



STEEPLENOTES

A Newsletter of
The Foreside Community Church

January 2020



In December The Portland Trumpet Ensemble, including FCC's choir director Trevor Lavenbein (far left) presented a special Trumpeter's Christmas concert at Foreside Congregational Church.

Connecting to God

Nurturing Community

*Discovering
how our Lives*

Make a Difference

"Come inside, join us, you are welcome here!"

THE FORESIDE COMMUNITY CHURCH
 340 Foreside Road
 Falmouth, Maine 04105-1428

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Choir Director: Trevor Lavenbein
Organist/Accompanist: David Bartoletti
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Notes from Reverend Geoff Parker

Silent Day

As we move through the days of Christmas, and into the New Year... I find it can sometimes be a dramatic change of gears.

Have you ever noticed that a lot of the activity and sounds leading up to that magical singing of *Silent Night* on Christmas Eve are anything but silent? That the celebrations often just get a little louder afterwards?

When I was younger, and participated in celebrations of the New Year in different ways, I found a holiday just of my own: I remember the quiet and the joy I found walking the streets of New York City on New Year's **Day**...let's just say a holiday that that city does not celebrate as much as New Year's Eve. For me, there was something magical in walking about in a world that had so recently been so loud, but now slept silently, even in the shining sun.

We have our versions of this quiet tradition here in Maine. Recently, as we went through our first snow accumulations of the year, I saw a lot of people talking about the science behind the quiet after a snowfall. It turns out, one of the reasons why those snowy hours right after a storm seem so serene is that they are so *quiet*. Even here in Maine, the world around us is filled with sounds of life, of machinery and cars, of people... of even the wind, *all the time*. Snow transports us out of that reality, absorbing almost as much sound as some commercial soundproofing materials, it turns out. It creates a quiet that we do not experience almost any other time.

It turns out that we need times of remove, times of quiet, times transported out of the sounds of life to be inspired by the beauty of life. The writer, teacher, and priest Henri Nouwen says:

Somewhere we know that without silence words lose their meaning, that without listening speaking no longer heals, that without distance closeness cannot cure. ^[1]

Recently, I read a Q&A for kids about sound. A five-year-old was very excited about what might have been the loudest sound ever, and what it would

be like to hear it. Short answer, it might have been the explosion of Krakatoa in 1883, and it would have been extremely un-fun to hear it... the sound traveled around the world in shockwaves multiple times and could have caused serious injury for anyone too close. In the course of explaining this, the reporter mentioned we are actually pummeled by "sound": the compression and expansion of air in waves *all the time*. It is a neat feature of evolution that our ears simply do not process much of this *noise* as sounds that we "hear." If we did, we might never rest!

As we begin a new year together... I give thanks to God for these gifts of creation, in our bodies, in our weather, in our patterns of life... that offer silence that transports us out of the noise of every day to wonder and hear what the scriptures call the *small, still, voice of God*^[2]. I give thanks for stories of our faith which tell us that cosmic redemption and healing begin as the Christ-child sleeps, and wise ones quietly offer gifts.

I hope, as the light awakens in our days again, that you take some brief moment to pause and wonder at that silence, and where it might be calling you to renew yourself... and where it may call you—and us—to speak new words of hope to friends and strangers this year.

Blessings and peace to you in this New Year!



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1. Nouwen, Henri. *Spiritual Formation*. New York: Harper Collins, 2010. p.21 _
 2. 1 Kings: 19:12

On the road and missing a sermon? Want to go back and revisit any one sermon? Want to share a sermon with a friend or family member? Reverend Geoff's sermons in both written and audio form, from May 2019 to the present, can be viewed and/or heard on FCC's website at <http://www.foresidechurch.org/index.php/category/sermons/>

Wednesday Evening Prayers will resume on January 8, 2020

Come bring what light you have to share,
or receive the light you need,
in this quiet service of candle-lighting, prayers, and communion
at the end of day.
Come and find a quiet center in our busy lives



All are welcome each Wednesday from 6-6:30pm.

