set-up in the vestry with Rev. Sheble-Hall instructing us and guiding us through this walking mediation, followed by snacks. All children and adults are welcome!



Prayer through Song: Songwriting for God's Church

"Sing unto the Lord a New Song!" Psalm 96.



Ephesians 5 entreats us to "be filled with the Spirit, speaking to one another with psalms, hymns, and songs from the Spirit! Sing and make music from your heart to the Lord."

Throughout history, the Christian Church has observed these commands. Fresh moves of the Holy Spirit have always been accompanied by new songs and hymns written to instruct, inspire, and comfort new generations in new contexts.

This year, in order to promote this spiritual practice, we are offering four classes in the art of songwriting. The workshops will take a practical perspective and will use both sacred and secular music as models. We will do both individual and group writing exercises. Musical ability is helpful, but songs are often written by separate lyricists and composers, so the ability to play an instrument is not necessary.

The workshops are cumulative (they build on each other) and will be held **7:15 PM on Tuesdays and Wednesdays March 12/13 and then April 2/3 in the sanctuary.**

Prayer through Color:

Have you ever been too agitated to pray—too much "in your head" and nowhere near your heart? If so, this Lent, join us as we learn to "Pray in Color", a unique meditation that anyone from 7 to 97 can do. On Thursday, April 4 at 6:30 p.m., Diane Ranney and Jerrica Waterhouse will lead a workshop that will teach you to let go of any preconceived notions that one must be in a certain state of mind in order to "pray correctly". Come to the time with an open mind and a willingness to pour out your needs on paper. God speaks in many hues and shades--you bring your worries and thoughts—we provide the crayons!



**"Devote yourselves to prayer,
keeping alert in it with thanksgiving"
~Colossians 4:2**

Please keep these friends in your prayers

Prayers for Healing:

Charlie Marino, David Schrader,
Clyde Gill

Prayers of Sympathy:

The Fox family on the death of Steve's father; Lenie DeRuiter and Hetty Hayes on the death of Lenie's daughter, Jose; Jackie & Steve Coffman on the death of Jackie's mother Alice Zona;
and all others who have lost loved ones.

Home Bound:

Hope Anderson, Mildred Lauzier, Eleanor Rose

Flower Sign Ups

Would you like to honor a special person, birthday or anniversary, or provide a special accent to the sanctuary altar? Perhaps a thank you to God for the blessings you have received. Please contact Ann Morrison at: amjoan@aol.com or sign up in the Gates Room.



Date	Name
March 3	
March 10	
March 17	
March 24	J. Garfield
March 31	

ATTENTION, ATTENTION!!! The Outreach Committee would like to compile a list of all VETERANS. Please email your name, address, phone number and branch of service to Judy Coppola at: judecoppola@verizon.net



Faith on Tap Continues!

Faith isn't just a topic for Sundays. Join us for conversation that deepens our community about where faith and community converge, in a safe place to engage in faith, doubt, and to ask questions. All are welcome!

When:

1st Wednesday each month @ 7:00PM

Where:

British Beer Company, Sandwich



Ash Wednesday

March 6th

- ♦ Ashes to Go @ Sagamore Bus Sta. 6:15-7:35 am
- ♦ Noon Service with St. John's @ First Church
- ♦ 6 p.m. Service @ First Church
- ♦ 7 p.m. Faith on Tap @ BBC

Lent Bible Study

"Devote yourselves to prayer, keeping alert in it with thanksgiving" ~Colossians 4:2

