

First Parish Congregational Church

United Church of Christ East Derry, New Hampshire



We are a community of faith built upon a firm foundation of worship, prayer and education. In affirming diversity, we are dedicated to welcoming all people who seek the Word of God, Christian fellowship and service to others. In partnership with Christ and led by the Holy Spirit, we reach out to the ever-widening community through active and loving ministry.

ALL ARE WELCOME

"Friend, you enter this church not as a stranger, but as a guest of God. Come, then, with joy in your heart and thanks upon your lips, and offer God today your love and your service."

- Adapted from a 12th Century Church in Hampshire, England



From the Pastor's Desk

Dear Child of God,

Every single one of us is being "put to the test". We are being bombarded by the adverse effects of disease, climate, and societal issues like politics, education and racism. And it doesn't matter if we find ourselves on the front lines or at the back of the bus – we feel the stress, we feel the toxic energy and we yearn for light, for lightness and for healing.

Healing comes in many forms. Over the last few months I have been offering zoom-based Labyrinth finger walks weekly. These have offered sacred pauses for many – and for me. Most recently I have come to appreciate the beauty and divine wisdom found in poetry and I've also noticed certain words that have grace, beauty and divinity all at once. One such example of profound meaning and sacred power is in the words "kind" and "kindness". Allow me to share a poem entitled: Small Kindnesses by Danusha Lameris:

I've been thinking about the way, when you walk down
a crowded aisle, people pull in their legs to let you by.
Or how strangers still say "bless you" when someone
sneezes, a leftover from the Bubonic plague.
"Don't die," we are saying.
And sometimes, when you spill lemons
from your grocery bag, someone else will help you
pick them up. Mostly, we don't want to harm each other.
We want to be handed our cup of coffee hot,
and to say thank you to the person handing it. To smile
at them and for them to smile back. For the waitress
to call us honey when she sets down the bowl of clam chowder,
and for the driver in the red pick-up truck to let us pass.
We have so little of each other, now. So far
from tribe and fire. Only these brief moments of exchange.

From the Pastor's Desk Continued

What if they are the true dwelling of the holy, these fleeting temples we make together when we say, "Here have my seat," "Go ahead----you first," "I like your hat."

Small kindnesses are life-giving: the poet calls them "fleeting temples". Maya Angelou talked about the fact that people won't remember what you said, but they will remember how you made them feel.

As Christians living in these tremendously difficult times, how do we steel ourselves so that we might show kindness to one another. The prophet Micah suggested that this was in fact one of the three things that God requires of us: "to do justice, and to love kindness, and to walk humbly with your God?"

Loving kindness doesn't just mean to notice other people's kindness. It doesn't mean to appreciate when people are kind to us. Love is ALWAYS a two-way street. So loving kindness happens when we are kind, when we do act of kindness or like the poem says, when it is us that says "Go ahead - you first."

Richard Rohr recently wrote: "We cannot abide in (a place of negativity) for any length of time or it will become our prison. God cannot abide with us in a place of fear. God cannot abide with us in a place of ill will or hatred. God cannot abide with us inside a nonstop volley of claim and counterclaim. God cannot abide with us in an endless flow of online punditry and analysis. God cannot speak inside of so much angry noise and conscious deceit. God cannot be born except in a womb of Love. So, offer God that womb."

Oh, my goodness, isn't that poetic? "God cannot be born except in a womb of Love. So, offer God that womb." We MUST offer God a womb of love; love that begets kindness; love that remains patient and kind. In the days and weeks ahead, be sure to develop your kindness muscle and remember that it could simply consist of a smile and saying, "I like your hat."

Thanks be to God! God bless you, Child of God. Be well. Stay safe.
Pastor Deborah

Back to the Sanctuary

Things are definitely moving along for this project and we are so grateful to everyone who has contributed this year. Almost all those pledges for the June and September goals are in and being used. If you have not finished your contribution please consider sending it soon. Our next financial goal for 2020 is due in November and some of those are already completed. It is our hope that everyone can make their pledge.

In the next few months we will ascertain the needs for 2021 and commence what we call the Phase 2 campaign.

Again, our grateful thanks to all who have met their current contributions. A great success!!

