



The Messenger

First Parish Congregational Church Saco

The Church with Love and Hope to Share

November, 2021



Help Needed...



Volunteers Needed to Review and Purge Old Files

Even in our electronic world people generate a lot of paperwork. Responsible organizations such as First Parish retain much of that paperwork to ensure that important records are maintained. However, this paperwork often gets placed in a back room to collect dust and is forgotten after a period of years – well after the information is needed. That's where you may assist. We're looking for a team of volunteers to come to the church to paw through old files and decide what may be disposed and what must be retained, in accordance with our document retention guidelines. There is no specific timeframe or deadline this task must be completed. We simply need to purge what is not needed and make more room.

If you would like to assist in this noble effort, please contact Lynne Siulinski.
lasulinski@maine.rr.com

Medical Equipment

The medical equipment we have here at First Parish is available to be loaned to anyone needing it. Please contact Guy before taking any of the equipment so that we will know what is available for loan. If you have borrowed any of the equipment recently, please let Guy know. guyr@maine.rr.com



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



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

www.firstparishsaco.org

Pastor Scott's Message...



The Pastor's Perspective ...

Just as Jesus began the Sermon on the Mount, he said to those gathered there:

"You are the light of the world. A town built on a hill cannot be hidden. Neither do people light a lamp and put it under a bowl. Instead, they put it on its stand, and it gives light to everyone in the house. In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in heaven." (Matthew 5:14-16)

Yes ... you are the world! Of course, we do not generate the light. We are not the source. God is the Source, and we are called by Jesus to reflect God's brilliant light.

This year, we will be offering an Advent Bible study and discussion group. The study, "The Light of the World," will explore the coming of God's pure light in the Christ Child. The discussion series features brief videos created by Rabbi Amy-Jill Levine that will spark our conversations.

As a companion to that discussion series, our theme for our Advent worship services will be "Light." As we light the candles in the Advent wreath, the light in the wreath will grow brighter. As we gather for worship each week, the light which fills our hearts and souls will grow brighter as well. But how do we let that light shine?

There are many ways that we can share the Light. We can love and serve our neighbors. We can offer compassion to those who are lonely or isolated. We can offer welcome to those who may be considered "unwelcome" or "undeserving" by the communities in which they live.

And we can share our light through artistic expression.

During the season of Advent ... and beyond ... I am encouraging you to express your faith, to shine brightly with your light through artistic expression. I would like the sanctuary and atrium to be filled with your "light."

Here is your assignment: consider how you might shine your light through art. Whether it is photography, painting, or illustration, poetry, sculpture, or song create an expression of your faith and share it with your church family.

You do not need to be a professional. This is not a judged competition. This is about letting your light shine. All submissions are welcome and appreciated. I cannot wait to see what you contribute! I cannot wait to see you shine! You are the light of the world!

May God bless you all,

Scott

Moderator Update



From the Moderator...

I don't know anyone who does not appreciate Autumn in New England. We are so blessed. Picking apples, carving pumpkins, peeking at vibrant (and then raking) leaves ... all precursors to the cooler weather that follows, which represents a return to more inside activities such as watching football and family meals ... all the while appreciating what we have and therefore the capacity to help others who may need assistance.

The Church Council will be performing Mission and Visioning exercises in the coming months and will help us better define our path and priorities. The budget submitted by each team will help us understand and prioritize spending based on monies available. Per Amy's request, all teams must submit their budget requests for 2022. We will continue to share progress in regular communication with the congregation and seek your insights and guidance.

Additionally, Stewardship season is upon us; the season where you prayerfully reflect on what your faith means to you in the form of financial support to the church. Although the church welcomes any form of financial contributions, we seriously ask that you consider a financial pledge. This is important because a pledge allows our financial managers to know what funds are anticipated and develop a workable budget for next year. Having an accurate idea of what financial support will be available allows us to plan ahead, considering what expenses can be handled with the income that will be generated. We also encourage you to consider giving, not only in financial terms but in pledging your time and talent as well, by participating in one or more of the many groups and activities that First Parish has to offer.

Blessings and peace, Dale Siulinski





DEACONS' CORNER

Dear family and friends of First Parish,

At our recent Diaconate meetings, we have spent a great deal of time on figuring out how and when to return to pre-pandemic church: how to safely seat and serve people, how to gather for worship and fellowship, how to be available for all the spiritual needs of our congregation. With the sensitive and sensible leadership of Pastor Scott, we have come to realize that this is a process.

