

STEEPLE VIEWS

FIRST CONGREGATIONAL CHURCH OF WAKEFIELD

UNITED CHURCH OF CHRIST

AN OPEN AND AFFIRMING CONGREGATION



REVEREND MARY A. JAMES, PASTOR
REVEREND GEORGE HARVEY, PASTOR EMERITUS

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THE PASTOR'S PLACE . . .

YOUR FAITH, YOUR VOTE

Soon, we will cast our votes to elect the person who will fill the most powerful office on the planet: that of President of the United States. And, as much as many pastors of various political persuasions would like to (including me, I admit), it is wrong for a minister to suggest to parishioners for whom they should vote. There is a critically important and legally protected line between church and state, and for very good reason: the protection of religious freedom. In our country, we are blessed with a Bill of Rights embedded in our Constitution, the First Amendment of which reads as follows:

öCongress shall make no law respecting an establishment of religion, or prohibiting the free exercise thereof; or abridging the freedom of speech, or of the press; or the right of the people peaceably to assemble, and to petition the government for a redress of grievances.ö

This amendment protects freedom of belief and conscience for all Americans, but many have invoked the amendment in a twisted way, attempting to turn it inside out, suggesting that their religious freedoms are impinged on when everyone doesn't believe the way they do. We see the attempt to pervert the amendment play out in many ways: in the suggestion that somehow marriage equality obstructs the religious freedom of those who are against it, or that access to birth control through health insurance impedes the religious freedom of those who oppose its use, or the assumption that conservative Christianity is somehow the "normative" religion in our country, or in the inference that every other system of belief is just a little less equal (or maybe a lot less, in the cases of Islam or atheism, for example).

So, in honor of the true meaning and spirit of the First Amendment, I will not suggest for whom anyone else should vote (nor should I, as your Pastor).

I will, however, urge you *to* vote. Bring your heart and mind, your faith and your reason, a well-informed perspective, and vote. Whenever we hear someone say that they will not vote because it "doesn't matter," we should cringe. Tell that to the suffragette, the former slave, the people of the world today who do not live in a democracy, we should say. May God bless and guide our country as we approach this crucial election. May divisions heal. May peace prevail. May we find our way forward, amazed at the diversity of humankind, and may we work hard to seek common ground.

Go forthí and vote.
Grace and peace,

Mary

Whoever is faithful in a very little is faithful also in much.

Luke 16: 10

THE REST OF THE STORY

Marjorie Bank's history book on our church, Through the Open Doors of the First Congregational Church, concludes in 1985. This year I'd like to begin an effort to write our church's history from that time to the present. Here are some possible topics we could include: biographies of pastors; interviews with long term members; and an analysis of what has remained constant or changed over time. Please let me know if you would like to take part in this project.

Linda Petkunas/Archivist

CHURCH DIRECTORY

The Church Office maintains an electronic Church Directory. To be included in this directory please contact the Church Office at [603-522-3189](tel:603-522-3189) or fccwakefieldnh@gmail.com with your full name, mailing address, phone number(s) and email address.

Electronic copies will be sent to All Church via email bi-monthly (Jan, March, May, July, September, November) A few hard copies of the directory will be made available and put in the Sanctuary quarterly (January, April, July, October).

Now would be a good time to request inclusion or update the existing contact information we have for you!

Thank you!

Building & Grounds is looking for some help with interior painting ... and some outside yard work before it gets too cold. Date to be arranged with volunteers. Please contact Carol Lundgren at [978 807-4041](tel:978-807-4041). Thanks!

For more information on articles you read in the Steeple Views, contact the editor at steepleviews@gmail.com or call the church office at 603-522-3189.

[www.facebook.com/
FirstCongregationalChurchofWakefieldUCC](http://www.facebook.com/FirstCongregationalChurchofWakefieldUCC)



And on Twitter - @wakefieldnhucc
<https://twitter.com/wakefieldnhucc>

ROCK STAR HIGHLIGHTS



September was the kick off to a new year. This year our church school program will concentrate on Christian symbolism. And so we began with learning and understanding the meaning of being a Rock Star.

October brings more excitement to our robust program. On Sunday Oct 2, we are exploring the meaning of numbers. Many may be able to guess what the number 1 represents and know right away all about number 12. Do you know about the number 7 or the number 10? The Rock Stars will return to the sanctuary to participate in that universal and wonderful symbol of faith; World Wide Communion.

Family Sunday on October 9th will feature a wonderful music and sing-a-long sermon with Andrea Szirbik Groft. This service is meaningful and understandable for all ages, children and adults.

