



# STEEPLENOTES

A Newsletter of  
**The Foreside Community Church**

**July/August 2020**



*Connecting  
to God*

*Nurturing  
Community*

*Discovering  
how our Lives  
Make a Difference*

*“So long, farewell, auf wiedersehen, goodbye  
I leave and heave a sigh and say "Goodbye, goodbye.” \*\*  
(See page 13 for more on this photo.)*

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## The Cost and Joy

...God calls us into the church to accept the cost and joy of discipleship,  
to be servants in the service of the whole human family,  
to proclaim the gospel to all the world and resist the powers of evil,  
to share in Christ's baptism and eat at his table, to join him in his passion and victory.

- Statement of Faith of the United Church of Christ

Dear Foreside Community Church friends,

In years past, here is where you might see a message of blessing and sending into the enjoyment and slower pace of our beautiful Maine summers. We hope that you still experience those gifts, not only because they show us the beauty of God's gifts and call us to honor the gift of life by resting and renewing our spirits, but also because our spirits ache under the strain of social distancing, and because the joys of the Spirit in the Church are so needed these days!

In the past months, while in the midst of a global health pandemic of COVID-19, we have seen laid bare—in vastly disparate impacts to labor, economics, health, and death within racial groups—the pre-existing condition of racial injustice in our nation's history, and in its present. We have seen even more clearly systems of injustice centuries and decades old, and the struggle and resistance for communities of Black, Indigenous, and people of color striving for freedom and thriving.

In times such as these, we are called as one to accept, as our *Statement of Faith* says, “the cost and joy of discipleship... in the service of the whole human family.”

In that discipleship, we look to Christ, and see there God's desire to liberate all from those systems of oppression and violence that harm and divide that family of humanity. We join in Christ's mission and ministry to be present with those who have been marginalized and excluded from fullness of life, which means, in this moment, that we stand with Black, Indigenous, and People of Color.

In the weeks and months ahead, our congregation will offer a variety of educational opportunities to help each other understand systems and structures of white privilege and racial injustice, and our history and entanglement with them. We do this to support—and challenge—our members to discern the next step in their *learning*, but also their *activity*... to use the language of our vision statement, to: “discover how our lives can make a difference.” Through this work, we hope to discuss other ways we might as a congregation use our resources and ministries to support and nurture our own work of anti-racism, and partners here in Maine and beyond. Please watch weekly emails and other communications closely to see how you can participate.

We understand that this work will have “costs:” asking us to engage in difficult and sometimes painful conversation and learning, to question structures which have benefited and made comfortable many of us for reasons we have not been aware of, and to reach for new and challenging ways and understandings of how God may yet work in and through us, and our world, towards more justice and full inclusion.

Yet, we are assured that in seeking our own transformation, and that of our community and church, we are moving forward in the joy that Christ offers to us: of connection and celebration of the divine presence in all people, and in the peace beyond all understanding into which we are invited.

We wish you so many blessings in this season... may your spirits be renewed and inspired, and may we join in our common work: to learn and grow in wisdom and in spirit, so that we may proclaim and participate in God's transformation and justice. May God be with us in this good and holy work.

- Pastor Geoff and the Governing Board

## Worship Online



We continue to join with the Falmouth Congregational Church, worshipping as one online with our neighbors.

Sunday worship at **9:30 a.m.**  
Join us through our [Facebook page](#)  
(more interactive), or through [our webpage](#)

## Morning Prayers

Join Pastor Geoff for a brief time of readings, prayer, and reflection  
**8:00 am Tuesday - Friday (note new days.)**  
To connect on your computer through [Zoom](#)

## Supporting the Ministry of FCC

As we work to continue to offer ministry inside and out of our congregation in a time of so much instability, we would invite you consider how you can continue to support our work in the world.

Please know that if you would like to mail a gift or regular pledge payment to the church office, the office will be open to receive that gift.

**If you would like to make a one time gift online, or if you would like create an account for a monthly recurring gift,** you may do so through PayPal by going to our [giving page](#) and clicking the "Donate" button.

Thank you for the ways you share from your lives and empower the ministry of the church, offering connection, nurturing, and support here and in the wider world!



**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/> Or clicking on the logo to the left of this text box.**



# SUMMER BREAKFAST SERIES

*Connecting Families, One Video & One Sunday at a Time*

**JOIN US WEEKLY, 9:00 - 9:30 AM**

Summer will probably look a little different for all of us this year, FCC included. Instead of a full "summer break" we invite FCC families to join us for breakfast on Sunday mornings via Zoom. Sign in as you enjoy a bowl of cereal, flip your pancakes or sip your coffee/tea, and join our families in community with one another.

Instead of watching our "Whirl" videos, we'll share the videoed stories of our FCC families. Yes, that means ***you and your kids are invited to find inspiration and share part of your family's story with us all!***

We'll keep our visits short, ending just before the Sunday's Service begins.



## *Greetings from the music desk (at my home...on the settee)!*

It has been a little while since we last gave an update for the newsletters and, well, a lot has happened since then! We have seen our daily lives upended in one way or another but one thing that has been a constant for us is music. Whether we've been listening to that favorite composer or style that brings us out of a funk or that jam that we rally behind and lifts us up, music and the arts, wholly, have been a calming and persevering factor for us these last few months. I have found myself listening more, playing more, and enjoying more music than I have for a long time. While David and I truly enjoy making music for you in person, we are glad we have been able to find an outlet to keep on making that music even at such a distance. In fact, some of you have asked how it is done. Well, here is a bit of a behind the scenes.

***It all starts with planning.*** Geoff and staff have been meeting bi-monthly to plan our services we have been enjoying. During that time, Geoff, David, and myself spend a little extra time together talking music and what that looks like. After our zoom meeting, David and I get on the horn and discuss fine details: What do you want to play? How do you want to play it? What style should we play it in? Just you? Just me? Lots of us or just the two of us? After planning, we start recording.

