

# *The Parish Visitor*

The Federated Church of Orleans

PO Box 761 - 162 Main Street

East Orleans, MA 02643



*Welcome to the Parish Visitor*

*November / December 2019 Edition*

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## **HARVEST PRAYER**

Please be gentle with yourself and others.

We are all children of the Creator,

And none can say why some fields blossom

While others lay brown  
beneath the harvest sun.

Share the joy of those  
whose season is at hand.

Care for those around you.

Look past your differences.

Their dreams are no less than yours,

Their choices in life no more easily made.

And give.

Give in every way you can.

Give whatever you possess.

Give from your heart.

To give is to love.

To withhold is to wither.

Care less for the size of your harvest  
than for how it is shared,

And your life will have meaning

And your heart will have peace.

*~ Anonymous 17th Century Sermon*

Thank you Martha Grogan for sharing this.

Church,

The season of gratitude, Thanksgiving, is just around the corner which is quickly followed by Advent and Christmas. I know that speaking of gratitude may go against everything else the world may be promoting. For weeks already, any of us who have walked into a store have seen holiday items compelling us to spend and buy for either Thanksgiving or Christmas. Those who work in advertising and marketing would have us all believe that we can buy and spend our way to holiday happiness. Society suggests that we pause for a moment on the fourth Thursday of November to be thankful and then begin to purchase the long list of what we and those we love want for Christmas the next day. But come on, most of us know that we can't buy happiness, or can we?

There are so many in our community, country and beyond who suffer from not having their basic needs of adequate food, water, healthcare and shelter met. It is good for us to remember we have so much to be grateful for. There are things you and I take for granted, like running water and a toilet that flushes, that are not within reach of many in our own country.

More than 12 years ago, on Christmas day, after my grown children and I had finished opening our Christmas gifts for one another, we started to wonder about our own consumerism. We proposed that we each had all the "things" we wanted and did not need to give each other gifts anymore. For many years, following, we came to our Thanksgiving dinner table with suggestions of worthy projects to give the money to, instead of spending the money on gifts to one another. These days, each Christmas, we each decide on worthy causes and send an email to each other telling who or what we gave a donation. We continue to give our gifts to each other by giving to others. Our hope is to buy survival, comfort and happiness for others. Our hope is our gratitude for all the gifts we have and do enjoy will bring blessings of gratitude to others. This is not something everyone will want to do but this makes sense for my children and I. *Now that there are grandchildren... there may also be some gifts.*

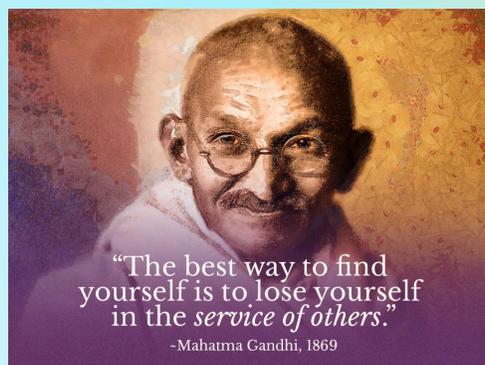
If you enter the church near the offices there is a basket where we gather food for the local food pantry to aid those in our local community. If you haven't added some food to the basket recently may I encourage you to do so. We are aware that the working poor on the Cape and throughout our country have difficulty making ends meet. You and I can also advocate that everyone be paid a living wage and that more affordable housing be made available on the Cape.

There are many other ways we are all giving or working to make life better for others near and far. During the season of gratitude I invite us to share with each other the ways you and your families strive to bring about justice for "the least of these" in God's beloved community. Let each of us all enter the season of gratitude pondering our own blessings and the ways we might bless others not with charity but through sharing to help ensure that all God's children live with the dignity they deserve.

On a lighter note, I went to 2 workshops at Super Saturday in early October. There is an article included in this issue of the Parish Visitor by Pastor John Hudson on reaching out to young families during the Holy Days of Christmas and Easter, please read it and share your thoughts with me and others. The other workshop was on Advent/Lent Prayer Stations. I look forward to working with the Deacons and others in sharing Prayer Stations during Advent.

Abundant Blessings,

*Tomi*

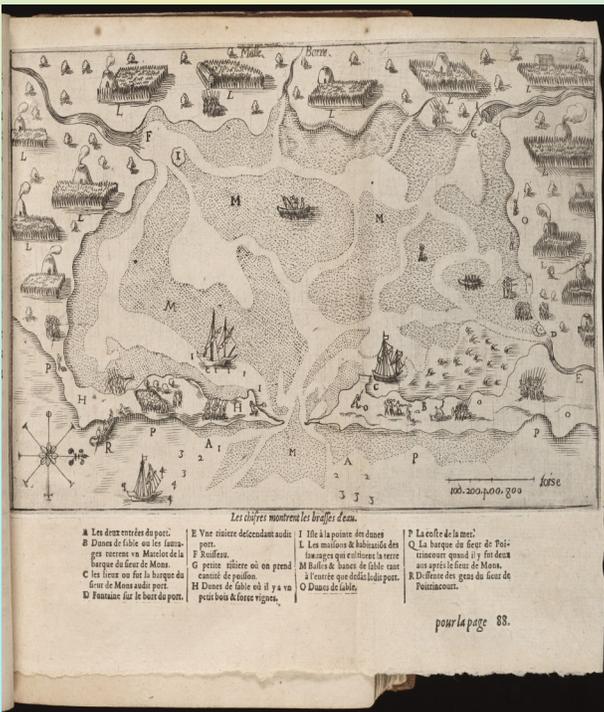


## 400th Anniversary of the Pilgrims coming to Cape Cod

2020 is the 400th anniversary of the Pilgrims arriving on Cape Cod and Plymouth. On December 8, 1620, Pilgrims engaged in a musket and arrow encounter with the Nauset natives. The First Encounter gave name to its probable beach site in Eastham.

The local Eastham committee has been focusing on the "first encounter" part of our origin story working closely with partners that include local Chambers of Commerce, historical societies, libraries, the Cape Cod National Seashore, the Cape Cod Council of Churches and Nauset Interfaith Association.

Here are some of the events that will be taking place in the coming months:



Sunday, November 17 ~ Time to be announced  
WORKSHOP: BEYOND 2020-Where are we on the journey from conflict to community? What is our future here on Cape Cod, four centuries after the first encounter? Panel with focus on young people.

