

THE CRIER

A PUBLICATION OF COLCHESTER FEDERATED CHURCH

A Note From Pastor Lauren

By the time you receive this month's edition of *The Crier*, Lent will have begun. It's a holy and special time in the church year. Though it's not upbeat (to say the least)! The Gospel texts we hear during Lenten worship tend to be long, complex, and serious. In fact, some of the texts are *so* long that our scripture readings will be different some Sundays. I will read some of the dialogue within the text alongside our scripture readers to hopefully help our congregation better understand these long and meaningful Gospel stories. It helps to have multiple voices.

The music in Lent tends to be in minor keys. It's not a "happy clappy" sort of season musically. We bury our *Alleluias* and don't utter that joyful word until Easter. Overall, we take this time in the wilderness with Jesus to be open to God-with-us through it all. As "I Want Jesus to Walk with Me" goes:

I want Jesus to walk with me.

I want Jesus to walk with me.

All along my pilgrim journey,

Lord, I want Jesus to walk with me.

Lent is a time when we journey together. Lent is a time when we journey with Jesus, as we seek for Jesus to walk with us all along our pilgrim journeys.

In this season, we can show up for each other and have spiritual friendships that help us grow into the people God is calling us to be.

Lent is a time when we can turn inward and take on spiritual practices that help us go deeper on our own faith journeys. It's not always about "giving something up" but taking something on.

Lent is a time when we can acknowledge that there are things we do or ways that we are that alienate us from God.

All of these spiritual practices help us have new minds, new habits, and allow us to live new lives filled with God's grace. Lent is intended to be about discipline and devotion. That's not always easy. But just remember that none of us are on our faith journeys alone. Jesus walks with us.

Grace and Peace,
Pastor Lauren

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Ministers:

All of the Members of the Church are called to serve in daily life.

Staff:

Rev. Lauren L. Ostrout, *Pastor*
Kimberly Lewis, *Music Director*
Nicole Hosford, *Office Manager*
& *Christian Education Director*
Tom St. Louis, *Treasurer*
Dave Hock, *Custodian*

Colchester Federated Church
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WORSHIP INFORMATION

Scripture Readings & Readers

March 5	John 3:1-17	Rae Lenda
March 12	John 4:5-42	John Dooley
March 19	John 9:1-41	Kurt Frantzen
March 26	John 11:1-45	Mark Bosse

Interested in being a scripture reader?
Please reach out to John Dooley

The Laying On of Hands



Praying for Todd & Ben before they headed off to India on a Mission Trip!

Photo Credit: Christine Miskell

HOLY WEEK SCHEDULE



PALM SUNDAY, APRIL 2

9 AM Worship Service
Palm Sunday Processional



MAUNDY THURSDAY, APRIL 6

7 PM Worship Service

The Last Supper

Our Communion Class will help lead the service and receive Communion for the first time.



GOOD FRIDAY, APRIL 7

12 PM Worship Service

Stations of the Cross

We will walk throughout the Sanctuary from station to station as we contemplate the seven last words Jesus spoke from the cross.



EASTER SUNDAY, APRIL 9

6 AM Sunrise Service at Lake Hayward

9 AM Worship Service w/Communion

We will joyfully celebrate the resurrection of Jesus Christ together and Communion will be served at our service in the sanctuary.

10 AM Easter Egg Hunt

IN OUR PRAYERS

For those who are ill or recovering:

Debby Barden

Virginia Bartlett (*Judean Bradstreet's Mother*)

Cindy (*Cheryl Letendre's Sister*)

Rick & Kathi Diederich (*Danielle Pensa's Parents*)

Sadie Dombrowski

Elizabeth Emory

Eleanor Keller

Kathy Landry

Teri Sawchuk

Duncan Schofield (*Megan Stillwell's Father*)

For those who are grieving the loss of a loved one:

Barbara McKelvey for the loss of her brother, **Albin Anderson**

Prayers for all those who are providing care for family members.

