



The Messenger



First Parish Congregational Church, Saco

*"A Christ-centered Inclusive Community of Faith
with Love and Hope to Share"*

October 2023



New Friends & Better Friends

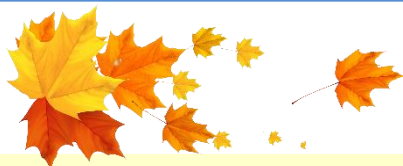
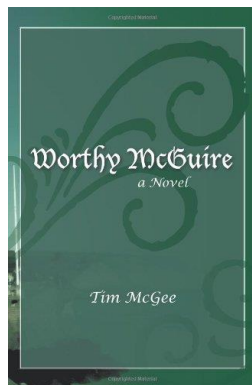
Sunday, October 1, 11:30 AM

If you are interested in joining First Parish Church, or learning more about its ministries, you are invited to join us for our New Friends Better Friends Class on Sunday, October 1, following the 10:00 AM worship service. The "class" will be an opportunity to get to know the church better.

We will be welcoming new members on Sunday, October 8.

First Parish Book Club

The Book Club will be meeting on Thursday, October 12th at 6:30 pm in the Parlor. This month's book discussion will be "Worthy McGuire" written by our own Tim McGee.

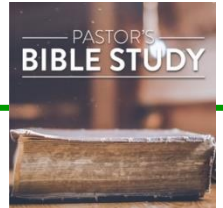


Pastor's Bible Study

Thursday Evenings 6:30 PM

'Thank you' to all of those who completed the survey regarding the best day and time to gather. Based upon your responses, Thursday evenings edged out the other possible options. The new Bible Study will begin on Thursday, **October 5, at 6:30 PM**. I look forward to exploring the Word of God with you!

Pastor Scott



Sacred Conversation Schedule

If you are an early riser, you are invited to join us on Sunday mornings at 8:30 am for our Sacred Conversation worship service. These services are led by a team of facilitators. The schedule for October is as follows:

October 1 – Rev. Scott Cousineau

October 8 – TBD

October 15 – Rev. Jan Hryniewicz

October 22 – Rev. Bill Donoghue

October 29 – TBD

Rev. Scott W. Cousineau, Senior Minister
Kristine Galasyn, Director of Christian Education
Jacqueline Savage, Music Director
Sue Burgess, Office Administrator

12 Beach Street,
Saco, ME 04072
207-283-3771

www.firstparishsaco.org
email – office@firstparishsaco.org
Facebook – First Parish Saco UCC
Instagram – @FirstParishSaco



Pastor Scott's Message...

The Pastor's Perspective ...



A couple of weeks ago, I was watching a video about dog training. (Renee and I are working with our dog, Kali, so that she will feel more comfortable and hopefully be less reactive to people and other dogs.) The video addressed various vocalizations that dogs make. They bark, whine, whimper, and sometimes even growl to communicate their feelings. Sometimes, humans do not appreciate their chosen vocalizations and may scold them for doing so. However, what the video points out is that barking, or whining, or growling is the only way that they can communicate. They cannot speak human. Therefore, in order to have a better relationship with our dogs, we need to try to understand what they are trying to say. Scolding them is akin to telling a child to "Be quiet!" when they are trying to say that they are scared or are feeling sick.

Hopefully, you will see that there is an obvious corollary when it comes to human relationships and interaction. Our relationships are not always sunshine and rainbows. There are times when tension and frustration are present. It is very easy to hurt feelings, or to have our feelings hurt when that happens. Just like when we are working with our canine companions, before we jump to "Be quiet!" or "Stop that!" we should pause and take a moment to try to understand what the other individual might be feeling. Are they hurting? Are they scared or anxious? What is going on? Actually, asking 'what is going on?' is one of the best ways to deepen and strengthen relationships. That question shows that we care about one another.

Let me pause and say, "Do not worry. There is not an undercurrent of tension or hurt feelings here at First Parish Church." But I do bring this up because the world around us is constantly changing. Accordingly, our ministries and programs will also change so that we can respond to the needs of our communities. And change is always unsettling. Change always causes uncertainty. Change can also result in some pinches and crunches in the church family.

