

# The Messenger 2020

First Parish Congregational Church

United Church of Christ

The Church with Love & Hope to Share



## First Parish “Facebook Challenge, Sharing is Caring”

During the month of August we are “challenging” all members of First Parish to become part of our Facebook family.

Like or follow First Parish Facebook page.

Share First Parish’s Page and ask your friends to like or follow!

**Share, Share, Share** Your Photos!!

[Click Here](#)

We miss you and want to know how you’re doing, tell us with your photos.



[Like Us](#)

[Share with your friends](#)

Post a photo and “tag” the location as First Parish!

## Photo Ideas



Repairs on my house

Working in my garden

Zoom meetings

Reading a book

cooking

My children Playing

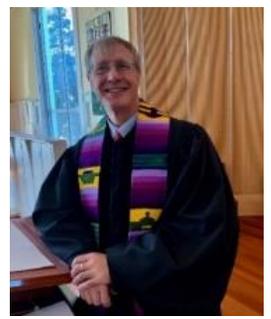
Walking my dog

Sitting by the lake

Scott Cousineau Senior Minister  
Kristine Galasyn, Director of Christian Education  
Jacqueline Savage, Music Director  
Nadeen DeSilva, Office Manager

[scott.cousineau@firstparishsaco.org](mailto:scott.cousineau@firstparishsaco.org)  
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## Pastor Scott's Message...



### The Pastor's Perspective ...

A couple of months ago, as we began settling into stay-at-home orders and physical distancing, we also began referring to “the new normal.” Not shaking hands, wearing masks in public, staying six feet apart became our new pattern of behavior. Staying in our “bubble,” staying away from crowds, staying away from friends and family helped keep us safe. Sacrificing dining out, community activities, celebrating milestones and personal achievements, attending in-person worship services were sacrifices that we were willing to make to ensure that we would ALL be able to gather together after this episode. We do not want any empty seats at our tables or in our pews.

I am hoping that the “new normal” will be short-lived. These are patterns and behaviors that I hope do not persist once we are finally able to put the coronavirus behind us.

In the meantime, this is where we are. One of the problems with the “normal” is that it can easily become tedious and mundane. We can grow weary. We can forget all of the energy that we put into learning how to adapt to our ever-changing circumstances. We may fail to feel proud of our efforts and our accomplishments.

When this all began, I asked you to send me your photographs so that I could put them in the pews. That was fun! The pictures came flying in! There are over three hundred people pictured in the pews. The first few weeks, you took photos of yourselves going to worship in your pajamas! Is it fun anymore?

Of course, there are those who will say, “Worship is not supposed to be fun.” I disagree. God loves fun. God loves joy and laughter.

Back to the subject at hand ... I never want worship to become just another something that we do. I want it to be meaningful, engaging, and yes ... joyful. Worship feeds our souls and directs our lives, it inspires, and it comforts.

Over the last few weeks, we have been trying to include more ways that you can participate in the service while also remaining at a safe distance. Jacqui has worked tirelessly to create virtual choir pieces. Our liturgists have recorded their readings from their homes. A couple of you recorded video greetings for the church family. The children have met some interesting characters and gone on a couple of adventures during Children's Message.

We have some exciting worship services planned for the month of August, and we want you to be involved. You can sing in the virtual choir. Read Jacqui's page in this edition of the Messenger and find out how. You can record a video greeting that we can use in the service, and send it to Freddie Connelly ([freddie.connelly@firstparishsaco.org](mailto:freddie.connelly@firstparishsaco.org)). If you have any other thoughts or ideas, please let us know.

Grace and Peace,

Scott



## *Music Ministry Summer 2020*

MUSIC DIRECTOR-JACQUELINE SAVAGE (JACQUI@FIRSTPARISHSACO.ORG)

- ☀️ Youth choir Summer Rehearsals~Thursdays 4-5 over ZOOM
- ☀️ Senior Choir Summer Rehearsals~Thursdays 6-7 over zoom
- ☀️ Scripture readings will be read by Youth Choir Participants each Sunday
- ☀️ Choirs will participate in Virtual Choir Anthems each week
- ☀️ Choirs will put on a Summer Talent Show over Youtube Premier on **Saturday August 22<sup>nd</sup>** @5:30PM—More info to come!
- ☀️ Virtual Choir Collaboration with Gorham First parish and Westbrook Warren UCC in the works!

