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.

"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,

I'm not going to lie. I miss seeing all of you in person. I miss Sunday morning in person at church. I miss the choir. I miss our prayground and all of the children sitting right down front. I am full of anger about the more than 500,000 deaths in this country alone. I am full of horror that so many people are caught up in conspiracy theories and false information. How much longer, dear Lord?

Even as I say these words, I realize how blessed I am. I am blessed because neither I nor my beloved spouse have contracted this dreaded disease that caused the Earth to stop. I am blessed because neither I nor my spouse have lost our livelihood due to Covid19. We are both blessed that we have received the first vaccine in such an organized fashion. We are all blessed because as much as we loathe this existence of masks and distance, we live in an age where technology allows us to see and hear one another.

It is not the same. Of course, it's not the same. Where do you want to spend your time: in your blessing or in your despair? Philippians 4:8: "Finally, beloved, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is pleasing, whatever is commendable, if there is any excellence and if there is anything worthy of praise, think about these things." Think about these things. I try, O God, I try. And I know that it is just as important that I be impeccable with my word – especially when I am sharing my feelings with my Creator.

I am preparing for my three-month Sabbatical. The theme for this time that is set apart for me and for you is "mindfulness." Many people are using this word these days. What does it mean, really? For me, it means paying attention to the here and now. I will write more next month about my plans for Sabbatical but even now I am preparing for that sacred time. Just like how we are preparing ourselves during this time that the church calls "Lent". These 40 days of Lent are days of preparation, days of "here and now", and days of mindfulness.

How are you doing with your Lent this year? Last year, the pandemic hit us during Lent. People were saying that it was the "Lent-iest" Lent they'd ever seen. In fact, someone recently wrote that we never left Lent – that because of Covid, we are still in that place off the beaten path, that journey to the cross, that journey that just keeps trudging on – with no end in sight.

Ah, but what does your faith say? Lean on your faith and the sacred stories. Did the Israelites not escape their bondage? Did they not finally escape the wilderness? Did the walls of Jericho not coming tumbling down? Did Jesus not rise from the dead? God's time is God's time and it's none of our business! Our faith informs us that it is our job to bring all of ourselves to God, not to conceal any feeling or thought from God. Proverbs 3:5: "Trust in the Lord with all your heart, and do not rely on your own insight." That's faith. That's hope. It beats the alternative.

God's gift to me is my life and the very breath I breathe. I am called upon to trust and to live deeply into the faith I've been given. The only way I know to do that is to be totally honest with how difficult this pandemic has been on me. I don't believe that I am the only one. I know that I've told God how I feel. How about you? Are you ready to name the sorrow, the depression and the anger? Once you've named it, let it go. Give it up. God can handle it! And then shift your thinking to all the good that is coming from it because whether we realize it right now or not, much good is coming out of all of this!

When you wake up each day, be sure to greet Jesus with a "Good morning, Jesus!" Pray more earnestly. Give more of your time, treasure and talent. Fast from bad habits that are not Godly. Doing these things bring you closer to God. And that? That's worth your weight in gold!

Remember:

Philippians 4:8 "Finally, beloved, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is pleasing, whatever is commendable, if there is any excellence and if there is anything worthy of praise, think about these things."

Precious blessings to one and all,

Pastor Deborah

Christian Education and Faith Formation

Lenten Activities

Lenten Cross of Kindness and Gratitude:

We welcome all to participate in sharing your answered prayers, acts of kindness received from others, and prayers for others. Please share these with us through email or during the worship service during "Joys and Concerns" on Zoom/Facebook.

The Christian Education Team will be writing these messages of gratitude, while also respecting your privacy, on flowers and butterfly cutouts and posting them to a cross in the Vestibule. On Easter Sunday, the Cross will be transformed into a beautiful display of our love and gratitude for Jesus, his sacrifice for us and love of each other.

