

October 2023

The Foreside Community Church United Church of Christ

Connecting to God ~ Nurturing Community ~ Discovering how our Lives Make a Difference



What's going on here?
See page 10 for info, and more!

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

Pastor: The Reverend Geoff Parker
Choir Director: Trevor Lavenbein
Organist/Accompanist: David Bartoletti
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Pastoral Notes

Love Overflowing

God split rocks open in the wilderness and gave them drink abundantly as from the deep. - Psalm 78

In our scriptures, God's care for people often arrives as a source of water for thirsty folks. In the wilderness, Moses strikes a rock, and all the water the people of Israel could need flows forth. The 78th Psalm retells this story as "drink abundantly as from the deep," echoing back to the primordial waters before creation, satisfying a thirst not just of the moment, but something ancient, as well. At the well, Jesus offers living water to a Samaritan woman, so that she might never thirst again.

And then there is the 23rd Psalm: you anoint my head with oil; my cup overflows. Water that overflows—we are told—is a gift, a sign of abundance, of provision and care. And yet... maybe if you are like me, you might occasionally feel like you are full to overflowing... and not in a good way. (We know there is a flood elsewhere in our book, and the same psalmist cried out "every night I flood my bed with tears;") Some days the tender and precarious nature of our own lives, the lives of those we love, and the wider world itself come pouring in.

In those seasons in which it feels like we cannot hold any more, there is, here, a sanctuary place where we are invited to come and let it pour out of us... A community that surrounds and holds us.

Some days as I walk through the sanctuary... I can't help but notice all the carefully placed tissue boxes in our pews, and hear the gentle offer they make: this is a place where we can weep, alone and together. I see again the groups that huddle together on a Sunday amid crisis, the hand stretched from one pew to the next to steady a shoulder... Yes, here is a place where you are invited to come and overflow... to release what grief, what anxiety, what sorrow been taking up too much space in your mind, or on your heart, to know you are never really alone... there are others who weep, God even weeps here, I think... and having wept, we all may even find enough room for God's hope to enter in.

The Apostle Paul says that in Jesus's life and death there is a "self-emptying" and then comes a flood of God's love and glory... There's an echo of that we know here.

Here we can be filled up again, this time with that living water Christ offers us as we step into the flow of life, of service, of song, of support here in this community. It is a gift to watch you all—day by day, week by week, through all the circling years—receive the life and spirit which God offers us in this congregation, and, filled up, go out into the world to pour out love. Overflowing in care for each other, certainly, but even more for our neighbors, our newest neighbors just beginning life here in Maine, for students, for patients, for the more-than-human creatures and all creation... in caregiving, in teaching, in botany, in—I kid you not—accounting, in art, in friendship, in labor, and in play.

This fall, then, our Annual Appeal theme is *Love Overflowing*, asking us to pause, pray, and reflect on how this church community makes this little corner of the Foreside a holy place to come and pour our prayers and make room for new life, and one where we are filled up until our very lives overflow, helping to give life and love to our community and the world. I hope you'll take time to consider how you might be able to give back from your own life, joining the flow of gift and gratitude to sustain the life and ministry of our congregation in the year to come.

You'll be hearing more from Cynthia Beggs, Eric Tracy, and others in the coming days about how you can participate in the Appeal. I hope you remember how thankful I am for the gift of every one of you... and know that, whatever the size, the joy and spirit with which a gift is given is more precious.

Thanks be to God who holds our tears, and pours out living water and new life...

Blessings,



The Second Half of the Journey:

Spirituality in the Second Half of Life

Join Pastor Geoff for a book read and reflection series as we explore the spiritual journey of the latter half of life alongside Richard Rohr's Falling Upward: A Spirituality for the Two Halves of Life. How do we discover and name the particular challenges, gifts, and opportunities of the spiritual journey in each phase of life? How are these different as we move from our younger days and reach for days of being wise elders? How do we become wise, for that matter? You are welcome if you are an experienced hand at this phase of life, or if you are just thinking about how you will set off on this "next leg of life's journey!

We'll also have chances to engage with practitioners who work alongside elders as they make important practical decisions on how they live out their values from medicine, caregiver support, and legal and estate issues.