# Deacons' Corner

Dear family and friends of First Parish,

You've heard it said over and over again: we are all in this together. We have different ideas and reactions to the COVID-19 pandemic that has turned our world topsy-turvy. But yes, we are all in this together. Whatever we do to cope with the possibility of viral infection impacts everyone we come in contact with. (Hint: wear your mask!)

The First Parish family certainly embodies this idea of interconnection. We have endeavored to stay in touch with each other in numerous ways: virtual worship services and coffee hours, Zoom meetings, phone calls, and lots more. While we miss the actual physical presence of each other, we are acting in faith to continue to Be the church.

**And we give!** You have been most generous in donating money and goods to the less fortunate. Your gifts to the Pastor's Discretionary Fund and the Saco Food Pantry have been much appreciated and well used. Pastor Scott reports that, through the Discretionary Fund, he has been able to assist several struggling families with rent, utility bills and food (via gift cards we purchased from Shaw's and Hannaford). You have also placed non-perishable foods in the Saco Food pantry basket which is outside our front door during church office hours, and made monetary donations to the Food Pantry as well. Your generosity reflects your concern for others that is at the heart of Jesus's teachings. "Love one another as you love yourselves!"

So....a big thank you for your part in this "togetherness." We are grateful for your continued support. If you haven't donated and would like to, simply write a check to First Parish Church and write "Saco Food Pantry" or "Discretionary Fund" on the memo line. Know that either way it goes to a good cause.

Thanks and blessings,  
Dan Carter and Nadine Russell, Co-chairs,  
FPC Diaconate



Christian Education



August is upon us and any other year we would be talking about Homecoming Sunday and the beginning of Church school.

However, this year is different from any other

year. As of the present we do not know what the next couple months will look like. Please be patient as we pray and discuss and pray some more and discern the beginning of our Church school year. Thank you. In the meantime, we would like all our parents to fill out Church school registration forms for their child(ren). We ask that you fill out a form for each child, birth (nursery) through Twelfth grade. This is helpful for many reasons.

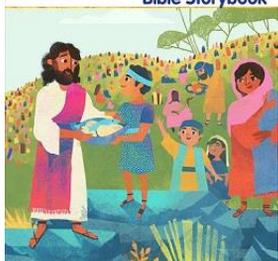
1. It helps us in the purchasing of curriculum
2. Helps us determine class size vs. room vs. adults needed
3. Helps to organize age level events, Bible Sunday, VBS, Youth Fellowship.
4. Helps us report attendance to our Church conference.
5. Helps us to know if there are parents wanting their children Baptized

You can find this form on the Church website under Christian Education.



### Celebrate Wonder

New curriculum coming this fall-Honor the spiritual life of children- their natural sense of awe, wonder, curiosity and imagination- shape their growing faith with Celebrate Wonder.



### Knights of North Castle.

Is our VBS theme for this summer. VBS is

finishing up this month. All children are asked to drive by the church, at a pre-arranged time, to receive their certificate of completion and some fun items. At this time they will hand in their Tapestry square and any new pajamas for our service project. We look forward to sharing VBS with our Faith Community later in the month. The banner verse is: **“Be Strong in the Lord and in the strength of his power.”** - **Ephesians 6:10**



Talking to children about race can be difficult and the Christian Education Team has recently bought a number of new children’s books for just that purpose.