***Recording.*** So it depends on the piece we are playing. Two examples:

David and Trevor(s): David will record on his end of things all keyboard and vocal parts as intended. David records on his iPhone using a mic that plugs into his phone. The problem with using the mic on your phone is that it is small and can only accept so much noise before it becomes overloaded and starts to distort. We buy special mics that will reduce background noise and vibrations, can change how loud or soft the recording will be (gain), and actual overall quality of sound. David then sends the recording to me and I start recording. When we play a hymn, I record all visual and audio on my laptop. I have a special microphone that is connected via USB, and as you have seen, I have wireless headphones on all the time. Why? I'm listening to David play as I am recording myself, so we are completely in sync. We want the room to be as quiet as possible while I'm recording.

Multiple Trevors: If I am playing a piece with multiple trumpet parts, I usually start by making a recording of all the parts on my computer and layer them one after the other. In this way, I can create a click track so all the parts are together but also gives me an excuse to practice all the parts. For example: if I'm recording a piece for 8 trumpets, I play and record each part, that means I play through the piece 8 times. After I have made a "reference" recording, I will put my headphones on, and start the audio/visual recordings. Again, I play through each part of the piece so in some cases that is 8 more times I play through it. After recording comes editing.

***Editing. Editing. Editing.*** This is by far the most time consuming and sometimes frustrating part of the process. I take each individual recording and move them into a video editing program on my computer. I click and drag 1 file at a time into the working pace and move them around so that the parts start and end at the right spot. This means a lot of trial and error and having a good ear for when things are supposed to start. I first started editing videos with iMovie. This program is not as powerful or robust as many out there can be and what I currently use. Using iMovie, I had to upload one file at a time, save it, open the project back up, add another file, save it, open the project back up, add another file, save it, etc. etc. My correct software allows me to upload all my files and edit them how I want one time only. Time Saver! Editing also means editing not only the visual but the audio. I am able to add sound effects, such as reverb and echo to create a space much larger than my recording studio which has been my dining room. Finally, comes the upload:

***After editing,*** I export the project into a format that can be used on any platform, regardless if you are a mac or pc kind of person. I upload all the files to Geoff, and he performs his magic and voila! Sunday service just for you in the comfort of your own home! So that is just a little taste of what has been going on behind the scenes to make worship happen on a Sunday morning.

(cont. on next page)

## *Some updates about music making in the church*

Out of an abundance of safety, music making together has stopped. You may have read articles pertaining to singing and how it aerosolizes particles more efficiently and while this is true, many studies are taking place currently and throughout the summer as to how singing can be done and with what measures of safety need to be in place to do it. Singing impacts a huge aspect of our time together and it is sad to see it go for now. We probably won't be singing hymns together for a little while, however, FCC music folks will be trying a socially distanced singing project over the next few weeks to see if we can't create an anthem for a Sunday service coming up in the near future. It may also be some practice towards what may be common occurrence in the fall and winter. What does all this mean for music making at FCC? Well, first off, we have use of the keyboard instruments with no issue there. Brass and instrumental music studies have been made and new ones are happening now and throughout the summer, that so far indicate that they should be safe (sorry flute players, maybe not yet) because the piping and tubing cause the aerosolized particles in the air to mostly stay within the instrument. We do have water keys, but they can be released in a safe manner. Bell music! Now this is an activity we can do and do safely! We can practice socially distanced, with masks and gloves, and in a well-ventilated space...perhaps even outside. So do not worry about seeing this activity going by the wayside!

The choirs have also met every other week for zoom happy hours. This has been a fun way to enjoy some fellowship together and check up on each other and perhaps enjoy the odd cheeky beverage of choice.

As always, if you have any suggestions of things you might like to hear please get in touch with David and myself. A few weeks ago on the church's Facebook page, a post was made asking what your favorite hymns are. David and I plan to incorporate these into our summer worship series as prelude and/or postlude. If you would like your favorite thrown into the mix, let us know!

Thanks for listening, thanks for enjoying, and thanks for your feedback while we have been experimenting with music making these last few months.

## *Trevor and David*

Below is a list of music we have performed for Sunday service and the performance date:

### **Preludes**

*As We Gather At Your Table* (Hymn) - David and Trevor (5/3)  
*Ave Maria* (Bach/Gounod) - David and Trevor (5/10)  
*Be Thou My Vision* (Hymn) - David and Trevor (5/17)  
*America* (Hymn) - David and Trevor (5/24)  
*Sanctus* (Verdi) - 8 trumpet (5/31)  
*Lift Every Voice and Sing* (Hymn) - David and Trevor (6/14)  
*Gentle, Angry People* (Hymn) - David and Trevor (6/21)

### **Anthems**

*Jesu, Joy of Man's Desiring* (Bach) - 4 trumpets (4/26)  
*Ave Maria* (Holst) - 8 trumpet (5/10)  
*If Ye Love Me* (Tallis) - 4 trumpets (5/17)  
*Come Thou Fount of Every Blessing* (Hymn) - David and Trevor (5/24)  
*To God Be The Glory* - David and Trevor (5/31)  
*Let There Be Peace on Earth* (trad.) - 6 trumpets (6/21)

### **Postludes**

*Alleluia, The Strife is O'er* (Hymn) - David and Trevor (4/26)  
*Now Let Us from This Table Rise* (Hymn) - David and Trevor (5/3)  
*Like A Mother Who Has Borne Us* (Hymn) - David and Trevor (5/10)  
*Armed Forces Medley* (trad.) - David and Trevor (5/24)  
*All Earth To Hymn* (Hymn) - David and Trevor (5/31)  
*Gentle, Angry People* (Hymn) - David and Trevor (6/14)  
*We Shall Overcome* (Hymn) - David and Trevor (6/21)

**(cont. on next page)**

If you would like to start listening to some music: this is some of the music I have been listening to in some of my time in solitude during shutdown. My list is certainly not comprehensive, but includes examples from an extensive list of music I have been listening to. Copy and paste the links below if you receive a digital copy or type into your search engine or YouTube and enjoy.

