

The Seekonk Congregational Church
United Church Of Christ

The Caller

Gathered 1885



ASH WEDNESDAY

“Create in Me a Clean Heart, O God”

LENT BEGINS WEDNESDAY, MARCH 5, 2025

WORSHIP AT NOON OR 7PM

TO BEGIN THE HOLY SEASON OF LENT

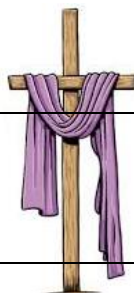
ASH WEDNESDAY, MARCH 5TH at **NOON** in **Woodworth Hall** uses music from *Godspell* to reflect on the penitential theme of Lent with imposition of ashes, followed by a soup lunch hosted by the Earnest Workers. At **7PM in the Sanctuary**, the service includes special music by the choir along with spoken reflections and imposition of ashes. Children are welcome and encouraged to join us.

Seekonk Congregational Church
United Church of Christ
600 Fall River Avenue
Seekonk, MA 02771
508-336-9355 F
Church Office Email: seekonkucc@gmail.com
Web Site: www.scc-ucc.com

TO BELIEVE IS TO CARE-----

MARCH & APRIL 2025

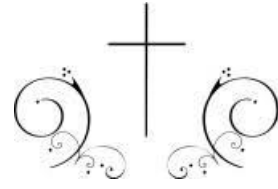
Interim Pastor: Rev. Dr. Ruth E. Shaver
Director of Faith Formation: Kristin Putney
Director of Music: Susan Barrow
Office Administrator: Maria Tavares
Treasurer: Donna Euell



Assistant for Operations: Louanne Jennings-Abelson
Co-Senior Deacon: Tony DeJesus & Lori Ferreira
Moderator: Stacy Inman
Parish Nurse: Addie Heelan
Co-Trustee Chairs: Craig Mace & Linda Sable
The Congregation Ministers

From the Interim Pastor

Spring Training for the Easter Season



I am a baseball fan. My family always managed to find a minor league team to follow wherever we lived when I was a kid and I'm still seething over the Paw Sox departure from my "new" hometown. Spring training was a fun time of year because we could follow some of our favorite players from the farm clubs as they tried, and sometimes accomplished their goal, to make the roster of the major league team.

It also meant that Easter was coming and that I as a follower of Jesus was in Spring Training for the major league work of spreading the Good News of Christ's resurrection. That was never hard for me because Easter is my favorite day of the Christian year. I love Easter because it's the whole reason Christianity even exists. And—because despite what some branches of Christianity want us to believe—it focuses on the women who had the courage to share an outrageous, impossible story that turned out to be true: Jesus, who died on the cross, was alive and waiting to teach his followers even more, and had his sights set on bringing the realm of God to earth. The women showed us how to train for the work from the beginning of Jesus' ministry and they were prepared, unlike the men, to do the work both with and without Jesus around.

Eastertide is a season of mystery, growth, and action. I believe it is one best encountered when we have done the work through Lent and Holy Week to prepare ourselves to encounter the One who said he would be raised on the third day not just once but multiple times throughout his ministry. The time we spend in close prayer and reflection on Jesus' teachings through the 40 days of Lent and the six "little Easter" Sundays is training for the joyful exuberance that animates us to do as the women did so long ago: tell an outrageous, impossible story that turned out to be true. Jesus, who died on the cross, is *still* alive (the mystery), *still* teaching his followers even more (growth), and *still* asking us to build God's realm of heaven as it is on earth (action).

We feast on March 2 with a Mardi Gras celebration, we start Spring Training on Ash Wednesday, March 5, and we need to be ready to work for real on April 20. We've got this!

Peace,
—Pastor Ruth

PS: I have hope for the Red Sox; we now have completed a circle with Alex Bregman's arrival in Boston. Ted Williams was recruited by Bregman's grandfather to coach the Texas Rangers after the team left Washington, DC.



CHRISTIAN EDUCATION

CHURCH SCHOOL PROGRAMMING CALENDAR



MARCH 2025 ~

2nd K-8th GRADE BEGIN and Families start in Worship together
(Mardi Gras Coffee Hour)

Wednesday March 5 ~ ASH WEDNESDAY Services Noon – 7 pm ***

Parents encouraged to bring children who are old enough to understand that in this one worship service each year we offer to God all for which we are truly sorry and seek forgiveness.