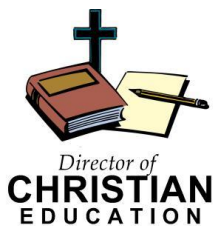
As much as we'd like to fling open the doors and invite everyone in, as much as we'd like to throw off the masks and sing our favorite hymns out loud, as much as we'd love to shake hands and embrace each other and chat lovingly over coffee, we are committed to baby steps, remembering the participants in Aesop's fable, "The Tortoise and the Hare," who taught us that "slow and steady wins the race."

So the changes that help us reclaim our "normal" First Parish character will come slowly. On the first Sunday in November we will remove the blue tape that limits us to every-other-row seating, trusting that folks will socially distance themselves without visible reminders. We will begin to pass the offering plates in the sanctuary, since we have learned that the COVID virus is most likely not carried on surfaces. We will proceed with the planning of special services for the festive upcoming Thanksgiving-to-Christmas season.

We hope you will join us, as you are able and comfortable, in these small changes, and that you will hold each other in prayer and love. May God bless us in our endeavors.

Love and blessings,
Nadine Russell and Dan Carter





Director of
**CHRISTIAN
EDUCATION**

November is the last month in our **Fall Quarter** for Church school. September our Wonder Word was **Reconciliation** and our stories focused on Joseph and his brothers. October we learned about Moses and our Wonder Word was **Awe**. This month our Wonder Word is **Trust** and we continue on with Moses. Moses in the Wilderness, Moses and the Ten Commandments and our last Sunday of the month brings us to Advent. Our **Winter Quarter** begins December 5. Stay safe. Stay well, See you at Church,
Kris



Bible Sunday was celebrated on Sunday, October 24 during the 10am worship service. The following third graders

received their Bibles. **Annie Gorman and Emily Savage**. The Christian Education Team hosted a continental Bible Breakfast which was delicious and enjoyed by all who attended.



October

October 3 Connor Remillard
October 10 Connor Remillard
October 17 Cam Roberge
October 24 Chloe Remillard
October 31 Cassie Remillard

Welcome to our three new Acolytes.



Chloe R.



Cassie R.



Emily S.

Jesus says: "Let the little Children come to me" -Matthew

19:14 Helping **Lisa** in the Nursery for the month of **October** was:

3rd **Mary Coyne**
10th **Glenys Salas**
17th **Mary Coyne**
24th **Carol Spencer Lemay**
31st





Fellowship

Friday evening, November 19th all youth are invited to gather in the fellowship hall from 6:30-8:30 for Food, Fun, Faith and Fellowship and to put together Thanksgiving Baskets for area families that are having a hard time making ends meet. We will be asking the congregation for help by bringing in nonperishable food items for the baskets. Items needed are: stuffing, cranberry sauce, can vegetables, chicken broth, can fruits and pie mixes. We will also be taking a "turkey offering". Through this donation we are able to supply each family with a turkey. If you are able to donate food items there will be a special Thanksgiving shopping cart outside the church door on the parking lot side. If you would like to help supply turkeys you can send a donation to the church, made out to First Parish UCC, and in the memo write YF Turkey Donation. Thank you.



Baptisms

Welcome to the UCC
October



3rd Walker James Dolewa
Parents: Paul and Kelsey
Grandparents: Susan and Paul Martin

24th Mila Hope Corcoran
Parents: Angela and Billy

Christian Education Team



With October came Bible Sunday and this year the team was thrilled to host a continental breakfast. Due to Covid we were not able to make this happen last year. On October 31st we will be hosting a Fall Festival complete with games, prizes and candy.



Sign ups will be out soon. Our Church School Christmas Pageant will be in person this year with covid protocols in place. The Christmas Pageant will be Sunday, December 12, during morning worship.

Happy Thanksgiving everyone. Make it a safe one.



Flower and Altar



Sunday Flowers

If you would like to provide flowers for a future Sunday Service please fill in the sign up sheet outside the Church Office or contact:

Patrice Tripp at 207-590-1109 or rtripp@maine.rr.com

or

Marcia Lord at 207- 468- 1699 or mvlord@aol.com.

Upcoming open Sundays are November 28th.



Altar Flowers given for the Month of October

Thank you to all who provide flowers for the altar.