Submitted by Cyndi Gray, on behalf of the Back to the Sanctuary Task Force

Board of Christian Outreach and Missions

Happy Fall. Despite the upheaval that has been happening, this year has moved forward. Thanks to your donations & the gift from Ken Gould, the Mission Board has been able to help many people and organizations maneuver through these tough times. In September missions voted to **give \$2500** from the Gould gift to **Zimbabwe**. They are dealing with continued government corruption, extreme food insecurity and covid-19. We also voted to give **\$2000 to Community Caregivers**. They are in the process of a move and renovation. They will soon be moving to downtown Derry near the old train station. The renovation should be done soon.

We have asked some of the organizations that we give to do a video Mission Moment update that we can play during our worship service. Hopefully when you read this you will have heard from Community Caregivers and all the changes happening with them. So, I know it is only October, but with all the challenges we are facing today we need to think about how/if we will be able to give **Thanksgiving Baskets** to those in need this year. After much brainstorming we feel Thanksgiving "Baskets" this year may be gift cards to grocery stores. We are in the process of talking to Community Caregivers & The Upper Room to assess needs and how we can make this happen. You can help by making donations to Missions to help pay for these gift cards.

Angel Tree will also be a challenge this year, but we pray that somehow, we can make this happen.

Your Mission Board Beth Hunter, Melanie Pawl, Kathy Holland, Bart Wetherbee, Karen Wilson

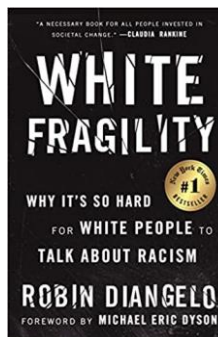
Interfaith Circle of Concern T-Shirts

We are very excited to share the message "May the Light of Love Extinguish the Flames of Hatred". Images of the T-Shirt's front and back are available [on our website](#). Available in sizes S/CH, M, L, XL, XXL for \$20 each. Please email Michelle officemgr@fpc-ucc.org if you would like to purchase. If writing a check, please note "Interfaith T-Shirt" in the memo. We accept credit cards with a 4% processing fee added. Proceeds will go toward Mission Board.

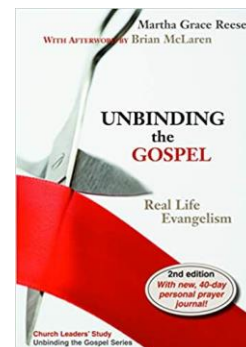


Christian Education/Adult Faith Formation

Adult Faith Formation Book Study Tuesdays, 6:30 pm Zoom



We will be continuing the thought provoking Adult Faith Formation Book Study and discussion on Robin DiAngelo's 2018 book *White Fragility* on Tuesday evenings with the Zoom meeting opening at 6:30 pm for all to join and class starting at 6:45 pm. Following this, most likely in November, we are excited to also offer the book *Unbinding the Gospel*, By: Martha Grace Reese & Brian McLaren, 2008. If you'd like to join the current Study group or future study group and have not received an e-mail please feel free to e-mail Christine Lehoullier at cedirector@fpc-ucc.org with any questions. Books are usually ordered about two weeks in advance of the classes potential start date.



Live Evening Family Storytime Fridays, 6:30 pm Zoom



Quiet your mind & relax before you go to sleep. Put on your pajama's, brush your teeth, get your favorite stuffy, and cozy up while we read you a bedtime story. Participants will listen to a soothing bedtime story/short story/poem to help you take your mind off the day and relax into slumber. Please let us know if you'd like to join this group by e-mailing cedirector@fpc-ucc.org and simply say add me to the Storytime group please! You will then be sent the weekly Zoom links to our Family Storytime.

The Meetinghouse & Mindfulness Rocks! October 5 – 9

Christine Lehoullier would like to combine a special rock painting effort with a focus on some meditation and mindfulness painting techniques for everyone. Keep an eye out the week of October 5th for her pre-recorded instructional video on how you can make your own peaceful rocks for yourself and for those who will be walking with Pastor Deborah for the Meetinghouse Building in the upcoming months so that they may also have a peaceful stone to hold as they offer positive thoughts and prayers for our sacred meeting space. Individual painting supplies and rocks will be made available that week (supplies are limited, but we will do our best to make sure everyone is able to participate)





Youth Group Visual Faith Devotional & Zoom Gathering Sunday, October 25, 6:00 pm ~ Follow Up Youth Group Meeting

Our Youth Leaders will be following up with our older elementary and Middle school Youth Group kids to say hello and invite them to join us in a prayerful response to what is happening around them and within their worlds today.