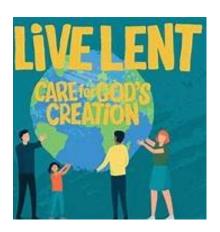
Fasting for God's Creation Lenten Challenge from The Environmental Justice Mission Group NH Conference UCC:

The Environmental Justice Mission Group invites everyone to participate in our Fasting for God's Creation Lenten Challenge. During each of the six weeks of Lent, there will be a new focus. At the end of the week, participants in each congregation are invited to talk about the experience with each other. How difficult was it to meet the challenge? Why is it important? Could you continue beyond one week?

- Week 2 focus, 2/24 to 3/2—Buy Nothing New;
- Week 3 focus, 3/3 to 3/9—Avoid Plastic;
- Week 4 focus, 3/10 to 3/16—Attend an Environmentally-themed Webinar or view an Environmentally-themed movie;
- Week 5, 3/17 to 3/23—Spend Time Outside Everyday;
- Week 6, 3/24 to 3/30—Plant Seeds for New Growth.

Check the <u>NHCUCC The Weekly News</u> each week for details of that week's focus.



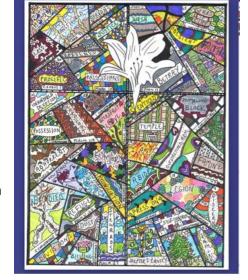


Lenten Praying in Color: Whether you are able to print one of the four calendars provided on our website or using one of your own, using a calendar template can be a simple, daily, and creative practice for connecting with and growing closer to God during Lent.

Each day, for example, you might

- 1) **Pray** for a person each day of Lent.
- 2) Use daily Lenten meditations (http://fpc-ucc.org/Wordpress/wp-

content/uploads/2021/02/2021 PromisesPromises Lent Devo.pdf). Read the mediation for the day and select a word that jumps out at you. Meditate on the word as you draw and color around it. Let it enter your heart and mind. Ask God what you need to hear from the word. You'll find the links for all the printable Lenten Calendars on this page on our website: http://fpc-ucc.org/2020/08/29/sunday-school/





When Do We Outgrow Camp? Never!

Adults love camp too! Here are a few ways you can get to camp this year:

- Join our Women's Retreat this August "Peace, Faith and Rejuvenation!" View and share the flyer here!
- Bring the whole family to our Family & Friends retreat for Labor Day weekend!
- Come to our Spring or Fall work weekends and help get camp into tip top shape!
- Be a Counselor for a week and change the lives of our young people at camp! Check out the <u>video</u> to find out why "We Need You!"
- Be part of the Summer Staff, be our Chef or be a Nurse for a week!
- Come to our Open House on June 19th for an amazing day of camp!
- Check out all the details and register today for camp at hortoncenter.org, and we'll see you on the mountain!

NOTE: If in-person camp must be cancelled, a you can get a full refund.

As always you can contact Tim Hughes with any questions at: thughes@nhucc.org or 603-545-9660.

Don't be Sad, Get MADD (Music, Art, Dance, Drama) at Horton Center this Summer!



Going into Grade 3, 4 or 5 in September 2021?

If music, art, dance and drama are your thing, or you want to find out if they are, come join Deans Tara Olsen Allen and Liz Ushinski for MADD, a creative week at camp. Sing and play songs. Create art with meaning. Move to the music or to the silence. Make up skits and play theater games. And of course, there's all the usual camp fun like hiking, rock climbing, caving, archery, games and much more. Sign up today at www.HortonCenter.org.

Next Christian Education Board Meeting ~ March 22nd, 6:30 PM Zoom Invitation

Personnel Board

The new Personnel Board members, Beth Hunter & Margie Ives, met with the outgoing members, Carol Guerrin & Cathy Zylinski and Randy Brown a continuing member. We discussed how we would move forward and projects that would need to be brought to a close by the new board. Some of the goals for the new board include:

- Finish changes to the Handbook
- Do assessments for all staff before Pastor Deborah goes on Sabbatical
- Update job description for Office Administration

Please feel free to contact any of us if you have questions or comments. Randy Brown, Margie Ives & Beth Hunter

Lenten Challenge - continues

Lent continues until April 3rd. Pastor Deborah offered a Lenten challenge to each of us. You start your day by saying: "Good Morning, Jesus!" How are you doing? Pastor Deborah reports: "Sometimes I'm more "foggy" than others and 45 minutes have gone by."

