

The Judea Journal

The First Congregational Church, UCC ,
An Open and Affirming Congregation of the UCC



Worship Schedule October

- Oct 1 - 10:00 am Worship Svc with Communion
 - Oct 8 - 10:00 am Worship Svc*
 - Oct 15 - 10:00 am Worship Svc*
 - Oct 22 - 10:00 am Worship Svc*
 - Oct 29 - 10:00 am Worship Svc*
- * Sunday School and Childcare Available

“The water that I will give will become in them a spring of water gushing up to eternal life.”
John 4:14

This month, join us as we celebrate the “Season of Creation” in worship, Sunday school, and youth group. It is a new liturgical season, like the seasons of Lent and Advent, that many churches, nowadays, set aside to recognize God’s work and God’s presence in nature. We remember our responsibility as co-creators and stewards of the natural environment that supports all life on earth.

Our focus this year is water. Because of the desert environment of Judah, the Bible talks a lot about water and uses it as a symbol for the goodness of God. In the Bible, “living” water, refers both to the literal life-giving fresh water that flowed down the Jordan or up from underground springs, and the metaphorical “living water” that is the presence and grace of God. Jesus told the woman at the well, that if she had asked, he would have given her living water that would become a spring of water within, gushing up to eternal life.

This month, we will focus on ways that we can care for the life-

By the Rev. Cheryl Anderson, Pastor

giving water of earth’s rivers, streams, lakes, oceans, wells, and reservoirs. We will also focus on ways we can experience the spiritual, healing, living water that Christ offered the woman at the well.

Our new Green Team is presenting a “Green Minute” each Sunday and preparing bulletin inserts with suggestions for keeping poisons out of our local and global springs, streams, rivers, lakes, oceans, and drinking water. Our Sunday school is creating a “creation” presentation, and our youth group will be decorating our sanctuary and planning some church-wide environmental

initiatives. I hope to see you in worship this month!



Pastor.cheryl@firstchurchwashingtonct.org

MINDFULNESS MEDITATION CLASS BEGINS ON OCT 15

A 6-session mindfulness class will begin on Monday evening, October 15, 6:30 – 8:00 pm in the Parish House parlor. We will focus on the central practice of sitting meditation along with

mindful eating, mindful walking, and mindfulness of emotions and thoughts.

Mindfulness meditation helps people deal with the stress of work or family, or simply the anxiety of living in these troubled times. Some people come to mindfulness practice to help with mental clarity and focus or to improve their sleep. It has been shown to be effective in preventing and treating depression, increasing body satisfaction, and reducing implicit age and race bias.

The facilitator will be Pastor Cheryl Anderson, who has been practicing a variety of types of meditation since 1972 and has taught meditation and Christian contemplative practices for over 20 years, and

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Flowers and Steeple Lighting Memorials



Flowers

- Oct 7 In thankfulness for our beautiful church and lovely pastor, given by Deb Swigart
- Oct 14 Given by Toppo Pickett in loving memory of her friend, Liz Miller
- Oct 21 In celebration of my grandchildren given by Debbie Swigart
- Oct 28 In loving memory of her father, John Rauch, given by Helen Rauch Hughes.

Steeple Lighting

- Oct 7 Given by Toppo Pickett in loving memory of her husband, Walter M. (Jed) Pickett, Jr.
- Oct 14 In memory of David Nelson DeLude from his parents, Dicka and Tony DeLude
- Oct 21 In loving memory of her father, John Rauch, given by Helen Rauch Hughes.
- Oct 28 **OPEN**

Flowers are \$65 per week. Steeple Lighting is \$25 per week.

In addition to the openings above for flowers, there are also flower memorials available for November 4, 11, and 25 and an assortment of dates in 2019. Please contact Karen in the church office to reserve.

Mindfulness Meditation (cont'd from page 1)

trained at the Shalem Institute for Spiritual Formation in Washington DC in leading contemplative practice groups and retreats.

If you are interested in participating in the class or have questions about mindfulness practice, please call the church office at 860-868-0569.



Our college students have been delivered safely to their new digs.

If you wish to send a note of encouragement, you can get it to them at:

Matt Brady (2nd year)

George Washington University
1959 E Street NW
Washington, DC 20052
mbrady@gwmail.gwu.edu

Riley Brady (1st year)

Founders Hall - room 134 SW
Mercy College
555 Broadway
Dobbs Ferry, NY 10522

Maddie Gorra (2nd year)

Madeline Gorra-3220
PO Box 1494
Lancaster PA 17604

Katie Hileman (1st year)

PO Box 1351
Gambier, OH 43022

Alexa Lewis (1st year)

MSC914
Ursinus College
601 Main Street
Collegeville, PA 19426

Emma Lewis (2nd year)

Gettysburg College CB 1324
300 North Washington St
Gettysburg PA 17325

Katie Grinnell (1st year)

Room 2, Apartment 4, House 13
Belgrove Student Residences
University College Dublin
Belfield, Dublin 4
D04 VW21
katherinepgrinnell@gmail.com

Meet Our Staff



Rev. Cheryl Anderson, Pastor
Carrie Loyd, Christian Ed Superintendent
Jesse Ofgang, Organist
 and Principal Musician
Kathleen Sauvageau, Bookkeeper
Karen Esslinger, Admin. Assistant
Al Trowbridge, Sexton
Ministers: All the Members

Pastor Cheryl works Sundays through Thursdays.
 Daily schedule varies based on congregational needs.
 It is best to call for an appointment.