Prayers for all those who are grieving.

Prayers for all who are in recovery and struggling with sobriety.

Prayers for all those separated from their families.

Prayers for our country, its leaders and for peace here and in the world.

Names will remain on the prayer list for 1- 3 months unless otherwise communicated to the church office.

CELEBRATIONS & THANKS



- 03/04 Paul Goodwin
- 03/05 Ashlyn Barrows
- 03/07 Rev. Dr. Cheryl A. Caronna
- Neill Ostrout
- Mary Tomasi
- 03/08 Laura Marvin
- Ben Simonds
- 03/10 Gary Riddell
- 03/17 Nicole Hosford
- Michele Howard
- 03/18 Kaytlyn Howard
- 03/20 Laurie Gerundo
- 03/25 Anora De Leon Nadeau
- 03/27 Susan Sanford
- 03/29 Nels Frantzen
- 03/31 Megan Floyd



- 03/06 Joyce & John Johnson
- 03/21 BethAnn & Michael Voiland
- 03/27 Laurie & Tom Gerundo

We are very thankful to so many people in our church community...

... Thank you to Mark Bosse & Tim Kyser for researching and reviewing our insurance policies.

... Thank you to Tom St. Louis and the members of Stewardship for preparing and presenting the budget at the Annual Meeting.

... Thank you to Church Life for hosting the annual Pancake Supper. Thank you to all those who helped with set-up/clean-up, volunteered their time, and came to eat. Special Thank You to Deborah Howard for making 7 batches of her famous pancake batter!

... Thank you to Donna Wink for donating copy paper to the church office.

... Thank you to Deborah Howard for overseeing the installation of the new stoves for the church kitchen.

... Thank you to Sam Ringuette for delivering our Souper Bowl collection to Colchester's Food Bank.

... Thank you to all those who have hosted coffee hour following our worship services each week.

We thank those who check on and open/close windows and doors... for those who bring in paper goods to offset our expenses, and for those who donate their time and efforts to maintain and repair our buildings and grounds.

Giving Update

	January	Year to Date
Total Pledged	\$12,422	
Total Received	\$13,713	
Difference	\$1,291	
Percent Received	110%	

MISSION & WITNESS

SOUPER BOWL UPDATE

Thank you to everyone who donated to this year's SOUPeR Bowl! We collected 186 cans of soup to donate to Colchester's Food Bank!

And.... Turns out Kansas City not only won the Super Bowl, but won our SOUPeR Bowl with 105 items! Philly came in a little short with 81 cans- but that's nothing to be ashamed of.... Thank you!



Thank you to Sam Ringuette for delivering our collection to the Colchester Food Bank!

SUNDAY SCHOOL

INTERGENERATIONAL COMMUNION SUNDAY

On Communion Sundays we worship together and the youth help with leading the worship service. Thank you to Ashlyn, Caroline, Sam, and Oliver for helping to lead our worship service on February 5th.



Photo Credits: Steve Bradstreet & Deborah Howard

EASTER EGGS & FILLINGS NEEDED

On Easter Sunday, following the 9 AM worship service, the children of CFC are invited to participate in our annual Easter Egg Hunt!

We are in need of plastic eggs & some fun things to fill them with. Items can be candy, erasers, stickers... whatever can fit inside of an egg!

Any help would be greatly appreciated. Items can be dropped off in the sanctuary or brought to the church office by March 31st.

Thank you! ~ Nicole



SUNDAY SCHOOL

COMMUNION CLASS

Communion classes will be offered for youth in 3rd grade and up who wish to participate.

Communion Classes will take place over 3 weeks. (**March 19, March 26, and April 2**) All classes will be held during Sunday School. On April 2, Palm Sunday, the youth will take part in bread making (*thank you Deborah Howard for continuing this tradition*) and stay after worship to meet with Pastor Lauren and go over the Maundy Thursday service.