Quiet room available also. Child Care **upon request**

9th Lent 1 ~ Regular Classes
(Daylight Savings time - Spring ahead all clocks)

16th Lent 2 ~ Regular Classes

23rd Lent 3 ~ Regular Classes

30th Lent 4 ~ Regular Classes

APRIL 2025 ~

6th K- 8th grade BEGIN (with family) IN CHURCH (Prepare for Palm Sunday)

13th **PALM SUNDAY ~~ WALK THROUGH HOLY WEEK ~~ In classrooms**

Cherub Choir sing (Preschool-K-1st) at beginning of worship

K - 8th GRADE begin in class – end in worship



17th **Maundy Thursday 7PM** - Last Supper Service...in hall
Communion Class requirement light supper provided

18th **Good Friday Service 7:30 PM** in sanctuary

20th **EASTER SUNDAY** Children begin in Church ~ **Children's Choir sings** (EARTH DAY)
Pre-school – 5th graders move to hall for special event

27th Regular Classes (Holy Humor)

BLOOD DRIVE

Tuesday...March 31 from
4-7 PM in the Hall

make your appointment at donate.ribc.org

Our sponsor code is 1545

There are Many Reasons to Give Blood



CONFIRMATION SCHEDULE:

MARCH

- Mar 2** 9:30 start in worship, then TEACH (CSH)
Mar 5 7PM **Ash Wed** worship in sanctuary, **Required**
Mar 9 Confirmands worship...class time until 12:30
1:30-4:30 PM Mad Hatter Tea (optional-CSH)
Mar 10 or 11 Mon or Tue, Mentor & Confirmand **ZOOM Chat** 7:30-8:45P
Mar 16 9:30 worship **CLASS TIME** (labyrinth & prayer beads) until 1:00 lower hall
Mar 23 9:30 worship (sign up for Easter vigil)
Mar 28 Fri 6:30 - 9:00 Work on 23rd Psalm & Questions in hall
Mar 30 9:30 worship, 10:30-11:30 **Read 23rd Psalm & UCC Questions to deacons** lower hall



APRIL

- Apr 6** 9:30 start in worship, then TEACH (CSH)
Apr 7 or 8 Mon or Tue, Mentor & Confirmand zoom chat 7:30-8:45P
Apr 13 **Palm Sunday** worship
Apr 17 7:00 P **Maundy Thurs** in hall, **Required** lower hall
Apr 18 7:30P **Good Fri** worship in sanctuary, **Required**
Vigil hour begins in sanctuary
Apr 20 **EASTER** worship, **Required**
Apr 27 9:30 worship **CLASS TIME** until 1:00



DIRECTOR OF MUSIC

Music & Arts Committee presents OPEN MIC NIGHT



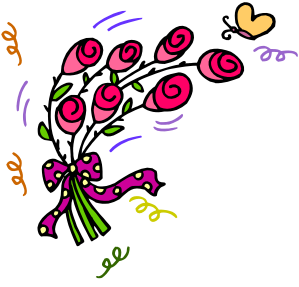
FRIDAY, MARCH 21, 2025
from 6:30 to 9 PM in the hall

It's time to share your talents, some singing, musical instruments, comedy, dance - all talent is needed. All ages are invited.

Sign up sheets are in the hall or call the office.
We hope you will be part of the entertainment. A fun night for everyone.

Any questions, see Craig Grant or Director of Music, Susan Barrow

PEOPLE AND PASSAGES



BAPTISM

January 12, 2025

Timothy Jennings

and

Gregg Todd Sousa

NEW MEMBERS JOINED

January 12, 2025

Timothy Jennings, Michael Oberg, Tess Oberg, Gregg Sousa, Keri Sousa

WEDDING

November 23, 2024

Lydia Crandall and Michael Ferreira

In Parrish, Florida

Michael is son of Kim & David Ferreira

Set Clocks Ahead – Don't forget Daylight saving time begins March 9th, so set your clocks Ahead on Saturday Night March 8th so you won't be late for Worship and Church School.



NOTES FROM HERE AND THERE...