Our theme for the new program year is: "A Place for Everyone." Every Sunday, I begin our worship services by saying, "No matter who you are, you are welcome here." Earlier today I was watching another video. This one was posted by a young man that was looking for a church that would welcome him and accept him. He was looking for a church that was inclusive rather than exclusive, a church that was loving rather than judgmental. I was about to say, "Come and visit us at First Parish Saco," when he said that he lives in Pasadena. A bit of a commute.

"A Place for Everyone" will ask us to consider not only WHO we welcome, but also HOW we welcome. How do we reach out? How do we invite? And how do we engage with those who do come here? Will those who are searching find a place here in our flock?

It is true that a few feathers may get ruffled along the way. Ruffled feathers can be helpful. Ruffled feathers will hopefully give us pause to examine why a particular person or situation is troubling us. Ruffled feathers can help us grow as individuals and as a church.

The world is full of exciting possibilities! I cannot wait to see what tomorrow brings!

Grace and Peace,
Pastor Scott





Vice Moderator Update...



The program year has started and we held an All Team Meeting and Pot Luck Supper to put the global 2023-2024 calendar together. We had around 25 show up and had a very productive meeting. Thanks to all.

At the Council meeting in September we will have a few items of importance to go over:

We continue to search for a Moderator.

We NEED A Sexton. Bill Burgess has kindly taken over some of the duties this fall but would choose not to continue into the winter. If you know someone that is looking for this type of work, please let the person know that the position is available. Phil Blood can provide all the details.

We will need assistance removing snow from walkways, both for the tenant and especially for Sunday morning. The driveway and parking areas will continue to be plowed as normal.

Stewardship will be a key topic for the congregation over the next couple of months. Team budgets are being compiled by Amy, our Treasurer, and the Stewardship team. The needs will be presented to the congregation and BASED ON YOUR GIVING, you will be sending the leadership a message on how to manage the finances next year. For 2023 many adjustments were financially made and generous gifts from Women's Fellowship, Meal Ministry Team and the Concerts helped get us through. The use of the rolling fund from Music and Christian Education also helped these teams.

The Facility Team is working with the insurance company to restore damage from the moisture and water that happened over the summer. The team is also working with PM Construction to build a list of renovations that the facility desperately needs. The team will create a 5 year rolling upgrade plan with the help of PM Construction. More to come on this.

Bill Donoghue and Bob Mohlin will make a presentation to the Council to look at the security recommendations from Home Land Security.

The Church Bylaws are presently under review to accurately reflect how we operate the church. They will be presented to Council for feedback and made available to the congregation for those that would like to see recommended changes. Suggested changes include: removal of the Liaison position from each Ministry, some merging of teams, and some financial controls added. These changes will be voted upon by the Church Body at the Annual Meeting.

Bob Condon
Vice Moderator





You may have noticed that the Welcome Station has recently been relocated! Thanks to the suggestion by Russ Tremblay, one of our Deacons, the Welcome Station is now more "welcoming", due to its close proximity to our main entrance. Being in the fall season, we are pleased to be joined by many first-time visitors, who may now more easily access our Welcome Station! In addition, with the name tag kiosk nearby, we're hoping that members and friends will conveniently pick up their name tag on their way into the building, and wear it consistently, as a sign of welcome and friendliness to the rest of our First Parish Community!

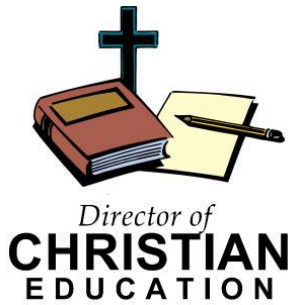
Other changes that we've initiated to portray First Parish as a "Place for Everyone" involve Fellowship Hall. You may have seen the poster of new members hanging on a wall, close to where you may pick up coffee at Fellowship Hour. Hopefully, this will assist in people being able to put a name with a face, and greet our newest members!