*Happy listening!*

### Instrumental and Vocal

**Gabrieli: Suscipe**

<https://www.youtube.com/watch?v=DP8zh3-4qrU>

### Choral

**SS Wesley: Blessed be the God and Father**

<https://www.youtube.com/watch?v=389leQkiGgk&list=RDwkdyPE3S808&index=4>

**Holst: Ave Maria**

<https://www.youtube.com/watch?v=qDM-yT5-UdU>

**Whitacre Alleluia**

[https://www.youtube.com/watch?v=Rak\\_rJLG49k&list=RDEMDqyncaQ9IYcYhyKmTJah\\_A&index=2](https://www.youtube.com/watch?v=Rak_rJLG49k&list=RDEMDqyncaQ9IYcYhyKmTJah_A&index=2)

**Rheinberger: Abendlied**

[https://www.youtube.com/watch?v=TGc\\_HGwdxk&list=RDEMDqyncaQ9IYcYhyKmTJah\\_A&index=3](https://www.youtube.com/watch?v=TGc_HGwdxk&list=RDEMDqyncaQ9IYcYhyKmTJah_A&index=3)

**Gjeilo: The Rose**

[https://www.youtube.com/watch?v=Ph44oJ7WpGU&list=RDTGc\\_HGwdxk&index=13](https://www.youtube.com/watch?v=Ph44oJ7WpGU&list=RDTGc_HGwdxk&index=13)

**Messiaen: O Sacrum Vivium**

[https://www.youtube.com/watch?v=x0\\_tgrjTkc&list=RDTGc\\_HGwdxk&index=24](https://www.youtube.com/watch?v=x0_tgrjTkc&list=RDTGc_HGwdxk&index=24)

**Gjeilo: The Spheres**

[https://www.youtube.com/watch?v=iocKB3UYD9s&list=RDTGc\\_HGwdxk&index=27](https://www.youtube.com/watch?v=iocKB3UYD9s&list=RDTGc_HGwdxk&index=27)

**Faure: Tantum Ergo**

<https://www.youtube.com/watch?v=oQxn95AEW-4&list=PLY8LRuBWLfLLTDLLeHdzk9Y7CeixzXlgT4&index=2>

**Esenvalds: Only In Sleep**

<https://www.youtube.com/watch?v=fvPynMI6Umc&list=RD9LO4AyhRDkM&index=6>

**Williams: Lord, Thou Hast Been Our Refuge**

<https://www.youtube.com/watch?v=hGWZgGtgOAM>

**Whitacre: Leonardo Dreams Of His Flying Machine**

<https://www.youtube.com/watch?v=FzMD-boO6Fo>

### Instrumental

**Williams: In The Fen Country**

[https://www.youtube.com/watch?v=7R9RA\\_BR\\_p0](https://www.youtube.com/watch?v=7R9RA_BR_p0)

**Satie: Gymnopedies**

[https://www.youtube.com/watch?v=fuIMye31Gw&list=RD7R9RA\\_BR\\_p0&index=4](https://www.youtube.com/watch?v=fuIMye31Gw&list=RD7R9RA_BR_p0&index=4)

**Williams: Fantasia on a Theme of Thomas Tallis**

[https://www.youtube.com/watch?v=ihx5LCF1yJY&list=RD7R9RA\\_BR\\_p0&index=28](https://www.youtube.com/watch?v=ihx5LCF1yJY&list=RD7R9RA_BR_p0&index=28)

**Dupre: Prelude and Fugue in B Major**

<https://www.youtube.com/watch?v=9HskcJlixGs&list=RDwkdyPE3S808&index=9>

In anticipation of a challenging Covid season, we need to start working on raising the \$15,000 the church usually expects to net from the **annual Christmas Fair**. I see a yard sale this summer, some sort of event around fair time, but for now a ...

### *...Very Private Art Sale!*

Church members David and Janet Clough have given the church 7 pieces of art, all beautifully framed and ready to grace your walls! Since we can't have an "opening," anyone interested will have to contact me to arrange for a personal viewing in my living room or on our deck, complete with distance and masks. These are the perfect thing for **your son or daughter's new home**, or that empty spot on **your own wall**, or a **wedding present for the favorite friend or relative** to remind them of Maine! Decorate your home and support the church at the same time!

**Contact Carol Ward – 207-838-8235 cell – or email [cwardmd2@gmail.com](mailto:cwardmd2@gmail.com)**



This is called "*Winter Storm – Downeast.*" It measures 23"x 29". David values it at \$650.00.



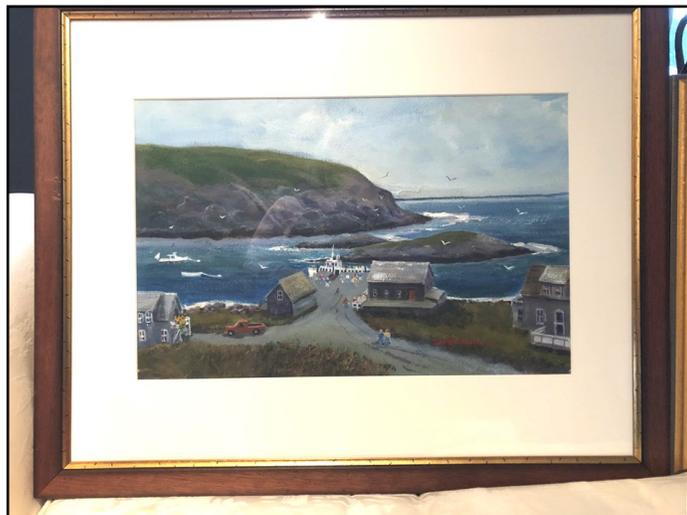
This is an original untitled watercolor called "*Summertime, Prout's Neck Yacht Club.*" It measures 22" x 30" and valued at \$575.00.



This is a print called "*Summertime -Camden Harbor, Maine.*" The frame measures 24" x 30". Valued at \$275.00.



These are four lovely little originals – "*Historic Boston.*" The whole framed collection measures 18" x 22". Valued at \$225.00.



This is an original – "*Boat Landing - Monhegan Island.*" It measures 25" x 31". Valued at \$625.00.



This charming print called "*The Millennials,*" is of four women in tank tops and sneakers doing what millennials do! The frame measures 22" x 18". Valued at \$285.00.