Our thoughts, condolences and prayers:

- ~ We grieve with the family and friends of the Mowry family on the loss of Roger Mowry Sr. He leaves a son, Roger Mowry Jr. and a daughter, Deb Collins and was brother of David Mowry and the late Reggie Mowry.
- ~ We grieve with the family and friends of Suzanne Rodgers, she was the mother of David Rodgers.
- ~ We grieve with the family and friends of Russ Jennings, Russ was a long time member of our church and lived in North Carolina.
- ~ We grieve with the family and friends of May Rose, mother of Kim Johnson

CELEBRATE

We Celebrate with the family of Betty-Ann Brown as her sister, Elsbeth Helgerson, will be celebrating her 100th Birthday on March 22, 2025.

If you would like to send her a card:

Elsbeth Helgerson, 18 Bayberry Lane, Jamestown, RI 02835

Elsbeth's late husband, Carl Helgerson, is Nate Helgerson's cousin.

Teresa Helgerson can give you lots of family history

Flower Committee...Reminds everyone there is a sign-up sheet in Gardiner Building for flowers to be given in memory or in honor of a loved one.

We are a welcoming community of faith that will not discriminate against any person regardless of race, color, creed, gender, sexual orientation, age or disability.

THE DEACONS BENCH



Good news! If you are tired of winter (like many of us are) Spring is not far away, officially starting on March 20. Before that, however, we will have Ash Wednesday, which falls on March 5, which, fortunately, is a Wednesday. Remember, we have two great services; noon and 7 PM. And while we are on the subject of church service times, do not forget that Daylight Savings Time begins the following Sunday, March 9.

Ash Wednesday is our warning that the Easter season is coming, starting with Lent. As a reminder, Lent is the solemn Christian religious observance in the liturgical year commemorating the 40 days Jesus spent fasting in the desert and enduring temptation by Satan, according to the Gospels of Matthew, Mark and Luke, before beginning His public ministry. Good Friday is April 18, and Easter is April 20. Now that you have the dates, avoid the rush and start buying goodies for the kids early this year.

As a warning, although we all know that the Seekonk Congregational Church is always a very active (busy) church, the Easter season pushes that description significantly! We are fortunate that we have so many of you, as well as our staff, eagerly rise to the occasion! That being said, keep an eye out for our various schedules during this season and find some volunteer opportunities. If you are new to our church, this is also a great way to meet other members of our church family!

DEACONS: Lori Ferreira & Tony DeJesus (Co-Senior Deacons)

Dawn Houle Jim Siegfried Bonnie DeBlois Mark Johnson Brian Burns
Linda Mace Lesley Daigle Cindy Pearson Christina Greene Tom Heelan
Louanne Jennings-Abelson & Evelyn Watkins (Deacon Emerita) Jonathan Ryder (ad hoc)
Donna Euell (ad hoc) Russ Noble (ad hoc)

Submitted By: David Graham (Deacon Emeritus)

The Deacon's Fund goes to help those in our faith community in need of emergency help or those who have special needs! For those who give via paper envelopes, the envelopes are GREEN and in the offering envelope box for the first Sunday of each month. OR if you give on-line, go to www.scc-ucc.com and click on the online giving button at the top right hand corner and fill out the online giving form.

We thank all who give faithfully and encourage others to consider a small gift for this fund each month.

Sometimes the pastor is the LAST to know if you are sick, injured, or hurting in any way ~ please remember to call the church if you or your loved one is in the hospital and in order for her to keep you in her prayers or be remembered in the prayers of our faith community. There is great strength in knowing that you are not alone or that others are keeping you in their prayers!

LENT AND HOLY WEEK WORSHIP AND LEARNING EVENTS

Details subject to adjustment but times and locations are set.



ASH WEDNESDAY, MARCH 5TH at **NOON** in **Woodworth Hall** uses music from *Godspell* to reflect on the penitential theme of Lent with imposition of ashes, followed by a soup lunch hosted by the Earnest Workers. At **7PM in the Sanctuary**, the service includes special music by the choir along with spoken reflections and imposition of ashes. Children are welcome and encouraged to join us.

SUNDAYS IN LENT will offer us opportunities to reflect on the ways that we can support Seekonk Congregational Church UCC in many ways, particularly through our pledges of financial support for Fiscal Year 2025-2026 as well as gifts of time and talent.

