

PURPOSE STATEMENT

"We are disciples of Jesus Christ committed to making a difference in the community and in the world through service and invitational outreach."

Inside this Issue Page

Note from Green Mountain D.S.

Be a Savvy Green Customer

2

Birthdays and Anniversaries

August Schedule of Volunteers

Serving in the Military

3

"Godly Play"
Pastor Sonny

4

Vermont Flooding:
Council of Churches

First UMC Family Food Pantry

CLIMATE CHANGE

5

The Reading Room

6

Church Calendar

7

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The Messenger

First United Methodist Church, Chatham

From the Pastor

August 2023—Volume 27—Issue 8

JOURNAL OF THE HEART

"Conversations with God"

Greetings Friends!

Here is a special journaling project for you which will help broaden your Spiritual Journey.

"Prayers, to be fruitful, must come from the heart and must be able to touch the heart of God." - Mother Teresa

Start your journal with, "God, what new things do you have for me today?"

1. Purchase a book you feel comfortable using.
2. Include entries by date.
3. Record a brief sentence to start your day—an event or past thought, feelings, ideas, people, relationships, even books you read.

Write fast, write every-thing, accept whatever comes to mind. Begin with an image. You can add photos, paper clippings, world events. Favorite scripture, verses, special prayers, goals, maybe even ask yourself questions.

Journaling is a key to developing your Spiritual Life and a helpful way of keeping up with it. A Spiritual Journal is different from a regular diary, it is a written record of personal reactions to spiritual matters. Work hard at it, and your life will be greatly enriched.

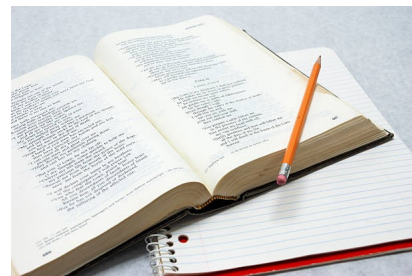
You will find that your spiritual journal is helpful in discovering God's active work in your life. Keep your journal with your Bible so you can use it as a guide. A spiritual journal helps us gather strength in our daily lives.

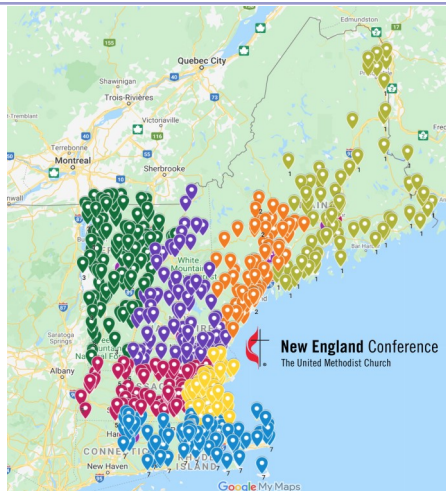
Creating this journal is a good way to spend extra time with God and become closer to Him. Here you can write to and about yourself. Since you are writing to God about all your concerns, it is a good way to release pent-up feelings.

God already knows everything there is to know about you; here he wants you to talk to him as well. Give him your love through writing as well as prayer.

SPECIAL NOTE: This is a good way to relax at the end of a day. Pick a quiet room, light a candle, inhale and say the Jesus Prayer: Inhale with "Lord Jesus Christ" and exhale with "have mercy on me." Now you can start your journal. You can also do this at the start of your day. Speak to God with your voice or mind. He is always listening.

Blessings, Pastor Sonny





**SEACOAST
DISTRICT
NEW
ENGLAND
CONFERENCE
UNITED
METHODIST
CHURCH**

Vermont hit hard by floods

A note from the Green Mountain District Superintendent:

Thank you to all who have prayed, made special offerings, assembled UMCOR cleaning kits (once flood buckets), and extended efforts to assist after the recent flooding in the Green Mountain District.

We pray especially for the three United Methodist congregations whose church buildings sustained significant damage: Wolcott UMC, Wesley UMC in Waterbury, and Trinity UMC in Montpelier.

We also lift up the efforts being made to repair significant damage to MacKenzie House, the Central Vermont Mission house that is maintained so that groups like UM Volunteers-in-Mission have somewhere to stay when they come to help in times of need.