All Sunday sessions are following worship.

Sunday, September 24th - Introductions

Wednesday, October 4th - Medical Preparations and Decisions with Dr. Mark Wrona Sunday, October 8th- The Journey Out / Journey Home, The Two Halves

Read Chapters 1–5

Wednesday, October 11th 6:30pm - Caring Through Cognitive Decline and Loss with Southern Maine Agency on Aging

Sunday, October 15th - *Suffering, Home and Homesickness*Read Chapters 6–7

Wednesday, October 18th 6:30pm - Legal Considerations and Arrangements with Sarah Coburn, Esq.

Sunday October 22nd - *The Big Picture and a Second Simplicity*Read Chapters 8–9

Sunday, October 29th - A Bright Sadness and the Shadowlands Read Chapters 10–11

Sunday, November 5th - New Directions and Falling Upward
Read Chapters 12–13

Worship in the sanctuary...

...and attendance on Sundays is open to all with the following prevention protocols in place:

- Masks are optional (a supply of which can be located in the narthex).
- We ask households to give each other good social distance.
- Windows will be opened enough to increase ventilation.
- Worship will also be live-streamed for any who cannot or do not feel comfortable attending by going to:
 https://www.youtube.com/ ForesideCommunityChurch

Bulletins for each service, including words to that day's hymns are also posted at the above website address.

Updates to:

Welcome to Foreside Community Church: ~A congregation focused on connecting to God, nurturing community, and discovering how our lives make a difference~

(J. Goodspeed)

Last spring the Justice & Outreach Ministry had a brainstorming session, hoping to come up with an initiative that would bring our congregation together in making a positive difference in our communities. We discussed several possibilities and, after some research, decided to focus on what we could do to mitigate the shaming and abuse of the LGBTQ community. But where would we begin?

Well, we started with an incredible impact when on September 17th we invited Gia Drew, executive director of EqualityMaine to present the Mission Moment, or more appropriately "LGBTQ101." Gia, an articulate, engaging trans woman, gave the attending congregation an overview of her journey from male to identifying as female, i.e. coming out, while calling to memory Maine's own transphobic and heinous tragedy in Bangor in 1984, leaving the attendees with much to consider about the lives of those who are part of the LGBTQ population. Member Lois Myers shared afterwards that she was "blown away, I just wanted to hug her." There is no way to share here the depth of this woman and her presentation so I strongly urge anyone who was not able to attend, or who wishes to again view the "Moment" to follow this link which also includes Pastor Geoff's following sermon which so aligned with the theme of the day:

EqualityMaine Mission Moment and Sermon -9/17/2023 - YouTube

For the next Mission Moment on October 22 our presenter will be a representative from MaineTransNet, more information to follow shortly. Then on the evening of October 25 at 6:30 p.m. following evening prayers, Marvin Ellison, an old friend who is a minister and has been very active in the LGBTQ community, will join us for meeting weekly on Thursdays in the large classroom. The a round table discussion in Fellowship Hall. All FCC members and friends are invited to attend for a great opportunity to learn, digest, think, and then act in a way that, we hope, will have a positive impact on our community. Light refreshments and beverages will be served.







Gia Drew, executive director of EqualityMaine drew on a deep well of experience, sharing candidly during her September Mission Moment presentation.

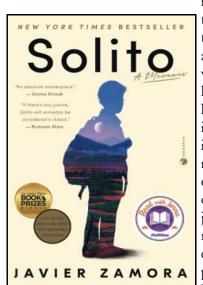
Welcome New Tenant



The Foreside Community Church wishes to extend a warm welcome to the Women's AA Group who will now be circle of support is open to any and all women who wish to find encouragement and be sustained on their new life journey of sobriety. If you are interested and wish more information, please feel free to attend the next meeting scheduled meeting on September 28 @ 5:30 p.m. in the large classroom for a confidential introduction.

The Foreside Book Club kicked off a new season of reading with a rousing conversation about Demon Copperhead by Barbara Kingsolver. Between all the characters and the author's social commentary, we could have gone on a lot longer! After much consideration and a growing list of recommendations, we selected the next several books for discussion. On Wednesday, October 18, at 4:00 p.m. we memoir that documents Stewill be discussing Solito: A Memoir by Javier Zamora.