The Challenge (should you choose to accept it – I couldn't resist): Select images from the news, from your community, from pictures you might be able to take yourself around you in your everyday life, or draw a picture(s). Cut them out, set them aside and/or e-mail them to me if possible. Again, make sure the photos are age appropriate and that you have copyright permissions to share/use the photos of people you take pictures of. Examples can be pictures of what you go through every day, what you see around you among adults, maybe the signs along the road or even people doing acts of kindness. Perhaps you simply see God in the beautiful trees and nature around you. Ultimately, these pictures should be meaningful in some way or cause you to feel strongly in some way even if it is difficult for you to describe.

I will be collecting them to create a large PowerPoint collage of your artwork and **YOU** will all get to choose the music it will be presented with!!



Chimes Choir

Chimes choir started up in August. Have you ever wondered about "trying chimes"? Joan has an exciting plan that may interest you. You do not need to "join the choir" nor make a commitment to participate all year. You can come for ONE song cycle. Rehearsals are on Thursday evening. The piece is then pre-recorded for a particular Sunday.

Right now the choir is working on "Here I Am" for the October 25th Sunday service. Rehearsals for the piece "Grace and Thanksgiving", which will be recorded for the November 22 worship service, will run from October 15 through November 19.

Rehearsals for Christmas pieces will begin in November and run through December. Please let Joan know if you are thinking of joining for one of these pieces. Contact Joan by emailing her at joan.virga@gmail.com to learn more.

Remember: Music is a fair and glorious gift from God and
"Make a joyful noise!" Psalm 100

Submitted by Joan Virga



Board of Deacons

Greetings everyone!

We continue to offer Sunday worship services virtually through Zoom and Facebook. We would like to remind people that these services are recorded, which means two things. 1: You can come back anytime and watch it, if you are busy Sunday morning. And 2: When you lift up prayer concerns you may not want to use full names. When we speak the name in the safety of our sanctuary, it is different. Saying a name on our recorded services puts a name into the ethos forever.

Pastor Deborah has offered outdoor services several times. When the grass was wet we moved to the parking lot near the church which worked very well. There will be one more Wednesday evening vespers service on October 7th at 6pm and one more Sunday morning outdoor service on October 11 at 8:30 am. If it's actively raining, we won't have the service but if it is "only" wet or cold, dress appropriately.

We have formed a task force to call people and check in. We want to make sure that you are OK, ask if you have any prayer requests and make sure that you can access the worship services. We look forward to having a conversation with you.

We are so grateful to God for our church, for the space, for the buildings, and especially for the Meetinghouse. Much attention and work has been faithfully accomplished. There is more to do. We launched a program combining gratitude, walking, praying and circling. So we are going to walk prayerfully around the Meetinghouse with prayers of thanksgiving over a seven week period. We hope that you can come – and if not, we hope that you are praying with us at home and participating. We will walk a circle around the Meetinghouse: 7 circles equals 1 mile. Meditate and pray as you walk.

We will have seven meditation/topic stations. The "kickoff" service outside took place on September 26. We will conclude our season of gratitude circling on November 7th in the afternoon. If you haven't already, [go to our website](#) to look at the artfully crafted flyer with information, scriptures and meditations. (Huge thank you to Paul Lindemann.)

Pastor Deborah will be on vacation Sunday, October 18th. The Deacons decided that we will offer you the opportunity to go to the virtual worship of a different church on that day. You may have noticed that we have hosted folks from Atkinson and Brentwood. In the email you receive on October 16th, you will have several choices of services to attend. This is a wonderful opportunity for us!

We decided not to pursue in-person worship for the time being. In November, we will discuss this further. We have even begun to think about Christmas. We are prayerfully considering how to provide a meaningful in-person Christmas Eve celebration. We must maintain safety. More information about this will follow.

Don't forget to read your newsletters each month. There is a lot going on. Michelle does a great job putting all of these details together. Thank you Michelle!