In addition, we pray for the ministries that are taking place in communities like Morrisville where for many days the public water system was contaminated and could not be used for any purpose. There are many communities who still need to boil water in order to drink it.

Because the damage caused by these floods is more severe overall, and in many specific communities, than those sustained during Tropical Storm Irene, we anticipate that there will be a long time of recovery. Homes, businesses, and farms were damaged and destroyed.

We will continue to communicate what support is needed as the work evolves. We anticipate needing UM Volunteers-In-Mission teams to help with restoration of damaged spaces in the coming weeks and months.

We continue to hold each other in prayer and to be vigilant in extending gestures of care for one another. Please reach out to me at GMDS@neumc.org or (802)485-4724 (leave a message) or our district disaster relief coordinator Charlie Magill cmagillvt@aol.com as needs arise.

Rev. Jill Colley Robinson

**To make SPECIAL OFFERINGS for our
Vermont neighbors:**

- * Send a check to the Conference, Indicate “Fund 802” or “VT Floods” on the memo line, and send it to NEAC, PO Box 419371, Boston MA 02241-9371, or**
- * Make an electronic payment on [Church Payments Online](#)**

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BE A SAVVY “GREEN” CUSTOMER:

“A whopping 83% of Americans are concerned about the environmental impact of products they buy (*Business News Daily, Feb. 2023*). A variety of business journals are reporting that consumers are willing to pay more for environmentally better products...but it is buyer beware! Some companies are exploiting this to get consumers to pay more for ‘greenwashed’ products. Greenwashing includes vague claims that products are green without the science to support the claim. Be wary of ‘eco-friendly,’ ‘sustainable,’ ‘plant-based,’ ‘natural,’ ‘biodegradable,’ and ‘locally sourced.’ Look for reliable green certifications from Rainforest Alliance Certified, Fair Trade Certified, Green Seal, or Forest Stewardship Council. Look for these well-regarded environmental certifications: Overall sustainability—B Corp Certification; Cradle to Cradle; Green America Business Network Certification; Appliances—Energy Star; Clothing—Global Organic Textile Standard; Ethical labor practices—Fair Trade USA; Food—USDA Organic Non-GMO Project; Paper products—Forest Stewardship Council. Keep in mind these cannot cover everything. Todd Larsen, Ex. Co-director for consumer and corporate engagement at Green America, says, ‘You shouldn’t assume a product is perfect, even when it has a good certification.’ Also...research brands and buy from those you know are using good practices. If a

cont’d. p. 5



HAPPY BIRTHDAY TO

08-06 Barbara Natarelli
08-09 Bernie Powers
08-12 Peter Farber
08-13 Jane Powers
08-20 Ginger Murray
08-22 Marilyn Johnson

AUGUST 2023 VOLUNTEER SCHEDULE

Aug 06 Greeter—Keith Bradley
Elevator Operator—Bruce Wynn
Usher—Mike Firmin
Liturgist—Jan Lovewell
Coffee Hour Host—Ruth Norman

Aug 13 Greeter—Ruth Norman
Elevator Operator—Dave Mallows
Usher—Jay Thompson
Liturgist—Robin Rank
Pot Luck Luncheon in Fellowship Hall

Aug 20 Greeters—Ginger & David Murray
Elevator Operator—Myron Kellberg
Usher—Bruce Wynn
Liturgist—Alan Kuzirian
Coffee Hour Hosts—Cathy Bogue and
Toni Wordell

Aug 27 Greeter—Judy Catandella
Elevator Operator—Mike Firmin
Usher—Toni Wordell
Liturgist—Karen Goggins
Coffee Hour Hosts—Marilyn Johnson and
Ginger Murray

**IF YOU HAVE A CONFLICT, PLEASE
FEEL FREE TO CHANGE DATES
WITH SOMEONE ELSE AND LET THE
OFFICE KNOW. YOU WILL ALSO BE
CALLED IF THERE ARE ANY
SCHEDULING CHANGES.**

Lord Jesus,

I have made your teachings the center of my life.

The message of the good news of your reign gives meaning and hope and purpose to each day.