**Location: Eastham Public Library**

*Funded by Mass Humanities*

Sunday, December 1 ~ Time to be announced

COMMUNAL VISION-BUILDING TODAY'S COMMUNITY - - Bradford's reasons and causes of removal to America; visions of the Native Americans, the "peaceable kingdom" 400 years into our experiment, as the heirs of this story, what are our common and competing visions for community to come? How can art continue to articulate and further our vision?

**Location: Eastham Public Library**

*Funded by Mass Humanities*

Saturday, December 7 @ 2 PM-

Screening of "We still live here" (Âs Nutayuneân), a documentary about the "re-discovery" of the Mashpee language Wôpanâak and the Language Reclamation Project, with Producer and Director Anne Makepeace (also possible teachers from Mukayuhsak Weekuk, The Children's House, and Project Director Jennifer Weston) **Location: Eastham Public Library**

Sunday, December 8, 2019 Official Commemoration Kick-off

7 AM Sunrise at **First Encounter Beach** (shouts of lament) and later in area churches: **FCO 10am @ 2 PM Civic event** (Primary speaker needed), will include drummers, potentially local school children (music), native prepared food and English food of the period (**at the Chapel in the Pines**) - funding needed from Eastham 400 Committee and Mass.

Sunday, December 8, 2019 @ 1 PM (time to be confirmed)

Kick-off program of commemoration **Location: Eastham Public Library & Chapel in the Pines**

### Under Development:

Week before or after Commemoration Kick-off (December 8, 2019):

Local Cultural Council grant: Eastham Elementary Grades 3-5 visit Eastham Historical Society to meet with members of Wampanoag Tribe (Kitty Hendricks) and potentially coordinators of Mukayuhsak Weekuk (The Children's House)

December 8, 2020: The Commemoration ends with a traveling exhibit called "Our Story: 400 Years of Wampanoag History" **Location: Eastham Public Library**



## BEYOND SANTA CLAUS AND THE EASTER BUNNY: MAKING HOLIDAYS INTO HOLY DAYS FOR THE CHILDREN AND YOUNG FAMILIES IN THE COMMUNITY YOU SERVE

by Pastor John Hudson, Pilgrim UCC, Sherborn, MA

[pastorjohn@pilgrimsherborn.org](mailto:pastorjohn@pilgrimsherborn.org)

- \*Two most visible times of the year for the church and Christianity: Christmas and Easter
- \*Two most obvious times of the year parents long to introduce their children to their faith tradition/a faith tradition
- \*Two times of the year when the culture is in synch with the church and indirectly promotes the gospel and the stories of faith
- \*90 percent of Americans (regardless of faith) say they celebrate Christmas (Pew Research)
- \*55 percent of Americans celebrate it as a religious holiday; half of those people plan to attend Christmas services (Pew Research)
- \*80 percent of American adults celebrate Easter (forbes.com)
- \*87 percent of parents prepare an Easter basket for their child (forbes.com)
- \*50 percent of Americans go to church on Easter Sunday (forbes.com)

Old model: if you build it, they will come

Old model: culture supports Sabbath and religious holidays

Old model: peer pressure to participate in a faith community

Old model: faith transmitted from generation to generation

New model: Build it but then get out into the community to actively engage people and meet them where they are at in their faith journeys

New model: Sabbath and holy days one among a myriad of family and societal commitments and choices for leisure time

New model: Respect for individual faith journeys above communal faith expressions

New model: Faith may be lost from one generation to another

New model: The U.S. as a religiously pluralistic society, lots of faiths and no faith

New model: Religious institutions and leaders must earn trust; must fight against negative perceptions about Christians promoted in culture and through the media; religious institutions abuse and misuse their power, losing legitimacy and relevance in the eyes of the culture

Key Bible teaching: Matthew 28:18-20 (NRSV) *And Jesus came and said to them, "All authority in heaven and on earth has been given to me. Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything that I have commanded you. And remember, I am with you always, to the end of the age."* What is the culture of your church: more inward or outward focused? Critical or even condemning of the lifestyles of the young families in your church and community or supportive of their lives and trying to serve them where they are at?

Outward: website, lawn sign, hosting community events, partnering with community institutions to offer programming, hosting community forums, creating programming with the community in mind, not just your own people.

Friends, every fall emergency services focuses on disaster preparedness and fire prevention. For years I have spent part of my ministry in the field of Disaster Preparedness and Recovery. I have served as the coordinator of a Long Term Recovery Group for northern Massachusetts. I have ministered as a fire department chaplain and on a Critical Incident Stress Management team. I have trained in a variety of disaster and trauma response programs. And I know that disasters are going to come with increased frequency and intensity.

There are 3 things I wish every clergy and lay leader knew about being ready for disasters:

1. Disaster is a marathon, not a sprint. Educate yourselves on post disaster impact. The long term impact of a disaster on the emotional, physical, economic and social health of individuals and communities is profound. And we lack training to help ourselves and our communities learn to live into a 'new normal'. Get educated!

2. Have A Plan: Know how to communicate with your church members (when the cell towers go down). Keep copies of all important documents in multiple locations (including the digital 'cloud'). Know your options when you can't gather your community in your building AND when you need to. Be prepared to sustain yourselves locally for 2-5 days in the likely event that outside help can't reach you right away. Plan for it. Rehearse your plan.

Connect with your community's response: Get to know your community emergency response personnel. (Often your local fire chief holds this role. If not they will know who does.) If you want to be helpful or even included in an emergency or disaster, having a relationship with those who will be actively engaged in immediate and long term recovery is crucial. And get to know the plan. Each community is required to have a disaster response plan for everything from major accidents, to active threats, to terrorism, to tornados (and the list goes on). You and your church may even be a part of that plan. Go introduce yourself.

Your Conference Disaster Resource and Response team offers workshops during the year. If you have a suggestion for a topic please let us know.