Prayerfully submitted by Rachel Cobban on behalf of the Deacons (Sue Lindemann, Diane Breeden, Jack Martin, Sue Brown, Brian Williams)

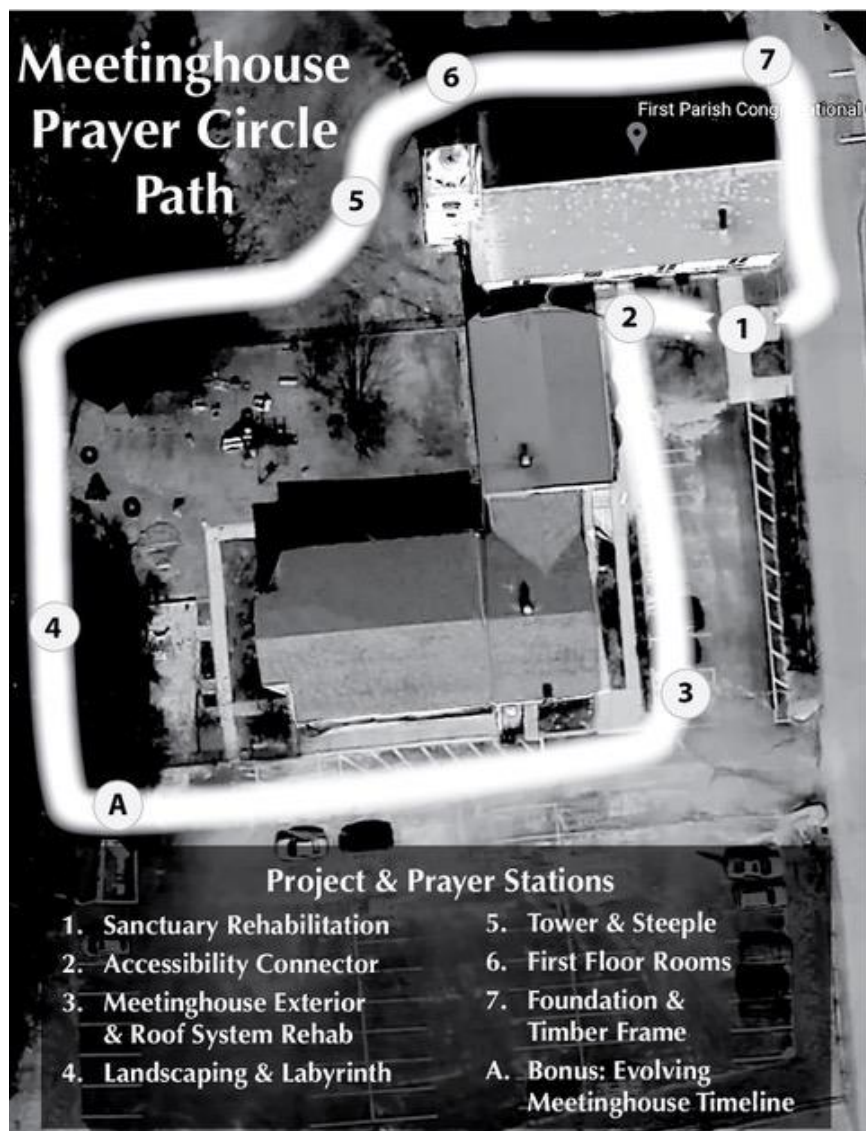
Praying Circles of Gratitude Around the Meetinghouse until November 7th

Over 300 years ago a Spirit-filled man of God proclaimed his intent to cross an ocean, assuring his flock by quoting Moses (Exodus 33:15): saying: "If (God's) presence will not go, do not carry us up from here." And God did carry them from Northern Ireland to North America. God led those wonderful families to southern New Hampshire – where God has been present for lo these last three centuries. Thanks be to God!

In gratitude for ALL that God has done and for ALL that God will do as we faithfully rehab our sacred building and steward our sacred ground, we will pray and we will walk. We invite you to pray with us; we invite you to walk with us; we invite you to participate as best you can as we thank God for God's faithfulness. There will be non-walking prayer activities, as well.

We invite you to walk a circle around the Meetinghouse: 7 circles equals 1 mile. Meditate and pray as you walk. Available 7 days a week, please take Covid precautions. We will conclude our season of gratitude circling on November 7th in the afternoon with a Vespers service.

(The path is unavailable during Nutfield Coop hours of Mon, Tues, Thurs 8am-5pm)



Labyrinth “walks” ~ Continue in October

Come with us on our path! Walk with us from chaos to peace!

Tuesdays ~ through November 24th 6:00pm

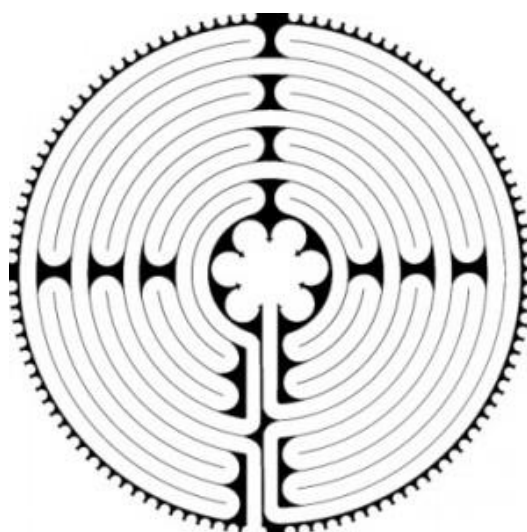
You are welcome to join us each week, or just once.