How are you doing with prayer, giving and fasting? Are you intentionally about praying more? Are you thinking about how you can do a little bit more with your time, talent and treasure? Are you fasting?

Remember that scripture tells us that all of these actions are intended to bring you closer to God.

"If the prophet had commanded you to do something difficult, would you not have done it?"

Family Promise is Serving Families Again! And needs your help.

We are very excited to announce that Family Promise of Southern NH is open for business again and admitted 8 guest families the week of Feb 15! One year ago we wondered if it would be possible for the program to continue, when we were told we had to leave Anne Marie House, the program's home for the past 15 years. In the last 8 months, we have signed a 20-year lease with the diocese in Nashua for the Infant Jesus School at 3 Crown Street, acquired a \$2.7M grant to help fund the transformation from a school to living quarters for 12 homeless families, had a ground-breaking at which the governor and Nashua's mayor spoke, completed the first phase of that construction, hired new staff, and opened our doors. Construction continues on the 3rd floor, which doubles our capacity to 24 families by March 30.

The program needs your help in 3 ways. First, it needs volunteers to just be present, from 6-9pm weeknights and any time on weekends. We do NOT need overnight hosts; we have permanent staff for that. Your role will be to just hang out in the common area and talk with the guests. You can offer to help watch the kids, assist with homework, or just be a friendly ear. Since none of you know the facility and may have questions to ask before volunteering, Matt, the volunteer coordinator, has offered to conduct an orientation session, to show you around and address your concerns and questions. Once I hear from those of you who are potentially interested in volunteering and would like to attend an orientation (email me at randybrown1119@gmail.com or call 603-612-0489), I'll set it up with Matt.

They also need help with meals. The idea is that our group of volunteers prepare, in our own homes, about 5 sheet pans of a main dish that can be made for large quantities (like lasagna or spaghetti or meatloaf), along with some vegetable. The goal is to feed 30 people, but if each of 5 people makes a sheet-pan of the main dish and another makes a big pan of vegetables, we would have enough. Again, let me know if you would like to be part of a meal-team and if we have enough volunteers we'll settle on a recipe and a date.

The second way FPSNH needs your help is donations. We have more staff, more mouths to feed, and higher rent and utilities than before, so our operating costs are essentially double what they were before. And substantial remaining construction costs to cover.

The third way we can use your help is with connections. We would like to get area businesses involved as contributors. But those efforts are more successful when we actually know someone in those businesses. If you have any such suggestions, please let me know. We are applying to be part of NH Housing Authority's Tax Credit program, under which NH businesses can get a NH tax credit equal to 75% of their donations to nonprofits that are awarded these credits by the state. Combined with state and federal tax deductions, a company can contribute \$10,000 and get \$8,800 back in tax savings; a net cost of \$1200 and match rate of over 8 to 1. Please tell me if you know someone in a company that might be interested in participating and being publicly lauded for a large gift that costs them very little.

Thanks for your ongoing support for Family Promise of Southern NH. The program can't succeed without support from a lot of generous, community-minded, compassionate people like yourselves.

Randy Brown President, Board of Trustees for FPSNH

Board of Christian Outreach and Missions

The Missions board met this month to welcome new members Nancy Murdock, Heather Paradzyk and Carol Guerrin. Members continuing with us this year are Melanie Pawl, Karen Wilson and Bart Wetherbee. We send a big thank you to members who have been dedicated members of Missions and have completed their term- Beth Hunter and Kathy Holland.