The culmination of the program takes place on **Maundy Thursday, April 6 at 7 PM**, where the youth will officially take part in Communion. A special Communion Class reception will be held during coffee hour on **May 7**.

For more information and to sign your child up, please contact Nicole Hosford



VBS PLANNING TEAM



It's that time again! I am once again looking for a team of people who can help with planning and implementing our Vacation Bible School program this summer.

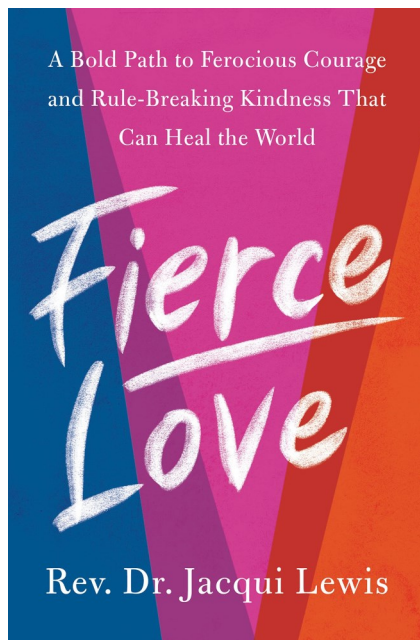
VBS will be held August 7-11, 9AM—12PM. The next planning team meeting is tentatively scheduled for **March 26** following the worship service.

If you are able to help please reach out!

Thank you! ~Nicole

BIBLE STUDY

BIBLE STUDY WILL BEGIN THE BOOK FIERCE LOVE ON MARCH 14



Just as a reminder, Pastor Lauren leads a Zoom Bible Study on Tuesday mornings from 10:30-11:30ish. On Tuesday March 14th our class will begin discussing Rev. Dr. Jacqui Lewis's book *Fierce Love: A Bold Path to Ferocious Courage and Healing Kindness*. All are welcome to attend! We'll discuss the Introduction and Chapter 1 at our first class and go on from there.

If you're interested in participating, let Pastor Lauren know so she can send you the Zoom link. (Pastor Lauren's email: cfc.minister@gmail.com)

About *Fierce Love* (Book Description from Penguin Random House):

We are living in a world divided. Race and ethnicity, caste and color, gender and sexuality, class and education, religion and political party have all become demographic labels that reduce our differences to simplistic categories in which “we” are vehemently against “them.” But Rev. Dr. Jacqui Lewis’s own experience—of being the first female and first Black minister in her church’s history, of being in an interracial marriage, and of making peace with childhood abuse—illustrates that our human capacity for empathy and forgiveness is the key to reversing these ugly trends.

Inspired by the tenets of ubuntu—the Zulu philosophy that we are each impacted by the circumstances that impact those around us, and that the world won’t get better until we all get better—Fierce Love lays out the nine daily practices for breaking through tribalism and engineering the change we seek. From downsizing our emotional baggage to speaking truth to power to fueling our activism with joy, it demonstrates the power of small, morally courageous steps to heal our own lives, our posse, and our larger communities. Sharing stories that trace her personal reckoning with racism as well as the arc of her journey to an inclusive and service-driven faith, Dr. Lewis shows that kindness, compassion, and inclusive thinking are muscles that can be exercised and strengthened. With the goal of mending our inextricable human connection, Fierce Love is a manifesto for all generations: a bighearted, healing antidote to our rancorous culture.

ANNOUNCEMENTS

PRAYING IN COLOR WORKSHOP: MARCH 5

Pastor Lauren will lead a workshop during Lent and introduce the prayer practice "Praying in Color" after worship on March 5th. We will gather in the Jerusalem Room at 10:30 and our session will last for around 1 hour. All materials will be provided! All you need to bring is yourself and an open mind as you will be introduced to a new way to pray. For more information on Praying in Color, you can peruse the website: <https://prayingincolor.com/>

Here are some reasons to *Pray in Color*:

You want to pray but words escape you.