Forgive me when I let other things in life snatch those things away, how I take for granted what you've given.

Forgive me for failing to dig deep and root the message of grace deep in my life, so that the difficult moments, the challenges of life, don't completely burn me out.

Forgive me when I allow the hustle and bustle of life to choke out the joy of loving you and being loved by you.

Continue to pour your grace upon me, so that my life continues to be enriched, and continues to be a place where your love might bear fruit in more ways than I could imagine.

Written by Rev. Rick McKinley, District Superintendent, Katahdin District, New England Conference.

SERVING IN THE MILITARY

The following members of the military are associated with our church:

- Lt. Forrest A. Bogue, U.S. Navy, San Diego, CA, son of Amy Bogue & Forrest Bogue, and grandson of Olive Bogue.
- Petty Officer 3rd Class, USN, Noah Firmin, son of Mike and Anita Firmin, who is stationed in Yokosuka, Japan.
- Pvt. Jacob Stewart, grandson of Elaine & Roger Trexler, stationed at Ft. Belvoir, Virginia.

Godly Play: “The Secret of Sanctity”

“I am going to reveal to you a secret of sanctity and happiness. If every day during five minutes, you will keep your imagination quiet, shut your eyes to all the things of sense, and close your ears to all the sounds of the earth, so as to be able to withdraw into the sanctuary of your baptized soul, which is the temple of the Holy Spirit, speaking there to that Holy Spirit saying:

“O Holy Spirit, soul of my soul, I adore you. Enlighten, guide, strengthen, and console me. Tell me what I ought to do and command me to do it. I promise to be submissive in everything that you permit to happen to me, only show me what is your will.

If you do this, your life will pass happily and serenely. Consolation will abound even in the midst of troubles. Grace will be given in proportion to the trial as well as strength to bear it, bringing you to the gates of Paradise full of merit. This submission to the Holy Spirit is the Secret of Sanctity.” *Excerpts with Ecclesiastical approval, Cardinal Mercier.*

Blessings, Pastor Sonny

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Recently received from Julie Malloy, Admin. Mgr. of the Cape Cod Council of Churches:

“We have been notified that all donation needs for the immigrant families staying at the Base have been fulfilled through out contributions. There is no need for further collections at this time. Thank you, one and all,

for your care and quick action in supporting these families during a time of great upheaval and uncertainty. We are sure that your compassion brought them comfort. This is the power of shared ministry in action, when we work together as faithful congregations to meet the needs of our neighbors—new and old.

We ask that you drop off whatever remaining donations you may have gathered at one of the two drop-off locations listed below:

Canaan Seventh Day Adventist Church
204 Rte. 28, West Yarmouth
Donations accepted on Mondays, Thursdays and Fridays between 10am and 1pm;
Wednesday evenings between 6—9pm.

First Lutheran Church
1663 Main Street, Rte. 6a, W. Barnstable
Drop off times are 9—11:30am on Mondays, Wednesdays and Fridays.

Covenant to Care for Foster Families (a C.C. Council of Churches program), will have a fundraiser on Thursday, August 10, 2023, from 5—8pm at Ryan’s Ten Pins Eatery at the Cape Cod Mall. Ten Pins Eatery will donate 20% of its food, beverage and game card sales to Covenant to Care for Foster Families. You must use the vouchers below to participate.

<p>RYAN'S TEN PIN EATERY WILL DONATE 20% OF YOUR GAME CARD PURCHASES!</p> <p><small>*Game card denominations of \$10 and \$20 only</small></p> <p>Fostering the Dream Fund FUNdraiser August 10th • 5pm-8pm</p> <p>PLEASE SHOW THIS VOUCHER WHEN YOU ORDER.</p> <p>TenPinEatery.com • 508.771.2100 Cape Cod Mall • Hyannis</p> 	<p>RYAN'S TEN PIN EATERY WILL DONATE 20% OF YOUR FOOD AND BEVERAGE TOTAL ORDER!</p> <p><small>Excluding taxes and gratuity</small></p> <p>Fostering the Dream Fund FUNdraiser August 10th • 5pm-8pm</p> <p>PLEASE SHOW THIS VOUCHER WHEN YOU ORDER.</p> <p>TenPinEatery.com • 508.771.2100 Cape Cod Mall • Hyannis</p> 
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FAMILY FOOD PANTRY AT FIRST UNITED METHODIST CHURCH, CHATHAM