Matthew 25:40, "If you do this for the least of any you do it for me." October 16 is Project Sunday: Making Bird Feeders.

October 31st! The Rock Stars will be Trick or Treating for UNICEF (United Nations International Children's Emergency Fund). This service project has been a tradition since the 1950s so perhaps many will recall Trick or Treating for UNICEF themselves. Having friends over for Spooky Cider and Pumpkin Cake? Going to a festive Halloween Do? Join the effort! Collection boxes are available at the back of the sanctuary.

Many thanks to Joanne Dolbear for her wonderful provision of infant and toddler care each week. Joanne volunteered to do this as we seek to hire an infant toddler provider.

Volunteers are always welcome and needed. Donate one hour of time in the coming year. All supplies, information, prep work is provided. No experience needed other than a smile and helping hand. Please call Julie in the office 522-3189 to let her know your preference. You can either help with our littlest Rock Stars ages 3 and under in the infant-toddler room. Or, you may wish to work alongside our youth ages 4 years and older as they learn a new lesson, craft or meaningful project.

Denine Foulks

**PAUL NICKERSON RETURNS,
AND HE'LL MAKE YOUR DAY!**

SAVE THE DATE: Wednesday, October 12th, from 5 to 8! Pizza provided (donations appreciated to defray the cost).

Our enthusiastic and intrepid Church Coach, the Rev. Paul Nickerson, will return to Wakefield for an in-person check-in as we continue with our vibrant vitality effort. Paul will offer an infusion of his wisdom as he advises us in all the best ways to be a relevant, vibrant, loving community reflective of God's love and grace in our area in our time. It is just plain fun to spend time with this joyful and knowledgeable Coach. to Mary at fccwpastor@gmail.com or 522-3189 so that we can order enough pizza. Let us know! Please join us!! Everyone is invited. Please RSVP if you have dietary restrictions. See you there!!

PARISH HELPERS—GUESS WHO?

At the next Parish Helpers meeting, we will be playing a game of Guess Who? If you're wondering what that means in this case, and I know you can't wait to find out, I'll tell you!

I'm going to ask each of us who attend the meeting to bring a photo of themselves from bygone days. It can be a baby photo, or a old school photo, graduation photo or even a wedding photo. Please bring it in an envelope and hand it to me as you arrive. Be sure your name is on the back of the photo or you have attached a note with a paper clip. I will place them all on a large poster board and number them. As we gather and have refreshments, you will be able to go up and see if you can guess who is who. I will have answer sheets and we will see who can get the most matches!

We will also have a much-needed business meeting since our last 3 meetings were: picnic, fair, and author visit. It will be nice to have time to sit and chat with each other and have a little fun!

Our hosts for the meeting are Evelyn Truhn, Dorothy Letellier, and Jan Stanley and devotions will be given by Patricia Golden. I hope to see you all there. As always, all women from the church and community are welcome to join us!

Carol Jeffery

TREASURER'S REPORT

Operating Budget (Non-restricted): July 1 to Aug 31, 2016

Income:	\$ 35,252.88
Expenditures:	<u>\$(29,394.12)</u>
Net Income (Loss)	<u>\$ 5,858.76</u>

Checking Non-Restricted balance:	\$ 9,277.31
Checking Restricted Funds balance:	<u>\$ 1,642.04</u>

Total Checking Account balance: 8/31/16 \$10,919.35

Fundraising provided a wonderful boost to our income numbers in August. The Yard Sale raised over \$4000 again this year thanks to all those hardy volunteers and many gifts of treasures to sell. Several individuals donated \$467 for the Patriot tickets given to us by a generous church member. There are still copies left of Marjorie Bank's book of the church history. Get yours before they are gone. All proceeds go to the general fund.

This month we will continue the explanation of our Profile accounts by talking about the Online Donate Now Account. Vanco is our service provider for this electronic -giving option which we began at the end of last year. We began the use of the Donate Now Button in order to provide the community a way to financially support our church through the use of an online donation button on the church website. An income line of \$750 was added to the budget this year to account for any additional income received by the church through the Donate Now Button. As of the end of August, no money has come in for this specific line item. Several church members do use the Donate Now Button to fulfill their pledges; however, these funds are recorded in the budget on the Pledge Income line.

Individuals using the Donate Now Button can do so with either a credit card or by using ACH transfers from their bank accounts. The credit card option includes a way to help offset the costs of the use of the credit card. It does not totally cover the costs, but it does help. Currently we pay \$5 per month and a small transaction fee (for each transaction) to use the Vanco service. To cover the Donate Now (Vanco) expenses, a new expense line of \$100 was added under the Stewardship portion of the current budget.