Board officers-

Chair - Nancy Murdock
Council Representative - to be determined
Secretary - Heather Paradzick
Newsletter and Missions Moments - Melanie Pawl and Carol Guerrin
Treasurer - Sue Brown will continue to report financials for Missions.

One Great Hour of Sharing-

UCC OCWM (Our Church's Wider Mission) includes four offerings that help people around the world. The fourth Sunday of Lent, March 14^{th,} is the mission offering One Great Hour of Sharing. Donations support resources for international programs in health, education, agricultural development, emergency relief, refugee ministries and international and domestic response. If you would like to contribute to OGHS (One Great Hour of Sharing) your donation can be brought to the office or mailed prior to March 14th. When writing a check please include "One Great Hour of Sharing" or "OGHS" on the "For" or note line of your check so funds can be correctly distributed.

Your Mission Board, Nancy Murdock, Heather Paradzick, Melanie Pawl, Bart Wetherbee, Karen Wilson

Music Ministry

Thank you to everyone that has participated in the Offertory Music Ministry. If you have a special talent that you would like to share, (that can be used during Offertory) that would be most greatly appreciated.

I have begun virtual Choir rehearsals again on Thursday nights, from 6:30 – 7:30 pm on Zoom. If you are interested in participating, you need to email me at least one hour before the rehearsal @ joan.virga@gmail.com. Also, we have left hymnals for your use in the vestibule of the church for you to pick up and have on hand during the rehearsal. We are practicing warms up, vocal exercises, breathing techniques and learning to harmonize with the hymnal.

Looking forward to the Easter season and more outdoor services.

God Bless.

Joan Virga Music Director/Organist First Parish church

A Lenten Mindfulness Oasis with Pastor Deborah

This is an invitation. I hope you will consider joining us.

This is an opportunity to step back and to step inside some quiet time and sacred space.

Without a doubt, you have just experienced an unimaginable year. You were pushed to the brink and when you thought you could give no more – you had to give more, be more, do more.

There was no time to think outside the box; no time to wonder; little to no time for indulging your inner playfulness.

Take some "now" time. Take some "me" time. You are invited to take time to wonder and to be playful and to color outside the lines!! Enjoy 3 hours of perfect imperfection and creativity.

Join Pastor Deborah on March 20 from 9am to 12 noon. (This is also a fundraiser for the church.) At least half of your registration donation will go to the church budget! Be as generous as you can. Here is the link: A Lenten Mindfulness Oasis Tickets, Sat, Mar 20, 2021 at 9:00 AM | Eventbrite

We will experience a variety of mindfulness practices - both visual and verbal, using images from magazines and gathered words. We will discover variations of SoulCollage*, Zentangle and Labyrinth walking. We will explore a new way of looking at the ordinary archetypes of circles and spirals. We will also consider "found poetry", a fun and creative approach to a literary practice of using less words that say more.

Instructions:

- 1. You will need images. You will need "backgrounds" and you will need images of people, places and things that make your heart happy. Maybe you're an animal lover. Perhaps you enjoy flowers. Get some magazines and start cutting out images. Try not to pre-judge an image. Start collecting.
- 2. In order to do "found poetry" you will need words, groups of words or phrases. Find an old meditation book that you no longer use or an old magazine that has prayers, poems or meditations. You are going to cut these words from their original location. Please be ready to do this. Don't choose your favorite book to cut up.
- 3. You will need copies of your favorite poem or psalm or song. Print these out so that you have them next to you. Make a couple copies. You are going to cut these up, as well.
- 4. Feel free to play with images of the labyrinth in different sizes and designs. You may want to print labyrinths on different colored paper, as well.



