



~ October Worship ~
10:00 am in the Sanctuary



October 7	World Communion Sunday	Ms. Kate Byers, Director Christian Nurture	Luke 5:27 - 6:11
October 14	"Journey with Luke: The Other Beautitudes"	Rev. John Castricum, Sr. Pastor	Luke 6: 20-39
October 21	"Journey with Luke : The Faith of a Foreigner"	Rev. John Castricum, Sr. Pastor	Luke 7: 1 -10
October 28	"Journey with Luke: Raising the Dead"	Rev. John Castricum, Sr. Pastor	Luke 7: 11-17

Thank you for your help in publishing our newsletter on time. Our next Newsletter deadline is **October 8, 2018** Our next mailing is **October 24, 2018**. Please send you email articles to: fchurchb2@verizon.net. Thank you.



First Church of Christ, Congregational
United Church of Christ

October 2018 Newsletter



Pastor's Message

By now, our "Journey with Luke" sermon series is in full motion. We've already looked at four stories of Jesus in September and that's just a start – there are so many things to talk about over the weeks and months ahead! During the fall, I am focusing on Jesus' ministry in Galilee, the second major section in Luke. We are skipping ahead, since the first section covers Jesus' birth, which we will cover during the Advent and Christmas season.

Geography is very important to Luke, and the fact that Jesus starts his ministry in Galilee is significant. In Jesus' times, Israel was separated into two sections. To the south was Judah, the most important section of Israel. Jerusalem, the capital and spiritual center of Israel was in Judah. Jerusalem was like New York City – everything important happened there, so all the important people gathered there. Especially if you were a religious figure, you wanted to be in Jerusalem. This was especially true because the temple was there. Any good Jew, if he or she could, would make a pilgrimage to the temple in Jerusalem for the holy days, especially Passover. If you were a new rabbi and wanted to make your mark, you would go to Jerusalem.

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Nurture's Message

The new year of church school is off to a great start. Children and adults have fun playing games on Homecoming Sunday. The races were a big hit! We are looking forward to a fall full of animal blessing, pie making, turkey serving, and community building. There is a lot going on in October. Many of the activities are designed to being in the wider community so please invite your friends and neighbors.

You might be surprised at how touched someone would be with an invitation to the Blessing of the Animals service or to the Turkey Dinner. In New England, reaching out about church life can be intimidating but it can also be rewarding. It is an opportunity to bless the life of someone else. It is an opportunity to share community, connection, and meaning with another person or animal.

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67th Annual Turkey Dinner

Saturday, October 27, 2018 at 6 pm

Spread the word and bring your family and friends to feast in Upper Fellowship Hall on **Saturday, October 27th at 6:00 pm!** Enjoy succulent roast turkey, savory stuffing, mashed potatoes, butternut squash, and warm rolls and butter, but be sure save room for dessert – homemade apple or pumpkin pie! The fun, food, and fellowship can't be beat.

Tickets are \$15/adult and \$10/child under 12. You may purchase tickets after church on October 7th , or by calling the church office at 781-275-7951.

We are planning a pie making night on October 15th and we'll be taking orders for frozen apple pies that will be available for pick up at the dinner. Contact: Carol Jamison (ctjamison@aol.com) or Christopher Majoros (cmajor@alum.mit.edu) for details.

So, if you have a few hours to spare to help with advertising, selling tickets, food prep, serving, or set up or clean up, call Dotty Blake at 781-275-0196 or email at cpodot@gmail.com. Thanks!

Sunday Worship 10:00 am

Church Office Phone: 781-275-7951
Church Office Hours: Monday-Friday 9:00 am-3 pm
Church Office Email: fchurchb2@verizon.net
Website: www.firstchurchbedford.org
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**Senior Pastor:** The Reverend John Castricum  
cell phone: 857-939-0711  
**Director of Christian Nurture:** Kate Byers  
**Music Director:** Susan Capestro  
**Church Administrator:** Debra Zagaeski

**ANNUAL TURKEY DINNER**  
**Saturday, October 27, 2018, 6:00 pm**  
**Upper Fellowship Hall...see page 1 for details**

The First Church of Christ, Congregational  
25 The Great Road  
Bedford, MA 01730-2192  
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Galilee was in the far north of Israel, separated from Jerusalem by Samaria. Because a good Jew would not associate with a Samaritan, or even walk through Samaritan territory, this region acted as a barrier between the two sections. This turned Galilee into an insignificant, blue-collar territory. Most Jews in Judah did not pay attention to what was happening in Galilee.