There is a lot more that it will be helpful to know to enable your church, its members and your community to be resilient in the face of disasters. I want to point out 2 of them:

You can find an incredible wealth of resources at <https://www.macucc.org/disasterresource>

There is a Disaster Preparedness Manual available for churches at <https://www.ucc.org/disaster-preparedness-manual-for-churches-is-published>

Blessings in your ministry, Don

Rev. Don Remick, Transitional Interim Conference Minister and Church Development,  
Massachusetts Conference of the United Church of Christ, 1 Badger Road, Framingham,  
MA 01702 508-875-5233 [remickd@macucc.org](mailto:remickd@macucc.org)



## **THE FIRST CHRISTMAS STORY** **Storytelling and Crafts For Children** **and Young Families**

***Friday, December 13th - 4:30-5:30 pm***

The Federated Church of Orleans

162 Main Street

East Orleans, MA

Join us for a low key, fun gathering for children and young families, to hear and see the very first Christmas story. There will be a craft project, with a take home ornament or keepsake for each child; hot chocolate and cookies (with gluten free options), and a chance to see up close symbols of the season: stars and candles and angels. No need to RSVP. **For toddlers and kids up to third grade, even a bit older.** Parents can enjoy time to visit too! Folks are encouraged to bring canned food items for donation to Lower Cape Outreach Food Pantry in Orleans.

For more information please contact [administrator@fedchurchorleans.org](mailto:administrator@fedchurchorleans.org) or 508-255-3060.

Come enjoy the story. All are welcome!

## TRUSTEE REPORT

This is a busy time of the year (each year) as the Trustees and several of the committees that report to the Trustees work on a number of matters that are critical to the financial health of the church.

In October, an audit review of the 2018 finance records was completed by our Audit Committee. The records passed the review. A letter from the Committee will be submitted to the Trustees soon.

The Stewardship Campaign began on October 1 when the 2020 Pledge letters were sent to members and friends of the church. On Sunday October 20 the Stewardship Committee hosted an apple pie and ice cream social during Fellowship Hour. And Sunday, October 27 was Stewardship Sunday, when all the pledges submitted by then were blessed during the worship service. The Pledge Campaign theme for 2020 is "The Way". We hope that as you considered your pledges that you reflected on all the ways that the church is important in your life.

And, the Finance Committee has been meeting weekly to develop a draft budget for the new year. A lot of work and prayerful thought goes into this process. Our pledges are the most significant source of income for operating the church and to help support our many charitable missions. If you have not yet made your pledge for 2020, please do so as soon as possible. Knowing what our pledge income will be is a critical part of the creation of the budget.

Emmaus House continues to be one of the church's oldest and important local missions. We are continuing to provide soda and pizza night each month for the residents. And beginning in September we are now providing birthday cakes, which are so appreciated. Thanks goes to Carol Sylvester who organized a whale watch for the residents in October. Emmaus House has a new director, Krista Butler, who is a delight to work with. And the Emmaus House Committee welcomes two new members: Ken Chase and Suzanne Calsson.

The Scholarship Committee awarded scholarships to three of our young church scholars: Will Fischer, Emily Boyle and Alexandra Calsson. The total amount for 2019 is \$3,500. Finally, the Investment Committee had its annual meeting with the Cape Cod 5 Bank to review the church's investment portfolio. Our three main funds (Virginia Cook, Mildred Chamberlain and Vitality) are all performing very well with an average year to date return of 7.2%. The Board of Trustees wishes everyone in our church family as well as those whose lives we touch through our missions a blessed and joyful holiday season.

Mary Lee Mantz, Chair

### Mark your calendars for: Happenings at The Federated Church of Orleans

Saturday, November 30— 9am-pm at FCO "Tis the Season Bazaar"

Sunday, December 1— 10am at FCO 1st Sunday of Advent, 11:30am Hanging the Greens with a light bite to eat, and at 7:00 pm *The Beasts of Bethlehem* Concert

Sunday, December 8 - 7am at First Encounter Beach in Eastham: Kick off of 400th Anniversary of the so called "First Encounter" with a Sunrise Service with lament followed by coffee and fellowship at the Chapel in the Pines, Eastham.

10am - 2nd Sunday of Advent- Remembering the 400th Anniversary of the Mayflower landing on Cape Cod and an early founding member of FCO

Friday, December 13 - 4:30-5:30pm The First Christmas Story: A Storytelling and Craft Event for Children and Young Families

7pm at FCO "Christmas Time is Here" Concert

Sunday, December 15 - 10am at FCO 3rd Sunday of Advent "Christmas Time is Here" Concert  
Worship

11am the Meetinghouse Preschool Annual Cookie Walk

Tuesday, December 17 - 7pm at FCO Blue Christmas Service, a service for people who may be grieving a loss, for those who are living alone, or those who have painful associations with this time of year.

Friday, December 20 Holiday Luncheon to be held at Eastward Ho! Country Club

Sunday, December 22 - 10 am at FCO 4th Sunday of Advent

Tuesday, December 24 - 7pm at FCO Christmas Eve Worship Service of Lessons and Carols



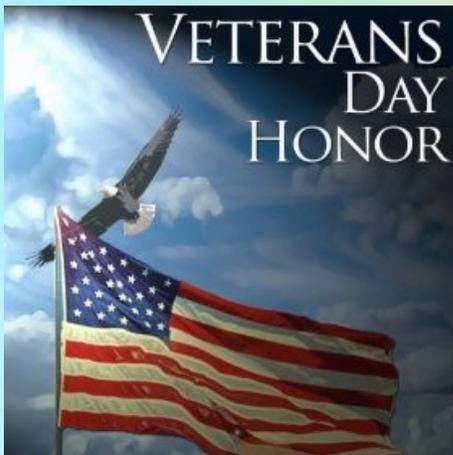
The **Prayer Shawl Ministry** knitters meet in homes every 3rd Monday of the month at 11:00 a.m. Our November 18th meeting will be at Judy Boucher's. We light a candle, ask a blessing, knit, then eat a bring-your-own lunch followed by dessert provided by the hostess. New members are most welcome. For information please call Anita Mewherter (508 240-3065) or Martha Livingston (508 255-7089).

### Spiritual Gateways Study Group

The Spiritual Gateways Study Group has been meeting weekly since January 2019. The group has now created a further enhancement to their study to include a 'Time for Silence and Contemplation' in the Sanctuary. The Silence and Contemplation lasts for approximately 15 to 30 minutes and is held on Wednesday's at 3:00 p.m. All are welcome to join the study group and/or the contemplation time. Both offer a deep and enriched soul-searching and spiritual learning experience.