Another change we've instituted is the addition of the high top tables, mentioned by Pastor Scott in the spring, that Ed Carroll, a relatively new member, suggested, as a way for people to more easily join others during Fellowship Hour. This has been highly successful, as many of you know! In addition, you may see some card tables joined together, to make it more comfortable for people to join with new friends. As Ed suggested, it's often easier to join a larger group, than a table designed for 4.

In closing, I'm pleased to announce that Peggy Warden, a longtime member of First Parish and the choir, will be joining me as a co-chair of the Diaconate. Already, as a Deacon, Peggy has willingly shared her ideas and experience, and we look forward to having her in this leadership position! Please thank Peggy when you see her!

Margery Condon, Co-chair, Diaconate





Wow!! Was
Homecoming
Sunday
amazing?
We had over
thirty children

participate in our age level classes.
Thank goodness we added another
class. Thank you families for being
a part of our faith community.



If you haven't filled out a registration form
on your children please do so now. This is
the best way for us to be able to let you

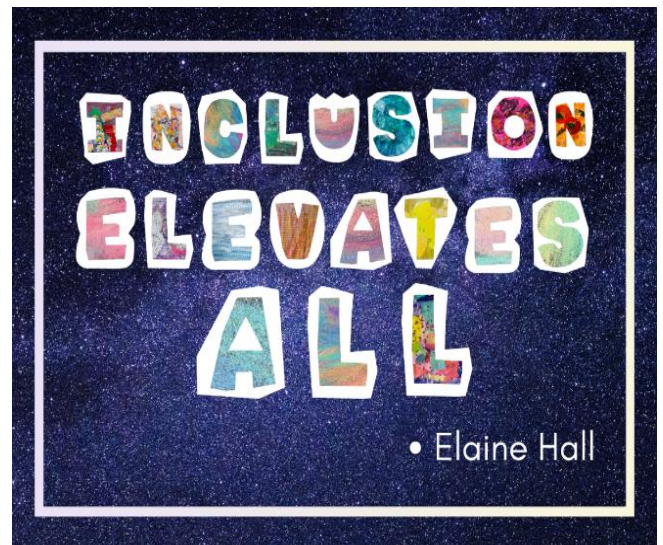
know different events for the different age
levels. You can find this form on the
Church website under Christian Education,
click on Christian Education and then
Christian Education Registration. Thank
you.

As we go into our new program year our
theme is "A Place for Everyone". Our
library has some wonderful new books about
inclusion and what it means to welcome and
include everyone.



I look forward to seeing you at Church.
Stay safe,

Kris





*Jesus says:
“Let the little
Children come
to me”*

-Matthew 19:14

Helping **Lisa and Mary** in the Nursery for the month of **September** was:

3rd **Lindsey Martel**

10th **Carrie Jahns**

17th **Kelsey Jackson**

24th **Glenys Salas**

Thank you to all who have signed up for helping in our Nursery.

“Its Only One Sunday!”

For many, our nursery is their first Welcome at First Parish. Please help us keep that welcome going by signing up to be a nursery volunteer. There is a sign up sheet in the atrium.

First Parish Christian Education Team appreciates your time. **Thank you**



2023 at Pilgrim Lodge

Pilgrim Lodge is winding down.

Women’s Fall Weekend was Sept. 15-17.

Michelle Fiske and Hope Guerrette

attended. Alexis Brochu will be attending

Fall Homecoming Weekend, Friday to

Sunday, Oct. 20-22 at Pilgrim Lodge. This

weekend is a reunion for those 6-12 graders who attended camp during the summer.

This is a way to keep in touch with friends from camp. Relationships are a big part of going to camp. Pilgrim Lodge is where

Community, Nature and God meet. It is

where the ordinary meets the extraordinary and those “thin places” form. It is where we glimpse a little bit of heaven on earth.

Fall Schedule (beginning)

Sept. 17	Jo Fitzgerald
24	Connor Remillard
Oct. 1	Cassie Remillard
8	Chloe Remillard
15	Emily Savage



October Happenings

Acolyte Training



All youth third grade and up are invited to join us on Sunday, October 1 at 11:30am in the

sanctuary, to learn to be an Acolyte. The word Acolyte comes from the Greek word for companion. Acolytes set the tone for worship by lighting the altar candles. At the end of the service they extinguish the candles, relighting the candlelighter and taking the word of Christ out into the world.