You feel antsy and can't sit still.

Your prayers seem puny and silly.

You want to spend time with God but don't know how.

Your mind wanders, and your body complains.

You want a visual, concrete way to pray.

You need a **new** way to pray.

SPRING IN BLOOM VENDOR FAIR

Our Spring in Bloom Vendor Fair is coming up on **May 6th** from 10-2 PM! If you would like a table for the fair, or know someone who would like to sell their goods, please reach out to Renee Misbach, Liza Ringuette or Jen Totten.



Spring in Bloom
Vendor Fair

Saturday, May 6th 10 AM - 2 PM

Crafters - Vendors - Upscale Tag Sale
Farmer's Market - Raffle - Bake Sale

Colchester Federated Church
60 Main St, Colchester CT

If you would like to be a vendor, please contact Renee at
rouillette01@snet.net

ANNOUNCEMENTS

KITCHEN Clean-Out

Over time with various receptions and church events, parishioners bring dishes, pots & pans, and serving platters to CFC and they sometimes get left behind. As we prepare to undergo renovations in the kitchen, we are asking folks to take a look around and bring home what may be yours. All items left behind after **March 19** will be donated or discarded.

Thank you!

Reminders from the church office...

Announcement Deadlines:

Thursday Thoughts - by 9AM Wednesday morning

Sunday Bulletin— by 9 AM Thursday morning

The Crier- 20th of the month (*June & July are combined so the deadline is May 20th*)

*ALL MEETINGS (*including Ministry meetings*), no matter how brief, should be communicated to the church office so the calendar and room availability may be updated.

*If you move, change phone/emails, want to be added/removed to the birthday & anniversary list, or email mail list, please let the office know so that information may be updated.

THANK YOU!

cfc06415@gmail.com

(860)537-5189

Office Hours: Mon-Fri, 9AM—1PM

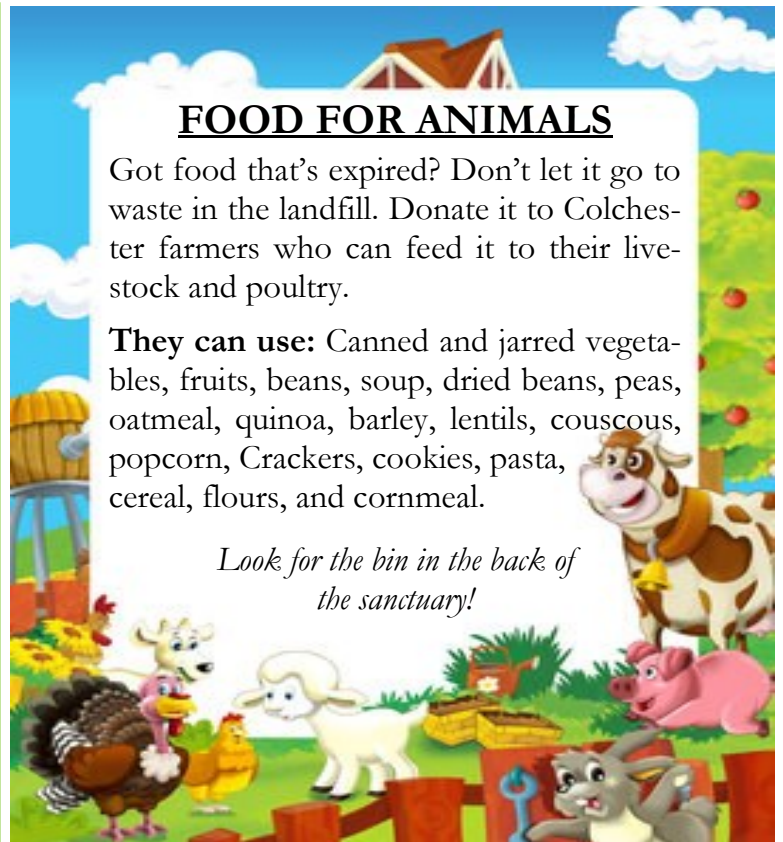


FOOD FOR ANIMALS

Got food that's expired? Don't let it go to waste in the landfill. Donate it to Colchester farmers who can feed it to their livestock and poultry.