March 6 ~ Ash Wednesday
12pm Ecumenical Service

March 13 ~ Cancelled

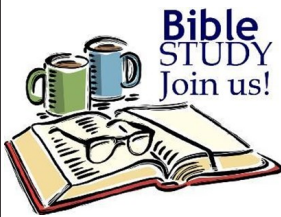
March 20 ~ Lay led study
scripture TBD

March 27 ~ Luke 15:1-3, 11b-32

April 3 ~ John 12:1-8

April 10 ~ Luke 19:28-40

April 17 ~ Luke 22:14-23:56



**Bible
STUDY**
Join us!

HOLY WEEK SERVICES**Palm Sunday**

April 14th

9:00 & 11:00 a.m. services

Maundy Thursday

April 18th, 7:00 p.m. service

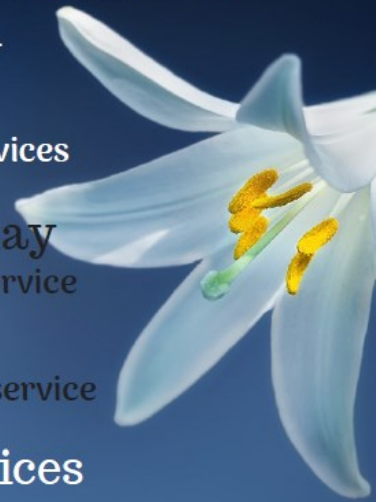
Good Friday

April 19th, 7:00 p.m. service

Easter Services

Sunrise Service @ Town Neck 6:00 a.m.

9:00 & 11:00 a.m. service

**Jubilee-**

Jubilee is a ladies' book discussion group that meets the 1st Tuesday of each month at 7:00pm in the Gates Room. 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 contact Nancy Lawrence nancjl@comcast.net.



To be discussed **March 5th**

"There There" by Tommy Orange;

to be discussed **April 2nd** **"Where the Crawdads Sing"** by Delia Owens. Happy Reading!

***"For where your treasure is,
there also will be your heart."***

- Matthew 6:1

Have a Newsletter Submission?

Please submit by emailing to Jennie Fagnant at (sanducc@comcast.net) or by leaving a copy on the office door (folder named "Spire Articles") by the 20th of each month.

Ladies Circle

On Thursday, April 18th, we will meet at First Church at 11am to car pool to The Community of Jesus, The Church of the Transfiguration, in Rock Harbor Orleans. Bring a lunch which we can eat on the premises and enjoy their gift shop and their wonderful tour of the premises.

Thursday May 16th, we plan to have lunch once again at Upper Cape Tech in Bourne.

Thursday June 20th a picnic at Jan Kasper's home in Sandwich will end our season. More details will follow and sign up sheets will be posted outside the church office.

All women of First Church are welcome to join us for all of these outings.

If you have any questions call Susan Spurling at 508-477-6620!



Faith Formation

On January 25th a group of our teens and adult volunteers went to Street Reach. Street Reach is a program through the Cape Cod Council of Churches for Homeless Ministry. The youth and adults who attend this program volunteer their time and service to the homeless community on Cape Cod. Thank you to everyone who donated clothing! There was so much clothing that StreetReach will be able to provide clothing at their next few events. Photo right of participants from that weekend (not pictured Rev.Tina, Chris Ranney & Rob Newell).



On February 14th, Faith Formation hosted a Parents Night Out event. There were seventeen children attendees, with five adult and two youth helpers. The kids made their own robots, built towers out of marshmallow and toothpicks, and made their own pizzas while the parents enjoyed a night to themselves. Thank you Betsy Pottey, Paula McQuaid and Joan Powell for helping execute this event!

SAVE THE DATE – Puppet Show & Dinner Saturday, April 13th @ 5:30

We will be joined by the Puppet Ministry from the United Church of Christ in Norwell, MA! The event includes a presentation and then a meal together. Friends and neighbors are welcome for this all-ages presentation.



To My Church Family,

Thank You! Thank You! Thank You!

I don't know if I can say that enough...the visits, phone calls, gifts, dinners, shopping trips, cards, support, generosity, love & prayers. I hope that I'm able to give back a fraction of what you have given me. May our church family love each other to the fullest always.

With Gratitude,
Judy Coppola

For generations, the Cape Cod Council of Churches has served as a "Harbor of Refuge" for our neighbors. Join us to celebrate this good work. Enjoy appetizers, cocktails, dinner buffet, live music, silent auction, Honorary Guest & keynote speaker Dan Wolf, Founder & CEO, Cape Air/Nantucket Airlines.