Bible Sunday will be celebrated on Sunday, **October 15th** during the 10am worship service. All third graders will receive their Bibles. There will be

a Breakfast before worship that morning hosted by the Christian Education Team.



Sunday Fun Day

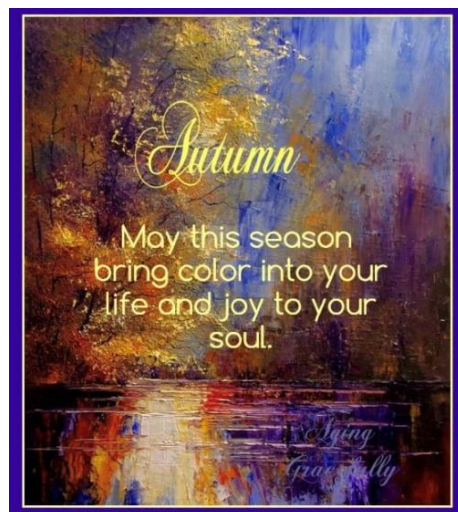
When the month gives us a fifth Sunday we are going to have a Fun Day. That happens this month, so Oct 29th we will

have a Fall Festival complete with games, prizes, candy, popcorn and costumes. Please no scary costumes. Weather permitting this will happen outside. Trunk or Treating will be a part of this extravaganza.

Christian Education Team News



Many thanks to the team, Church school teachers and a few younger helpers for getting our Church school classrooms ready for the program year. We want to introduce **Joanne Howard** and **Christa Remillard** to our teaching team. **Joanne** joined **Linda Lambert** in the **Younger Elementary** class and **Christa** will be co-teaching with **Danielle Roberge** in the **PreK/Kindergarten** class. Thank you **Joanne** and **Christa** for answering the Call to teach. **Mary Coyne**, **Lisa Edstrom**, **Heather Nolette** and **Mary Sicard** were also present to help prepare our classrooms.





Music Ministry

From Our Music Director

jacqui@firstparishsaco.org





In the Spotlight

This article in "The Messenger" will focus on our different teams and groups here at First Parish. We hope this will bring more understanding to you and provide information as to what each team does, when they meet and the current members of the team. Perhaps it may pique your interest enough to join a team and help First Parish keep the light shining for all to see.

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## **Pastor Parish Relations Team 2023**

The Pastor Parish Relations Team resumed again in 2022 following a prolonged hiatus caused by the good fortune of settling in a new Pastor (early fall 2019), followed by the subsequent limitations and closures caused by COVID.

Needless to say, we are very grateful that Scott arrived just in time to show us how able and skilled he could be in managing and navigating First Parish through the pandemic, and that even while wearing masks he got to know our names!

The scope of the PPRT is to tend to one of the most essential assets at the heart of any congregation: its relationship with its Pastor. Our charge is to provide a safe and trustworthy place to which he can turn to talk over matters of concern in a confidential setting.

But that's only part of our work. That same setting has a two-way design. The PPRT is also a place where others, in confidence, can find a listening environment as they may need in facilitating a healthy relationship with their Pastor.

We meet quarterly with Scott, or at any other time that he may need. The nature of our work keeps us small in number, yet bearing varied experience as members of the church. Currently serving are: Jamie Beals, Geordie Campbell (team leader), Jennifer Poore, and Joan Sonneborn.

If you have any questions please feel free to give any of us a call!



# Flower and Altar Update

**Thank you** to those who provide flowers for the altar each week. If you wish to remember or honor a loved one or celebrate an event in someone's life with altar flowers, the sign-up sheet is on the wall outside the church office. You can also contact Patrice Tripp at 207-590-1109 or Marcia Lord at 207-768-1699.

## Altar flowers for the month of September:

Hewes Family Flower Fund in Memory of John Hewes

Edward Olsen in Memory of Barbara Freeman

Jeff Chaffee in honor of his late wife, Marilyn Chaffee, on what would have been their 41st Wedding Anniversary.