Sunday, January 12, 2020

~ Baptism and New Members Sunday ~

If you are interested in joining, or, wish to discuss a baptism,
please feel free to reach out to Pastor Geoff at 370-7275.

Join us for FCC's 2nd InterGenerational Retreat: Rest, Reflect, Pray, Serve

Date: Friday, March 13th (4:30 PM) - Saturday, March 14th (4:30 PM)

Location: Camp Pondicherry 85 Camp Pondicherry Rd, Bridgton, ME

Hosted at the beautiful Chalet at Girl Scout Camp Pondicherry, we will gather Friday evening for supper and activities before retiring in bunk-style facilities. Saturday will provide plenty of options for folks of all ages to gather together, have quiet time, get to know one another and have delicious meals together. There will be specific activities for the youth, as well as time for us all to gather together. You are welcome to attend one or both days.

There is a suggested donation of \$20 per individual and \$40 per family for the retreat,
if you have any questions/concerns please contact Geoff.

We hope you will join us. Formal registration form to be released shortly.



UPDATES, REPORT OUTS, AND UPCOMING EVENTS AT FCC

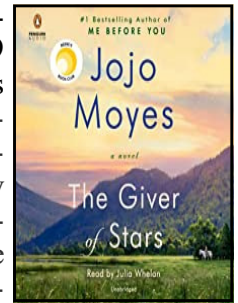
Justice & Outreach Updates

January Mission Moment: ILAP: (Immigrant Legal Advocacy Project) On January 19, Philip Mantes, Legal Director at ILAP, will share information about the services provided for Maine's immigrant community. This past spring and summer hundreds of individuals seeking asylum arrived in Maine. This emergency made many local people much more aware of the terrible situations that forced families to abandon their homes and flee to an uncertain future. A good number of Mainers reached out to help the new immigrants but there are also many questions about the road ahead for these newest Maine residents. During the service Attorney Mantes will share information about the assistance provided at ILAP. Following the morning service all interested members of the congregation are invited to grab a snack and beverage and join us in the upstairs classroom for a Q&A about the various legal designations of immigrants and to hear some of the stories of those seeking asylum.

Christmas Angels: The generosity and kindness of the Foreside Community Church was again demonstrated in your support of the dozens of children on our Angel Tree. Every sponsor made a sincere effort to respond to the requests written on the angel tags. Thank you for once again sharing your time and treasure during this Holy season with a child in need. Each child received crucial clothing and the smile from the parents and children was wonderful to see.

My Sister's Keeper: The October Mission Moment shared information about a prison ministry operating from Cape Elizabeth's United Methodist Church that is designed to provide mentors for women making the transition from jail to the outside. Many resources are needed in order for this transition to succeed. It is the hope of FCC's Justice & Outreach Ministry that our congregation can help in one small, very practical way. From January 12 until February 9 we are asking members of the church to donate hygiene supplies that will be used to fill backpacks for each woman being released from jail. During this month please bring in the following backpack sized items: shampoo, conditioner, toothpaste, toothbrushes, deodorant, feminine products, bars of soap, hand and body cream, and Chapstick. All items will be delivered to the program in Cape Elizabeth. There will be a collection bin in the Narthex. Thank you.