THURSDAYS IN LENT will be dedicated days of prayer. Watch for a prayer each Thursday morning aligned to the themes of economic and racial justice featured in Sunday services and the Lenten Seminar conversations shared with our neighbors at Rehoboth Congregational Church UCC.

SUNDAY, APRIL 6TH will be “Meet Your Deacon” Sunday. We will all begin in the Sanctuary as usual, then later in worship process to Woodworth Hall, where we will celebrate Communion around tables with our assigned Deacons and then have a time of conversation that allows us to get to know each other better. Those who are new to the church or visiting and don’t have an assigned Deacon will join Pastor Ruth at a table.

PALM SUNDAY, APRIL 13TH at 9:30AM begins with the Cherub Choir and includes readings from Jesus’ time in Jerusalem after his triumphal entry. The service ends with “The Palms” as the children lead us to the Gardiner Building and a Walk Through Holy Week before Coffee Hour in Woodworth Hall.

MAUNDY THURSDAY, APRIL 17TH at 7:00PM in the Sanctuary will be the first part of the Tenebrae sequence that leads to Jesus’ burial in the tomb, focused on the events of Thursday evening starting with the first celebration of what we call Communion. The service will be in the Sanctuary (Required attendance for 2nd graders and families) (Child Care for young children...let us know if you need it ahead of time, please!)

GOOD FRIDAY, APRIL 18TH at 7:30PM in the Sanctuary (please note time difference between Thursday and Friday) service will continue the Tenebrae sequence. It will include the procession of the Cross and the Seven Last Words of Jesus on the Cross.

EASTER VIGIL will begin following the Good Friday Service and continue until Easter Dawn. (There is a sign-up sheet on the bulletin board in the hall.) This has been an unforgettable experience for those who have participated - especially in the middle of the night!

EASTER CELEBRATION SERVICES: APRIL 20TH

SUNRISE at 6:00AM at the Gazebo on the Old Grist Mill Pond and **9:30AM in the Sanctuary** with sacred dance and special music including the singing of Handel's "Hallelujah!" Chorus. All children begin in church and pre-school through 5th graders are invited (unless parents want them to remain in worship) to move to the Hall for special event.

SUNDAY, APRIL 27TH is HOLY HUMOR SUNDAY and Pledge Dedication at 9:30AM. Pastor Ruth will be recruiting folx to take part in a reader's theater based worship service called **THE BIBLICAL ADVENTURE HOUR**, the tagline of which is, "We care enough about the Bible to dirty up the scenery." Older children, youth, and adults with a sense of humor are welcome to join us; there will be plenty of opportunities to share appropriate jokes and to sing joyful songs as we laugh with joy that life has conquered death and love has conquered hate.

~~LENTEN SEMINARS~~

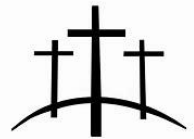


THURSDAY, MARCH 20th at 6:30PM
at Rehoboth Congregational Church UCC
(139 Bay State Road, Rehoboth, MA 02769)

We will join the congregation there for the first of two conversations about the book *White Poverty: How Exposing Myths About Race and Class Can Reconstruct American Democracy* by William J. Barber II, Jonathan Wilson-Hartgrove (Editor).

Each session begins with worship and ends with a time of fellowship. Pastor Ruth will be leading the conversation that evening. You do not need to have read the book to participate; this clip is a good primer: <https://www.youtube.com/watch?v=bN6LflWvVQM>

THURSDAY, APRIL 10TH at 6:30PM
here in Seekonk Congregational



We will host the folks from Rehoboth for the second conversation about Rev. Dr. Barber's book. We will begin in the Sanctuary for worship and come to Woodworth Hall for our conversation.

Please bring something to share for fellowship. Again, you don't have to read the book to participate and it would be great to have a substantial group to welcome our neighbors.

STEWARDSHIP NEWS

STEWARDSHIP CAMPAIGN

2025-2026



"IMAGINE Together"

This year our Stewardship Campaign for 2025/2026 begins on Sunday, March 16th and will go until our Stewardship Dedication on Sunday, April 27th (the Sunday after Easter Sunday). Our Stewardship Pledge Campaign supports the work and activities of our Seekonk Congregational Church, UCC for our next Fiscal Year which starts on July 1, 2025 and goes through June 30, 2026.