From one perspective, it is really a total mystery that Jesus starts his ministry in Galilee. If he wanted to get his message across effectively, he should have started in Jerusalem. But as we have seen in September, Jesus was not concerned with getting his message across to the powerful religious elite. In his first recorded preaching opportunity in Luke, he opens the scrolls of the prophet Isaiah and reads Isaiah 61, “the Spirit has come upon me because the Lord has anointed me. He has sent me to speak Good News to the poor, to proclaim release to the captives and recovery of sight to the blind, to liberate the oppressed and proclaim the year of the Lord’s favor.”

From the very start, Jesus is concerned more with those on the margins. He is even interested in the Gentiles, the non-Jews who were supposedly outside God’s vision of salvation. His fame spread throughout the region of Galilee because they were yearning for Good News. Just the fact that a major religious figure would be concerned with their lives made a huge difference. This had never happened in their lives.

Life was very hard for these people, forgotten by the powerful rulers in southern Judah. Many of them accepted this Good News and realized that this was the promised Messiah, the one who fulfilled the Old Testament prophecies, the one who would deliver his people. Jesus fame spread quickly all over Judah, and except for his hometown, Nazareth, people were filled with awe and praise for not only his message, but his ministry of healing.

This section answers some basic questions for both Luke’s church, and ours today. Who is Jesus? What is he all about? Who can do such works and teach with such power? The whole unit describes an awakening of many to understand the answers to these questions. First the disciples, then to other followers and then out the whole region of Galilee.

~ Pastor John

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### Prayer Circle Sundays at 7:00 p.m. in the Parlor

Prayer Circle is meeting Sunday Nights 7:00 - 8:00 pm in the Parlor. All are welcome to join us. Often we have a time of concerns and joys and other prayer needs and a time of silent prayer. If you are unable to join us, and have a concern or joy you'd like some extra prayers for, please contact Alison Weaver, or the church office or leave a note in one of the prayer boxes at church.

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### Coffee and Conversation at Brueggers

Pastor John will be continuing his “Coffee and Conversation” in October. He will be at Brueggers Bagels on Great Road on Tuesdays and Thursdays from 9:00 a.m. to 10:00 a.m. He will be there to talk about anything you want: your faith, an issue you’re struggle with, a joy you want to share or whatever is happening in your life. If you’ve never come, give it a try. He’d love to hear what’s on your mind!



First Church of Christ Congregational, Bedford MA-WEB Calendar Oct 2018 (Eastern Time - New York)