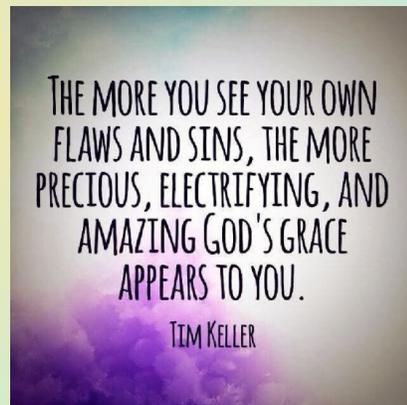
### The Tis' the Season Bazaar (Saturday 11/30) is in need of four things:

1. We need donations of baked goods. If you would like to donate, please leave your name with Kimberly in the Church Office.
2. Folks to spread the word and hang flyers.
3. People to help out on the day of the event (11/30). Please contact Nina Kaars.
4. And, last but not least, for you and your guest(s) to come to the bazaar and enjoy yourselves.



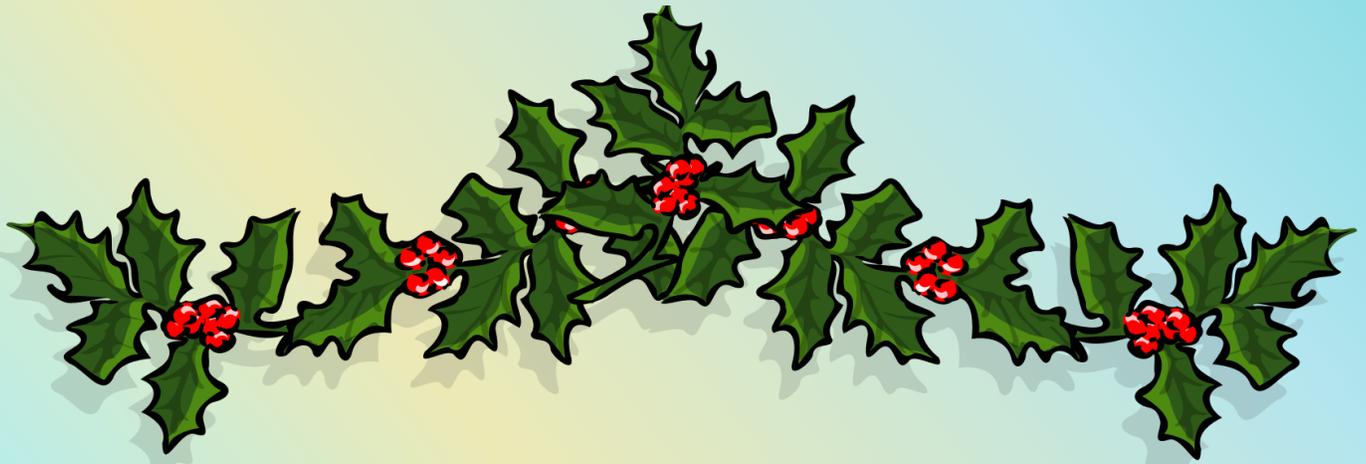
### You are invited to an Honoring Our Veterans Luncheon following Worship – Sunday, November 10<sup>th</sup>.

Please feel free to bring a Veteran friend or relative with you. You are also invited to share a photo, memorabilia, wear your uniform, etc. for all Veterans; both past and present. **Please sign-up on the sheet in the Vestry** so we can be sure to have enough lunch for all. All are welcome! We hope you will join with us.



### PLEASE CONTINUE TO COLLECT PULL-TAB 'S

- The Pull-Tab Collection Program run by the Shriners is always in need of your assistance to help children receive needed medical attention at the Shriners Hospital's for Children. The program was founded several years ago as an easy way for the public to help raise funds to support humanitarian and life-saving services the hospitals provide. It takes approximately 1,300 tabs to equal one pound. Over 15 tons of tabs have been collected all over Eastern Massachusetts. Won't you join in the effort and take a few seconds to pull that tab and bring them to the church and leave on the table in the Vestry? The children thank you. Barbara Langford, Church Chairman



**'TIS THE SEASON'  
BAZAAR**

**Saturday, Nov. 30**

**9 a.m. to 4 p.m.**

**The Federated Church of Orleans**

**162 Main Street, E. Orleans, MA 02643**

**508-255-3060**

**Hand Crafts   'White Elephant' Treasures   Jewelry**

**Christmas Decorations   Baked Goods   Raffles**

**Live Music and Free Warm Cider**

# Quartett



## Macabre

Join us on a journey to the darker side of classical music. Franz Schubert's String Quartet #14, "Death and the Maiden" was written shortly after Schubert became ill and realized that he was dying. This quartet depicts a young woman's struggle to free herself from the specter of death who pursues her to her inevitable end. After the Schubert we will lighten up with some creepy classical hits including J.S. Bach's Toccata and Fugue in d minor, Moussorgsky's *Night on Bare Mountain* and *Baba Yaga* from *Pictures at an Exhibition* and Saint-Saen's *Danse Macabre*. We are also very excited to be presenting the American premier of a work by Norwegian composer Andreas Aaser entitled *Norwegian Danse Macabre!* So much fun its SCARY! See you there!

November 16th @ 7:00 p.m.  
The Federated Church  
of Orleans  
162 Main Street  
Orleans, MA

Tickets \$22 available at the door



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\* Mark your calendar - Friday, December 20 @ 11:30 a.m.

**Tis' the Season Luncheon** at Eastward Ho! Country Club

Menu includes: Lobster Bisque (GF), Mediterranean Salad, New Potato and Green Bean Salad, Grilled Salmon Wrap's (GF), Little Italy Sandwich's, Shrimp Cocktail Sandwich's (GF) and coffee, tea, desert. Plus, seasonal music by the 'Noteables'. A cash bar will be open. \$30 per person made payable to The Federated Church of Orleans

Please reserve your seat with Kimberly in the Church Office



### Pastor Parish Committee

The Pastor Parish Relations Committee functions as a liaison between the Pastor and members of the congregation. If you have concerns, issues, compliments and suggestions and would like to meet with us, we will be more than happy to do so. All meetings are of a confidential nature. We also schedule four meetings during the year. You may contact any of the following members to request a meeting: Barbara Bertram, Jean Colby, Mary Lee Mantz, Bill Stoeckert, Kathy Musser.