It is very easy to pledge - you can:

1. Call our Church Office at 508-336-9355.
2. Mail in your pledge card.
3. Fill out a pledge card in Church on Sundays from March 16th to April 27th and drop it into the Offering Plate.

We THANK YOU VERY MUCH for all of your gifts of Time, Talent and Treasure and for all you do for our Seekonk Congregational Church, UCC Church Family. During our Stewardship Campaign we can look ahead and think about what gifts we can share for the coming year!

Your Seekonk Congregational Church, UCC Stewardship Committee



WAYS TO GIVE

Annual Giving – This covers the annual expenses of the Church – Mortgage, Staff Salaries, Utilities, Insurance, Office Supplies, Cleaning, Maintenance Supplies & so much more.

Capital Campaign – This is fundraising for a large project – Construction projects & major repairs-something not covered in the annual budget.

Planned Giving – This is for the future of the Church. There are so many options to leave money to a charitable organization. Qualified Charitable Distribution; Donor Advised Funds, Charitable Gift Annuities; Charitable Remainder Unitrusts or Annuity Trusts; Donating Stocks; In your Will - Lump Sum, % of your Assets, Property. Also know that when giving funds you can be specific and select an area that the funds will be used. It can be to the Music Programs, Children's Programs, Camperships, Signage, Repairs, Endowment, General Budget or anything that means something to you. So many options.

Thank you for continuing to give weekly and contributing to our capital campaigns when asked and please consider PLANNED GIVING for our FUTURE.

BOARD OF MISSION & SOCIAL ACTION



Feed the Homeless: We want to thank all who provided money for chickens or who participated in any way to Feed the Homeless on January 19. This program operates every Sunday at noon in Pawtucket. They serve a hot meal to 100 people or more. Each person is sent home with a cold lunch consisting of 2 sandwiches, a sweet snack, a salty snack, and bottled water. We have been alternating between providing

the hot lunch and the cold lunch every other month. We will be serving a cold lunch in March. When we get the date, we will be asking people to make sandwiches, a sweet snack, or provide a salty snack, or water.

Book Club: We discussed Rough Sleepers by Tracey Kidder last week at Bonnie Deblois' house. Our next book will be A New Earth: Awakening to Your Life's Purpose by Eckhart Tolle. In this book, Tolle shows us how to transcend our ego-based state of consciousness to achieve personal happiness. It is also the key to ending conflict and suffering throughout the world. Tolle describes how our attachment to ego creates dysfunction that leads to anger, jealousy, and unhappiness. He shows the reader how to awaken to a new state of consciousness and follow the path to a truly fulfilling existence. This was Oprah's book club pick a few months ago. We will be discussing this book in April and we hope to have many join us for this discussion. Please see Betty Graham or Bonnie Deblois if you are interested.

Food Pantry: We are getting low on staples such as peanut butter, tuna fish, granola bars, and cereal.

MISSION CONCERNS

For future reference: we hope to begin collecting items to support a women's shelter. More information will follow.

• **CANS & BOTTLES MA Deposit Only:** Bring donations to the green bins - lift lid - drop in clean bottles and cans. Cans are sorted and brought to a recycling center. Money goes for hunger/shelter/mission concerns

• **FOOD CERTIFICATES NEEDED...** Gift certificates needed in \$5 or \$10 amounts from area stores to ease the way for those in need. Please give to Rev. Ruth or leave in office any time.

THE CLOTHING SHED is at the end of the County Street parking lot. Drop off your clothing, shoes, belts, purses, blankets, sheets, curtains, pillowcases or stuffed animal donations in a tied up bag.