October 3rd – Flower & Altar Team

October 10th - Jim Wheater & Marcia Lord
in celebration of their Anniversary

October 17th – Ken & Paula Maclay
in loving Memory of Paula's parents, Rev. Paul Single & Carolyn Munnick Single

October 24th – Maureen O'Donnell
for Birthday Memories of my Nana, Anne Quinn and my Aunt, Lorraine Parker

October 31st – Cathy & Dan Baillargeon and the Fogg Families
in Memory of Don and Audrey Fogg



Poinsettia Sunday, December 19, 2021

Flower and Altar will be taking orders, **until November 14th**, for Poinsettias to adorn our sanctuary this year. You may provide a poinsettia in honor or memory of a loved one. See the order sheet below for color, size and price. Options for ordering

- A member of F&A Team will be available following church service on November 7th & 14th
- Use the order form below and drop off or mail, with payment, to First Parish Congregation Church, 12 Beach St. Saco, ME 04072. Attn: Flower & Altar
- Contact Patrice Tripp at 207-590-1109 or rtripp@maine.rr.com. Drop off or mail payment to First Parish, Attn: Flower & Altar

~~~~~

### Flower and Altar Poinsettia Order Sheet **Due by November 14<sup>th</sup>**

|       | Number of each | Cost<br>(\$8.00 each) | Paid | Due |
|-------|----------------|-----------------------|------|-----|
| Red   |                |                       |      |     |
| White |                |                       |      |     |

**Given by** \_\_\_\_\_ **Phone #** \_\_\_\_\_

**In Memory of**

\_\_\_\_\_

**In Honor of**

\_\_\_\_\_

\_\_\_\_\_ **Donate**

\_\_\_\_\_ **Pick up**



## TOP OF THE HILL GANG

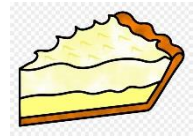
**Top of the Hill Gang is Back** and we're looking for individuals to join our team. We meet every Thursday morning at 9:00 am. All are welcome to join. If you want more information feel free to call the church office at 207-283-3771 or connect with Phil Blood, Sorren Arenson or Bob Condon.



~~~~~



WOMEN'S FELLOWSHIP UPDATE



Do you like to bake? The Women's Fellowship plans to have a pie sale in December at church. If you can donate a pie to benefit the Women's Fellowship pie sale, or if you would like to help take orders and fulfill the orders, please contact Joan Sonneborn at jsnnbrn@aol.com or (207) 494-7154.



Women's Fellowship is meeting Tuesdays at 9:30 am in the Workshop Area for conversation and/or to do knitting, crocheting, or crafts. Please join us!



Mission Team Update

FMI – Carol SpencerLemay
SpencerLemay2@gmail.com



Daisy's Children

If you ordered an Apple Crumble Pie, (to benefit Daisy's Children) the pick up date is Sunday, November 14, 9 am to noon, before or after the 10 am service. The suggested donation is \$15.00 for the pie. It is never too late to donate to Daisy's Children! This non-profit helps feed and educate children and their families in the remote village of Concepcion del Nord, Honduras. Their nutrition center is almost complete! Visit daisyschildren.org to learn more or to donate. Or you may donate at church or at the church's website. Checks should be made out to First Parish Congregational Church, Saco, with Daisy's Children in the memo line.



Shoe Closet

The Mission Team is accepting donations of sturdy, warm shoes or boots in very good and clean condition. You may leave the donation near the shoe table, or near the balcony closet.

Red Cross Blood Drive



We are sponsoring a Red Cross Blood Drive at our church **Saturday, January 29!** Mark your calendars! More information to come!