### Thank you to the following Flower Donors

#### Month of September

- Sue and Terry Miller in honor of their 50th Wedding Anniversary
- The Flower Committee celebrating Rally Day
- Dinny and Philip Goodwin in appreciation of Rev. Tomi's ministry
- Georgeanne Barnes in loving memory of her mother
- Lyn and Bob Oleksiak in memory of Lyn's aunt and uncle, Alice and Ronald Jacobs

#### Month of October

- The Flower Committee
- The Fitzgerald Family

### Happy Birthday to You!

#### Month of November

Katie Hannon	11/1
Judy Recknagel	11/3
Susan Hancock	11/4
Michael Vigneau	11/4
Helen Grogan	11/7
Jean Colby	11/10
Beverly McDonald	11/10
Connie Newell	11/15
Stewart Broatch	11/18
Lisa Conrad	11/26
Joan Barnett	11/27

#### Month of December

Cathy Southworth	12/1
Dallas Jones	12/2
Bryan Higgins	12/3
Larry Minear	12/3
Sara McCullough	12/4
Betsy Wagoner	12/4
Kallie Hannon	12/7
Jill Beardsley	12/8
Eileen Violette	12/8
Eric Ehnstrom	12/9
Bob Patton	12/9
Matthew Fischer	12/10
Susan Gardner	12/11
Kathleen Hannon	12/11
Jimmy Dishner	12/12
Dana Hancock	12/12
Nancy Clough	12/18
Bea Auty	12/22
Kimberly Denis	12/28
Ethan Calouro	12/30
Emily Higgins	12/30

***I don't think of  
all the misery,  
but of the  
beauty that  
still remains.***

***~ Anne Frank***

## Federated Church Mission Giving

Our Local Mission Committee held its quarterly meeting on September 13 to consider applications from local charities for Virginia Cook Trust Fund grants and to make donations from our church's Local Mission Outreach Fund (line A-11 in the church budget).

We first heard Kim Cazeault from Elder Services give a complete rundown on how the funds we donated have been spent this year (one-time purchases of up to \$250 for qualified clients from the Lower Cape).

We unanimously agreed to give 1. **Sharing Kindness, Inc.** (an organization founded in memory of Jeremy Walters, who was a member of the Federated Church's Youth Group), **\$5000** from the Virginia Cook Trust Fund and a further **\$1000** from the Local Mission Outreach Fund to host a six-week mental health program at The Federated Church this fall. This program will be held jointly with Calmer Choice and will focus on mindfulness training for grieving families. Each week families who have recently lost loved ones will share a meal and attend a group session led by a licensed mental health professional.

We further agreed unanimously to give **Lower Cape Outreach Council \$6,808.62**, all that remained in the Virginia Cook Trust Fund at the end of its financial year. This money will go to pay for tuitions in the HopeWorks program, through which clients attend school and receive certificates, diplomas, and degrees qualifying them for full-time jobs with benefits. One client is learning how to be a nail technician, two are studying business administration at 4 Cs, four more are taking the dental assistants program at 4 Cs, one is studying early childhood development and another nursing, also at 4 Cs. And one is at Upper Cape Technical Adult Education earning a certificate as a medical assistant.

From the Local Mission Outreach Fund we gave \$300 to the **AIDS Support Group of Provincetown**, **\$500** to **Lower Cape Outreach Council's** food pantries, **\$200** to The Federated Church to use for food cards to give needy neighbors, and **\$1000** to **LOCAL** (a free lunch and dinner program run by Nauset Interfaith Association).

Our next meeting will be on December 6<sup>th</sup>. Please let the Committee know if you hear of worthy local charities in need.

Dallas Jones (chair), Bea Auty, Jean Colby, Suzanne Calsson, Carol Richardson, Margie Klonel



# **The 3rd Annual Awards Dinner will be held on Thursday, June 11, 2019**

**The Awards Dinner Committee is asking for  
your help in suggesting award recipients.**

**The following outlines the criteria the  
Committee uses to select a recipient:**

## **"Agnes Hopkins Life of the Church Award"**

Agnes Hopkins was one of the early "backbones" of the Federated Church of Orleans. Her service to the church included 50 years as organist, serving on committees, teaching Sunday school and was the founder of our annual summer church fair. Agnes loved the FCO and gave generously of her time and talents to help the church thrive and grow. In keeping with the church's Covenant, Agnes "shared the joy of discipleship" through her personal ministries of music and teaching. This award is presented to a member/friend of the FCO who carries on the spirit of Agnes Hopkins through dedication and outstanding service to the church in any of a variety of ways.

## **"Reverend Doctor Phil Mitchell Inspiration Award"**

First and foremost Reverend Phil Mitchell was a man of faith. His life was dedicated to serving others through his tireless efforts to make the world a better place. He served in several churches, marched with Dr. King, was active in many and varied community activities including Habitat for Humanity but he was also the one who made the coffee every Sunday! No effort was too big or too small for Phil to take part in if he felt it would benefit others. He could be described as gentle, wise, funny, compassionate, warm, and willing to listen and console. He inspired anyone who knew him to try and be a better person. He led by example. The Rev. Dr. Phil Mitchell Award is presented to a member/friend of the FCO who has been an inspiring model - positively affecting the lives of others. Inspiration comes in many forms and ways. The recipient of this award is someone who has touched our lives in a profound way.



**“Agnes Hopkins Life of the Church Award”**

Suggested Award Recipient \_\_\_\_\_

Please briefly tell us why this person should receive this award

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
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**“Reverend Doctor Phil Mitchell Inspiration Award”**

Suggested Award Recipient \_\_\_\_\_

Please briefly tell us why this person should receive this award

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
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*We pray that, as we take the game of life, we may live with some courage, some daring - not always doing what is safe, ordinary, or what our neighbors expect - not only surviving but stepping out in faith where real living takes place.*

*Grant that we have the courage to be uncommonly forgiving of the faults of others, uncommonly understanding of the needs of others, uncommonly generous, uncommonly clear about the depths of our affections. Grant that we may not so much plod through life, but leap through it and, in every leap of faith, enjoy the thrill of real living.*

*In the mix of the many things, keep alert to the blessings at every hand - life, strength, family, friends, all that we value, and all that we cherish, all that we love, all that is precious. So fill us with that awareness that no moment of living will be ordinary.*

*~ The Reverend Doctor Philip Mitchell*

**Thank you for your suggestion(s).**

**Please return all suggested nominee’s to  
The Ballot Box outside the Church Office  
no later than December 1, 2019**

**Please remember to mark your calendar for the  
3rd Annual Awards Dinner - Thursday, June 11, 2020**



### Singles Brunch

We had a wonderful time at Jo-  
anne Tripp's in September and  
hope to continue gathering once a  
month. November and December dates are  
hosts to be announced. Watch for details in  
the Sunday bulletins and in the vestry. All sin-  
gles welcome at these gatherings. Ques-  
tions? - please call me at 508 255-7089.