This is a print, called "*Spinnaker Run,*" off Monhegan Island. It measures 20" x 25". Valued at \$245.00.

**UPDATES, REPORT OUTS, AND UPCOMING EVENTS AT FCC**

*A Steward's Tale*

One of our congregants found a way to make this world a little better. Because restaurants have been closed for almost three months, a weekly gathering with friends for lunch has been replaced by zoom meetings. This change saved on food, tips, and travel. Instead, equivalent donations have been sent to the church for our Pastor's Discretionary Fund and to the Falmouth Food Pantry.

In addition, the government's payment of \$1,200 was considered unneeded because of retirement status. It and more was donated to several non-profits that focus on food and other aid to the disadvantaged, and to organizations devoted to better race relations.

Because of examples like these, neighbors in need have received essential support receiving food and essential medical supplies, and maintaining shelter, and good work for justice has been sustained. God's gifts are for all, and we thank you for the ways you are finding to share them in support of others!

If you would like to make a gift to the Pastor's Discretionary Fund, you may do so by sending a check with "Discretionary Fund" in the memo line to the church office.



*Dear Congregation*

Thank you so much for the Bob Fuller Award. There are many in our church who do so much – I am humbled to be counted among them. Going forward, I will continue to try to prove worthy of the honor.

Best wishes,

*Carol*

*Meditation Updates* ~ During this time while we are physically apart from each other, the folks who attend the Thursday meetings of the **Meditation Group** have shared with each other various readings, poems and meditations as a way to connect with each other and keep ourselves grounded and inspired. Perhaps something in the words we have exchanged might resonate and provide comfort to you at this time and so we are sharing these materials here.

\*\*\*\*\*

We begin each gathering on Thursday afternoon with the following prayer:

*Gracious God, the one from whom we came and the one to whom we return, we come to you in gratitude and thankfulness for all the good things of our lives and especially for this opportunity to be together. May it be for us a sacred time and place in which we find our spiritual hunger and thirst filled and in which we sense your presence by finding the inner light and by hearing the still small voice. May our sharing together enrich us and refresh us, and may we go forth at the end strengthened and renewed.*

*Let it be so in Jesus' name.*

\*\*\*\*\*

We have several times practiced with this loving kindness meditation, first for ourselves, then for others close to us and then for those in increasingly wider circles of care:

*May you be filled with loving kindness.  
May you be well.  
May you be peaceful and at ease.  
May you be happy.*

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

### A MODERN VERSION of the 23rd PSALM

The Lord is my Pacesetter - I shall not rush.  
 He makes me stop for quiet intervals,  
 She provides me with images of stillness which  
     restore my serenity,  
 He leads me in ways of efficiency through  
     calmness of mind,  
 And Her guidance is peace.  
 Even though I have a great many things to  
 accomplish each day, I will not fret,  
     For Her Presence is here,  
 His timelessness, Her all importance, will keep  
 me in balance.  
 He prepares refreshment and renewal in the  
     midst of my activity,  
 By anointing my mind with Her oils of tranquility,  
     My cup of joyous energy overflows.  
 Truly harmony and effectiveness shall be  
     the fruits of my hours,  
 For I shall walk in the Pace of my Lord  
 And dwell in Her/His House for ever.

by Japanese writer Tokio Megashie

\*\*\*\*\*

Meditation helps us to regulate our emotions and nervous system when we cultivate a kind and curious mind. If you are feeling anxious, fearful, or overwhelmed, the practice of mindfulness invites you to make space for all of those emotions, not to push them away or bury them down, but rather, to allow them to be a part of your experience.

When you make this perceptual shift, it becomes easier to see the light at the end of the tunnel. You move from, "I am anxious, or I am overwhelmed" to, "I am experiencing anxiety and overwhelm in this moment." This shift is liberating because it releases your mind's tendency to think that something will last forever while acknowledging the truth of your experience. So, if you are feeling panicked about the effect this pandemic will have on your community, see what it's like to acknowledge your emotions as valid parts of this moment, knowing that they won't last forever.

Meditation has also shown to have positive effects on the [immune system](#). Our thoughts and emotions have a direct impact on our immune system. When we are stressed, it impairs the proper functioning of our immune system. You can use daily meditation to help [regulate your emotions](#) to keep your immune system functioning well.

One practice that I love to work with when I am experiencing difficulties is called "RAIN." The acronym stands for:

***Recognize***  
***Allow***  
***Investigate***  
***Nurture***

When you feel a difficult emotion arising, I invite you to take a moment to go through this process. You can practice this for a minute the moment you feel anxiety or overwhelm, or you can extend it as long as you'd like as a formal meditation practice.

**Recognize** ~ First, recognize the emotion you are feeling by sensing it arise in your body. You may want to add a deep breath to soothe the nervous system here if it feels overwhelming.

**Allow** ~Next, instead of fighting it, trying to fix it, or pushing it away, make space see what it's like to allow the emotion to be there, just as it is. You can do this by saying internally, "It's okay."

**Investigate** ~ Once you created space for the emotion, then you can investigate the details of it, observing where and how you feel the emotion. Ask what this feeling may want to tell you about your current experience. What are you believing in this moment that makes this emotion so powerful?

**Nurture** ~ Lastly, I choose to apply [Tara Brach's](#) version of "N" as nurture with self-compassion rather than the original "non-identify." Especially in our times of struggle, self-compassion is an important skill to apply as we cultivate resilience. Once you have arrived here, imagine you were caring for a friend who was experiencing this same difficulty. What would you say or do for them in that moment? You may offer yourself some comforting words such as, "I love you, it's okay, I'm here for you" and perhaps place a hand gently on your heart or your cheek. Take as long as you need to linger here in the nurture as this is where you offer yourself healing compassion.