We are inviting you to participate in a 30-minute pause in your busy day. You will NEED a finger labyrinth made out of some solid material OR a paper labyrinth. During this season of so many unknowns, let us go within – together! – and seek God's presence in this ancient way.

To receive your Zoom Invitation, please contact Michelle Guerrin,
officemgr@fpc-ucc.org or 603-434-0628



**THE CLASSICAL 7 CIRCUIT
LABYRINTH**



**THE MEDIEVAL 11 CIRCUIT
LABYRINTH (CHARTRES)**

Link to Labyrinth (.jpg) for best quality printing, save the picture to your computer then print.

<http://fpc-ucc.org/Wordpress/wp-content/uploads/2020/08/Seven-circuit-Classical-labyrinth.pdf>

<http://fpc-ucc.org/Wordpress/wp-content/uploads/2020/07/Labyrinth-Chartre.jpg>

Psalm 139 1-4; 11, 12

¹O LORD, you have searched me and known me.

²You know when I sit down and when I rise up; you discern my thoughts from far away.

³You search out my path and my lying down, and are acquainted with all my ways.

⁴Even before a word is on my tongue, O LORD, you know it completely.

¹¹If I say, “Surely the darkness shall cover me, and the light around me become night,”

¹²even the darkness is not dark to you; the night is as bright as the day, for darkness is as light to you.

October 11th Outdoor Worship Service 8:30am and Virtual Worship Service 10:00am Zoom & Facebook

On October 11th there will be an outdoor in person service at the church at 8:30am. Please note that **there will be** a virtual 10:00 service, as well. Virtual Service only. The early service will last about 30 minutes. The rain date is September 20th.

In this era of pandemic and in order to comply with safety recommendations, this service will look a little different from what we are used to.

- Any person displaying Covid-19 symptoms would be encouraged to stay home.
- There won't be any singing or use of instruments that use human breath.
- There will not be a unison prayer.
- If you need to use the restroom, only 2 people will be permitted to go into the building at any one time (or 1 family unit).
- There will be alcohol-based hand sanitizer available to use.
- We will not be shaking hands or hugging. Masks must be worn at all times.
- You will bring your own chair to sit on or a blanket to sit on. Please allow 6 feet between families.
- Children will remain with their families throughout the service and we ask that everyone remain seated.

October 7th Outdoor Vespers Service 6:00pm

Please join us for a quiet evening prayer service near the brick memorial garden.

Wednesday, October 7th.

“Vespers” is the term used by many churches.

It comes from the Latin word for ‘evening’.

Bring your own chair. Please wear a mask. We will maintain social distance.

And we will pray together and give God thanks.

(Please see above for additional COVID safety recommendations)

www.fpc-ucc.org

Daily Messages of Hope, Worship Bulletins, Christian Education Videos

We are also in the process of updating all the areas of the site.

Please visit often!

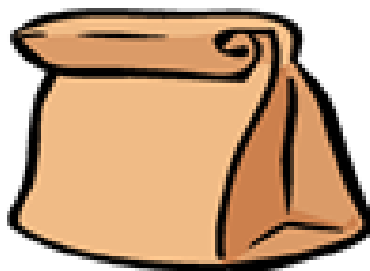
[Facebook.com/fpcucc](https://www.facebook.com/fpcucc)

Follow us and connect with our Faith Family!

Enjoy Posts, learn about upcoming events, watch live videos and recorded videos

Free Community Meals To Go

Due to COVID19 and social distancing restrictions,
The Derry Community Meals will provide
FREE BAG MEALS TO GO!