Saturday April 6, 2019 5:30-9:30 PM

The Sea View 76 Chase Ave. Dennisport

Tickets \$100.00 per person

THE major fundraiser for the Cape Cod Council of Churches. (Wouldn't it be nice to have a First Church table!)

The Council serves over 7000 individuals annually through six ministries: A Baby Center, Covenant to Care for Foster Families, Faith Family Kitchen, Hands of Hope Food Pantry and Outreach Center, Homeless Ministries, and Hospital Chaplaincy.



Come be Fed, and Feed Others!

Every **Communion Sunday** the Outreach Committee invites you to bring a donation for the Food Pantry. Together we can all be fed at God's table and spread that love by helping to feed others in our community.

Below is a list of suggested items for the upcoming months:

March 3: **Toilet Paper**

April 7: **Coffee**

May 5: **Mayonnaise**

June 2: **Dry Cat Food**

**DONATE
FOOD
HERE**





40 Prayers for 40 Days

During Lent let's find time to talk to God.
Every day, we'll pray for someone different!

- | | |
|--|----------------------------------|
| 1: Your Neighbor | 20: Someone who is lonely/sad |
| 2: Your Teachers | 21: School principles |
| 3: Your Pet | 22: Someone who feels left out |
| 4: Political Leaders | 23: Veterans |
| 5: Youth Group Leaders | 24: Active Duty Persons |
| 6: Sunday School Teachers | 25: Your sisters and brothers |
| 7: People experiencing
homelessness | 26: People living in poverty |
| 8: Our Police | 27: Immigrants |
| 9: Our Firefighters | 28: Someone who is scared |
| 10: Those who are suffering | 29: Church Volunteers |
| 11: Your friends | 30: Someone who is sick |
| 12: Children waiting to be
adopted | 31: A new friend |
| 13: Doctors and nurses | 32: Your parent |
| 14: Your coaches or instructors | 33: Your grandparents |
| 15: Your minister | 34: Senior citizens |
| 16: Newborn babies | 35: People who are hungry |
| 17: Those who've passed on | 36: People who are unemployed |
| 18: Your own personal intention | 37: Kids living in places of war |
| 19: Your co-workers/classmates | 38: Your best friend |
| | 39: People in your church |
| | 40: Your relationship with Jesus |



March 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<u>Music</u> Tues. 6:15 Praise Band Thurs. 7:15 Choir				1 9:30 Exercise 7:00 Girl Scouts	2
3 <i>Annual Meeting</i> 10:00 Service 11:15 Meeting	4 9:30 Exercise 9:30 Pryr Shawl 12:00 Staff Mtg 5:30 WOW 5:45 Chorale Brd 7:15 CC Chorale 7:30 AA	5 5:30 Connections 7:00 Jubilee 7:30 AA	6 Ash Wednesday 9:30 Exercise 11:00 Prayer Grp 12:00 Service 6:00 Service 7:00 Faith on Tap	7 9:00 Beth's Tea's 9:30 Chair Yoga 11:30 Soup Lunch 1:15 Visitors 4:45 Dance 5:30 Jr. Choir	8 9:30 Exercise 7:00 Girl Scouts	9
10 9:00 Service 11:00 Service	11 9:30 Exercise 12:00 ROMEOS 7:15 CC Chorale 7:30 AA	12 5:30 FFM 7:15 Songwriting Workshop 7:30 AA	13 9:30 Exercise 11:00 Prayer Grp 7:15 Songwriting Workshop	14 9:30 Chair Yoga 4:45 Dance 5:30 Jr. Choir	15 9:30 Exercise 7:00 Girl Scouts	16
Rev. Tina on vacation → → → → Contact the church office for pastoral care → → → → 508-888-0434						
17 9:00 Service 11:00 Service	18 9:30 Exercise 9:30 Pryr Shawl 7:15 CC Chorale 7:30 AA	19 6:00 Search	20 9:30 Exercise 11:00 Prayer Grp 7:00 Council	21 9:30 Chair Yoga 4:45 Dance 5:30 Jr. Choir	22 9:30 Exercise 7:00 Girl Scouts	23
24 9:00 Service 11:00 Service 4:00 Labyrinth	25 9:30 Exercise 7:00 CC Chorale 7:30 AA	26 7:30 AA	27 9:30 Exercise 11:00 Prayer Grp 12:00 Bible Study 5:30 Parenting Class 7:00 Deacons	28 9:00 Beth's Tea's 9:30 Chair Yoga 4:45 Dance 5:30 Jr. Choir 5:30 Parenting Class	29 9:30 Exercise 7:00 Girl Scouts	30 12:00 Special Olympics Pizza Party
31 9:00 Service 11:00 Service						