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

### From “The Big Book of Christian Mysticism” by Carl McColman

#### APPROACHING CONTEMPLATION

As prayer is the heart of Christian spirituality in general, so contemplation is the heart of the mystical life. What begins with Lectio Divina is completed in contemplation – the point at which thought is laid gently aside, the point at which the present moment becomes the moment of presence. Time spent in contemplation is time dedicated exclusively to God and love and emptiness and unknowing. In contemplation, you come most fully to that place where you brush up against the mystery of God – the frontier within you where your thoughts and opinions and beliefs suddenly become tiny in relation to the vast, awe-inspiring silence of the dazzling divine presence.

#### THE SILENT TEMPLE WITHIN

While contemplation may suggest devotion in an actual temple – in other words, a church—it also evokes a more spiritual sense of seeking the presence of God in a gathered community of believers, wherever they may be (*Matthew 18:20 – For where two or three are gathered in my name, there am I in the midst of them*) – or perhaps most significantly, in the solitude of your own heart (*I Corinthians 3:16 – Do you not know that you are God’s temple, and that God’s Spirit dwells in your?*) Thus, for Christians, contemplative spirituality consists of the effort to spend time “in the temple” of silence with God. In contemplative prayer, therefore, you listen in receptive silence, and hold yourself open for the purpose of fostering the experience of God’s presence within you, a presence promised by scripture (*John 14:17 – even the Spirit of truth, whom the world cannot receive, because it neither sees him nor knows him; you know him, for he dwells with you, and will be in you*).

***Draw near to God and God will draw near to you.***  
**James 4:8**

*All the way to heaven is heaven.*  
*Catherine of Siena*

*Be still and know that I am God.*  
*Psalms 46:10*

*Allowing, without striving.*  
*Carl McColman*

**poets.org**

Published on Academy of American Poets (<https://poets.org>)

#### *Perhaps the World Ends Here*

The world begins at a kitchen table. No matter what, we must eat to live.

The gifts of earth are brought and prepared, set on the table. So it has been since creation, and it will go on.

We chase chickens or dogs away from it. Babies teethe at the corners. They scrape their knees under it.

It is here that children are given instructions on what it means to be human. We make men at it, we make women.

At this table we gossip, recall enemies and the ghosts of lovers.

Our dreams drink coffee with us as they put their arms around our children. They laugh with us at our poor falling-down selves and as we put ourselves back together once again at the table.

This table has been a house in the rain, an umbrella in the sun.

Wars have begun and ended at this table. It is a place to hide in the shadow of terror. A place to celebrate the terrible victory.

We have given birth on this table, and have prepared our parents for burial here.

At this table we sing with joy, with sorrow. We pray of suffering and remorse. We give thanks.

Perhaps the world will end at the kitchen table, while we are laughing and crying, eating of the last sweet bite.

#### Credit

From *The Woman Who Fell From the Sky* by Joy Harjo. Copyright © 1994 by Joy Harjo. Used with permission of the author.

#### Author

Joy Harjo



Joy Harjo was appointed the new United States poet laureate in 2019. Born in Tulsa, Oklahoma, in 1951, Harjo is a member of the Muscogee/Creek Nation. She is the author of several books of poetry, including *An American Sunrise*, which is forthcoming from W. W. Norton in 2019, and *Conflict Resolution for Holy Beings* (W. W. Norton, 2015). She is a current Chancellor of the Academy of American Poets and lives in Tulsa, Oklahoma.

Date Published: 2015-11-24

Source URL: <https://poets.org/aoem/perhaps-world-ends-here>

### *Some Office Notes*

- ◇ The church parking lot will be striped starting at 11:00 a.m. on Tuesday, June 30 until 5:00 p.m. that same day and will not be accessible during this time period.
- ◇ The church office will be closed for staff vacation on Friday, July 3 through and including Friday July 10, and then Monday August 10 through and including Friday August 14.
- ◇ The deadline for material submittal for the September *Steeplenotes* newsletter is Friday August 21.

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



On June 14, FCC ended the Sunday School year with a special video from the youth presented at the Sunday service. There was also a heartfelt thank you to Beth and Laura for their creativity- particularly in this time of virtual Sunday school- and dedication to the youth of FCC. Christian Education a note of gratitude to Beth, Laura and Madison as well as David and Trevor for their work with the kids all year.

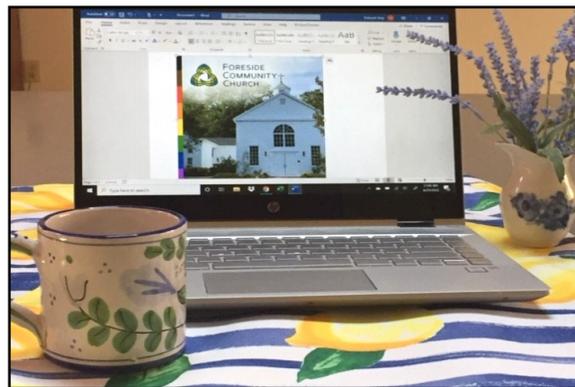
\*\* lyrics from The Sound of Music, "So Long, Farewell," Rodgers and Hammerstein 1959

### *Virtual Women's Breakfasts Every Wednesday at 9:00 a.m. and here is the link:*

<https://us02web.zoom.us/j/83580883078?pwd=REZpV0QrbGVVCdjJMcnFSNERId3FZQT09>  
Meeting ID: 835 8088 3078 Password: 171696

Deb Gray is also sending out the Zoom log-in information directly to the ladies. If anyone has questions, or maybe has not attended any past breakfasts and wishes to make sure they are on the distribution list, they can contact Deb directly at 433-0427 or [deborah.gray48@gmail.com](mailto:deborah.gray48@gmail.com).