Janice Brejwo and Shannon Johnson, Co-Treasurers
fccwtreasurer@gmail.com

REMEMBER THIS?



Last spring, for Earth Day, during worship those present made commitments to a variety of forms of earth care. Remember?

As we move from summer to fall, it seems a good time to review these earth-care commitments and to evaluate how we all did. Many of us placed our earth-care intentions on a little post-it note, and these were displayed in the back of the sanctuary through the summer season. Here they are:

- use less plastic, use a BPA free water bottle to eliminate plastic bottle use
- plant vegetables; plant groundcover
- print less paper at work
- pick up trash on road and ground
- get a job closer to home to reduce gasoline use; combine trips, reduce driving
- be more conscious of water use; reduce shower time
- fix the leaky faucet;
- hang laundry outside;
- don't waste food; start composting
- replace hot water tank with on demand heater
- use less electricity; turn off lights
- recycle junk
- plant trees; plant gardens; plant more trees and flowers
- commit to a local CSA
- buy clothes at a thrift shop
- stop using Keurig machine and go back to coffee pots
- use home-made weed-be-gone of vinegar, Epsom salt, and detergent
- keep a set of flatware at work so I don't use disposable spoons and forks
- cut grass less and do not use pesticides
- pick up roadside litter in E. Wakefield
- bike to work twice a week
- use organic fertilizer, compost regularly
- recycle more; recycle and re-use water bottles; recycle always; reduce trash
- plant a butterfly habitat
- walk 1 mile loop around neighborhood and pick up cigarette butts and garbage
- plant a tree; plant a new garden; plant veggies
- raise chickens

What a GREAT LIST for all of us!! Let us continue to act as loving stewards of God's good creation, upon which all life depends.

Rev. Mary

Z TEAM NEWS

Thank you all for your care and support for the 2016 Z Team travelers as they negotiated the unexpected challenge of returning to the USA. Knowing the whole Wakefield community was offering unconditional love was a huge emotional boost. The last week of their journey temporarily overshadowed the many joyful experiences along the way.

Max, Jillian, Ann, Dalton, Vranthe (our PKZ Director) and I had a memorable trip painting the inside and outside of the church at Rufumiso, staying with FOOT director Joseph Sibiyi and family and meeting many of the FOOT children, creating swings for the children at Daisy Dube, and working on the much anticipated Humani Clinic site clearing brush and gathering rocks, and meeting wonderful people all along the way. A safari trip (or three actually) enabled us to witness the wonder of giraffes, elephants, zebras, impalas, kudus, wildebeest, baboons, warthogs, unique birds and more.

Zimbabwean friends were highly impressed with the love, dedication, and the work of the Wakefield Team and they appreciated their openhearted willingness to share their food, their homes, their songs and dances, and learn about life in Zimbabwe. You will hear their personal experiences in the many weeks to come.

We hope you are enjoying the service auction offerings that enabled so much of this mission work to take place. Please send any photos from your activities to Carol Jeffery so that she might add these wonderful opportunities of fellowship on our church's Facebook page.

A very special thank you to all who contributed to the 2016 shipping container. Much appreciation to Carol Lundgren and Jan and Joe Brewjo for storage. Joe went the extra mile and took the legs off of 21 desks! Carol, Jo Szirbik, Dalton, Cindy Eggleston, and Cameron Currier were packers extraordinaire. Kudos to John Crowell of Crowell's towing for donating a truck and covered trailer to transport all 212 cubic feet of our donations and for the one and only Nate Fogg for so cheerfully driving the whole rig to and from our loading point in Keene, NH. These goods make an incredible difference in Zimbabwe.

Mark your calendars for a Z Team pancake breakfast – Saturday, Oct. 29th. Yummy pancakes, eggs, sausage, muffins, juice, coffee, tea and hot cocoa ó all for \$7 served between 7:30 ó 11:00 a.m. A twist this year is that children age 12 and under who come in Halloween costume eat FREE! Please spread the word as my goal is to serve a minimum of 60 adults and lots and lots of children. All proceeds will go toward the 2017 shipping container being organized for loading on September 9th.

Blessings, Connie Littlefield

MAKE YOUR OWN IMMUNE BOOSTING "FIRE CIDER"



Local organizations Global Awareness Local Action (G.A.L.A.) and Jack Mountain Bushcraft School are excited to announce the next feature in their 2016

monthly NH Re-skill-ience Workshop Series, hands-on workshops focusing on homesteading, sustainable living, and traditional bushcraft skills. Workshops are designed to help participants develop skills and knowledge that strengthen personal and community resilience. The next workshop, Making Fire Cider with herbalist, writer, and medicine maker and founder of Uncommon Apothecary, Lynnette Cumberland, takes place on **Wednesday October 5th FCCW**.