"Javier Zamora's trip is a three-thousand-mile jour- advantaged clients. It was ney from his small town in El Salvador, through Guatemala and Mexico, and across the U.S. border. He will leave behind his beloved aunt and grandparents to reunite with a mother who left four years ago and a father he barely remembers. Traveling alone amid a group of strangers and a "coyote" hired to lead them to safety, Javier expects his trip to last two short weeks. At nine years old, all Javier from one of the most brilliant and influential lawyers of our can imagine is rushing into his parents' arms, snuggling in bed between them, and living under the same roof again. He cannot foresee the perilous boat trips, relentless desert treks, pointed guns, arrests and deceptions that await him;



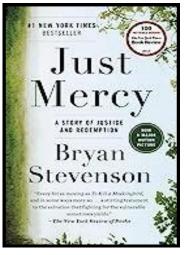
nor can he know that those two weeks will expand into two life-altering months alongside fellow migrants who will come to encircle him like an unexpected family. A memoir as gripping as it i s m o v ing, Solito provides an immediate and intimate account not only of a treacherous and near-impossible journey, but also of the miraculous kindness and love delivered at the most unexpected moments. Solito is Javier Zamora's story, but

it's also the story of millions of others who had no choice but to leave home." (quoted from bookshop.org book review)

Please join us for this discussion of the New York Times best-selling memoir. As always anyone is welcome and encouraged to participate in any of our book discussions. All opinions are respected and valued. FMI: mimihinkel@gmail.com

If you want a preview, some other up-coming books for discussion will be The Silent Patient by Alex Michaelides, Downeast by Gigi Georges, and Station Eleven by Emily St. John Mandel.

The Tuesday Morning **Group** will start this year by discussing <u>Iust Mercy</u> by Bryan This book is a Stevenson. venson's career defending disnamed one of the most influential books of the decade. "A powerful true story about the potential for mercy to redeem



us, and a clarion call to fix our broken system of justicetime." Join us October 3 at 9:00 a.m. in the large classroom to discuss Chapter One. If you are interested but something is holding you back, please let either Liz Ventre or Pastor Geoff know what the obstacle is and perhaps we can remove it. We would love more people to join us.

For more info please call/email Liz at 653-4117 or eventre1@maine.rr.com

Bells of Casco Bay will be having workshops on Thursdays starting at 9:00 a.m. in the sanctuary on September 28th and October 5th. Practice will them resume on the Thursday mornings of October 26, and November 2, 9 and 16. For more information please contact Debbie Reifsnyder 232-7298 or gailekieh@gmail.com.

The collection of 2024 calendars continues. Like last year, these calendars will be included in the December boxes delivered to food pantry clients. This year the projected need is 185!! A decorative, appropriately labeled bag is now located on the small table outside the interior office door so feel free to drop off any calendars that you might receive between now and the end of November, please.

185 ~ that's a lot of calendars!



Green Team Notes

"Bugs, Birds and Botany" Walkers Explore Autumnal Flora and Fauna

Chittering chipmunks, bluebirds and a young downy woodpecker, bull frogs, Turkey Tail fungi and a bevy of bees feasting on purple asters — these were some of the sights and sounds encountered on the "Bugs, Birds, and Botany" walk at Maine Audubon on Sunday afternoon, September 24.

Led by FCC Green Team member, Maine naturalist and retired UCC minister Susan Gilpin, the event was a relaxing exploration of autumnal flora and fauna at Audubon's 65acre Gilsland Farm wildlife sanctuary in Falmouth.

For help identifying plants and birds in nature, Susan The Falmouth Memorial Library will host a West and others highly recommended the phone apps "My Plants" and "Merlin."



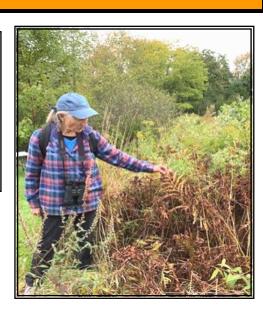
(Left to right) Susan Gilpin, Debra Coyman, Sally Somes, and Joan and Bob Murray admire a turkey feather.





