

MESSENGER
of the
**First Congregational
Church**
United Church of Christ
121 W. Foster St.
Melrose, Massachusetts

An Open and Affirming Congregation

Rev. Dominic Taranowski, Pastor
Mariko Matsumura, Interim Music Director
Maureen Willis, Sunday School Administrative Assistant

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Refreshing Rain

It is wonderful to welcome you back to worship for another wonderful program year at First Congregational Church beginning on Sunday, September 11th! It will be wonderful to see everyone again, reconnect with one another and renew our spirits in worship. It will also be an opportunity for everyone to meet our new Interim Music Director, Mariko Matsumura, who will be with us throughout this program year!

I would like to extend a special invitation to those who may not have been part of our congregation for a while. Maybe you came a couple of times in the past, got busy with other things and never made it back on a subsequent Sunday morning. Maybe you were quite active with us but you found that you just sort of drifted away. No matter the reason, now is a great time to re-engage with our church! There is no substitute for getting in on the ground floor of a new program year and it can set the stage for a new habit of worship attendance that can really change the character of the coming months.

Why is attending church important? Let me put it this way: As rejuvenating as this summer has hopefully been for you it has also been something else--extremely dry. It feels like we haven't had rain in forever! Lawns are brown, the water table is down, and plants are parched. They even say that we are in a drought at the moment. You know, the same thing can happen to us spiritually speaking. It can feel like we are just going through the motions. It can feel like our schedule is getting the better of us. It can feel like we have lost our way. It can feel dry. If we take a moment to survey our interior life--it can feel very parched.

Coming to worship can provide that much needed rain shower that can awaken our spirits. Like drooping plants that perk up after a refreshing rain, so our hearts come alive in new ways through worship. Through music, prayer, scripture, preaching, sacrament and fellowship we have the opportunity to blossom and grow in profound and unexpected ways. We redefine ourselves

Sunday, September 11, 2016 Welcome Back Sunday

8:45 AM – Morning Star Voices Rehearsal
10:00 AM – WORSHIP, Communion and Sunday School
11:15 AM – Coffee Hour and
Sunday School Registration, thru grade 8
HS will be done in Spollett Room

DURING THE WEEK

Friday, September 9

7:00 – 8:00 PM – Morning Star Voices Rehearsal

Tuesday, September 13

5:00 PM – Circle 4 Pot Luck, narthex
7:00 PM – Deacons and Trustees, library
7:00 PM – Morning Star Voices Rehearsal

Wednesday, September 14

7:15 PM – Bells rehearsal

Thursday, September 15

4 PM to 7 PM - Bread of Life Dinner, American Legion, 368 Pleasant St., Malden

Friday, September 16

3:00 PM – Staff Meeting

Sunday, September 18

10:00 AM – Worship and Sunday School
11:15 AM – Coffee Hour and SS Registration thru grade 8

The following groups meet here regularly:

Boy Scouts – Tuesdays at 7:00 PM in the basement

Girl Scouts – Sundays, 3:00 to 4:15

Al-Anon – weekdays at 12 noon, Sunday at 1 & 7 PM – Rm. 8

Blue of a Kind – Mondays at 7:00 PM in the Music Room

S.A.R.P. – Mondays and Tuesdays at 6:30 PM, Lounge

Tai Chi for Arthritis – Wednesdays at 10:00 AM, Room 8

A.A. – Mondays at 4:30 PM, & 7:00 PM (men, Rm. 1), Tuesdays at 4:30 PM, Women's AWOL 7:30 PM, Wednesdays at 4:30 PM, & 7:30 PM, Thursdays at 4:30 PM and 7:00 PM, Fridays at 8:00 PM and Saturdays at 9:00 AM (men) and 3:00 PM – Rm. 8

as beloved children of God and purposeful disciples of Christ.

Can you get by without coming to worship? Sure you can. Lots of people do. But consider what you may be missing. Consider the arid landscape within yourself and how much better you would feel after a stroll through the mists and rains of God's Holy Spirit.

We begin our worship on the 11th. Hope to see you there!

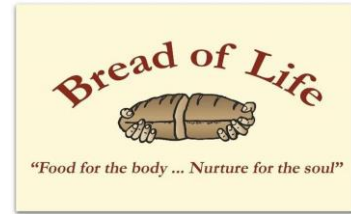
See you in church,

Rev. Dominic





Keith Williams, Bryan McAllister-Grande, Bill Albright, Barbara Wellington, Becky Faro, Bill Copeland, Gem Colvin, Dot Allen, Bob Pierce, Anne Wing.



Our prayers and sympathy to the family and friends of:

*Herb Schurian who passed away on June 26
Cynthia Hussey, who passed away on July 1
Nancy Decker, who passed away on July 2
Flo Hall, who passed away on August 19
We remember these members with fondness and will miss them.*



SUNDAY SCHOOL:

We are so excited to welcome you back for another wonderful year in Sunday School! Parents of children age kindergarten through middle school are asked to stop by the CE Registration table after Worship to confirm and/or update their child's information. High School youth will self-register during discussions in the Spollett Youth Room.

This year's K-5 Lesson theme is "Growing". Parents, we need pictures of your children at any age for our welcome back bulletin board!