Bon Appetit! Martha Livingston



**Monthly Green Tip** For Thanks-  
giving serve at least some local  
products, decorate with natural  
things such as gourds and pine  
cones, avoid wasting food. Be  
thankful that you are a part of a  
community that cares about each  
other and about all the people and  
animals on this fragile planet.

### Care for Creation Corner - November/December 2019

The Care for Creation (C4C) team is beginning to work towards the goal of **eliminating Single Use Plastics at the Federated Church!** We are all becoming aware of how we are drowning in disposable, one-time use plastics on our beaches, our streams, roads and waterways - just about everywhere! C4C has produced an informational pamphlet entitled "Tackling Plastic Pollution" and hosted a forum on 10/27 immediately after church entitled "Stewards of the Planet" to introduce the pamphlet and share ideas about how we can support each other individually and as a church family to continue reducing our use of plastics at church. Our goals are:

- No plastic water bottles (we have filtered water and pitchers in the kitchen)
- No single use plastic ware - utensils, plates, bowls, cups
- No styrofoam cups, plates, bowls
- Dishwasher training available on request

Care for Creation Team members: Jan Brink, Mary Lee Mantz, Cathy MacDonald, Jeff Talmadge, Emily Whittemore, Cheri Tyree (Chair) (302) 463-0886  
Monthly committee meetings:

**Sun. Nov. 17** and **Dec. 8** immediately following the service. **All are welcome!**

### Environmental Action!

On Sept. 20th at 11 am, some of our church members joined over 25 faith communities on the Cape and Islands to ring our church bells in support of the International Youth Strike for Climate Change to raise awareness of the threat of human-influenced climate change and call people to political action and personal lifestyle changes.



## Pearl Hope Fund



The purpose of this fund is to support Tony Ntumba and Joelle Sifa in caring for their daughter, Pearl Hope Wimana Ntumba (age 7), who has arrived in the U.S. from the Democratic Republic of Congo with a student visa to attend Saint Margaret's School in Buzzards Bay. It is to be used by the family in various ways to include, but not be limited to, purchasing season-appropriate clothing and school supplies, and funding after-school care and transportation.

Tony and Joelle are hard-working asylum applicants (and legal Cape residents) who are good friends of the Refugee Support Team of Nauset Interfaith Association. We join them in thanksgiving for the grace that has now brought Pearl to them during these difficult times for refugees and immigrants.

The fund will be administered by the Refugee Support Team. Checks should be made out to: Nauset Interfaith Association (earmarked "Pearl Fund") and sent to Nauset Interfaith Association, % Fr. Ken Campbell, PO Box 306, S. Orleans, MA 02662. For more information, contact Rev. Rod MacDonald, [rodmac.ret@gmail.com](mailto:rodmac.ret@gmail.com). Contributions to Nauset Interfaith Association are tax deductible.

## "The Optimist"

"Why live to be 100?" asked my friend. "Isn't ninety enough to make a good end?" I replied "I think of the things I would miss if, at ninety, I stopped and simply died."

- Thousands of mornings to see the sun rise in a glorious blaze in the eastern skies.
- Moons to wax and wane anew, trillions of stars in the midnight blue.
- Ten springs to see the lilacs bloom as their fragrance drifts across my room.
- To see new leaves on the maple tree as the birds return and sing to me.
- Ten summers to feel the ocean breeze as whales cavort in blue-green seas, to watch the hawks on the thermals rise into the blue of summer skies.
- Ten more harvests to celebrate of apple and peach and pear and date.
- To anticipate the vintner's wines from fresh new grapes on ancient vines.
- Ten more autumns in which to see the change of color on every tree, russets and golds and reds ablaze to brighten the ever-shortening days.
- Ten winters of freshly fallen snow on mountains above and valleys below.
- Of cherry-cheeked children on skis and sleds, of blazing hearths and soft warm beds.
- Ten Christmas seasons of church bells rung, of mince pies eaten and carols sung.
- Of families gathered to celebrate the wonder of that age-old date.
- Ten more New Years to welcome in, to wonder what the year will bring.
- Will there be a new baby for me to see? A great-grandchild on my family tree?
- I strive for another decade of living, of hoping and praying and loving and giving.
- And, if I reach one hundred, what then? Why, I'd plan to live to one hundred and ten!

~ Cape Cod Times 10/10/19 edition

"Dear Annie" ~ Beryl in Keizer, Oregon

Thank you Martha Livingston for sharing this.

The Federated Church of Orleans  
Presents

# *The Beasts of Bethlehem*



*A Song Cycle based on the poetry of X. J. Kennedy*

**THOM DUTTON**  
AND HIS CELTIC HARP

**Saturday, December 1, 2019 – 3:00 p.m.**

162 Main Street, Orleans, MA 02643  
Telephone: 508-255-3060

**A suggested donation of \$10.**

# **Southeast Area Fall Fellowship**

**Barnstable · Old Colony · Pilgrim Associations**

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## **Keynote Speaker** **Diana Butler Bass**

**Award-winning author,  
public speaker, and thought leader  
on issues of spirituality, religion,  
culture and politics**



**“What's Gratitude Got to Do With It?  
Why We Need ‘Thanks’ Now More Than Ever”**

**Sunday, Nov. 17, 2019 · 2 PM**  
**First Congregational Church of Fairhaven**  
**34 Center St. · Fairhaven, MA**

**2 - 2:50 PM Association meetings**

**3 - 4:30 PM Diana Butler Bass presentation**

**4:30 - 5 PM Book signing (books for sale at event)**

**Info/RSVP: [bascribe@comcast.net](mailto:bascribe@comcast.net)**

**Presentation is free and open to the public.**

## Super Saturday Oct. 5th, 2019 by Mike Brink THE A B C's OF CONFLICT TRANSFORMATION

I was able to attend this meeting with about 500 other members of the Southern New England Conference of the UCC. The meeting included a morning worship and a number of workshops in the morning and again in the afternoon.

The workshop I attended was a titled The A,B,C's of Conflict Transformation. Recognizing that conflict, disagreements, and differences of opinion exist, between individuals, in groups, in meetings or in the sanctuary, are often not talked about or ignored. The workshop gave guidance and information as a way to begin to deal with those issues. In this workshop it was suggested that a church use an A B C approach to deal with conflicts.

The A B C of Conflict Transformation is a three step approach.