(pictured left) Turkey Tail fungi medicinal mushrooms — grow at the edge of a log on the ground.

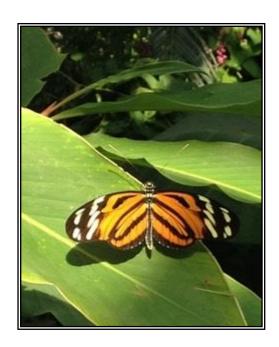
(pictured right) Susan G. pointed out 'sensitive ferns" — the first to unfurl in the spring and first to die back in fall.



Additional Updates:

Management Workshop with the Natural Resources Council of Maine on Monday, October 23, beginning at 6:00 p.m.

Looking for other environmental justice offerings? The BTS Center is advertising their "Climate Changed" podcasts along with a number of other programs they are hosting this fall. For more information, go to https://thebtscenter.org.



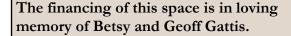
Memorial Garden Progress

As you know, our very small church with very little space is successfully wedging into our property a "memorial garden", replacing the weedy patch west of the patio. So far we have confirmed that we have adequate drainage, moved the shed, moved the big bushes and contoured the land to accommodate another patio and a number of large naturalistic stones, upon which we can engrave many names and dates. Photos of the progress include:





The large rocks will be different, but this is the general idea.





If you wish to be included in the memorial garden steering committee, let me know!

Carol Ward ~ 828-8235

cwardmd2@gmail.com



(below) The sketch we are shooting for, looking toward 88.







IT'S CHRISTMAS FAIR TIME!

Okay, the fair will actually be December 2nd, but we need YOU to think about these possibilities- and sooner is better!

- Donate a service to the silent auction
- Donate a weekend at your vacation house
 - Donate a boat ride or a guided hike
- Knit and donate mittens, or a scarf, or a hat
 - Make pickles from all those cucumbers
 - Make candy from the family recipe
 - Bake cookies, or a pie, or a cake
 - Fill a basket of assorted goodies
 - Donate housewares for the stage,
 or treasures for Timeless Treasures
- Donate Grandma's unused costume jewelry
- Thin out and recycle your Christmas ornaments and decorations

Then think about volunteering at the fair – wreath organizing, set up, table minding, kitchen crew, check out, cleanup, - There is a place for everyone at the fair.

AND

starting Thursday, September 28 @ 1:00 p.m. will be CHRISTMAS FAIR PREP!!

Join friends and members in the Fellowship Hall for the sorting, labeling, and compiling of donations. There were will a plethora of fun tasks that need your two hands.

Questions? Not sure what you have to give? Talk to me! I'll be happy to brainstorm with you.

Happy October!

Carol Ward cwardmd2@gmail.com (best way to contact!) 207-838-8235











October Birthday Greetings

Libra ~ Balance, harmony, and justice define Libra energy. As a cardinal air sign, Libra is represented by the scales (interestingly, the only inanimate object of the zodiac), an association that reflects Libra's fixation on establishing equilibrium. Libra is obsessed with symmetry and strives to create equilibrium in all areas of life.

Christina Sklarz ~ 1

Beth Shaw ~ 5

Adrianne Shetenhelm ~ 7

Carrie Roberts ~ 7

Dotty Blanchette ~ 11

Dorothy Eckhardt ~ 14

Kathie McCatherin ~ 18

Adey Wrona ~ 21

Scorpio ~ Elusive and mysterious, Scorpio is one of the most misunderstood signs of the zodiac. Scorpio is a water sign that uses emotional energy as fuel, cultivating powerful wisdom through both the physical and unseen realms. In fact, Scorpio derives its extraordinary courage from its psychic abilities, which is what makes this sign one of the most complicated, dynamic signs of the zodiac.

Margaret Perkins ~ 28
Casey Nanovic ~ 29
Tyler Lacombe ~ 30

Let's do (a continental) Breakfast Ladies!

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

Wednesday October 18 @ 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

deborah.gray48@gmail.com

or 952-4041 by, so we can plan accordingly. See you there!

The Men's Breakfast...

will be gathering on

Saturday, October 7@ 8:30 a.m.

at the church

An enjoyable repast and

lively discussions are always on the menu!