Church Office Hours

Karen - Mondays and Wednesdays, 1 pm—5:30 pm
 Tuesdays and Thursdays, 9 am—1:30 pm
Kathleen - Wednesdays, 9 am—2 pm
 (860) 868-0569 or
 bookkeeper@firstchurchwashingtonct.org

The Council's Corner

Council Members

Cheryl P. Anderson, Pastor 860-868-0569, ext 11
 Pastor.Cheryl@
Trish Grinnell, Moderator, 860-799-0190, Moderator@
Tony Vengrove, Vice-Moderator/ Stewardship,
 860-799-0054
Michelle Gorra, Treasurer, 860-868-7852, Treasurer@
Leah Clark, Clerk, 860-567-0458
Millie Johnson, Christian Ed. (860)354-0569, DCE@
Dave Werkhoven, Deacons, 860-868-0054
Steve Wadelton, Finance, 860-868-9822, Finance@
Jim Esslinger, Missions, (860) 919-5207
Alecia Evans, Music & Drama, 860-868-2864
John Lintner, Personnel, 860-868-0019
Lee Parsons, Trustee, 860-946-7798
All official church emails ending with @ should be followed by firstchurchwashingtonct.org.
For all other emails, go to
www.firstchurchwashingtonct.org/staff


DEACONS OF THE MONTH: WAYNE HILEMAN AND DAVE WERKHOVEN (OCT)

DATE	USHERS & GREETERS	WORSHIP ASSISTANT	WELCOME ANNOUNC'M'TS	NURSERY	SUNDAY SCHOOL	COFFEE HOUR
OCT 7 COMMUNION	TBD*, TBD, Ben and Andrew Grinnell	Trish Grinnell	Dan Lovallo	Judie Gorra	Carrie Loyd	Debbie Swigart & Shirley Downs
OCT 14	Jack and Jane Boyer	Dan Lovallo	Dan Lovallo	Annie Baur	Carrie Loyd	Johnson/Anson Families
OCT 21	Lee, Alyssa and Caroline Parsons	Carol Glintenkamp	Cara Michalski	TBD	Carrie Loyd	Vengrove Family
OCT 28	Michael and Abby Gorra	Wayne Hileman	Wayne Hileman	TBD	Carrie Loyd	Beckstrom, Johnson, et al

♦ *The Communion server marked with an asterisk is assigned to bring the bread.*

If you are scheduled and cannot do it for some reason, please make arrangements for a replacement and then notify Karen in the church office. (860) 868-0569

October 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 9 am - Gunnery Meeting (MH)	2 9:30 AM - AA 6:30 PM- NB Divorce Support	3 10:30 am - Jesus Fatwah (see p 12) 4 pm - Yoga	4 7 pm - Search Committee Mtg	5 10 am - AA Meeting 6 pm - NB Pot Luck Supper	6 8-11 AM - Steep Rock Assoc. Board Meeting
7 10 am Worship with Communion 1 pm Comfort Shawl Project 4 pm SingoutCT	8 9 am - Gunnery Meeting (MH)	9 9:30 AM - AA 12:15 pm -Rotary 5-6:30 pm - CE Scarecrow Workshop 6:30 PM- NB Divorce Support	10 10:30 am - Jesus Fatwah (see p 12) 4 pm - Yoga	11 7 pm - Search Committee Mtg	12 10 am - AA Meeting 6 pm - NB Pot Luck Supper	13
14 10 am Worship - Sunday School 11 am Confirmationclass 11 am Teen Talk 4 pm SingoutCT	15 6:30 PM Mindfulness Meditation	16 9:30 AM - AA 6:30 PM- NB Divorce Support	17 10:30 am - Jesus Fatwah (see p 12) 4 pm - Yoga	18 6:30 PM Council Meeting 7 pm - Search Committee Mtg	19 10 am - AA Meeting 6 pm - NB Pot Luck Supper	20
21 10 am Worship— Sunday School 11 am - Worship planning meeting 1 pm Comfort Shawl Project 4 pm SingoutCT	22 9 am - Gunnery Meeting (MH) 3 - 5 PM - Girl Scouts 6:30 PM Mindfulness Meditation	23 9:30 AM - AA 12:15 pm -Rotary 6:30 PM- NB Divorce Support	24 10:30 am - Jesus Fatwah (see p 12) 4 pm - Yoga	25 7 pm - Search Committee Mtg	26 10 am - AA Meeting 6 pm - NB Pot Luck Supper	27
28 10 am Worship 11 am - Deacons 4 pm SingoutCT 5-7 pm Youth Group	29 9 am - Gunnery Meeting (MH) 6:30 PM Mindfulness Meditation	30 9:30 AM - AA 6:30 PM- NB Divorce Support	31 4 pm - Yoga			

Tuesday, October 9, 5—6:30 pm Scarecrow Workshop - Our Christian Education program is sponsoring a workshop for all ages to build a scarecrow that our church will enter into the Harvest Festival to be held in the Washington Depot on October 13 from noon to 5 pm. To participate, or for more information, please contact Carrie or Millie at DCE@firstchurchwashingtonct.org

Annual Christmas Wreath Sale to benefit Susan B Anthony Project - MariLyn Roze will be taking orders on Sundays during October, or by phone or email: (860) 868-2398 or mroze@charter.net

CWS Emergency Clean-up Buckets - Watch for more info on how you can help in October bulletins and emails!

The First Congregational Church, UCC

6 Kirby Road - P.O. Box 1285 - Washington, CT 06793

Phone: 860-868-0569

E-mail: admin@firstchurchwashingtonct.org

Website: www.firstchurchwashingtonct.org

Prayers for self and others: www.firstchurchwashingtonct.org/prayer.php