Music Ministry

From Our Music Director

jacqui@firstparishsaco.org



It has been wonderful having the choirs rehearse and sing in worship again! I never would have believed before the pandemic if someone had told me that choirs would be silenced for over a year one day. Thankfully our choirs kept busy with virtual music all year and are happily rehearsing in person again. Truly thankful for this group of amazing singers. If you are interested in joining us, please reach out. I'm excited to announce that Audrey and the bell choir has started rehearsing again and will be playing in worship on December 19th! I'm looking forward to working with them next month! -Jacqui

~~~~~

*Junior Choir started it's new season on September 30, under the direction of Jacqui and Pastor Scott. They filled in for me as I recovered from my injuries. They, of course, did a great job. We have between 7 and 10 enthusiastic singers. On October 7<sup>th</sup>, I was able to join the rehearsal in person. It felt so good to be back with the Junior Choir.*

*We are working on several pieces for the upcoming months. We are excited to sing with the Youth Choir and the Senior Choir on October 17<sup>th</sup>. Many of the Junior Choir went to Vacation Bible School this summer. One of the songs we learned was Here We Are to Worship. Now all the choirs will be singing it with us.*

*We are looking forward to a wonderful year of singing in person.*

**Susan Marston**  
Junior Choir Director







**From Our Handbell Director  
Audrey Cabral**

The First Parish Handbell Choir will be rehearsing again beginning Monday, October 18<sup>th</sup> from 6:30 pm to 7:30 pm. We are looking forward to gathering and ringing together again! We will be ringing during Service on Sunday, December 19<sup>th</sup>.







## **Notes from the Neighborhood – October 2021**

### **From the Executive Director**

We hope this finds you well and untouched by COVID-19. We certainly never expected to have to switch back to requiring masks this fall after being able to relax somewhat over the summer. But we continue to follow all guidelines and are doing all that we can to keep people safe. Through my connections with York County Emergency Management and the efforts of Roby Fecteau, Biddeford's Emergency Manager, we were able to be strong advocates for having vaccines available in Biddeford and for relaxing the ID requirement (which is no longer needed). Happy to report that everyone that attends Seeds of Hope and wanted to be vaccinated was able to receive one.

I'm happy to report that our first Annual Hero 5K Walk was a success. Like all non-profits, we have had to be creative in seeking ways to maintain our fundraising goals when in-person events are not possible. We had 13 fabulous sponsors and 82 participants from 6 states with ages ranging from 5 to 90. Most of the participants also had sponsors, so we had considerable community support. For this we are deeply grateful and are already working on next year's walk which we hope will be in person and virtual.

One of our exciting initiatives is to expand our collaborations with community services and organizations. Through a partnership with the City of Biddeford and APEX Youth Connections we have been able to share staff and provide additional hours which benefits the staff and those we serve. Collaboration is the best way to meet increasing needs while practicing respectful stewardship of our funds.

Another collaboration with APEX and the Biddeford Police Department Community Liaison has been joint training on Psychological First Aid and Mental Health First Aid. As our neighbors continue to experience challenges from a variety of sources, including ongoing COVID-19 fatigue, it is increasingly important that we are well prepared to respond and provide support.

Because York County continues to fall into the High level of transmission category, we have had to make the hard decision to postpone our Give Thanks - Give Hope Benefit Brunch once again. It is usually the highlight of the year. Not only does it provide significant funding, but it also gives us the opportunity to see many of you and reconnect. We miss this very much! In order to maintain the programs and services we offer, we are holding a Fall Appeal and hope that you might continue your support. You can use the enclosed giving envelope or go directly to our website. Your donations have direct, immediate impact on the lives we serve.

With Deep Gratitude, Rev. Shirley

#### **CONTACT US:**

[www.seedsofhope4me.org](http://www.seedsofhope4me.org)

General Information Line: (207) 571.9601

Direct Line for Rev. Shirley: (207) 283.1783

[Rev.Shirley@seedsofhope4me.org](mailto:Rev.Shirley@seedsofhope4me.org)

## By the Numbers

Sometimes we tell the stories of those we serve and sometimes we share the raw numbers of our impact in the community.

In our Support Center we assist 20-30 individuals each month comprising 65-75 interactions for a variety of needs:

- Housing
- Employments
- Government Services – MaineCare, SNAP benefits, unemployment, etc.
- Skill Building
- And a variety of referrals for services not provided at Seeds of Hope – such as medical, substance abuse treatment and mental health services.

In our meal program we have served over 75,000 meals since the beginning of 2021. These numbers don't include additional services, such as personal care products, clothing, and sleeping bags, tents, and other outdoor gear for those experiencing homelessness.