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Women's Fellowship The Gingerbread Fair December 2, 2023!!!



Do you have jewelry, scarves, jewelry boxes, purses, unopened cosmetics, new lotions and/or fancy soaps that are not being used? Don't throw them out! Give them to the **Women's Fellowship** to sell at the **Boutique** during the December 2, 2023 Christmas Fair.

Donations may be left in the office, or given to Carol SpencerLemay. Contact Carol (207) 229-1902 if you would like to volunteer to help or you would like someone to pick up your donations.



Gingerbread Fair Greens Table

For many years the Flower & Altar Team has taken the lead for the Greens Table. As we are amid other projects with Thanksgiving, Advent & Christmas, we are unable to devote the time needed to plan and make the greenery arrangements.

Because many folks look forward to purchasing the Christmas arrangements for their homes or as gifts, we are looking for a few people (male and/or female) who can devote time to help with arranging and decorating baskets and mugs with greenery and providing time on the day of the fair, to help sell the greens. Please consider helping. Many hands will make for light work. If you want more info or have questions, contact Patrice Tripp (207-590-1109).

Mission Team Update

FMI – Carol Spencer-Lemay



Red Cross Blood Drive

**Saturday, October 21, 2023
9:00 am – 1:45 pm
First Parish Church - Saco**

Donors can register at redcrossblood.org (enter our zip code and then click on *BY DISTANCE*) or call **1-800-RED-CROSS**. You can also contact Carol Spencer-Lemay after the 10 am services on Sundays.

This drive is in memory of Roeun Nou.

Saco Food Pantry



Thank you for your support of the Saco Food Pantry!

Don't forget to donate to the Saco Food Pantry if you are able. The need is great.

The **Saco Food Pantry** thanks First Parish Congregational Church members for their ongoing generosity. Please continue to donate non-perishable food items and hygiene items and place them in the shopping cart in the Atrium. Thank you!

The Pantry is low on the following supplies: crackers, Mac N Cheese and instant potatoes.

The Saco Food Pantry, located at 67 Ocean Park Road, is open Monday to Friday from 9:00 AM to 10:30 AM, and the last Tuesday of the month from 5:00 PM to 6:30 PM.



Sunday, October 8, 2023 is the date for the "Neighbors in Need" special mission offering.

What is the "Neighbors in Need" special mission offering?

Neighbors in Need (NIN) is a special mission offering of the United Church of Christ 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 this 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 UCC 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.

Who participates in Neighbors in Need Special Mission Offering?

Anyone can give a donation by contributing to the Neighbors in Need Special Mission Offering (NIN SMO) either through their congregation's annual collection drive or anytime online at ucc.org/nin.

How is the offering used?

Through this offering we express our deep commitment to reaching out and touching our neighbors with justice and compassion. This allows us to speak prophetically to those in power and to advocate for a society where all people have a voice in decisions that affect their lives. In the spirit of Christ, we will seek to confront evil in the world and to alleviate suffering. We will do this through direct service as well as advocacy.

Where and how are the funds dispersed?

Not only are NIN funds shared with CAIM (Council for American Indian Ministry), they are utilized by staff to develop curated and created social justice resources, i.e. webinars, bible studies, curriculums, advocacy tools, etc. within the program areas of environmental justice, racial justice, LGBTQ justice, economic justice, women's justice, immigration justice, and more. Additionally, a portion of the monies collected are used to fund grants at the following levels and needs:

- Direct Service (\$1,000 – \$3,000) – provides funding to meet the immediate needs of an individual or group (i.e. food, clothing, utilities).
- Advocacy (\$3,001 – \$5,000) – offers funding to assist communities who wish to change policy on a state or federal level via an advocacy campaign.
- Grass Top (\$5,001 – \$10,000) – is a highly competitive tier which seeks to award uniquely innovative programs which can be replicated in other settings.

How much money is raised during the NIN SMO on an annual basis?

On average, this vital offering annually collects around a million dollars with one third going to CAIM (the Council for American Indian Ministry).