• **FOOD PANTRY** (in Porch Area) is for anyone you know who has financial challenges Needed: canned meats, tuna, stew, peanut butter, paper goods, cereals, cereal bars, tuna pouches, crackers

Our *****ADOPT-A-HIGHWAY** project will once again begin in April! Please check in with office or Mission Committee if you are willing to help out with the "highway" clean-up. We have all the supplies. You can do it on your own time - just let the office know you are going out, **you need to fill out a mandatory release form for Mass DOT**. Our route is 114A, from the church, across route 44, to the state line at the bus turn-around (the end of Ledge Road). *Please leave filled bags on the route, just let the church or Mission Committee know where the bags are and Mass DOT will pick them up.*

Please wear your **name tags** every Sunday, if you need one, just let Donna Euell know or call the church office. As you leave each Sunday please place them back on the rack as you walk up the ramp.

EARNEST WORKERS



MARCH 5, 2025 - ASH WEDNESDAY Soup Luncheon after the noontime Ash Wednesday Church Service.

We will meet in the Hall of the Gardiner Building at 10:30 for a short business meeting. We will have some last minute sign-up sheets for the Earnest Workers MARCH HATTERS TEA which will be held on Sunday, March 9, 2025. We will set up the Hall for the Ash Wednesday Soup Luncheon and then attend the noontime Ash Wednesday Church Service coming back to the Hall after the Service for the Soup Luncheon.

MARCH 9, 2025 - Earnest Workers MARCH HATTERS TEA 2:00 PM to 4:00 PM in the Hall



Our annual March Hatters Tea will be held at 2 p.m.. Note: the time changes this day! The menu includes tea, scones, tea sandwiches, and cookies/desserts. We meet in the Hall of the Gardiner building to share this Fun time together. Everyone is invited to wear a Fancy and/or Fun hat. Prizes will be given for some of the hats (funniest, prettiest and more).

Tickets for the Tea are \$20.00 for adults and \$15.00 for children 12 and younger. Tickets will go on sale beginning Sunday, February 2nd and will be on sale in the Hall during Coffee Hour until Sunday, March 2nd or until we sell our maximum of 75 tickets! You can also call Evelyn Watkins at 401-680-2490 to reserve tickets. We have seating for 75 people so please order your tickets soon!. It is fun to invite family and friends to share a table at this event.

It is also FUN to help at this event. You can call Evelyn Watkins to find out all the ways you can help with this

APRIL 2, 2025 - GUEST SPEAKER - Madison Hindle - "RECYCLING RIGHT"

We will meet at 10:00 am in the Hall of the Gardiner Building for our business meeting. We will mention that we will be having nominations for our leadership positions at our May planning meeting so that our members can plan ahead. We will also discuss the MAY BASKET SALE. Sign up sheets will be available. Madison Hindle will join us after our Business Meeting. Madison is the Education and Outreach Manager for the Rhode Island Resource Recovery Corporation. Madison is also Carolyn Hindle's Granddaughter-in-law. This is a very important topic for all of us. Please bring a bagged lunch and a beverage, Decaf coffee and Dessert will be provided.

April 26th - (Saturday) Fill May Baskets with homemade candy. More details to follow.

April 27th - (Sunday) Sell May Baskets after our Church Service during the Coffee Hours.. More details to follow.

MAY 7, 2024 - EARNEST WORKERS PLANNING FOR 2025/26.

Meet us in the Hall of the Gardiner Building at 10:00 a.m. and bring your ideas for *speakers/programs/activities/fundraising events* for the coming year. We will also have the nomination and election of officers. Please bring a bagged lunch and beverage. Dessert and decaf coffee will be served.



SOCK HOP - Saturday, May 3, 2025

Bring the whole family and join us for a FUN evening with Music, Dancing, and activities. We will have music from the 50's and 60's, supper food, Root Beer Floats, Ice Cream Sundaes and more! Please look for more details to come!

WELCOME TO THE BASKETS OF JOY!

We also have a new and exciting project for our next 2025 Christmas Bazaar!!

Everyone, please participate in this unique Fundraiser! We are asking for Volunteers to serve on the BASKETS OF JOY committee as well as the Entire Church's Participation! We look forward to everyone's participation either individually or creating a group of friends to share a basket! We have many great ideas and are already receiving more ideas from the Ernest Workers! It will be a Fun Fundraiser.

We will be visiting with each Church Committee to share our ideas about how we can have wonderful Baskets of Joy for our next Bazaar!