Welcome back Sunday is an Open Class for grades K-5; our CE Deacons will be leading the children in group lessons. Middle School youth will have class in the library. High School youth are invited to join in a discussion with Jen Crain: **Lessons learned in Rio: morals, ethics, resilience, stereotypes**, or are welcome to remain in Worship.



By Lighting our Church Steeple in memory or in honor of loved ones, you can help our church financially. Contact the church office (781-665-2111 or info@fccmelrose.org) to sign up for a week beginning on a Sunday. Your gift will be announced in the Sunday Bulletin and "The Messenger". A \$25.00 per week contribution is suggested.

BREAD OF LIFE – a chance to FEED YOUR SOUL

As you start to schedule your activities this fall, please consider writing in Bread of Life on the Third Thursday of each month!! Our team from First Congregational Church volunteers from 4pm – 7 pm on the **Third Thursday** of every month. We cook, serve, and clean up – it's a fabulous opportunity to help feed the hungry and your soul at the same time! Special thanks to all the church members who came to serve during this very hot summer!!!

The location for the meals is:

The American Legion Post 69, 368 Pleasant Street, in Malden

– one block from the Malden MBTA station, near the intersection of Rte 60 and Pleasant Street. (There is a parking lot!!!) The next date that we will be serving is Thursday, **September 15th**.

If you can't make it to the dinner but would still like to help, we can always use donations of dessert or large bottles of salad dressing!! If you have questions about this mission of our church, please speak with Sallie Klemm shklemm@verizon.net or 781-665-0159.

Bread of Life

Walk for Bread & 5K Run, Sun, October 2, 2016, noon registration, 1 pm Walk/Run starts, Pine Banks Park of Malden & Melrose.

Featuring snacks, drinks, music, T-shirts for every walker/runner & fun activities. For more information about participating or sponsoring please click the link below to our website.

[Link to BOL website events page](#)

FALL BULB SALE BEGINS SEPTEMBER 11TH!

Refugee Immigration Ministry's bulb sale will begin on Welcome Back Sunday, so please seek out our table in the Narthex and ponder how beautiful your yard will look in the spring if you plant bulbs now!

We are helping a wonderful new family of four from Egypt who have two school-age children and are living in Wakefield. Funds raised from the bulb sale will help pay their rent.

Orders will be taken on the following Sundays:

September 11

September 18

September 25

October 2 (Last day for placing orders)

Bulb orders will be available for pick-up on Sunday, October 9. If you aren't available on October 9th, arrangements will be made for pick-up or delivery. If you have questions, contact Debbie Anderson, RIM Volunteer, Metro North Cluster (781.665.8801). Thank you for supporting RIM's important work.

Meals on Wheels Drivers Needed

Mystic Valley Elder Services Meals on Wheels Drivers deliver healthy meals every weekday to elders and adults living with disabilities, many of whom are homebound. Our drivers provide a nutritious meal, but also a safety check and critical social contact. The few moments of kindness that our drivers provide make this service so much more than just a meal.

Additional drivers are needed to meet the increased number of meal recipients. If you are interested in giving back to your community through this part-time job, please apply today. Call Eliana at 781-324-7705 ext. 598 or visit our website www.mves.org/joinus.



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Hallmark Health

Providing the highest quality health care in our area.

Fall Health Fair

Fall will soon be here and it's time for quick check-up to gear up for the colder weather, and there is no better place to begin than the Free Health Fair being sponsored on Wednesday, September 28, 2016 from 10:00am to 12:00 noon at the Medford Senior Community Center at 101 Riverside Avenue in Medford. The Fair, which is geared for those 50 and older, will include free health screenings, health resource information, and give-a-ways. Light refreshments will be available. The Fair is sponsored by Hallmark Health Visiting Nurse Association and Hospice and the Medford Council on Aging. There is no registration necessary to attend. For information, call (781) 338-7823.

Free Program on Chronic Pain Self-Management

Is living with chronic pain affecting your life? Chronic pain may cause sleep loss, increased stress and loss of motivation around everyday activities. Learn how to manage pain and continue living a fulfilling life through this FREE six-session program. The program, sponsored by Hallmark Health System, will be held on Wednesday mornings at the Lawrence Memorial Hospital, 170 Governors Avenue in Medford from October 5 – November 9, 2016 (call for times); Registration required. **SPACE IS LIMITED;** Please call Joya Pezzuto, RN at 781-338-7823 to register or for more information.

MEMORIAL FLOWERS

Have you ever considered giving flowers in memory or in honor of a loved one? There is a silk bouquet in the sanctuary at all times that can be "given" in memory. You can make a donation to the Flower Fund of \$15

and those flowers can be in memory /honor of your loved one for a given Sunday. If you prefer, fresh flowers can be ordered for you. The cost for fresh flowers is \$50 to \$75 depending on the size you would like. After the service, fresh flowers can be taken by the donor, or if they prefer, they can be distributed to someone in the congregation that is sick or in need of an uplifting gift. If you would be interested in donating either type of flowers, please call or email Susan in the church office. 781-665-2111 or info@fccmelrose.org.