Widening Our Welcome

WOW! Widening Our Welcome is a team formed to further our commitment to our faith statement. Through education, outreach, and a whole lot of fun we strive to lean into loving all our neighbors, regardless of their social or economic condition, race, ethnicity, physical or mental abilities, age, gender, marital status or family structure, sexual orientation, gender identity and expression, theological or political ideology. We have some great ideas brewing already- from a diversity event, to lectures, celebrations, to making educational materials available for people who want to further their understanding! If this interests you or you have your own ideas to offer, we encourage you to join us at our next meeting, Monday, March 4th at 5:30pm!

Please help us to keep Social Hour going!

Social Hour is important to have this time to connect with other church members. Easy directions for making coffee and supplies are in the Gates Room kitchen and, Marilyn Dexter, Judy Coppola and Betsy Pottey are all available to help with the coffee, if you ask. Keep snacks simple, store-bought cookies are fine. Please sign up in the Gates Room today (or anytime- the schedule for the next 3 months is on the wall in the kitchen).



Easter Flowers

Members of the Flower Committee will be in the Gates room *between* services **Sunday, March 24th, March 31st, April 7th, and Palm Sunday, April 14th**. If you wish, you may complete the form below and mail your order to the church; otherwise, forms will be available at the table in the Gates room.

Please make your check payable to:

First Church of Christ, Attn. Flowers (in memo).

The deadline for ordering plants is Palm Sunday April 14, 2019.

Lily \$10.00 _____ Spring Bulb \$8.00 _____

In memory of _____

OR celebration of _____

Name of donor _____

_____ Deliver to shut-in _____ I will take my plant (after 11:00 am service)

MAIL FORM AND PAYMENT TO:

First Church Sandwich, Attn. Flower Committee

PO Box 810, Sandwich, MA 02563





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

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

RETURN SERVICE REQUESTED

FIRST CHURCH SANDWICH, UCC
PO Box 810

136 Main Street
Sandwich, Mass.

Phone: 508-888-0434

E-mail: sanducc@firstchurchsandwich.org

Website: www.FirstChurchSandwich.org



Spire by Email

To subscribe to the email version of the Spire, saving money as well as trees, please send an email to sanducc@comcast.net with the Subject "Email Spire Only," type your name in the body of the email and send.

Call to Annual Meeting

First Church Sandwich, UCC calls all members and associate members to the Annual Meeting to be held **Sunday, March 3, 2019 at 11:15 am** in the sanctuary following one worship service at 10:00 am.

The purpose of the meeting is:

- *to hear reports from officers and committees
- *to hear a report from our Senior Pastor, Rev. Tina Walker-Morin
- *to receive nominations and elect officers and committees
- *to vote on the proposed budget adjustment for FY 2019
- *to act on any other business that shall come before it.

Nancy J. Lawrence, Clerk

"Devote yourselves to prayer, keeping alert in it with thanksgiving" ~Colossians 4:2

Lenten Spiritual Practices:

- *Prayer Through Song: "Songwriting for God's Church"*

Session 1 & 2: March. 12 & 13 @ 7:15 p.m.

Session 2 & 3: April 2 & 3 @ 7:15 p.m.

- *Prayer through Movement: Labyrinth Walking Meditation*-March 24th @ 3pm

- *Praying through the Arts: Praying and Coloring*- April 4th @ 6

- *Bible Study*- Every Wednesday @ noon