The 2024 Christmas Bazaar was the first year we included the Baskets of Joy for fundraising. Each basket focused on a theme, such as movie family night, Christmas breakfast, household cleaning chores, auto care kit, pet care, charcuterie board, etc. People purchased drawing tickets to place in a container for the baskets of their choice. The baskets were a huge success! Therefore, we would like to continue this Baskets of Joy fundraiser and increase the number of baskets available.

In an effort to make the baskets appealing we are thinking of \$50.00 to \$100! So with friends participating with a basket the cost could be \$10.00 for 5 people or \$25.00 for 2 people! Or whatever works best for you! We will have meetings to brainstorm and work sessions to fill our baskets together! And we will offer many ideas. Baskets for children, men, women, pets, gardening, yoga and more! Winning a basket could help you with your Christmas shopping!

The UCAP School is planning their annual Spring Social on Thursday 4/24/25 from 5-7PM @ 75 Carpenter Street, Providence, Complimentary Valet Parking

Reception: Hors d'oeuvres, beer and wine
Live Auction

Master of Ceremonies and Auctioneer, Joe Wilson Jr., Director of Art, Culture and Tourism for the City of Providence

UCAP, founded by Rob DeBlois in 1984, is an independent public middle school for disadvantaged youth from urban districts in Rhode Island. Our church has long been a supporter of this very special, successful school, providing Christmas gifts and food baskets for many years. You are all invited to this fundraiser to continue what Rob started in 1984.

For tickets, [RED + BLACK SPRING SOCIAL Tickets | The UCAP School](#)
or see Bonnie DeBlois

If you are unable to attend but would like to make a donation, at [RED + BLACK SPRING SOCIAL Donate | The UCAP School](#)

Be a Well Being



The purpose of the **Be a Well Being** group is to provide a supportive and non-judgmental forum for exploring stress management strategies. Meditation, prayer, gentle movement, breath work and group discussion will be utilized. The group will be held on Tuesday, April 1st from 6-6:45pm in the Sanctuary...every first Tuesday of each month. If you have any questions, please email Sarah Stevenson

at mamastaloney@gmail.com

Some Facts About Lent

The season of Lent began on Ash Wednesday. That day is so named because in the early church ashes were sprinkled on the heads of penitent Christians.

This custom remains today and is becoming more wide spread in the Protestant Churches. The sign of the cross on forehead or in the palm of the hand symbolizes our being open to God and offering ourselves with clean hearts before our God.

The color for Lent is purple, reminding us of Lent's penitential mood.

Lent lasts forty days, until Easter. but if you count the days from Ash Wednesday until Easter Sunday, you get 46. That's because Sundays are excluded from the count (and from Lent). They are designed as "feast days," commemorating the resurrection.

The origin of the word LENT is the Anglo-Saxon word, LENCTEN, meaning "spring", the time when the days lengthen.

In some families there is the tradition of "giving up" something for Lent. That evolved from the idea that Lent was a period of fasting in preparation for baptism which was observed on Easter Eve.

Thankfully, most of us have progressed from the idea of "giving up" (Self denial) to the idea of "taking on" for the good of others.

There are many ways Christians benefit from Lent today. The season encourages us to set aside time for quiet contemplation...to read, meditate, and pray; to reflect on the direction of our own personal lives and on the meaning of the life, death and resurrection of Jesus.

It reminds us that we are a part of a community of faith that makes a profound difference in our lives and in the way we reach out to those near at hand as well as those on the other side of the world.

In short, Lent is a time to reflect on the relationship between our lives and our faith, between Jesus' journey and our own.



EASTER FLOWERS

If you wish to have an Easter plant for Easter Sunday, please remember that our tradition here is to bring our choice of spring flower. Bring flowers to the Memorial Room (room behind the sanctuary). Use the parking lot door entrance and use the carts and tables designated for flowers on the day before Easter (Saturday, April 19th). Put your name on the plant to avoid mix-ups. Feel free to take your plant after the Easter service.

If your plant is in memory or in honor of a loved one, please fill in the bottom of this form and place it in the offering plate or return to the church office.

(Return forms or call the church by Palm Sunday, April 13th)

I WILL BRING A _____ PLANT.

IN MEMORY OF _____

OR IN HONOR OF _____

GIVEN BY _____

I _____ WILL I _____ WILL NOT
(Please check one)

(Take it home after the Easter Service)