A: **ACKNOWLEDGE:** The first step in the process is to acknowledge that conflicts exist. Don't ignore them, but recognize that there is an opportunity to deal with them in a positive and Christian way. Conflict becomes a personal matter rather than focusing on the process or the problem itself. Conflicts usually start with one issue and then grow into larger and more complex issues because they aren't dealt with immediately. Communication becomes less direct and more complex when people talk about the issue rather than seeking to resolve the issue. People are added who take sides on a issue which causes the conflict to expand rather than moving towards some agreeable resolution.

B: **BEHAVE:** Once the conflict is acknowledged the next step needs to begin. That is coming to an agreement as to how to behave with one another. If we create a safe way to deal with the difficult issues and have conversations which focus on behaviors rather than personalities this allows for agreements and healthy communication. This allows for the issues to be addressed. How do you do that? Use a Behavioral Covenant (BC). What is that? It is a written agreement created by the members of the church that will guide how people will treat one another. A BC states clearly how people will behave with each other. It is a statement of what God is calling the group to do and how the group will conduct itself. When a BC has been adopted by a congregation it should be read before each church meeting. The BC will set the tone for each meeting and help create a safe way for difficult discussions to move forward, to focus on behaviors rather than personalities and allows for healthy patterns of discussion. The guiding principle for a BC is found in Matthew 18:15 - 17 & 20. *"If another member of the church sins against you, go and point out the fault when the two of you are alone. If the member listens to you, you have regained that one. But if you are not listened to, take one or two others along with you, so that every word may be confirmed by the evidence of two or three witnesses. If the member refuses to listen to them, tell it to the church; and if the offender refuses to listen even to the church, let such a one be to you as a Gentile and a tax collector. For when two or three are gathered in my name, I am there among them."*

C: **COMMUNICATE:** The third step is to communicate. This is the active portion of the process. There are several important components to healthy communications.

**Planning** - Set aside time to have a conversation. Decide what need to be discussed and dealt with. Write down the issues that need to be discussed.

**Use "I" statements** - When discussing the issues try to use "I" statements such as I feel... I think... I need to understand...

**Be specific** - As the discussion continues give specific examples of the conflict, the disagreement, when it occurred.

**Paraphrasing** - This is also called active listening. or reflective listening Examples are: What I hear you saying is ...or You feel that...or What you mean is..

**Agree when you can-** During the discussion there will be time when you can say I agree. Build on that, find more things you can agree on. Seek for others to find areas of agreement.

In conclusion, it is important to recognize that conflicts, disagreements and differences of opinions are going to happen and are normal. We need to deal with them in a positive and Christian way, recognizing that they need to be dealt with in a timely, direct, open and sensitive way. When dealt with in such a manner conflicts can provide an opportunity for transformation of individuals and the congregation.

**Quartett Giocosa – String quartet from the Cape Symphony**

IN CONCERT HERE IN THE SANCTUARY

Saturday, November 16, 7:00 p.m.

Tickets: \$22 (available at the door)

Quartett Giocosa is...

Heather Goodchild Wade, violin

Irina Fainkichen, violin

Irina Naryshkova, viola

Elizabeth Schultze, 'cello

***Giocosa means joy!***

Quartett Giocosa lives up to their name and reputation by bringing exuberance, passion, and vibrancy to the stage with every performance. Heather, Liz, and the two Irinas have had the good fortune to play with some amazing musicians including Yo-Yo Ma, Joshua Bell, Mstislav Rostropovich, Anne Sophie Mutter, Mark O'Connor, Wynton Marsalis, Sarah Vaughan, Christoph Eschenbach, Michael Tilson Thomas, Jane Glover, Lorin Maazel, Seiji Ozawa, and of course the incomparable Jung-Ho Pak.

Sunday, November 17, 10:00 a.m. Sunday Worship

**“Music Appreciation Sunday”**

The Nauset Ringers and the Not Your Average Church Choir will BOTH be present  
Come enjoy their music. We appreciate this ongoing Ministry of Music.

Both groups are open to including new members!

Check with Glenn or Thom. Add your voice. Ring your bell!

**Special “HOLIDAY” Events at FCO**

Sunday, December 1, 3:00 p.m. - “The Beasts of Bethlehem”

Thom Dutton’s Annual Christmas Celtic Harp Concert

Tickets: \$10 (available at the door)

Friday, December 13, 7:00 p.m. and Sunday, December 15, 10:00 a.m.

CHRISTMAS TIME IS HERE! – Featuring:

The Not Your Average Community Chorus

The Nauset Ringers

Guest Musicians and Storytellers

Tuesday, December 24, 7:00 p.m. – Christmas Eve

Lessons and Carols

Join us to read the traditional Christmas story,  
sing the carols of the season, and enjoy the Christmas light of love.



Sun	Mon	Tue	Wed	Thu	Fri	Sat
27	28	29	30	31	1	2
9am - N.Y.A. 10am - Emily 10am - Sund 11am - Coffe	1:15pm - No 6pm - Nause 7:30pm - AA	8:30am - CC 10am - Stro	10am - PSC 1pm - Staff 2pm - Gatew 3pm - A Time	3pm - Finan	8:15am - Bib 10am - Stro 10am - Tis the 7pm - Am	10am - Lee 2pm - N.A.M.I.
3	4	5	6	7	8	9
9am - N.Y.A. 10am - Sund 11am - Coffe	1:15pm - No 6pm - Nause 7:30pm - AA	10am - Stro 10am - Stro	10am - PSC 1pm - Staff 2pm - Gatew 3pm - A Time	3pm - Finan	8:15am - Bib 10am - Stro	2pm - N.A.M.I.
10	11	12	13	14	15	16
9am - N.Y.A. 10am - Sund 11am - Coffe 11:30am - C	Veteran's 1:15pm - No 6pm - Nause 7:30pm - AA	10am - Stro 3pm - CCC 3pm - Truste	10am - PSC 1pm - Staff 2pm - Gatew 3pm - A Time	3pm - Finan	8:15am - Bib 10am - Stro 11am - MHP	1pm - NYACC 2pm - N.A.M.I. 7pm - Quartet
17	18	19	20	21	22	23
9am - N.Y.A. 10am - Deacon 10am - Sund 11am - Coffe 11:15am - C 2pm - BA	11am - Knitter 1:15pm - No 4pm - Emma 6pm - Nause 7:30pm - AA	9:30am - Em 10am - Stro 3pm - BLMA 3:30pm - De 5pm - Cabin 7pm - Am	10am - PSC 12pm - Minis 1pm - Staff 2pm - Gatew 3pm - A Time 4pm - Choir	9:30am - Ref 1:30pm - Jus 2pm - Worsh 3pm - Finan 3pm - Finan 4pm - Deaco	8:15am - Bib 10am - Stro	2pm - N.A.M.I.
24	25	26	27	28	29	30
9am - N.Y.A. 10am - Sund 11am - Bake	1:15pm - No 6pm - Nause 7:30pm - AA	Bazaar Setup @ Vestry 10am - Stro 3pm - CCC	10am - PSC 1pm - Staff 2pm - Gatew	Thanksgiving Holiday 3pm - Finan	Thanksgiving Holiday 8:15am - Bib 10am - Stro	9am - Tis' the 2pm - N.A.M.I.