### Children’s Books

1. I Am Enough by Grace Byers
2. You Matter by Christian Robinson
3. Not Quite Snow White by Ashley Franklin
4. Vote Our Future by Margaret McNamea
5. I Am Perfectly Designed by Karamo Brown
6. She's Got This by Laurie Hernandez
7. We’re Different, We’re the Same: And We’re All Wonderful By Bobbi Jane Kates
8. I Believe I Can by Grace Byers

- 9. Being You by Alexs Pate
- 10. It Feels Good To Be Yourself: A Book About Gender Identify by Theresa Thorn

**Youth/ Adult Books**

- 1. How To Be An Anti-Racist by Ibram X. Kendi
- 2. I Am An Anti-Racist: Coloring Book for Both Adults and Kids
- 3. This Book is Anti-Racist by Tiffany Jewell
- 4. 4.Raising White Kids by Jennifer Harvey

Cokesbury, which is the publishing house for our Church school curriculum also has put together a three part lesson on Anti-Racism: Faith and Culture. This includes topics of: Curiosity and Empathy, Colors and Cultures, Prejudice and Stereotypes. Each lesson is complete with Main Idea, Bible verse, Background info, Story Connection, Discussion Questions and Reflection. There is added information for older students. If you are interested in having a copy of this curriculum please let me know and I will be happy to make up packets for you. It is geared to early-middle elementary but could be adapted to younger and older.

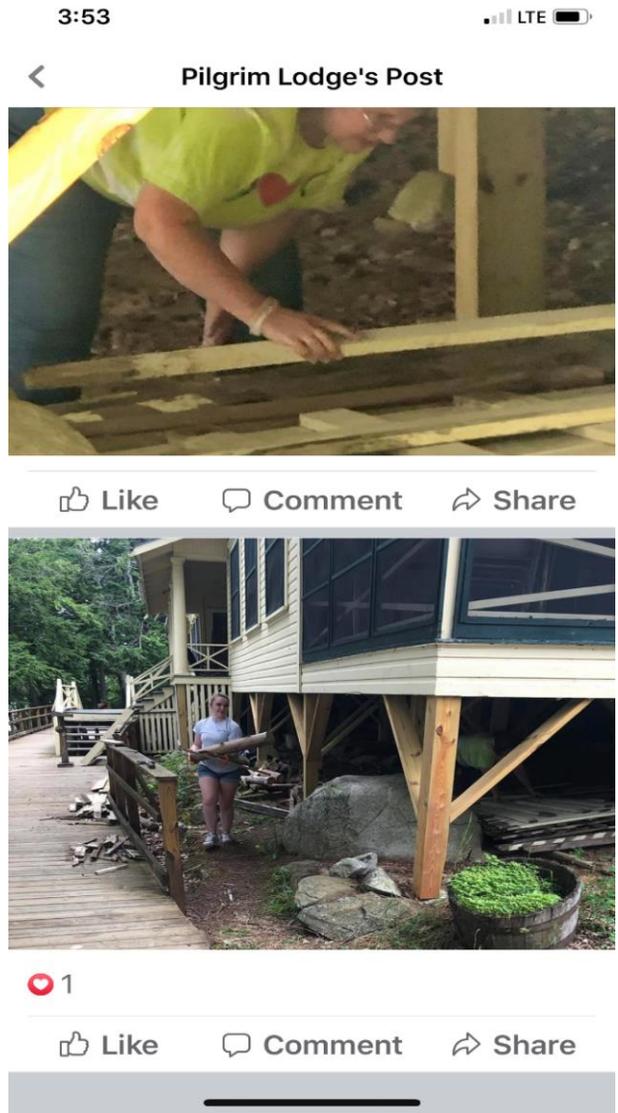
Darkness cannot drive out darkness only Light can do that. Hate cannot drive out hate only Love can do that.

–Martin Luther King, Jr.



**2020 at Pilgrim Lodge**

Yes, PL is not accepting campers this season but there has been plenty of work happening at our Church camp this summer. The young woman in the bottom picture just happens to be our own Kaeley Brann. Thank you Kaeley for being a PL helper. We all miss PL so much this year and we look forward to an awesome PL summer for 2021.



I miss you all  
Stay home, stay well, stay safe,

*Kris*

## Happy August First Parish Women's Fellowship!!



You are cordially invited to attend the First Ever Outdoor Women's Fellowship Meeting.

We will be meeting on the parking lot lawn on Wednesday, August 19th at 9:00. Please bring your own beverage, lawn chair, and **DON'T FORGET YOUR FACE MASK!**

We have a great deal to discuss! One of the most important discussions is about the Gingerbread Fair and what to do about it. It is pretty clear that it will not be business as usual, but that doesn't mean that we can't think outside the box and perhaps come up with something for the future. If there are any other concerns or ideas for our group please bring them with you.