The Derry Community Meals- March

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)
- St. Thomas of Aquinas Parish, 26 Crystal Avenue, Derry (603-432-5000)
- 3/6/21- **St. Thomas Parish** Breakfast 10 AM to 10:30 AM
- 3/14/21- Church of the Transfiguration (DECOFT)/Elijah's Table (EHS)- Lunch 2:00 PM to 2:30 PM
- 3/20/21- St. Thomas Parish- Breakfast 10 AM to 10:30 AM
- 3/20/21- St. Luke's Church- Lunch 12:00 PM to 12:30 PM drive around to back door
- 3/26/21- First Parish Church- 5:00 PM to 6:00 PM drive up to side door
- 3/28/21- **St. Jude's Parish** Lunch- 1:30 PM to 2:30 PM

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

Board of Deacons

We are happy to announce that we have engaged the Rev. Linda Snyder as our Sabbatical Coverage Pastor. Pastor Linda Snyder will begin her ministry with us on Monday, April 5th. Ordained in the American Baptist tradition, Pastor Linda has UCC churches in NH as their interim pastor. She was at the Pilgrim Congregational Church in Brentwood-Kingston (2015-2017) and most recently the Hampstead Congregational Church in Hampstead (2017-2019). You will perceive her a first time on Palm Sunday when she will lead us in a Sabbatical blessing of Pastor Deborah.

Were you one of the 20 people to participate in the "introduce yourself card exchange"? We are trying new things to get to know one another. It's not too late! Stay tuned for the next round of cards!

In other news, we hope that you will attend some of the Lenten Wednesday evening services. There will be a virtual Maundy Thursday service at 7 pm on April 1. The Easter sunrise service will be in the First Parish parking lot Easter morning at 6:00am.

FUN/ FRIEND/ FUND RAISING COMMITTEE

Like you, we hear a lot about raising money. Money. Money. We want to talk to you about getting together for events that will encourage us to get to know one another. All of us spend money for the activities that we do and the food we eat and the products we buy. We want to suggest to you that you look at the variety of events that the Fun-raising committee is sponsoring and consider participating in these fun, friendraising events! And yes, we will help the church budget along the way.

First, let's put all the cards on the table. The congregation approved at the 2021 January Annual meeting a budget with \$8,200 of fundraising. With our reality changing so drastically because of Covid19, we cannot count on our two big fall fundraisers, Harvest Supper and Sugar Plum Fair. So, the fundraising team went fast to work. With Cathy Pottle as our chair and several enthusiastic members we have a whole line-up of events that will help us **have fun**, **make new friends and raise that money** for the budget! These are <u>brandnew events</u> so read carefully and please call one of us if you don't understand something. Your participation is needed!

First up, on Sunday March 7th you are invited to a Pampered Chef cooking class with Steph CM-Berg. Steph was instrumental a couple years ago with our Bingo events! Come join her and the kids for a cooking class and the opportunity to purchase some cool kitchen products! Go to this website: www.pamperedchef.com/party/fundraiserforfpc We invite you to visit the website and Window Shop! However, the fundraiser is from March 7-13. Thank you!

Next, this is a truly fun activity for you and your own friends and family. Kayla Pingree-McCord and her husband Chris will bring to First Parish their "Escape Room" fun! This is a virtual fun, friend, and fundraising event. You simple gather 6 to 12 people to meet via zoom or in your safety bubble. It's \$10 per person/per event. You will designate a lead person who will give instructions to your host who is locked inside the room. Your team will need to solve clues, riddles and puzzles as you attempt to free your host from the locked room. The "game" lasts about an hour and offers tons of good fun! Players will need: 1) A Zoom account and 2) At least one (1) desktop computer or laptop per team. (Smartphones, Chromebooks, or Ipads may work, but may not have access to all features on Zoom meetings). Your team does not even need to be in the same state because it is all virtual!! Kayla and Chris have many time slots available to choose from throughout the month of March. Go to Escape Game Room - Lakes Region NH | Escape Room Experience (theescaperoomexperience.live) to reserve a date and time. If you have any questions at all, please contact the Escape Room Experience by phone (603-366-6296) or email (info@theescaperoomexperience.live) to talk to Chris or Kayla.