The Foreside Book Club will resume meeting on Tuesday, January 14th at 3:00 in the parlor when we will discuss *The Giver of Stars* by JoJo Moyes. Remember we changed our time to the second Tuesday of each month instead of the third to accommodate more people. Please join us to kick off what promises to be another year of rewarding reading and sharing. *The Giver of Stars* is an historical fiction novel published in 2019 and set in Depression-era America. It is based on the true story of five extraordinary women and their remarkable journey through the mountains of Kentucky and beyond. Alice Wright marries handsome American Bennett Van Cleve hoping to escape her stifling life in England. But small-town Kentucky quickly proves equally claustrophobic, especially living alongside her overbearing father-in-law. So when a call goes out for a team of women to deliver books as part of Eleanor Roosevelt's new traveling library, Alice signs on enthusiastically. The leader, and soon Alice's greatest ally, is Margery, a smart-talking, self-sufficient woman who's never asked a man's permission for anything. They will be joined by three other singular women who become known as the Packhorse Librarians of Kentucky. If you want to read ahead, February will be *Olive Again* by Elizabeth Strout, and in March we will discuss *It All Comes Back to You* by Beth Duke. Thank you and happy reading! FMI: mimihinkel@gmail.com



Do you live alone? Do you want a brief phone call to check on you, especially during the long dark winter?

FCC friends, Winter is upon us, and with it snow, ice and possible power outages. There are several people in our community that live alone, and might benefit from daily phone calls to check in on them. If you are someone who would like to have a daily phone call, just to hear a friendly voice or to check on your well being, let me know. I am setting up a group of people who will make these calls. Please call the church office at 781-5880 or myself at 415-5513 to let us know you are interested. *Peace, Carrie Penrose*

UPDATES, REPORT OUTS, AND UPCOMING EVENTS AT FCC (cont.)

Painting at FCC?

Did you know that there is a weekly oil painting class at FCC? Maine's own Murad Sayen ventures down from the hinterlands each week to guide both aspiring and accomplished painters, including some of our own parishioners. Beginners are welcomed and encouraged - in this class there are no bad painters, no wrong renderings. It is a place of no judgment, a 'safe space,' with guidance as needed, and encouragement at the ready. Please stop in and see us upstairs in the large classroom. **We resume on January 8th, and meet from 1 - 3:30pm.** If you decide to come along the cost is \$28 per session, pay as you go. Hope to see you soon.

The Tuesday morning study group is currently reading poetry from Mary Oliver's collection in the book Devotions. We will conclude the discussion of her poetry on January 14th, so please feel free to read some of her poetry and join us to talk about what her words mean to you. On January 21 we will begin the study of the book Call Me American by Abdi Nor Iftin who is a resident of Portland. The book is a memoir of his journey from Mogadishu to America. I personally can't wait to read it. Our group is small, but we have lively discussions, so please come join us from 9:30- 10:30(ish) in the Parlor on Tuesday mornings. Carrie Penrose

Let's do Breakfast Ladies!

Women of the church, members and friends
are invited to breakfast on

Thursday, January 16, 2020 @ 8:30 a.m.

in the FCC coffee area

we'll provide the food,

you bring your appetite.

~ good food, good conversation ~

it's a great way to start your day!

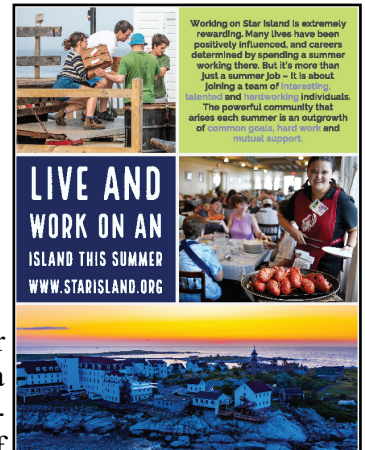
Please RSVP to cslibby@foresidechurch.org

by Monday, January 13

so we can plan accordingly.

Star Island is looking for summer staff applicants!

If you are not already familiar with Star Island, we run a seasonal religious and educational conference center off the New Hampshire coast and hire approximately 100 people (18 or older) to work from mid-June to mid-September. As our roots are linked to the UU and UCC faiths, working on Star offers a unique employment opportunity in a beautiful location. **The deadline to apply is January 27, 2020.** For more information about working on Star Island, please visit our website (www.starisland.org/working) or feel free to contact us with questions.