Our mission at First United Methodist Church, Chatham, is to provide comprehensive food assistance to those in need of support and to encourage long-term support if needed. The organization that was supplying us palettes of food at decent prices has discontinued the program (it was done during COVID). NO OUTDATED FOOD SHOULD BE DONATED. Monetary contributions are also welcome. You may contribute by sending a check to the church office (put FUMC Food Pantry on the memo line), and mailing it to 16 Cross Street, Chatham, MA 02633, or putting it in the Sunday offering..

Hours of Pantry Operation: Wednesday, Thursday and Friday, 11am—2pm

For more information , please contact Pastor Sonny—508.241.4982 or the church office—508.945.0474

CLIMATE CHANGE

Eugene Linden, journalist and author of *Fire and Flood* and *The Winds of Change*, which won a Grantham Awards, says in *The True Cost of Climate Change*, ***The Climate Book***:

Scientists have been talking about tipping points for quite a while and, if crossed, we could see warming pass the “most pessimistic forecasts derived from climate models...melting of permafrost in the high north could release vast amounts of greenhouse gasses...fresh water flooding into the North Atlantic could shut down the global current

“When your bathtub is about to overflow, you don’t go looking for buckets—you start by turning off the tap.” Greta Thunberg, *How can we undo our failures if we are unable to admit*

An aerial photograph showing a town, likely Asheville, North Carolina, severely flooded. The town's streets and lower-lying areas are completely submerged in murky, brown floodwater. Several multi-story buildings, including a prominent red brick one and a white building with a yellow dome, are visible. The town is bordered by steep, green mountains in the background. In the foreground, a wide river flows rapidly, its surface turbulent and brown. A bridge is partially visible on the left side of the river.

*Reproduced from Revised Common Lectionary Prayers
copyright © 2002 Consultation on Common Texts admin.
Augsburg Fortress.*

THE READING ROOM

***Holy Spirit Here and Now, by Trevor Hudson.***

“From the moment the church got its start at Pentecost, all the way to the end of the Book of Acts, the Holy Spirit is at work. In the New Testament the Holy Spirit isn’t simply one of the three persons of the Trinity. Like the Father and the Son, the Spirit is alive and at work, and the church folks like Peter, Stephen, and Paul knew the Spirit and saw the Spirit.

“Pick up one of the letters of the apostle Paul, First Corinthians, for example, and watch what happens: The Spirit works among the believers in the churches, convicting them, healing them, and promoting their growth. So much so that each one of those Christians received a gift, a skill if you like, a unique offering of each for the good of all in the church. The Spirit was equipping.

“This active Spirit we see in the New Testament is taken up anew by Trevor Hudson, one of South Africa’s strong Christian leaders. He expresses the Spirit’s work among us through active verbs like ‘bringing us alive,’ ‘transforming us,’ ‘guiding us,’ ‘leading us into the desert,’ and ‘engaging us with suffering.’

“The only way to talk about the Spirit in a healthy, biblical way is to talk about what the Spirit is *doing* rather than what we believe about the Spirit or even how the Spirit relates to the Father and to the Son—**each important in its own sphere** of thinking. But first and foremost the Spirit is at work, pursuing activities, turning us around abruptly and slowly, and then changing you and me into the sort of people who look more and more like Christ so that we might all work together.”

- Scot McKnight, Professor of New Testament,
Northern Baptist Theological Seminary

When “Spiritual But Not Religious” Is Not Enough, by Lillian Daniel.

“More and more people are searching for God—so long as it’s not in church. They find God in nature, in exercise, in the sweet insights of their children, in trees and sunsets. Always the sunsets.

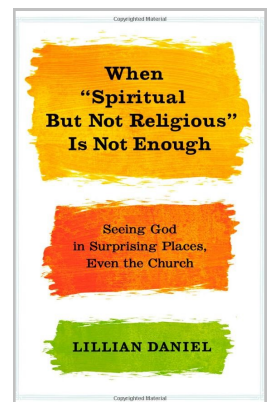
“But here’s the thing about this original, self-styled spirituality: it’s not very original at all. In our self-centered consumer culture, it’s easy to find God amid the comfortable and convenient things that appear to (and resemble) us. It’s a lot harder to see God in the face of suffering and death, poverty and injustice, worldwide disaster and, most of all fallible human beings.