FMI John Bischof

jegbischof@gmail.com or 781-2391

The November edition of *Steeplenotes* material submittal deadline is Wednesday October 25, 2023

Submitted articles should be final and print ready, pictures complete with captions.

Thank you.



On Sunday, September 10 FCC's youngest were welcomed back as fall Sunday School kicked off. (pictured left) Pastor Geoff holds daughter Grace as he gave the blessing for the beginning of the school year to the attending children as well as Tori Curtis in her new role as Youth and Family Director.

(On the cover) Pastor Geoff gets a helping hand ringing the start of service.

We had 5 children at the Sunday school return on September 10th! We got to know each other and we talked about what we all did over the summer. We drew pictures of how we felt blessed this summer and brainstormed some ways we could share those blessings with others! We also discussed how we might want to decorate our classroom this year and what we're looking forward to this Fall. After church, the parents had a meeting together with Geoff to discuss the best ways to support the children and the program this year. We're all very excited for a new school year, it's off to a great start!

Tori

G O O D

D E E

D

S

It took just one call from the Justice and Outreach Ministry for FCC members and friends to come together with donations of housewares, clothes, and some very nice new toys for a family of four newly arrived to Portland. The parents were overwhelmed with the warm generosity of the assistance offered up and shared that the contributions will make all the difference. Thanks to all!



COMMUNITY EVENTS



Thursday, October 26
5:00 to 7:00 p.m.
at Famouth Congregational Charlet

Hossed by Foreside Community Church and the other churches in Falmouth

Volunteers needed!

(to the left) Services at The Foreside Community Church, UCC will not be held at the regular time of 9:30 a.m. on October 1. Instead the congregation is invited to take part in the ecumenical services to be held later in the day at 2:00 p.m. at Holy Martyrs.



(above left) Located in the narthex is a call for volunteers to help with the **Thursday, October 26th annual Community Turkey Supper** sponsored by FCC and its sister community churches, and hosted at The Falmouth Congregational Church. Table servers, butternut squash cookers, turkey carvers, and turkey donors are just a few ways you can contribute to this extremely important fund raiser for The Falmouth Food Pantry. Please consider a donation of your time, if not, attending the dinner is also a much appreciated manner of support.

October 2023

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 No inhouse service. 2 p.m. ecumenical service @ Holy Martyrs. See pg. 11 for details.	2	m	4 6pm Evening Prayers 6:30pm class, see pg. 3 for agenda	5 9am Bells of Casco Bay 5:30pm Women's AA	g	7 8:30 a.m. Men's Monthly Breakfast See pg. 11 for details.
8 9:30 a.m. Hybrid Service Session follows See pg. 3 for agenda.	INDIGENOUS PEOPLE DAY	10 9am Tues Book Grp 12pm Knitters 6:15pm Choir 6:45pm AA 7:15pm Bells	11 6pm Evening Prayers 6:30pm class, see pg. 3 for agenda	12 5:30pm Women's AA 7pm Stewardship Ministry Mnthly Mtg.	8:30 a.m. to 5pm church rug cleaning access limited	14
15 9:30 a.m. Hybrid Service Session follows See pg. 3 for agenda	16 7 p.m. Governing Board Mnthly Mtg.	17 9am Tues Book Grp 12pm Knitters 6:15pm Choir 6:45pm AA	18 8:30am Women's Breakfast See pg. 11 4pm Book Group 6pm Evening Prayers 6:30pm class	19 5:30pm Women's AA	20	21
9:30 a.m. Hybrid Service & Session Mission Moment (See pg. 4 for details.)	23	24 9am Tues Book Grp 12pm Knitters 6:15pm Choir 6:45pm AA 7:15pm Bells	25 6pm Evening Prayers 6:30pm Round Table See pg. 4 for agenda & further details.	9am Bells of Casco Bay 5:30pm Women's AA	27	28
29 9:30 a.m. Hybrid Service & Session New Member Sunday	30	31 9am Tues Book Grp 12pm Knitters 6:15pm Choir 6:45pm AA 7:15pm Bells		Hosted by Falmouth's churches and faith communities. Flamouth Corgegational Church Falmouth to 7:00pm Falmouth Congregational Church Falmouth Congregational Church Falmouth Cout to Falmouth Road Sof Falmouth Road to 1:00pm Free-will Giving to the Edinouth Food Pontry www.terns.com.com. to the Edinouth Food Pontry www.terns.com.com.com. p. 207-781-3413		