Fire cider is a blend of spicy tubers and vegetables, bitter fruits and roots, savory herbs and sweet honey, infused in a base of apple cider vinegar. This historic, healing tonic, builds the immune system and fights illness with its antiviral, anti-bacterial, anti-fungal and anti-parasitical properties. It is a wonderful circulatory mover, an anti-inflammatory, and stimulating to the digestive tract and respiratory system.

The wonderful thing about fire cider is that it can be easily altered according to the changing seasons and to an individual's own energy, constitution and ailment. As an example, if you were struggling with physical pain and inflammation, then fresh turmeric root would be a great additive to this concoction. For those who want to detox the liver, skin, blood and digestive tract with bitters, an addition of fresh burdock root, dandelion and yellow dock is recommended. And for extra immune building properties in the winter elderberries and Echinacea would be a great choice. For allergy season; nettle, goldenrod, rishi and Oregon grape root work wonders!

In this hands on workshop participants will learn to craft their own fire cider, leave with an understanding of the ingredients used, and take home their own batch and recipe! Optional homework for this class would be to harvest yourself or purchase your custom added herb according to your constitution or present illness, or gear it towards the upcoming winter season. Some recommendations to harvest this fall for this class would be yellow dock, burdock or dandelion root. And if you harvested elderberries last month, bring those in too! Participants should bring their own ski goggles (for eye protection!), a good chopping

knife and cutting board ó this will be a fun filled, teary eyed and educational workshop!

Lynnette Cumberland is looking forward to sharing her skill and passion around Fire Cider with others. When Lynnette is not foraging, playing in the woods, gardening or making medicine, she can be found cooking whole, organic food (both vegan & non, raw, gluten free and medicinal) at a local natural food store or playing her guitar and singing, writing songs, poetry or essays and articles about the world of herbalism. Her company's mission, Uncommon Apothecary, is to bring hope, healing and wisdom-safely and gently guiding the body, mind and spirit using organic, wild-crafted, and local herbs.

This workshop takes place on **Wednesday, October 5, from 6:00pm to 8:00pm**, at the First Congregational Church of Wakefield located at 2718 Wakefield Rd., Wakefield, NH. The cost to participate in the workshop is \$25.00pp. Pre-registration is requested at www.galacommunity.org, or by calling 603-539-6460.

NEIGHBORS IN NEED 2016



Neighbors in Need (NIN) is a special mission offering of the UCC that supports ministries of justice and compassion throughout the United States. One-third of NIN funds support the Council for American Indian Ministry (CAIM). Two-thirds of the offering is used by the UCC's Justice and Witness Ministries (JWM) to support a variety of justice initiatives, advocacy efforts, and direct service projects through grants.

Neighbors in Need grants are awarded to churches and organizations doing justice work in their communities. These grants fund projects whose work ranges from direct service to community organizing and advocacy to address systemic injustice. Funding is provided through donations to the Neighbors in Need offering.

Most UCC congregations will receive the NIN offering on **October 2, 2016** as part of their World Communion Sunday observance. We hope all will participate generously on that day! The 2016 theme for this offering is "this we believe," and is focused on addressing child hunger in the United States--because *no child should go to bed hungry*.

OCTOBER 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
<p>2</p> <p>WORLD COMMUNION SUNDAY 10 a.m. Worship and Holy Communion Church School Coffee Hour* Fall Meeting—Carroll-Stratford Assoc. of NH Conference, UCC Bells—6 p.m.</p>	<p>3</p> <p>Caregivers' Support Group 12:30 - 1:30</p>	<p>4</p> <p>Choir Practice 6 p.m.</p>	<p>5</p> <p>Scrabble—10 Diaconate 4 p.m.</p>	<p>6</p> <p>6:30 pm Community String Band</p>	<p>7</p>	<p>8</p>
<p>9</p> <p>Family Worship 10 a.m. Music with Andrea Szirbik Groft Coffee Hour hosted by Hospitality Team Bells—6 p.m.</p>	<p>10</p>	<p>11</p> <p>Bible Study 12 noon Centering Prayer 3:30 Choir Practice 6 p.m.</p>	<p>12</p> <p>Meeting With Rev. Paul Nickerson 5—8 pm</p>	<p>13</p> <p>Parish Helpers 1 p.m. Community String Band 6:30 pm</p>	<p>14</p>	<p>15</p>
<p>16</p> <p>10 a.m. Worship and Church School Coffee Hour* Bells—6 p.m.</p>	<p>17</p>	<p>18</p> <p>Scrabble—10 Bible Study 12 noon Choir Practice 6 p.m.</p>	<p>19</p>	<p>20</p> <p>6:30 pm Community String Band</p>	<p>21</p> <p>Progressive Christian Music Workshop with the Rev. Bryan Sirchio, Conference Office, Pembroke</p>	<p>22</p> <p>Annual Meeting of NH Conference UCC Concord</p>
<p>23</p> <p>10 a.m. Worship and Church School Coffee Hour* Bells—6 p.m.</p>	<p>24</p>	<p>25</p> <p>Bible Study 12 noon Centering Prayer 3:30 Choir Practice 6 p.m.</p>	<p>26</p>	<p>27</p> <p>Prayer Shawls 10 a.m. Community String Band 6:30 pm</p>	<p>28</p>	<p>29</p> <p>Z Team Pancake Breakfast 7:30—11 a.m.</p>
<p>30</p> <p>10 a.m. Worship and Church School Coffee Hour* Bells—6 p.m.</p>	<p>31</p>	<p>*Loaves and Fishes Coffee Hour Bring a treat to share!</p>				