## Wish List

(Based on order of need.)

- ☐ Winter Sleeping bags – rated -25 degrees
- ☐ XL sturdy back packs
- ☐ Year-Round Tents
- ☐ Winter gloves – not knitted
- ☐ Ice grips for shoes
- ☐ Cotton underwear all sizes – men: boxers; women: briefs; all sizes
- ☐ Wool socks – men & women
- ☐ Walmart Gift Cards
- ☐ Hannaford Gift Cards

Visit our [smile.amazon.com](https://smile.amazon.com/hz/wishlist) Wish List to make the donation easy as it ships directly to us!

<https://smile.amazon.com/hz/wishlist>

## Program Update

Although we have been blessed with unusually warm days in mid-October we know that cold weather is on the horizon. We are already planning for our 3<sup>rd</sup> year of offering an Overnight Warming Center. Between December 1<sup>st</sup> and mid-March, when the weather becomes extreme, 20 degrees or below, we are open from 7 pm to 7 am. We offer warm food and drinks and new this year are Zero Gravity chairs which will make relaxing/sleeping more comfortable than sitting at a table all night. We also partner with the BPD Community Outreach staff person to make referrals to agencies to provide additional support for those living outside. Last year we were open 53 nights, serving 34 unique individuals.

Would you like to help get the word out about Seeds of Hope? Consider following us on Facebook @seedsofhopebiddeford and inviting your friends to do so as well. The best way for us to share the news about our work is via referrals from those who already know us. We currently have 1,019 followers. Let's see if we can reach up to 1,500 by the end of 2021. We can do this with your help.



# NOVEMBER 2021



| Sunday                                                                           | Monday                                                      | Tuesday                                                                                                           | Wednesday                                                                                       | Thursday                                                                                                                   | Friday                         | Saturday                                                                                                         |
|----------------------------------------------------------------------------------|-------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------|--------------------------------|------------------------------------------------------------------------------------------------------------------|
|  | 1<br>9am Counters<br><br>6:00 pm<br>Handbells               | 2<br>9:30 am<br>Women's<br>Fellowship<br>Workshop<br>6:30 pm<br>Facilities<br>Team<br>7:00 pm Men's<br>Fellowship | 3<br>4 pm Diaper<br>Bank<br>6:00 pm Girl<br>Scouts                                              | 4<br>9:00 am<br>TOHG<br>4:00 pm<br>Jr Choir<br>6:30 pm<br>Choir                                                            | 5                              | 6<br>                         |
| 7<br>10 am<br>Service<br><br>1 pm TV<br>Service                                  | 8<br>9am Counters<br>6:00 pm<br>Handbells<br>7 PM Big Book  | 9<br>9:30 am<br>Women's<br>Fellowship<br>Workshop<br>6:30 pm GNT                                                  | 10<br>4 pm Diaper<br>Bank<br>6:00 pm Girl<br>Scouts                                             | 11<br><b>Office<br/>Closed</b><br>4:00 pm<br>Jr Choir<br>6:30 PM<br>Choir                                                  | 12                             | 13                                                                                                               |
| 14<br>10 am<br>Service<br>11:30 am<br>Youth<br>Choir<br>1 pm TV<br>Service       | 15<br>9am Counters<br>6:00 pm<br>Handbells<br>7 pm Big Book | 16<br>9:30 am<br>Women's<br>Fellowship<br>Workshop<br><br>6:30 pm<br>Mission Team                                 | 17<br>10 am S ME<br>Theological<br>Round Table<br>4 pm Diaper<br>Bank<br>6:00 pm Girl<br>Scouts | 18<br>9:00 am<br>TOHG<br>pm Organ<br>Tuning<br>4:00 pm<br>Jr Choir<br>6:30 PM<br>Choir                                     | 19                             | 20<br><i>Be Thankful</i><br> |
| 21<br>10 am<br>Service<br>11:30 am<br>Youth<br>Choir<br>1 pm TV<br>Service       | 22<br>9am Counters<br><br>7 PM Big Book                     | 23<br>9:30 am<br>Women's<br>Fellowship<br>Workshop<br>6:30 pm<br>Personnel<br>Team                                | 24<br>4 pm Diaper<br>Bank<br>6:00 pm Girl<br>Scouts<br>6:30 pm<br>Council                       | 25<br><b>Office<br/>Closed</b><br><br> | 26<br><b>Office<br/>Closed</b> | 27                                                                                                               |
| 28<br>10 am<br>Service<br>11:30 am<br>Youth<br>Choir<br>1 pm TV<br>Service       | 29<br>9am Counters<br>6:00 pm<br>Handbells<br>7 PM Big Book | 30<br>9:30 am<br>Women's<br>Fellowship<br>Workshop                                                                |             |                                                                                                                            |                                |                                                                                                                  |

The Messenger  
First Parish Congregational Church  
12 Beach Street  
Saco, ME 04072