They can use: Canned and jarred vegetables, fruits, beans, soup, dried beans, peas, oatmeal, quinoa, barley, lentils, couscous, popcorn, Crackers, cookies, pasta, cereal, flours, and cornmeal.

Look for the bin in the back of the sanctuary!



CHURCH CALENDAR

March 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 10 AM My Brother's Keeper (JR) 12 PM AA (Lib)	2 10 AM AA (Lib) 6:30 PM Choir Rehearsal (S)	3 12 PM AA (Lib)	4 9:30 AM AA (SR) 9:30 AM Al-Anon (JR/Lib)
5 9 AM Worship Service 10:30 Praying in Color (JR) 7 PM Boy Scouts Committee Meeting (SR)	6 11 AM Transitional Students 12 PM AA (Lib) 7 PM Boy Scouts (G/SR/JR) 7:30 PM AA (Lib)	7 10:30 Zoom Bible Study 12 PM AA (Lib) 4:30 PM Girl Scout #63313 (JR)	8 9:30 Staff meeting (O) 10 AM My Brother's Keeper (JR) 12 PM AA (Lib) 6 PM Girl Scouts #63223 (JR) 7 PM Stewardship (Lng)	9 10 AM AA (Lib) 6:30 PM Choir Rehearsal (S)	10 12 PM AA (Lib)	11 9:30 AM AA (SR) 9:30 AM Al-Anon (JR/Lib)
				Pastor Lauren Vacation		
12 <i>Daylight Savings</i> 9 AM Worship Service 10:30 AM CE Meeting (JR)  Dave Hock Off	13 11 AM Transitional Students 12 PM AA (Lib) 7 PM Boy Scouts (G/SR/JR) 7:30 PM AA (Lib)	14 10:30 Zoom Bible Study 12 PM AA (Lib)	15 10 AM My Brother's Keeper (JR) 12 PM AA (Lib) 7:30 PM AA (Lib)	16 10 AM AA (Lib) 6:30 Choir Rehearsal (S)	17 12 PM AA (Lib) 4 PM Set-Up PPD (G) 	18 9:30 AM AA (SR) 9:30 AM Al-Anon (JR/Lib) 1PM Powder Puff Derby (G)
19 9 AM Worship Service Kim Lewis Off	20 <i>Crier Deadline</i> 12 PM AA (Lib) 7 PM Boy Scouts (G/SR/JR) 7:30 PM AA (Lib)	21 10:30 Zoom Bible Study 12 PM AA (Lib) 4:30 PM Girl Scout #63313 (JR) 7 PM Deacons (Lng)	22 10 AM My Brother's Keeper (JR) 12 PM AA (Lib) 6 PM Girl Scouts #63223 (JR) 7:30 PM AA (Lib)	23 10 AM AA (Lib) 6:30 Choir Rehearsal (S)	24 12 PM AA (Lib)	25 9:30 AM AA (SR) 9:30 AM Al-Anon (JR/Lib)
26 9 AM Worship Service	27 12 PM AA (Lib) 11 AM Transitional Students 7 PM Boy Scouts (G/SR/JR) 7:30 PM AA (Lib)	28 10:30 Zoom Bible Study 12 PM AA (Lib)	29 10 AM My Brother's Keeper (JR) 12 PM AA (Lib) 7:30 PM AA (Lib)	30 10 AM AA (Lib) 6:30 Choir Rehearsal (S)	31 12 PM AA (Lib)	

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**BE GLAD
IN THE LORD AND
REJOICE.**

PSALM 32:11, NRSV