Federated Admin, Federated Top 5, Search Committee,  
Video Recorders

Dec 2019 (Eastern Time - New York)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>1</p> <ul style="list-style-type: none"> <li>9am - N.Y.A.</li> <li>10am - Sund</li> <li>11am - Coffe</li> <li>11:30am - H</li> <li>3pm - The</li> </ul>	<p>2</p> <ul style="list-style-type: none"> <li>1:15pm - No</li> <li>6pm - Nause</li> <li>7:30pm - AA</li> </ul>	<p>3</p> <ul style="list-style-type: none"> <li>8:30am - CC</li> <li>10am - Stro</li> </ul>	<p>4</p> <ul style="list-style-type: none"> <li>10am - PSC</li> <li>1pm - Staff</li> <li>2pm - Gatew</li> <li>3pm - A Time</li> <li>4pm - Choir</li> </ul>	<p>5</p> <ul style="list-style-type: none"> <li>3pm - Finan</li> </ul>	<p>6</p> <ul style="list-style-type: none"> <li>8:15am - Bib</li> <li>10am - Stro</li> <li>1pm - Baker</li> <li>7pm - Am</li> </ul>	<p>7</p> <ul style="list-style-type: none"> <li>2pm - N.A.M.I.</li> </ul>
<p>8</p> <ul style="list-style-type: none"> <li>7am - Sunrise</li> <li>9am - N.Y.A.</li> <li>10am - Sund</li> <li>11am - Coffe</li> <li>11:30am - C</li> </ul>	<p>9</p> <ul style="list-style-type: none"> <li>1:15pm - No</li> <li>6pm - Nause</li> <li>7:30pm - AA</li> </ul>	<p>10</p> <ul style="list-style-type: none"> <li>10am - Stro</li> <li>3pm - CCC</li> <li>3pm - Truste</li> <li>6:30pm - Alli</li> </ul>	<p>11</p> <ul style="list-style-type: none"> <li>10am - PSC</li> <li>1pm - Staff</li> <li>2pm - Gatew</li> <li>3pm - A Time</li> <li>4pm - Choir</li> </ul>	<p>12</p> <ul style="list-style-type: none"> <li>3pm - Finan</li> </ul>	<p>13</p> <ul style="list-style-type: none"> <li>8:15am - Bib</li> <li>10am - Stro</li> <li>4:30pm - Th</li> <li>7pm - Christm</li> </ul>	<p>14</p> <ul style="list-style-type: none"> <li>2pm - N.A.M.I.</li> </ul>
<p>15</p> <ul style="list-style-type: none"> <li>9am - N.Y.A.</li> <li>10am - Deacon</li> <li>10am - Sund</li> <li>11am - Coffe</li> <li>11am - MHP</li> </ul>	<p>16</p> <ul style="list-style-type: none"> <li>11am - Knitter</li> <li>11:30am - Chri</li> <li>1:15pm - No</li> <li>4pm - Emma</li> <li>6pm - Nause</li> <li>7:30pm - AA</li> </ul>	<p>17</p> <ul style="list-style-type: none"> <li>9:30am - Em</li> <li>10am - Stro</li> <li>3pm - BLMA</li> <li>4pm - Deaco</li> <li>7pm - Am</li> <li>7pm - Blue</li> </ul>	<p>18</p> <ul style="list-style-type: none"> <li>10am - PSC</li> <li>12pm - Minis</li> <li>1pm - Staff</li> <li>2pm - Gatew</li> <li>3pm - A Time</li> <li>4pm - Choir</li> </ul>	<p>19</p> <ul style="list-style-type: none"> <li>9:30am - Ref</li> <li>9:30am - Ref</li> <li>11:30pm - Jus</li> <li>3pm - Finan</li> </ul>	<p>20</p> <ul style="list-style-type: none"> <li>8:15am - Bib</li> <li>10am - Stro</li> <li>11:30am - H</li> <li>5pm - Am</li> </ul>	<p>21</p> <ul style="list-style-type: none"> <li>2pm - N.A.M.I.</li> </ul>
<p>22</p> <ul style="list-style-type: none"> <li>9am - N.Y.A.</li> <li>10am - Sund</li> <li>11am - Coffe</li> </ul>	<p>23</p> <ul style="list-style-type: none"> <li>1:15pm - No</li> <li>6pm - Nause</li> <li>7:30pm - AA</li> </ul>	<p>24</p> <ul style="list-style-type: none"> <li>Christmas</li> <li>7pm - Christ</li> </ul>	<p>25</p> <ul style="list-style-type: none"> <li>Christmas</li> </ul>	<p>26</p> <ul style="list-style-type: none"> <li>3pm - Finan</li> </ul>	<p>27</p> <ul style="list-style-type: none"> <li>8:15am - Bib</li> <li>10am - Stro</li> </ul>	<p>28</p> <ul style="list-style-type: none"> <li>2pm - N.A.M.I.</li> </ul>
<p>29</p> <ul style="list-style-type: none"> <li>9am - N.Y.A.</li> <li>10am - Sund</li> <li>11am - Coffe</li> </ul>	<p>30</p> <ul style="list-style-type: none"> <li>1:15pm - No</li> <li>6pm - Nause</li> <li>7:30pm - AA</li> </ul>	<p>31</p> <ul style="list-style-type: none"> <li>New Year's</li> </ul>	<p>1</p>	<p>2</p>	<p>3</p>	<p>4</p>

*The Federated Church of Orleans, Est. 1646*  
*PO Box 761, 162 Main Street*  
*East Orleans, MA 02643*