FCC's Men's Monthly Breakfast Group

cordially invites all gents to join them

in the FCC coffee area

Saturday, January 4, 2020

for great morning fare &

an energizing thought exchange

helpers should arrive @ 7:00 a.m.

breakfast served @ 8:00 a.m.

for more information

please contact John Bischof

@ jegbischof@gmail.com / 781-2391

The Best Christmas Fair Yet!




Saturday, December 7, 2019 proved to be the most successful Christmas Fair to date. Most of the silent auction items have been picked up with payments still being received. Once final expenses have been addressed, net profits will be announced. While you are waiting to hear, enjoy these sample photos of some of the fantastic volunteers, and remember there are still apple pies for sale!



JANUARY 2020

Be sure to check the calendar at
Forside Community Church's website
www.forsidechurch.org for any updates or changes.

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|---|---|---|--|---|
| 5 9:30 a.m. Worship No Sunday school today. | 6 4:00 p.m. Justice & Outreach Ministry Mtg. | 7 9:30 am Tues Study Group 1:00 pm Knitters 5:00 pm All Staff Meeting 6:20 pm Choir Rehearsal 6:45 pm Lrg AA Mtg 7:20 pm Bell Rehearsal | 1 5:00 pm Women's Mtg 6:00 pm Evening Prayer (see pg. 3 for details) | 2 4:30 pm Meditation | 3 4-6 pm Guiding Eyes For The Blind Puppy Training | 4 8:00 to 9:15 a.m. Men's Monthly Breakfast (see pg. 5 for details) |
| 12 9:30 am Worship <i>Baptism & New Members</i> | 13 Please note Pastor Geoff will be on vacation 1/13 thru 1/20. Coverage will be provided by Rev. Jim Gertmenian 612-385-4318 | 14 9:30 am Tues Study Group 10:30 am Office Staff Mtg. 1:00 pm Knitters 3:00 pm Book Group see pg. 2 6:20 pm Choir Rehearsal 6:45 pm Lrg AA Mtg 7:20 pm Bell Rehearsal | 8 9-12 noon Rug Ladies 1-3:30 pm Painting w/ Murad 5:00 pm Women's Mtg 6:00 pm Evening Prayer (see pg. 3 for details) | 9 4:30 pm Meditation | 10 4-6 pm Guiding Eyes For The Blind Puppy Training | 11 |
| 19 9:30am Worship And ~ Mission Moment ~ ILAP | 20  | 21 9:30 am Tues Study Group 10:30 am Office Staff Mtg. 1:00 pm Knitters 6:20 pm Choir Rehearsal 6:45 pm Lrg AA Mtg 7:20 pm Bell Rehearsal | 15 9-12 noon Rug Ladies 1-3:30 pm Painting w/ Murad 5:00 pm Women's Mtg 6:00 pm Evening Prayer (see pg. 3 for details) | 16 8:30 am Women's Monthly Breakfast (see pg. 5 for details) 4:30 pm Meditation | 17 | 18 |
| 26 9:30am Worship | 27 7:00 p.m. Governing Board Monthly Mtg. | 28 9:30 am Tues Study Group 10:30 am Office Staff Mtg. 1:00 pm Knitters 6:20 pm Choir Rehearsal 6:45 pm Lrg AA Mtg 7:20 pm Bell Rehearsal | 22 9-12 noon Rug Ladies 1-3:30 pm Painting w/ Murad 5:00 pm Women's Mtg 6:00 pm Evening Prayer (see pg. 3 for details) | 23 4:30 pm Meditation 6:00 pm Baysite Condo Mtg. | 24 | 25 |
| | | | 29 9-12 noon Rug Ladies 1-3:30 pm Painting w/ Murad 5:00 pm Women's Mtg 6:00 pm Evening Prayer (see pg. 3 for details) | 30 | 31 | |

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DAILY LECTIONARY READINGS FOR JANUARY 2020