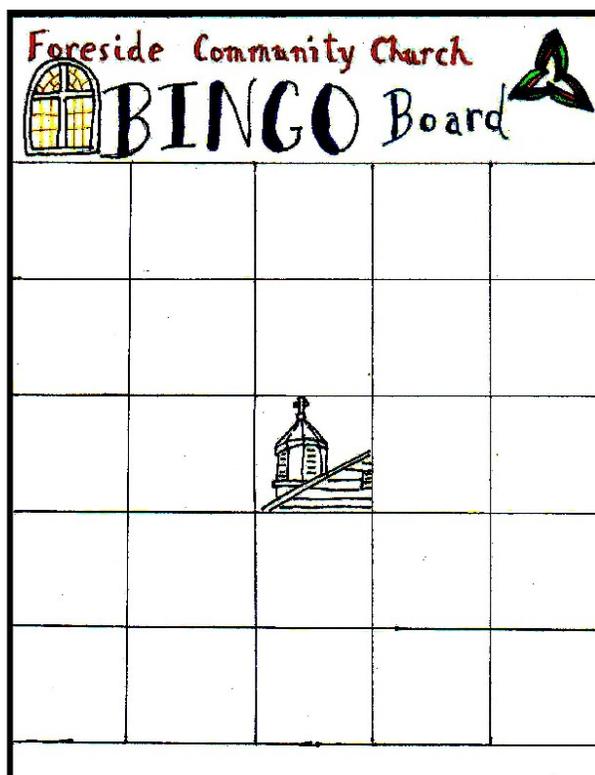
In the meantime, Jill Fox shares this



### *The whole family is welcome to join us for Zoom Bingo on Sunday June 28th at 5:00 p.m.*

Our own Geoff Gattis will lead us through a few fun games of Bingo. All that is needed is a printed out card, or one of your own making and some Bingo markers. Click this link for [directions](#) or contact Wendy Tracy [wendyrtracy@gmail.com](mailto:wendyrtracy@gmail.com) or Liz Ventre [eventre1@maine.rr.com](mailto:eventre1@maine.rr.com).

Sponsored by C.E. and Fellowship.



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

Even though the pandemic brought the in-person gatherings of the *Foreside Book Club* to a close, we have not stopped reading. With summer upon us and the opportunity to enjoy more pleasure reading, we thought it would be fun to share with you some of our personal recommendations. You may find something of interest to you or even your children. I have found reading to be a great form of escape when necessary. Enjoy and stay well! Hopefully we can all gather again in September. FMI: [mimihinkel@gmail.com](mailto:mimihinkel@gmail.com)

### **Writers and Lovers by Lily King**

A Boston area waitress manages grief, debt, medical troubles, and romantic complications as she finishes her novel.

### **The Nightingale by Kristen Hannah**

The story of two sisters caught up in occupied France during World War II.

### **Me Before You by JoJo Moyes**

Lou Clark is an average Jane from a small town in England. She becomes penniless after losing her job at a café until she lands a gig as a caretaker for a paralyzed man.

### **The Warmth of Other Suns by Isabel Wilkerson**

The epic story of America's great migration.

### **Chief Inspector Gamache detective stories (series of 16) by Louise Penney-should be read in order**

Inspector Gamache digs beneath the idyllic surface of village life in Three Pines, finding long-buried secrets-and facing a few of his own ghosts.

### **A Gentleman in Moscow by Amor Towles**

Chief Alexander Ilyich Rostov is sentenced to a life of house arrest in Moscow's Metropol Hotel.

### **Ghost Map by Steven Johnson**

The story of Victorian London's most terrifying epidemic and how it changed science, cities, and the modern world.

### **The Guest List by Lucy Foley**

A thrilling mystery that takes place on a remote island off the coast of Ireland during a celebrity wedding ceremony.

### **Caddie Woodlawn by Carol Ryrie Brink**

Young adult pioneer series follows a brave young tomboy. Series is based on the life and memories of Brink's grandmother, the real Caddie Woodlawn.

### **The Melendy Quartet (grades 3-7) by Elizabeth Enright**

The adventures of 4 siblings, their father, beloved housekeeper, and handyman. Takes you back to the mid 1900's when kids didn't have all the electronic gadgets they have today, when kids were kids and made their own creative fun.

### **My Brilliant Friend (set of 4 Neapolitan novels) by Elana Ferrante**

Beginning in the 1950s in a poor but vibrant neighborhood on the outskirts of Naples, these stories follow the fiery and unforgettable Lila, and the bookish narrator Elena, as they become women, wives, mothers, and leaders, all the while maintaining a complex and at time conflicted friendship.

### **Virgil Wander by Leif Enger**

The first novel in ten years from award-winning, million-copy bestselling author Leif Enger, *Virgil Wander* is an enchanting and timeless all-American story that follows the inhabitants of a small Midwestern town in their quest to revive its flagging heart.

### **This is Happiness by Niall Williams**

This is a beautifully written, tender and lyrical coming-of-age story that takes place in remote western Ireland before the advent of electricity and the changes that result.

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

**Little Children of the World, Inc.**  
 P O Box 37  
 Barnesville GA 30204  
 770-358-2771

**Contribution Receipt**

DATE	RECEIPT #
6/8/2020	51714

RECEIVED JUN 15 2020

CONTRIBUTOR  
 Foreside Community Church  
 340 Foreside Road  
 Falmouth Maine 04105

CHECK NO.	PMT METHOD
5298	Check

DESCRIPTION	AMOUNT
Soup Kitchen # 1 Loc	1,200.00
<p><i>Thank you so much!</i></p> <p><i>We are very grateful for your help. Our support helps to be strong kitchen feeding many hungry children. Many kids love you, I love church and keep you all safe and healthy. My prayer, Amen</i></p> <p><i>Thank you for being such a Blessing!</i></p> <p>Soup kitchen feeds so many hungry children with your help. Thank you!</p>	
<b>Total</b>	<b>\$1,200.00</b>

*THANK YOU!*

*2 Corinthians 9:7b "God loves a cheerful giver,"*

*Thank you so much for your contribution! Caring people like you keep this ministry thriving and growing. May God richly bless you. Contributor did not receive any goods or services in consideration for this gift.*

*Glenna Houk Waller*  
 Glenna Houk Waller  
 LWV President

Please "Like" our Facebook page for ministry updates! www.facebook.com/littlechildrenoftheworld

**ILAP**  
 IMMIGRANT LEGAL ADVOCACY PROJECT

May 21, 2020

Foreside Community Church  
 Attn: Rev. Janet Dorman  
 340 Foreside Road  
 Falmouth, ME 04105

RECEIVED JUN 01 2020

Dear Rev. Janet Dorman,

**Thank you for helping us build the foundation for a more just and equitable future.**

Your congregation's generous gift has been put to work bolstering our COVID-19 response to ensure the rights of our neighbors are protected and prioritized now and into the future. We were honored to have chosen as one of your Mission Moments this year.