Celebrations!

OCTOBER BIRTHDAYS

1 Ann Hatch	21 Clara Clark
4 Michael Frothingham	21 Ellen Lankhorst
9 Parker Vanderhoof	24 Cameron Cook
10 JoAnn Owen	25 Benjamin Boggs
11 Gisela Haag	26 Larry Koukal
13 Debbie Fogg	26 Connie Twombly
13 Caren Kachoris	28 Alfred Canney
13 Eric Mercer	29 James Connell
15 Maureen Bridgett	29 Diana Peckham
19 Austin Dolbear	30 Paul Carlson
20 Bill Goodwin	30 George Frothingham

OCTOBER ANNIVERSARIES

3 Jeff & Stephanie Ballard
7 Tom & Jan Stanley
8 George & Priscilla Frothingham
8 Tom & Lynn Weeks
9 Mark and Julie Evenson
9 Dick & Glenna Nelson (1948)
10 Russell & Sharon Baldwin
13 Chuck & Joanne Dolbear
17 Alfred & Tammy Canney
20 Richard & Rose Zacher
20 John & Lynn Shaffer
23 Ron & Rachel White

CONGRATULATIONS AND BEST WISHES TO JULIE AND DANA!

Our fantastic Congregational Life Administrator, Julie, will be celebrating something special on October 8th! She and Dana Margolis will be celebrating their marriage, with family and friends gathering from near and far for the wedding. We all wish Julie and Dana much joy! For this reason, Julie will be away for the first two weeks in October. Congratulations and many blessings, Julie and Dana!

FELLOWSHIP OF CONCERN

PLEASE PRAY FOR:



We ask your continued prayers and support for those members of our church and wider community who are ill, or who suffer in mind, body, or spirit, and for their families

Dot R.	Jan F.
Tom and Barbara T.	Donald L.
George B.	George J.
Art W.	Sid S.
Mackenzie M.	Marcia H.
Marcia	Parker V.
Marsha A.	

AND FOR:

Our global neighbors in places where there is great strife.

Our servicemen and women

Our friends at Rufumiso Church, Zimbabwe
Residents of the Nursing Homes and Retirement
Communities in our area

LIBRARY CORNER

At Home in Mitford by Jan Karon is a novel set in a country town. Its characters include a bachelor pastor, his attractive neighbor and a lovable little boy. Comedy, mysteries and miracles abound in this story.

This book is on the mobile shelving unit and will be shelved in the fiction section of the Parish Helpers Library. Our thanks to Jan Stanley who donated this book to our library.

Linda Petkunas

MINISTRY BOARDS IN FELLOWSHIP HALL

Many thanks to Sharon LaFond for helping to update the Ministry Boards. Building & Grounds is pleased to maintain these boards in the future. Please send updates and picture files to Carol Lundgren whenever changes occur. Thanks!



FIRST CONGREGATIONAL CHURCH OF WAKEFIELD
UNITED CHURCH OF CHRIST
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WORLD COMMUNION SUNDAY

World Communion Sunday is an ecumenical celebration of Christian churches. On the first Sunday of October, congregations around the globe are encouraged to partake of the Lord's Supper, uniting with brothers and sisters of the faith, to promote our unity and oneness in Christ.

This tradition started back in 1933 and was then endorsed worldwide in 1940 by the Federal Council of Churches (known as the National Council of Churches today). First Congregational Church of Wakefield, UCC shares in this sacred event in order to remember and connect with the Living Spirit of God that binds us all together in the work of the Gospel.