Wed., Jan. 1

Ecclesiastes 3:1-13
 Psalm 8
 Revelation 21:1-6a
 Matthew 25:31-46

Thurs., Jan. 2

Psalm 20
 Genesis 12:1-7
 Hebrews 11:1-12

Fri., Jan. 3

Psalm 72
 Genesis 28:10-22
 Hebrews 11:13-22

Sat., Jan. 4

Psalm 72
 Exodus 3:1-5
 Hebrews 11:23-31

Sun., Jan. 5

Jeremiah 31:7-14 or
 Sirach 24:1-12
 Psalm 147:12-20 or
 Wisdom 10:15-21
 Ephesians 1:3-14
 John 1:[1-9] 10-18

Mon., Jan. 6

Isaiah 60:1-6
 Psalm 72:1-7, 10-14
 Ephesians 3:1-12
 Matthew 2:1-12

Tues., Jan. 7

Psalm 72
 1 Kings 10:1-13
 Ephesians 3:14-21

Wed., Jan. 8

Psalm 72
 1 Kings 10:14-25
 Ephesians 4:7, 11-16

Thurs., Jan. 9

Psalm 29
 1 Samuel 3:1-9
 Acts 9:1-9 Fri.,

Jan. 10

Psalm 29
 1 Samuel 3:10—4:1a
 Acts 9:10-19a

Sat., Jan. 11

Psalm 29
 1 Samuel 7:3-17
 Acts 9:19b-31

Sun., Jan. 12

Isaiah 42:1-9
 Psalm 29
 Acts 10:34-43
 Matthew 3:13-17

Mon., Jan. 13

Psalm 89:5-37
 Genesis 35:1-15
 Acts 10:44-48

Tues., Jan. 14

Psalm 89:5-37
 Jeremiah 1:4-10
 Acts 8:4-13

Wed., Jan. 15

Psalm 89:5-37
 Isaiah 51:1-16
 Matthew 12:15-21

Thurs., Jan. 16

Psalm 40:1-11
 Isaiah 22:15-25
 Galatians 1:6-12

Fri., Jan. 17

Psalm 40:1-11
 Genesis 27:30-38
 Acts 1:1-5

Sat., Jan. 18

Psalm 40:1-11
 1 Kings 19:19-21
 Luke 5:1-11

Sun., Jan. 19

Isaiah 49:1-7
 Psalm 40:1-11
 1 Corinthians 1:1-9
 John 1:29-42

Mon., Jan. 20

Psalm 40:6-17
 Exodus 12:1-13, 21-28
 Acts 8:26-40

Tues., Jan. 21

Psalm 40:6-17
 Isaiah 53:1-12
 Hebrews 10:1-4

Wed., Jan. 22

Psalm 40:6-17
 Isaiah 48:12-21
 Matthew 9:14-17

Thurs., Jan. 23

Psalm 27:1-6
 1 Samuel 1:1-20
 Galatians 1:11-24

Fri., Jan. 24

Psalm 27:1-6
 1 Samuel 9:27—10:8
 Galatians 2:1-10

Sat., Jan. 25

Psalm 27:1-6
 1 Samuel 15:34—16:13
 Luke 5:27-32

Sun., Jan. 26

Isaiah 9:1-4
 Psalm 27:1, 4-9
 1 Corinthians 1:10-18
 Matthew 4:12-23

Mon., Jan. 27

Psalm 27:7-14
 Judges 6:11-24
 Ephesians 5:6-14

Tues., Jan. 28

Psalm 27:7-14
 Judges 7:12-22
 Philippians 2:12-18

Wed., Jan. 29

Psalm 27:7-14
 Genesis 49:1-2, 8-13, 21-26
 Luke 1:67-79

Thurs., Jan. 30

Psalm 15
 Deuteronomy 16:18-20
 1 Peter 3:8-12

Fri., Jan. 31

Psalm 15
 Deuteronomy 24:17—25:4
 1 Timothy 5:17-24

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