At a time with so much uncertainty, we are deeply grateful to feel the certainty of your support and draw hope from the strength of our collective community.

The unwavering support of people like you has made it possible for our organization to adapt quickly to the unexpected and remain resilient. From helping asylum seekers meet their one-year filing deadline to making new multilingual resources available online, our staff and volunteer attorneys are proud to continue working for justice and standing up for immigrants across the state.

You can read more about our response to COVID-19 at [ilapmaine.org/cov19](http://ilapmaine.org/cov19). For the latest legal and advocacy news, follow us on [Facebook](https://www.facebook.com/ilapmaine) and [Twitter](https://twitter.com/ilapmaine) or sign up for our "Golden Door" email update. You may also contact me at [sroche@ilapmaine.org](mailto:sroche@ilapmaine.org) or 207-669-4403 at any time.

Thank you again for your generous investment in our mission. I hope you all are healthy and safe.

Be well,  
*Rev. Janet Dorman*  
 Sue Roche, Esq.  
 Executive Director

*Rev. Dorman - Thank you for this generous donation from your congregation that will help so many.*

The Immigrant Legal Advocacy Project is a 501(c)(3) organization. Your gift of \$300.00 received on 3/26/20 is tax-deductible to the fullest extent of the law. Please consult a tax professional for more information.

488 Congress Street, 3rd Floor, P.O. Box 2917 | Portland, ME 04112 | 207.780.1955  
 1 Lisbon Street, Suite 205 | P.O. Box 376 | Lewiston, ME 04240 | 207.780.1992

The Foreside Community Church, with the generous support of its members and friends, is honored to be a contributing partner to many support projects, both in and out of state. Letters of this nature confirm the importance of its continued Christian outreach. A most sincere "thank you" is extended to all who help keep these efforts going.

**Preble Street**  
 Turning Hunger and Homelessness into Opportunity and Hope

RECEIVED JUN 12 2020

May 19, 2020

Christina Sklarz-Libby  
 Foreside Community Church  
 340 Foreside Road  
 Falmouth, ME 04105-1428

Dear Ms. Sklarz-Libby:

"What kindness the world gives me I give back to the world."  
 - Ahmed, a client at the Preble Street Resource Center

On behalf of our Board of Directors, staff, and the hundreds of Mainers we serve each day at Preble Street, thank you for the Foreside Community Church gift of \$400.00 (check #15269) to benefit the Preble Street Teen Center.

**Preble Street has never closed its doors and never will.**

According to the CDC, the safest place for all of us to be in response to the COVID-19 threat is in our homes. Preble Street is home to hundreds of people each day, and we are here to support them through this crisis. While we are closely following the recommendations of experts at local, state, and federal agencies, we continue to meet basic needs and provide services that are available nowhere else.

The people who reach out to us are among the most vulnerable and immunocompromised in our community. And now, as ever, we are grateful for your support as we ensure they are safe and their critical needs are being met, including three meals daily at our three soup kitchens and supplemental food boxes to individuals and families who have a place to live but whose access to food has been compromised.

Friends like you remind us that with the support of a caring community we can always have — overcome each challenge in pursuit of our mission.

Thank you for being a partner in this essential work.

Sincerely,  
*Swannie*  
 Mark R. Swann, MSPA  
 Executive Director

*THANK YOU!*

Please keep this letter for your tax records. The IRS will not accept a canceled check by itself as sufficient proof of donations. No goods or services were provided in return for this contribution.

88 Preble Street  
 Portland, ME 04101  
 207.775.0025  
[www.preblestreet.org](http://www.preblestreet.org)

## DAILY LECTIONARY READINGS FOR July 2020

**Wed. July 1**

Psalm 47  
Isaiah 51:1-3  
Matthew 11:20-24

**Thurs., July 2**

Psalm 45:10-17  
Genesis 25:19-27  
Romans 7:1-6

**Fri., July 3**

Psalm 45:10-17  
Genesis 27:1-17  
Romans 7:7-20

**Sat., July 4**

Psalm 45:10-17  
Genesis 27:18-29  
Luke 10:21-24

**Sun., July 5**

Genesis 24:34-38, 42-49, 58-67  
Psalm 45:10-17 or  
Song of Solomon 2:8-13  
Romans 7:15-25a  
Matthew 11:16-19, 25-30

**Mon., July 6**

Song of Solomon 2:8-13  
Genesis 27:30-46  
Romans 1:18-25

**Tues., July 7**

Song of Solomon 2:8-13  
Genesis 29:1-14  
Romans 3:1-8

**Wed., July 8**

Song of Solomon 2:8-13  
Genesis 29:31-35  
John 13:1-17

**Thurs., July 9**

Psalm 119:105-112  
Exodus 3:1-6  
Romans 2:12-16

**Fri., July 10**

Psalm 119:105-112  
Deuteronomy 32:1-10  
Romans 15:14-21

**Sat., July 11**

Psalm 119:105-112  
Isaiah 2:1-4  
John 12:44-50

**Sun., July 12**

Genesis 25:19-34  
Psalm 119:105-112  
Romans 8:1-11  
Matthew 13:1-9, 18-23

**Mon., July 13**

Psalm 142  
Micah 1:1-5  
1 Thessalonians 4:1-8

**Tues., July 14**

Psalm 142  
Jeremiah 49:7-11  
Ephesians 4:17—5:2

**Wed., July 15**

Psalm 142  
Obadiah 15-21  
Matthew 13:10-17

**Thurs., July 16**

Psalm 139:1-12, 23-24  
Isaiah 44:1-5  
Hebrews 2:1-9

**Fri., July 17**

Psalm 139:1-12, 23-24  
Ezekiel 39:21-29  
Hebrews 6:13-20

**Sat., July 18**

Psalm 139:1-12, 23-24  
Exodus 14:9-25  
Matthew 7:15-20

**Sun., July 19**

Genesis 28:10-19a  
Psalm 139:1-12, 23-24  
Romans 8:12-25  
Matthew 13:24-30, 36-43