| Sun                                                                                                        | Mon                                                                                | Tue                                                                                                                           | Wed                                                                                     | Thu                                                                                                                        | Fri                                                                       | Sat                                  |
|------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------|--------------------------------------|
| 30                                                                                                         | 1                                                                                  | 2                                                                                                                             | 3                                                                                       | 4                                                                                                                          | 5                                                                         | 6                                    |
|                                                                                                            | 6am - AA @<br>3pm - POMS<br>7pm - Jubilee                                          | 6am - AA @<br>7:30am - Viola<br>9am - Bedford<br>9am - Coffee<br>6:45pm - AA @<br>7pm - Masons                                | 6am - AA @<br>7am - Men's<br>1pm - POMS<br>1pm - POMS<br>6pm - Wonderf                  | 6am - AA @<br>8am - Bible<br>9am - Coffee<br>2:30pm - POM<br>2:30pm - POM<br>3pm - POMS<br>5:30pm - Essee<br>7:30pm - AA @ | Pastor John<br>6am - AA @<br>9am - Bedford<br>2pm - POMS -<br>6:30pm - AA | 6am - AA @                           |
| 7                                                                                                          | 8                                                                                  | 9                                                                                                                             | 10                                                                                      | 11                                                                                                                         | 12                                                                        | 13                                   |
| 6am - AA @<br>8:15am - 8:15<br>10am - Worshi<br>7pm - Prayer                                               | COLUMBUS<br>November<br>Office Closed<br>6am - AA @<br>3pm - POMS<br>7pm - Jubilee | 6am - AA @<br>7:30am - Wo<br>9am - Bedford<br>9am - Bedford<br>9am - Coffee<br>6:45pm - AA @<br>7pm - Cabinet<br>7pm - Masons | 6am - AA @<br>7am - Men's<br>1pm - POMS<br>1pm - POMS                                   | 6am - AA @<br>8am - Bible<br>9am - Coffee<br>2:30pm - POM<br>2:30pm - POM<br>3pm - POMS<br>5:30pm - Essee<br>7:30pm - AA @ | Pastor John<br>6am - AA @<br>9am - Bedford<br>2pm - POMS -<br>6:30pm - AA | 6am - AA @<br>4pm - Baby             |
| 14                                                                                                         | 15                                                                                 | 16                                                                                                                            | 17                                                                                      | 18                                                                                                                         | 19                                                                        | 20                                   |
| 6am - AA @<br>8:15am - 8:15<br>10am - Worshi<br>2pm - Blessing<br>2pm - Pie<br>6pm - Youth<br>7pm - Prayer | 6am - AA @<br>2pm - Pie<br>3pm - POMS<br>7pm - Jubilee                             | 6am - AA @<br>9am - Bedford<br>9am - Coffee<br>6pm - Masons<br>6:45pm - AA @                                                  | 6am - AA @<br>7am - Men's<br>1pm - POMS<br>1pm - POMS<br>6pm - Wonderf                  | 6am - AA @<br>8am - Bible<br>9am - Coffee<br>2:30pm - POM<br>2:30pm - POM<br>3pm - POMS<br>5:30pm - Essee<br>7:30pm - AA @ | Pastor John<br>6am - AA @<br>9am - Bedford<br>2pm - POMS -<br>6:30pm - AA | 6am - AA @<br>9am - Masons           |
| 21                                                                                                         | 22                                                                                 | 23                                                                                                                            | 24                                                                                      | 25                                                                                                                         | 26                                                                        | 27                                   |
| 6am - AA @<br>8:15am - 8:15<br>10am - Worshi<br>11am - Deacon<br>6pm - Youth<br>7pm - Prayer               | 6am - AA @<br>3pm - POMS<br>7pm - Jubilee                                          | 6am - AA @<br>9am - Bedford<br>9am - Coffee<br>6:45pm - AA @<br>7pm - Women'                                                  | 6am - AA @<br>7am - Men's<br>10am - Newsle<br>1pm - POMS<br>1pm - POMS<br>7pm - Outreac | 6am - AA @<br>8am - Bible<br>9am - Coffee<br>2:30pm - POM<br>2:30pm - POM<br>3pm - POMS<br>5:30pm - Essee<br>7:30pm - AA @ | Pastor John<br>6am - AA @<br>9am - Bedford<br>2pm - POMS -<br>6:30pm - AA | TURKEY<br>6am - AA @<br>6pm - Turkey |
| 28                                                                                                         | 29                                                                                 | 30                                                                                                                            | 31                                                                                      | 1                                                                                                                          | 2                                                                         | 3                                    |
| 6am - AA @<br>8:15am - 8:15<br>10am - Worshi<br>7pm - Prayer                                               | 6am - AA @<br>3pm - POMS<br>7pm - Jubilee                                          | 6am - AA @<br>9am - Bedford<br>9am - Coffee<br>6:45pm - AA @<br>7:30pm - NAMI                                                 | HALLOWEEN<br>6am - AA @<br>7am - Men's<br>1pm - POMS<br>1pm - POMS                      |                                                                                                                            |                                                                           |                                      |