Daily Lectionary Readings for October 2023

Sun., Oct. 1

Exodus 17:1-7 Psalm 78:1-4, 12-16

Philippians 2:1-13

Matthew 21:23-32

Mon., Oct. 2

Psalm 42

Exodus 18:1-12

Philippians 1:3-14

Tues., Oct. 3

Psalm 42

Exodus 18:13-27

Philippians 1:15-21

Wed., Oct. 4

Psalm 42

Exodus 19:9b-25

Matthew 9:2-8

Thurs., Oct. 5

Psalm 19

Exodus 23:1-9

Colossians 2:16-23

Fri., Oct. 6

Psalm 19

Exodus 23:14-19

Philippians 2:14-18; 3:1-4a

Sat., Oct. 7

Psalm 19

Exodus 23:10-13

John 7:40-52

Sun., Oct. 8

Exodus 20:1-4, 7-9, 12-20

Psalm 19

Philippians 3:4b-14

Matthew 21:33-46

Mon., Oct.

9 Psalm 119:49-56

Deuteronomy 5:1-21

1 Peter 2:4-10

Tues., Oct. 10

Psalm 119:49-56

Deuteronomy 5:22—6:3

2 Corinthians 5:17-21

Wed., Oct. 11

Psalm 119:49-56

Deuteronomy 6:10-25

John 11:45-57

Thurs., Oct. 12

Psalm 106:1-6, 19-23

Exodus 24:1-8

1 Peter 5:1-5, 12-14

Fri., Oct. 13

Psalm 106:1-6, 19-23

Exodus 24:9-11

James 4:4-10

Sat., Oct. 14

Psalm 106:1-6, 19-23

Exodus 24:12-18

Mark 2:18-22

Sun., Oct. 15

Exodus 32:1-14

Psalm 106:1-6, 19-23

Philippians 4:1-9

Matthew 22:1-14

Mon., Oct. 16

Psalm 97

Exodus 32:15-35

Jude 17-25

Tues., Oct. 17

Psalm 97

Exodus 33:1-6

Philippians 3:13-4:1

Wed., Oct. 18

Psalm 97

2 Kings 17:7-20

John 6:25-35

Thurs., Oct. 19

Psalm 99

Exodus 33:7-11

3 John 9-12

Fri., Oct. 20

Psalm 99

Exodus 31:1-11

1 Peter 5:1-5

Sat., Oct. 21

Psalm 99

Exodus 39:32-43

Matthew 14:1-12

Sun., Oct. 22

Exodus 33:12-23

Psalm 99

1 Thessalonians 1:1-10

Matthew 22:15-22

Mon., Oct. 23

Psalm 63:1-8

Exodus 40:34-38

Revelation 18:1-10, 19-20

Tues., Oct. 24

Psalm 63:1-8

Numbers 12:1-9

Revelation 18:21-24

Wed., Oct. 25

Psalm 63:1-8

Numbers 13:1-2, 17—14:9

Matthew 17:22-27

Thurs., Oct. 26

Psalm 90:1-6, 13-17

Deuteronomy 31:14-22

Titus 1:5-16

Fri., Oct. 27

Psalm 90:1-6, 13-17

Deuteronomy 32:1-14, 18 Titus 2:7-8, 11-15

Sat., Oct. 28

Psalm 90:1-6, 13-17

Deuteronomy 32:44-47

John 5:39-47

Sun., Oct. 29

Deuteronomy 34:1-12

Psalm 90:1-6, 13-17

1 Thessalonians 2:1-8

Matthew 22:34-46

Mon., Oct. 30

Psalm 119:41-48

Numbers 33:38-39 James 2:8-13

Tues., Oct. 31

Psalm 119:41-48

Exodus 34:29-35 James 2:14-26



A Newsletter of

The Foreside Community Church, UCC

General Office Hours: Monday through Friday 9:00 a.m. to 4:00 p.m.

or unless otherwise posted

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