What percentage of NIN donations are used directly to fund our commitment to service and mission?

At present, we are pleased to state that nearly 100% of the monies raised from NIN SMO is used to fund our mission projects and programs which include our largest commitments to NIN grants and CAIM.

How are the decisions made to fund various projects and/or programs?

Decisions on which of our much needed programs and projects are based on [resolutions](#) that have been passed at our General Synod biennial meeting.

About the Council for American Indian Ministry

The Council for American Indian Ministry (CAIM) is the voice for American Indian people in the UCC. CAIM provides Christian ministry and witness to American Indians and to the wider church. Justice issues that affect American Indian life are communicated to the whole UCC by CAIM. Historically, the forebears of the UCC established churches and worked with Lakota, Dakota, Nakota, Mandan, Hidatsa, Arickara, and Hocak in North and South Dakota, Wisconsin and northern Nebraska. Today there are 20 UCC congregations on reservations and one urban, multi-tribal UCC congregation in Minneapolis, Minnesota. CAIM supports these local churches and their pastors. In addition, CAIM strives to be a resource for more than 1,000 individuals from dozens of other tribes and nations who are members of other UCC congregations and to strengthen their participation in the life of the church.





Saco Main Street is please to announce the Pumpkin Harvest Festival!!!

Saturday, October 21, 2023
11:00 am – 3:00 pm

Rain Date is Saturday, October 28, 2023

Check out the website for all of the information.

[Saco Pumpkin Harvest Festival](#)

First Parish Church Good News Team is planning on having a booth at the Pumpkin Harvest Festival.

Volunteers are needed for 2 hour time slots.

We're planning on giving away candy, cider and activity books for kids.

Look for us while you're at the Festival.



Looking for things to do in the area?

Check out www.pressherald.com/things-to-do/do-this-calendar

You can search by date, within a number of miles... you'll be amazed at what is happening in Maine!

Join us for a First Parish Bean Suppah!!

Mark your calendars!
October 14, 2023

Serving from
5:00 pm – 6:30 pm
\$10.00 Adults
\$5.00 Children 6-12



Menu will be:

Pea Beans	Kidney Beans
Mac N Cheese	Hot Dogs
Coleslaw	Breads
Desserts	Beverages

First Parish Fellowship Opportunities



Family Fellowship

Mini Golf
Martel's Ice Cream
Route 1, Saco
Sunday, October 8, 2023
12:00 pm

Join us for a round or two of mini golf hosted by your Good News Team. Don't forget the ice cream...

Shuffleboard Fun!!!



First Parish Writers Group

Grab your pens and your pencils, your typewriters and your tablets and join us as we offer this new fellowship opportunity. Several people in our church family write books, poetry and articles and have inquired about getting together from time to time. Well ... why not?!

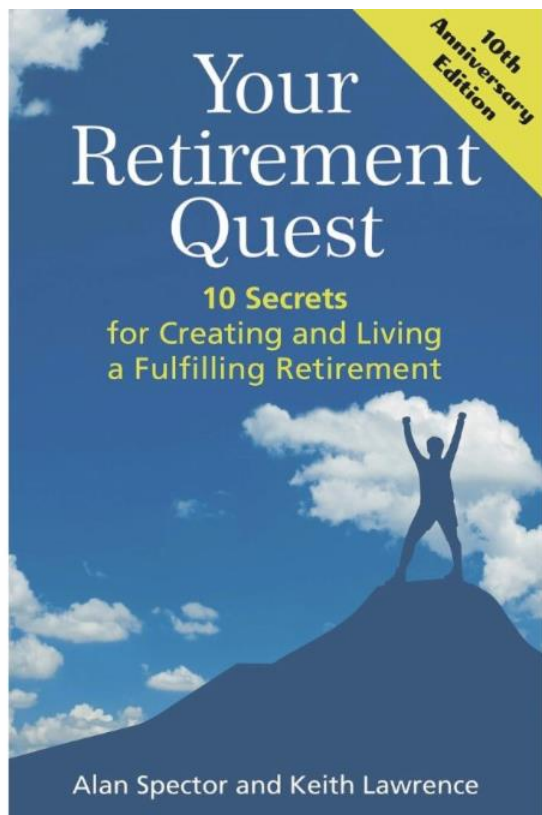
Sunday, October 15, 11:30 AM ... grab a snack and have a quick chat during fellowship hour then, gather in the Parlor.