**Daily Lectionary Scripture References  
October 2018 (Year B)**

**Mon., Oct. 1**  
Psalm 140  
Esther 4:1-17  
1 Peter 1:3-9

**Tues., Oct. 2**  
Psalm 140  
Esther 5:1-14  
1 John 2:18-25

**Wed., Oct. 3**  
Psalm 140  
Esther 8:1-17  
Matthew 18:6-9

**Thurs., Oct. 4**  
Psalm 26  
Job 2:11-3:26  
Galatians 3:23-29

**Fri., Oct. 5**  
Psalm 26  
Job 4:1-21  
Romans 8:1-11

**Sat., Oct. 6**  
Psalm 26  
Job 7:1-21  
Luke 16:14-18

**Sun., Oct. 7**  
Job 1:1; 2:1-10  
Psalm 26  
Hebrews 1:1-4; 2:5-12  
Mark 10:2-16

**Mon., Oct. 8**  
Psalm 55:1-15  
Job 8:1-22  
1 Corinthians 7:1-9

**Tues., Oct. 9**  
Psalm 55:1-15  
Job 11:1-20  
1 Corinthians 7:10-16

**Wed., Oct. 10**  
Psalm 55:1-15  
Job 15:1-35  
Matthew 5:27-36

**Thurs., Oct. 11**  
Psalm 22:1-15  
Job 17:1-16  
Hebrews 3:7-1

**Fri., Oct. 12**  
Psalm 22:1-15  
Job 18:1-21  
Hebrews 4:1-11

**Sat., Oct. 13**  
Psalm 22:1-15  
Job 20:1-29  
Matthew 15:1-9

**Sun., Oct. 14**  
Job 23:1-9, 16-17  
Psalm 22:1-15  
Hebrews 4:12-16  
Mark 10:17-31

**Mon., Oct. 15**  
Psalm 39  
Job 26:1-14  
Revelation 7:9-17

**Tues., Oct. 16**  
Psalm 39  
Job 28:12-29:10  
Revelation 8:1-5

**Wed., Oct. 17**  
Psalm 39  
Job 32:1-22  
Luke 16:19-31

**Thurs., Oct. 18**  
Psalm 104:1-9, 24, 35b  
Job 36:1-16  
Romans 15:7-13

**Fri., Oct. 19**  
Psalm 104:1-9, 24, 35b  
Job 37:1-24  
Revelation 17:1-18

**Sat., Oct. 20**  
Psalm 104:1-9, 24, 35b  
Job 39:1-30  
Luke 22:24-30

**Sun., Oct. 21**  
Job 38:1-7 [34-41]  
Psalm 104:1-9, 24, 35b  
Hebrews 5:1-10  
Mark 10:35-45

**Mon., Oct. 22**  
Psalm 75  
Job 40:1-24  
Hebrews 6:1-12

**Tues., Oct. 23**  
Psalm 75  
Job 41:1-11  
Hebrews 6:13-20

**Wed., Oct. 24**  
Psalm 75  
Job 41:12-34  
John 13:1-17

**Thurs., Oct. 25**  
Psalm 34:1-8 [19-22]  
2 Kings 20:12-19  
Hebrews 7:1-10

**Fri., Oct. 26**  
Psalm 34:1-8 [19-22]  
Nehemiah 1:1-11  
Hebrews 7:11-22

**Sat., Oct. 27**  
Psalm 34:1-8 [19-22]  
Job 42:7-9  
Mark 8:22-26

**Sun., Oct. 28**  
Job 42:1-6, 10-17  
Psalm 34:1-8 [19-22]  
Hebrews 7:23-28  
Mark 10:46-52

**Mon., Oct. 29**  
Psalm 28  
Isaiah 59:9-19  
1 Peter 2:1-10

**Tues., Oct. 30**  
Psalm 28  
Ezekiel 18:1-32  
Acts 9:32-35

**Wed., Oct. 31**  
Psalm 28  
Ezekiel 14:12-23  
Matthew 20:29-34

**Bible and Bagels and Luke!**

After a great start in September, “Bible and Bagels” Bible Study, continues in October on Thursday Mornings from 8 to 9 a.m. at Bruegger Bagels on Great Road. This year, Bible and Bagels will be coordinated with the “Journey with Luke” sermon series during the year. Each session, will be an opportunity to “talk back” about last week’s sermon as well as learning more about the upcoming sermon. We will delve deeper into Luke: his background, his writing style and his faith.

This is a drop-in bible study: show up anytime - no prior knowledge of the Bible is necessary. This is a “low stress” Bible Study aimed at those who don’t know much about the Bible, but are curious to learn more.

So join us and get your day started right, with a good dose of inspiration. And bring a friend, too!

**Coffee Hour**

Want a chance to make a difference? To fulfill our mission to “Welcome All”? Consider signing up to sponsor Coffee Hour after Church! See the sign-up sheet in the Vestry or call the Church Office. Thank you!

**New Member Sunday**

From what we can see, there are a few friends of our church who might like to become members of our community of faith. If you are interested in joining the church, we ask you to fill out a yellow membership application, available in the Narthex and Vestry, or by calling the church office. We will be holding a service welcoming new members during worship on Sunday, November 4<sup>th</sup>. To prepare for this day and answer any of your questions, we are scheduling a new member information session on either Sunday, October 21<sup>st</sup> or October 28<sup>th</sup>, shortly after morning worship. If you have any questions, please feel free to contact Pastor John.