If you cannot attend this meeting and would like to have some input about anything WF, please e-mail me at [droth@maine.rr.com](mailto:droth@maine.rr.com) or call me at 207-229-3196.

I am really looing forward to seeing everyone and if by chance there is rain that day, we will move into the Atrium where we can easily practice social distancing.

Stay safe and stay healthy. See you all soon...

Glen Ellen Roth



[Click Here](#) to watch our newest episode...

### [Bored Pastor 8](#)



Just in case you missed any of the last episodes...

Just click on the "Titles" and enjoy the show!

### [Bored Bear](#)



### [Bored Pastor 7 Part 1: Divinity War](#)



### [Bored Pastor 7 Part 2](#)



## Flower & Altar

**Church Grounds Cleanup:** Over the years, the grounds at the church, as at our homes, begin to take over space and need to be cleaned up. The Facilities Team has asked that Flower and Altar Team take the lead in organizing and maintenance of pruning and weeding of the church grounds this summer and fall.



**During this time of separation, we continue to be inspired by our meaningful worship services.** We thank the staff and the Media Team for continuing this important ministry. Even though the ways that we gather and serve have changed, our ministries continue to reach out to our community.

**Flower and Altar would like to provide you with an opportunity to contribute to the beauty of the church grounds. If you are willing and able to provide an hour or two to help with some clean up this month and weeding/planting over the next few months, please contact Marcia Lord at [mvlord@aol.com](mailto:mvlord@aol.com) or 207-768-1699, or Patrice Tripp at [rtripp@maine.rr.com](mailto:rtripp@maine.rr.com) or 207-590-1109.** You would be working outside and able to maintain social distancing while having some socialization with other church members. **Many hands make light work. Thank you for considering what you might do to contribute to the church grounds.**



### **Altar Flowers:**

Flowers on the altar during the month of July given by the Flower & Altar Team

The following Sundays are open if you wish to provide altar flowers in memory or honor of loved ones: August 2<sup>nd</sup>, 16<sup>th</sup> & 23<sup>rd</sup>; September 6<sup>th</sup> & 20<sup>th</sup>. If you are interested in providing flowers, contact Patrice Tripp at [rtripp@maine.rr.com](mailto:rtripp@maine.rr.com) or 207-590-1109

## Feeding our Neighbors

The **Saco Food Pantry** needs our help. They are looking for volunteers requested for the following tasks:

- ✓ Pick up food from donating organizations
- ✓ Sort, pack and store the food
- ✓ Provide individuals with the food onsite
- ✓ With [Age Friendly Saco](#) deliver food to high-risk folks



They strictly follow CDC guidelines to keep volunteers safe. If you are interested in helping our neighbors in need, please contact their Volunteer Coordinator, Lynn Steed at [lsted203@gmail.com](mailto:lsted203@gmail.com), or call 494-8662.