**From our
Investment Team...**

ROBINSON SMITH
WEALTH ADVISORS, LLC



**The RSWA Webinar Series:
"Retirement Beyond the Financials"**

with Alan Spector

Please join us!

**When: Thursday October 12, 2023
5:00 pm - 6:30 pm EST**

Where: Zoom

Join us as we go beyond the investment and financial planning numbers with the retirement expert Alan Spector. Alan will discuss retirement's challenges, myths, and opportunities and present his 10 Secrets for Creating and Living a Fulfilling Retirement.

Our Webinars are open to all! We encourage you to forward this invitation along to anyone you feel might be interested.

Click on the link below for more information or to register:

[Get More Information](#)

If you have any questions about this event or how to register, feel free to reach out to your financial advisor or anyone at RSWA.

We look forward to you joining us!

October

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 World Communion Sunday 8:30am Sacred Conversations 8:50am CE Team 10am Service 11:30am M&A 1pm TV Service 7pm 12/OC Concert	2 9am Counters 6pm Bell Choir 6:30pm Big Book	3 9:30am Fellowship Workshop 3pm Tutor & Ed Testing 5pm SoME Dance 6:30pm Facilities via Teams 7pm Men's Fellowship	4 4pm Diaper Bank 5:30pm Jr Choir 6:45pm Sr Choir	5 9am TOHG 3pm Guiding Eyes for the Blind 5pm SoME Dance	6	7 
8 8:30am Sacred Conversations 10am Service 11:15am P&W Choir 1pm TV Service	9 Bank Holiday 6pm Bell Choir 6:30pm Big Book	10 9am Counters 9:30am Fellowship Workshop 3pm Tutor & Ed Testing 5pm SoME Dance 7pm Men's Fellowship via Zoom	11 4pm Diaper Bank 5:30pm Jr Choir 6pm GS 1106 6:30pm Finance Team via Zoom 6:30pm Mission Team 6:45pm Sr Choir	12 9am TOHG 5pm SoME Dance 6:30pm Book Club	13	14 5pm Bean Suppah 
15 Bible Sunday 8am Bible Breakfast 8:30am Sacred Conversations 10am Service 11:15am P&W Choir 1pm TV Service	16 9am Counters 6pm Bell Choir 6:30pm Big Book	17 9:30am Fellowship Workshop 3pm Tutor & Ed Testing 5pm SoME Dance 7pm Men's Fellowship via Zoom	18 10am Theological Group 4pm Diaper Bank 5:30pm Jr Choir 6:30pm Sr Choir	19 9am TOHG 3pm Guiding Eyes for the Blind 5pm SoME Dance 7pm GNT	20 Baptist Conference Dinner	21 9am Blood Drive 11am Pumpkin Festival Downtown Saco 
22 8:30am Sacred Conversations 10am Service 11:15am P&W Choir 11:30am Diaconate 1pm TV Service	23 9am Counters 6pm Bell Choir 6:30pm Big Book	24 9:30am Fellowship Workshop 3pm Tutor & Ed Testing 5pm SoME Dance 6:30pm Personnel Team 7pm Men's Fellowship via Zoom	25 4pm Diaper Bank 5:30pm Jr Choir 6pm GS 1106 6:30pm Council 6:45pm Sr Choir	26 9am TOHG 5pm SoME Dance 7:00pm GNT	27	28 1pm Halloween Bash
29 Sunday Funday 8:30am Sacred Conversations 10am Service 11:15am P&W Choir 11:30am Fall Festival 1pm TV Service 2pm York Assoc Executive Comm	30 9am Counters 6pm Bell Choir 6:30pm Big Book	31 9:30am Fellowship Workshop 3pm Tutor & Ed Testing 5pm SoME Dance 6:30pm Men's Fellowship via Zoom 				

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