Next, Pastor Deborah is offering a morning of mindfulness on March 20, from 9-12. There is a full article about this offering on page 8 in this Newsletter. A virtual, fun event. Half of your registration donation will go to the church. Be generous! Have some fun with us.

Other opportunities coming your way include: virtual plant and seed sales; more fantastic house products from the Charleston Wrap Company; Nancy Murdock and Corinne Dodge will have cards available for sale; Butter Braid Pastries; a virtual road race in April and this summer a huge yard sale in the parking lot!

Stay tuned! The committee is: Cathy Pottle, Cathy Zylinski, Steph CM-Berg, Kayla Pingree-McCord, Liz Greenberg, Carol Guerrin, Margie Ives. Let's have fun!

Prayer for Grieving 500,000 Dead of Covid- 19 in the US

Holy One, who blesses those that mourn and do not hurry into being comforted, we sit down into the loss of those we know. and those that now we'll never have a chance to know. We grieve the stories they will not live, the songs they will not sing, the children they will not have, the hope they will not offer to those around them, the inventions they will not patent, the art, poetry, ink, music, shingling a house, legal argument, good tune-up and tire rotation, diagnosis, surgical procedure, gentle placement of a ventilator, dental cleaning, quilt, strawberry picking, produce counter stocking, life-guard undertow rescue, lullaby, recipe and vote that will never be made. We grieve the birthday candles on cakes they will never taste. We grieve for their parents and their children, their families, their colleagues and their friends. We grieve memories slipping away waiting for memorial services. We grieve that the very sadness ebbs away from weariness or the new whisper of good news. O God, our masks are wet with tears and our fingers shake holding balloons at nursing home windows. Comfort us, we pray. Amen

(Author: Rev. Maren Tirabassi)

March Worship Services and Events

Worship Services are Sunday mornings at 10:00am. These are currently virtual-only. Participate with Zoom (see the pre-service church eBlast for meeting details) or live on our Facebook page (facebook.com/fpcucc).

Worship Services using the Narrative Lectionary 2020-2021 (Readings for Year 3 ~ Luke)

March 7

Lost Sheep, Coin, Son: Luke 15: 1-32 Greeters: Anne-Marie Merrill, Sue Brown

Lay Reader: Rachel Cobban

March 14

Rich Man and Lazarus: Luke 16: 19-31

Greeters: Rachel Cobban and Katie Cobban

Lay Reader: Jo Worthen

March 21

Zacchaeus: Luke 18: 31-19:10

Greeters: Jack Martin and Sue Lindemann

Lay Reader: Diana Sweeney

March 28

Triumphal Entry: Luke 19:29-44

Greeters: Anne-Marie Merrill, Sue Brown

Lay Reader: Beth Hunter

Remember to start every day during Lent:

Good Morning, Jesus!



Labyrinth Walks

Tuesday: Mar. 2, 9, 16, 23, 30

from 6:00-6:30pm

Zoom-only group meditation; email the office if you need an invitation.

Lent Services – Wednesday Mar. 3, 10,17, 24 at 7pm Virtual Services – not recorded

Spaghetti Supper- To-Go Friday Mar. 26 at 5:00-6:00pm

Newsletter Deadline – Sunday, March 28. (Church Office will be closed on Wed. morning.)

Maundy Thursday – April 1, a virtual service at 7pm.

First Parish Congregational Church, UCC

(603) 434-0628

Mailing Address: PO Box 114 E Derry, NH 03041

Location:

47 East Derry Road

Office Hours

Temporarily closed to the public; please call to make an appointment. Monday – Friday 9:00am – 3:00pm

Online

www.fpc-ucc.org facebook.com/fpcucc

Administrative Assistant

Michelle Guerrin: officemgr@fpc-ucc.org 603-434-0628

Senior Pastor and Teacher

The Rev. Dr. Deborah Roof pastordeborah@fpc-ucc.org



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