**Mon., July 20**

Psalm 139:13-18  
Genesis 32:3-21  
Revelation 14:12-20

**Tues., July 21**

Psalm 139:13-18  
Genesis 33:1-17  
Galatians 4:21—5:1

**Wed., July 22**

Psalm 139:13-18  
Genesis 35:16-29  
Matthew 12:15-21

**Thurs., July 23**

Psalm 105:1-11, 45b  
Genesis 29:1-8  
1 Corinthians 4:14-20

**Fri., July 24**

Psalm 105:1-11, 45b  
Genesis 29:9-14  
Acts 7:44-53

**Sat., July 25**

Psalm 105:1-11, 45b  
Genesis 29:31—30:24  
Matthew 12:38-42

**Sun., July 26**

Genesis 29:15-28  
Psalm 105:1-11, 45b or  
Psalm 128  
Romans 8:26-39  
Matthew 13:31-33, 44-52

**Mon., July 27**

Psalm 65:8-13  
Genesis 30:25-36  
James 3:13-18

**Tues., July 28**

Psalm 65:8-13  
Genesis 30:37-43  
Ephesians 6:10-18

**Wed., July 29**

Psalm 65:8-13  
Genesis 46:2—47:12  
Mark 4:30-34

**Thurs., July 30**

Psalm 17:1-7, 15  
Isaiah 14:1-2  
Philippians 4:10-15

**Fri., July 31**

Psalm 17:1-7, 15  
Isaiah 41:8-10  
Romans 9:6-13

## DAILY LECTIONARY READINGS FOR August 2020

**Sat. Aug. 1**

Psalm 17:1-7, 15  
 Genesis 31:1-21  
 Matthew 7:7-11

**Sun., Aug. 2**

Genesis 32:22-31  
 Psalm 17:1-7, 15  
 Romans 9:1-5  
 Matthew 14:13-21

**Mon., Aug. 3**

Psalm 17:1-7, 15  
 Genesis 31:22-42  
 Romans 1:8-15

**Tues., Aug. 4**

Psalm 17:1-7, 15  
 Genesis 32:3-21  
 Acts 2:37-47

**Wed., Aug. 5**

Psalm 17:1-7, 15  
 Isaiah 43:1-7  
 Matthew 15:32-39

**Thurs., Aug. 6**

Psalm 105:1-6, 16-22, 45b  
 Genesis 35:22b-29  
 Acts 17:10-15

**Fri., Aug. 7**

Psalm 105:1-6, 16-22, 45b  
 Genesis 36:1-8  
 Acts 18:24-28

**Sat., Aug. 8**

Psalm 105:1-6, 16-22, 45b  
 Genesis 37:5-11  
 Matthew 16:1-4

**Sun., Aug. 9**

Genesis 37:1-4, 12-28  
 Psalm 105:1-6, 16-22, 45b  
 Romans 10:5-15  
 Matthew 14:22-33

**Mon., Aug. 10**

Psalm 28  
 Genesis 37:29-36  
 2 Peter 2:4-10

**Tues., Aug. 11**

Psalm 28  
 Genesis 39:1-23  
 Romans 9:14-29

**Wed., Aug. 12**

Psalm 28  
 Genesis 40:1-23  
 Matthew 8:23-27

**Thurs., Aug. 13**

Psalm 133  
 Genesis 41:14-36  
 Revelation 15:1-4

**Fri., Aug. 14**

Psalm 133  
 Genesis 41:37-57  
 Acts 14:19-28

**Sat., Aug. 15**

Psalm 133  
 Genesis 42:1-28  
 Matthew 14:34-36

**Sun., Aug. 16**

Genesis 45:1-15  
 Psalm 133  
 Romans 11:1-2a, 29-32  
 Matthew 15:[10-20] 21-28

**Mon., Aug. 17**

Psalm 130  
 Genesis 43:1-34  
 Acts 15:1-21

**Tues., Aug. 18**

Psalm 130  
 Genesis 44:1-34  
 Romans 11:13-29

**Wed., Aug. 19**

Psalm 130  
 Genesis 45:16-28  
 Matthew 8:1-13

**Thurs., Aug. 20**

Psalm 124  
 Genesis 49:1-33  
 1 Corinthians 6:1-11

**Fri., Aug. 21**

Psalm 124  
 Genesis 49:29—50:14  
 2 Corinthians 10:12-18

**Sat., Aug. 22**

Psalm 124  
 Genesis 50:15-26  
 Matthew 16:5-12

**Sun., Aug. 23**

Exodus 1:8—2:10  
 Psalm 124  
 Romans 12:1-8  
 Matthew 16:13-20

**Mon., Aug. 24**

Psalm 8  
 Exodus 1:1-7  
 Romans 2:1-11

**Tues., Aug. 25**

Psalm 8  
 Exodus 2:11-15a  
 Romans 11:33-36

**Wed., Aug. 26**

Psalm 8  
 Exodus 2:15b-22  
 Matthew 26:6-13

**Thurs., Aug. 27**

Psalm 105:1-6, 23-26, 45b  
 Exodus 2:23-24  
 Ephesians 5:1-6

**Fri., Aug. 28**

Psalm 105:1-6, 23-26, 45b  
 Exodus 3:16-25  
 2 Thessalonians 2:7-12

**Sat., Aug. 29**

Psalm 105:1-6, 23-26, 45b  
 Exodus 4:1-9  
 Matthew 8:14-17

**Sun., Aug. 30**

Exodus 3:1-15  
 Psalm 105:1-6, 23-26, 45b  
 Romans 12:9-21  
 Matthew 16:21-28

**Mon., Aug. 31**

Psalm 83:1-4, 13-18  
 Exodus 4:10-31  
 Revelation 3:1-6

# ***S***TEEPLENOTES

A Newsletter of

**The Foreside Community Church, UCC**



*The Foreside Community Church, UCC*

*340 Foreside Road*

*Falmouth, ME 04105- 1428*