“Minister and celebrated author Lillian Daniel gives a new spin on church with stories of what a life of faith can really be: weird, wondrous, and well worth trying. Humorous and sincere, this is a book about people finding God in the most unexpected of places: prisons, airports, yoga classes, committee meetings, and, strangest of all, right there in church.”

- Publisher, Jericho Books, © 2013 Hachette Book Group, Inc.

“Lillian Daniel has a unique voice, a singularly charming mix of sweet and acerbic. She is often hilarious and always wise. This is one of those rare books, that, when you finish the last page, you immediately want to start again...” - Martin Copenhaver, senior pastor, Wellesley Congregation Church

“Lillian Daniel is the funniest writer I know in the Church, and therefore one of the wisest. She challenges the ‘spiritual but not religious’ to . . . join the ordinary batch of believers trying to live out faith in the company of others.” - Jason Byassee, senior pastor of Boone United Methodist Church, Boone, NC, and a fellow in theology and leadership at Duke Divinity School.



AUGUST 2023 CHURCH CALENDAR

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 8:30—9:30am Osteo Exercise in Fellowship Hall 10:30—Noon Faith Study in Peace Room (by the offices)	2 11am—2pm Thrift Shop Open	3 8:30—9:30am Osteo Exercise in Fellowship Hall 11am—2pm Thrift Shop Open	4 9am-6pm Chatham Guild of Artists on lawn 11am—2pm Thrift Shop Open 11:30—1:30 LOBSTER ROLL LUNCHES	5 9am-6pm Chatham Guild of Artists on lawn 11am—2pm Thrift Shop Open
6 10am Worship	7	8 8:30—9:30am Osteo Exercise in Fellowship Hall 10:30—Noon Faith Study in Peace Room (by the offices)	9 9AM—4PM CRAFTS FAIR 11am—2pm Thrift Shop Open 5:30—Finance and Trustees	10 CRAFTS FAIR RAIN DATE 8:30—9:30am Osteo Exercise in Fellowship Hall 11am—2pm Thrift Shop Open	11 9am-6pm - Chatham Guild of Artists on lawn 11am—2pm Thrift Shop Open 11:30—1:30 LOBSTER ROLL LUNCHES	12 9am-6pm Chatham Guild of Artists on lawn 11am—2pm Thrift Shop Open
13 10am Worship	14	15 8:30—9:30am Osteo Exercise in Fellowship Hall 10:30—Noon Faith Study in Peace Room (by the offices)	16 11am—2pm Thrift Shop Open	17 8:30—9:30am Osteo Exercise 11am—2pm Thrift Shop Open	18 9am-6pm- Chatham Guild of Artists on lawn 11am—2pm Thrift Shop Open 11:30—1:30 LOBSTER ROLL LUNCHES	19 9am-6pm Chatham Guild of Artists on lawn 11am—2pm Thrift Shop Open
20 10 10am Worship	21 SEPTEMBER NEWSLETTER DEADLINE	22 8:30—9:30am Osteo Exercise in Fellowship Hall 10:30am—Noon Faith Study in Peace Room (by the offices)	23 11am—2pm Thrift Shop Open	24 8:30—9:30am Osteo Exercise in Fellowship Hall 11am—2pm Thrift Shop Open	25 9am-6pm Chatham Guild of Artists on lawn 11am—2pm Thrift Shop Open 11:30—1:30 LOBSTER ROLL LUNCHES	26 9am-6pm Chatham Guild of Artists on lawn 11am—2pm Thrift Shop Open
27 10am Worship	28	29 8:30—9:30am Osteo Exercise in Fellowship Hall 10:30am—Noon Faith Study in Peace Room (by the offices)	30 11am—2pm Thrift Shop Open	31 8:30—9:30am Osteo Exercise in Fellowship Hall 11am—2pm Thrift Shop Open		



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