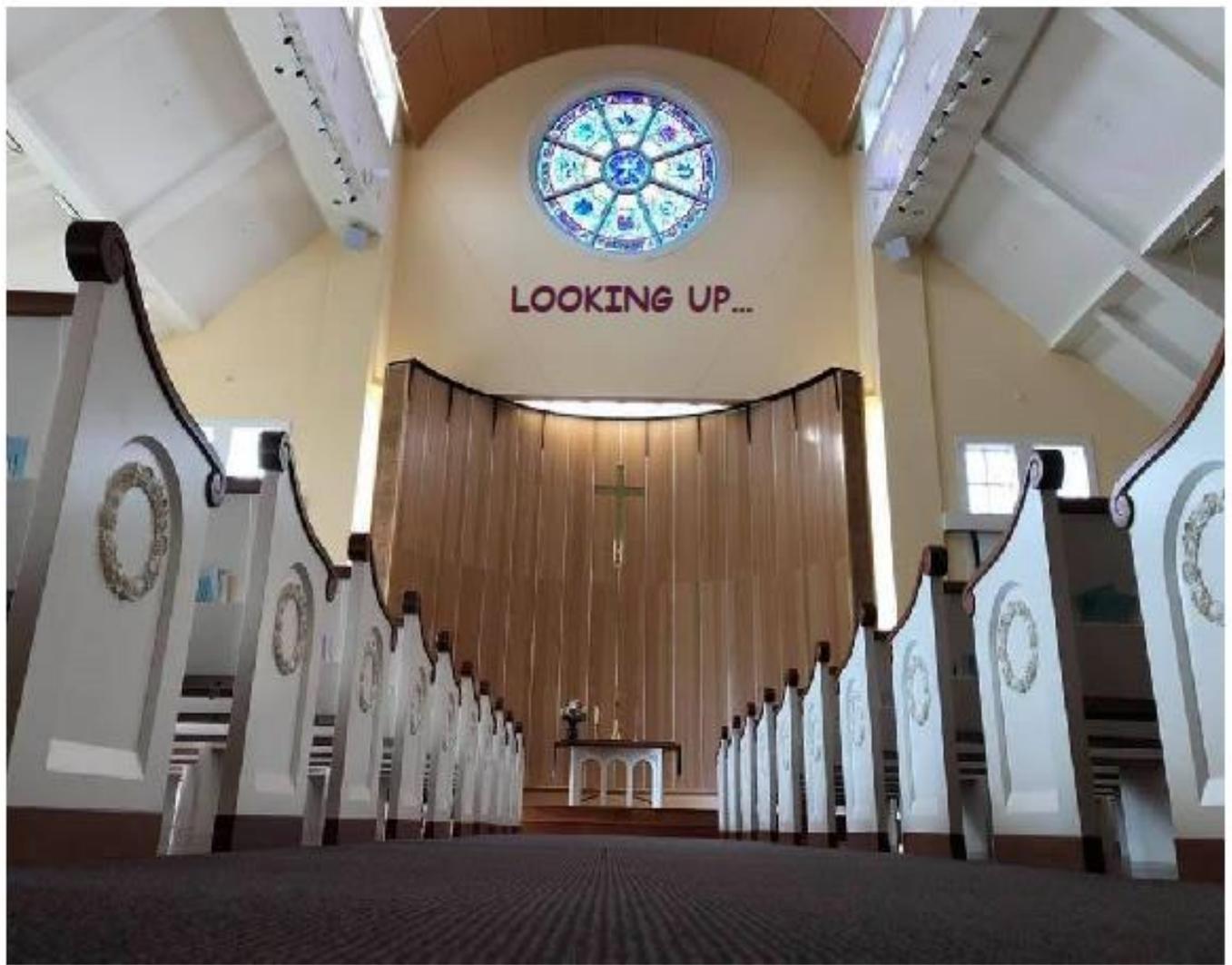
In addition, we continue to collect donations for the Saco Food Pantry in the shopping carriage outside the door.



The **Bon Appetit Program** at the 2nd Congregational Church in Biddeford is also experiencing a shortage of volunteers. There is no dining inside right now; it is all “grab and go,” and no one enters the kitchen. Jim, the new manager of the program, is looking for volunteers on Thursday and Friday nights from 3 -5 or 5:30. He can be contacted at 207-608-0464.

Anything you can do to help, would be appreciated. They have lost almost all their volunteers due to Covid-19.





LOOKING UP...

And then...  
a great hush  
where none had  
been before,  
a look within,  
a glance above,  
an altered view,  
a different perspective  
allowed to eke  
its way in...  
And then just as  
Universe intended,  
world is settled,  
is at peace again,  
amen.

Poem by Sandy Duross  
Photo by Scott Cousineau

The Messenger  
First Parish Congregational Church  
12 Beach Street  
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# HAVE YOU VISITED THE NEW FIRST PARISH WEB SITE?

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Check it out at <https://www.firstparishsaco.org>

Also, please Like Us  on Facebook  
and  
Subscribe to our YouTube channel

Search either service for *First Parish Saco*

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Do you have Feedback or Suggestions?  
Please email [feedback@firstparishsaco.org](mailto:feedback@firstparishsaco.org)