FACILITIES

- **Episcopal Church of the Transfiguration ("DECOFT"), 1 Hood Road, Derry (603-432 2120)**
- **Etz Hayim Synagogue ("EHS"), 1-1.2 Hood Road, Derry (603-432-0004)**
- **First Parish Congregational Church, 47 East Derry Road, East Derry (603-434-0628)**
- **St. Jude Parish Community, 435 Mammoth Road, Londonderry (603-432-3333).**
- **St. Luke's United Methodist Church, 63 East Broadway, Derry (603-434-4767)**

OCTOBER

- 10/11/20- **Church of the Transfiguration (DECOFT) /Elijah's Table (EHS)-**
5 PM to 5:30 PM
- 10/17/20- **St Luke's Church-** 5:00 PM to 6:00 PM
- 10/25/20- **Church of Transfiguration (DECOFT) / Elijah's Table (EHS)-**
Breakfast 9 AM to 9:30 AM
- 10/25/20- **St. Jude's Parish-** Lunch- 1:30 PM-2:30 PM
- 10/30/20- **First Parish Church-** 5:00 PM-6:00 PM drive up to side door

Sonshine Soup Kitchen – WE WILL BE SERVING DRIVE BY TO GO MEALS ON TUESDAYS, WEDNESDAYS, AND THURSDAYS 4:30 PM -5:00 PM

IF YOU NEED FOOD, CALL 437-2833 EXTENSION 1 AND LEAVE A MESSAGE. WE WILL GET BACK TO YOU TO MAKE AN APPOINTMENT FOR YOU TO PICK UP OUTSIDE OF OUR BUILDING.

Worship Service - Sunday 10:00AM
Narrative Lectionary October
These will be virtual Services using both Zoom and Facebook

Narrative Lectionary 2020-2021 (Readings for Year 3 ~ Luke)

October 4th World Communion: Exodus 12:1-13; 13:1-8 The Promise of Passover
 Greeters: Rachel Cobban, Brian Williams

October 11th: Exodus 32:1-14 Golden Calf
 Greeters: Jack Martin, Sue Lindemann

October 18th: 1 Samuel 1:9-11, 19-20; 2:1-10 God Answers Hannah
 No FPC service. We will send a link for you to visit another church.

October 25th: 2 Samuel 7:1-17 God's Promise to David
 Greeters: Jack Martin, Brian Williams

October at a Glance

Vespers Wednesday: Worship, Prayer and Praise

October 7th @ 6:30pm Meet at the Flag pole, in person only. Bring a chair.

Outdoor Service October 11th 8:30am

(If wet or cold, please dress appropriately, if actively raining- Service cancelled)

Labyrinth Zoom "walks"

Continues weekly on Tuesdays in October and through November at 6:00pm

Adult Faith Formation – White Fragility

Continues weekly on Tuesdays in October at 6:45pm

Christian Education

Live Evening Family Storytime - Fridays in October at 6:30pm

The Meetinghouse & Mindfulness Rocks- week of October 5th

Youth Group Visual Devotional – October 25th at 6:00pm

**First Parish
Congregational Church**

PO Box 114, 47 East Derry
Road, E Derry, NH 03041

Office Hours

(Please call ahead to make
an appointment)

Monday: 9:00-3:00

Tuesday: 9:00-3:00

Wednesday: 9:00-3:00

Thursday: 9:00-3:00

Friday: 9:00-3:00

Check us out on the web

www.fpc-ucc.org

Administrative Assistant,

Michelle Guerrin:

officemgr@fpc-ucc.org

603-434-0628

Senior Pastor and Teacher

The Rev. Dr. Deborah Roof:

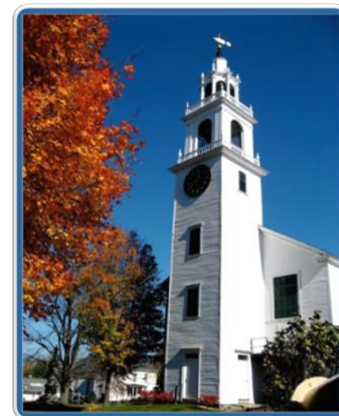
pastordeborah@fpc-ucc.org

First Parish Congregational Church, UCC

You are most warmly invited to join us on
Facebook or Zoom at 10:00am for Sunday
Worship & Church School

First Parish Congregational Church History

The oldest church in the immediate area, First Parish Church was founded by Scotch-Irish Presbyterians in the spring of 1719. Faith was and continues to be a priority. Worship was held one day after arrival, a church body was organized in one month and a building was built in 1722. A "more imposing structure" replaced the first in 1769, and although altered and expanded through time, the main building and sanctuary remain our center of worship.



First Parish Congregational Church
United Church of Christ
47 East Derry Road
PO Box 114
East Derry, NH 03041-0114
Address Service Requested