**Nurture’s Message Continued**

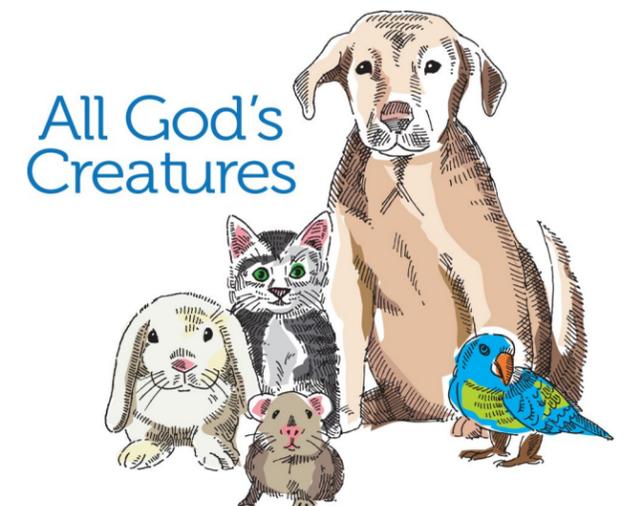
The truth is today, people often feel lonely and isolated. You would think with social media and email we would be hyper connected. In some ways we are but in other ways we are more distant from physical community. Extended families are scattered, work never seems to end, and there are so many structured activities that place us in the same location as other people but often don’t provide space and time for meaningful connection. We are social creatures. We need each other and we need God. Church is one of the few places we can go where the entire point is meaningful connection. Don’t be afraid to extend the invitation to grow in faith and joyfully serve to others. People are yearning for church, they just might not know it yet.

~ Kate Byers

**Blessing of the Animals**

**Sunday, October 14 2:00 - 3:00, First Church front parking lot (rain date October 21)**

In caring for the animals in our lives, we honor God's love for all of creation. Bring your furred, feathered or finned companions, extend the welcome to friends and their pets too, and join us as we celebrate this beloved and centuries old tradition.



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## Cabinet Meeting Notes September 2018

Attendees: John Castricum, Ruth Robinson, Carol Jamison, Kate Byers, Terry Gerrish, Barbara Byers, Allison Weaver, Carol Jamison, John Guetersloh, Kelly Woessner

### Pastor's Report - John

New church administrator is Debra Zagaeski with administrative and Christian nurture experience  
She will work Thursday and Friday this week and next; from then on, 5 days per week.  
Mary Crisone and Kathy Konkle will cover the office tomorrow. Looking for volunteer (s) for next Wednesday.  
Gospel of Luke sermon series was started  
Church Banner posted outside on front of building and trees of life posted inside the sanctuary  
Logo framed in the narthex

### Director of Christian Nurture's Report - Kate

Nurture theme is "Blessed to be a Blessing" – use your blessings to better the world  
Animal blessing in October  
Food blessing in November  
City Mission gifts blessed in December  
Family retreat focus on blessings and being a blessing in the world in February  
Youth group 4 units of study with a commitment to a unit – each unit meets 4 weeks in a row, study 2 weeks, 1 week for an event, 1 week wrap-up  
Lock-in focused on Christian identity in January or so  
Go to Boston Common Cathedral in March, looking at homelessness and justice  
Looking at ecological justice in the Spring

### Turkey Dinner – Dotty Blake

October 27 is the date  
Need pie baking lead  
\$15/adult, \$10/child  
Where do we want funds to go? Volunteers should decide. Went to local last year.

### Outreach – Nancy

Reconvening next Tuesday  
Becky Mantz will be joining outreach

### Nurture - Ruth

We enjoyed the Old-Fashioned homecoming  
Special thanks to Sarah Castricum for organizing, setting up and taking down.

### Stewardship - Carol

Stewardship met over the summer once  
2019 will be our 25<sup>th</sup> year in our new addition – let's have a party next May  
October 14, Sustainable House of Worship seminar in Acton

### Deacons - Allison

Met in August  
Planning on a growth year

### Women's Fellowship – Terry & Nancy

Breakfast was this morning  
September 25 Planning meeting  
About 13 people went to Lois' last month

## Programs for our youth: Think Outside Sunday Morning

### **Preschool and Elementary**

*Baking night*  
Early November - watch for emails

### **Middle School and High School**

This year our older youth will explore questions central to life and faith, in four units organized around a central event with meetings before and after for learning and reflection. Each unit will be a distinctive focus running for about 4 consecutive weeks. The first few weeks we will meet at church for dinner and programming as we prep for a "big activity." The third week will be a more time intensive/exciting activity. Our final week will be a wrap up session where we reflect over food on what we have done and learned. Youth and their families are invited to commit to the units that work for them. This year our units are:

#### ***Getting oriented: What should guide our lives?***

Youth will spend time exploring the bible, prayer, and community as tools for discernment/guidance. Then we will go on a geocaching adventure where we practice using electronic tools as guidance. Our final session will encourage youth to think deeply about the ways our faith guides our life. This unit will meet:

October 14<sup>th</sup> from 6 to 7:45pm  
October 21<sup>st</sup> from 6 to 7:45pm  
October 27<sup>th</sup> Turkey Dinner  
November 3<sup>rd</sup> from 9am to 2pm (Geocaching in Boston)  
November 19<sup>th</sup> from 6 to 7:45pm

#### ***Finding identity: Who are we?***

Youth and their parents will spend a few weeks talking about our identity as children of God. We will try to figure out what it means to be a child of God and how that plays into so many different aspects of our identity. The big event for the unit will be a lock-in in full of learning, games, and fun. This unit will meet mid January to mid February. For the three dinner and programming meetings parents are encouraged to attend with their youth. Some of the unit will involved everyone talking together. There will also be opportunities for parents and youth to meet separately.

#### ***Seeking social justice: What are we called to do?***

Our March unit will focus on an overnight trip into Boston with City Reach where youth will work with people experiencing homelessness to serve the homeless community of Boston. The prep meetings will encourage youth to think about homelessness and about mission through relationship.

#### ***Caring for the earth: How are we called to live?***

Shortly after Easter and Earth Day, youth will spend 4 weeks thinking about environmental justice. The big event for this unit will be an over night camping trip in May.

Watch for emails and ConCon notices with more specific details!

## Sunday School classes are going strong!

So far this year there have been about 20 children in youth around the building on Sunday mornings. Some are in the nursery, some are in Sunday school, and others are in worship. It is wonderful to see so many young people engaging in the life of the congregation. Our Sunday school team is excited to learn along with the children! This year, we are exploring how we are "blessed to be a blessing" and enjoying stories from Luke's Gospel. As in past years, we are learning through cooking, art, drama, games and science based lessons in our Spark curriculum. This year, everyone starts Sunday School Together! At the start of each week, we will meet together as a big group. This will give us time to gather and focus as a group either shifting the energy either from worship to Sunday school or on communion Sundays from home to Sunday school. Once gathered and focused, children will split into preschool, elementary school, and youth groups. Sometimes age groups will meet separately, and sometimes we will stay as a multi-age group. Both way children and youth will be engage in age appropriate activities and reflection with their peers.

### **In October:**

We will start the with a Holiday Weekend lesson on Blessings before we dive into a unit on 4 Friends bring a 5<sup>th</sup> friend to Jesus for healing. This story will have the groups reflecting on friendship, healing, faith, and the power we have to care for each other.

### **Register**

If you haven't registered your family yet, please do. The forms protect the children, the teachers, and the church. Kate has lots of copies.

### **Teach**

Would you like to work with our children this year? Nurture is looking for nursery volunteers, Sunday School Teachers, and youth group unit leaders. There are lots of big and small ways to help our children and youth grow in faith. Let Kate know what you might be interested in doing.

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## Looking For Kate Byers?

Outside of Sunday morning, this year you can find me in the church office on Tuesdays and Thursdays from 10am to 2pm. You will also be able to find me at church meetings, nurture programing, and all kinds church events. Please don't hesitate to reach out, it person, by email , or by phone. If you have a quick question or need a quick reply, the best way to reach me is by my cell phone. It is almost always with me. I can almost always answer a phone call or a text message.

My phone number is 617-800-7151.

My email is [Kathryn.byers@gmail.com](mailto:Kathryn.byers@gmail.com)

## **Wonderful Wednesday Dates 2018-2019**

Wednesdays really are Wonderful at First Church.

As usual, the evenings begins at 6:00 p.m. with a delicious dinner with friends (\$5 donations when we don't have a potluck) and then continues with an interesting program at 7 p.m. This fall we will learn about Bees with the Card Family, work on an Advent Installation for the sanctuary, try out Dinner Church, talk with a WV Coal Miner's Daughter and enjoy time together as community.

Future Wonderful Wednesdays are scheduled for:

October 3<sup>rd</sup> and 17<sup>th</sup>

November 7<sup>th</sup>

December 5<sup>th</sup>

January 16<sup>th</sup>

February 6<sup>th</sup>

March 20<sup>th</sup>

April 3<sup>rd</sup>

May 1<sup>st</sup> and 15<sup>th</sup>

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## **Wonderful Wednesday in October**

Join us at **6:00 pm** for dinner in Upper Fellowship Hall followed by the following program:

**October 3:** Program TBD



**October 17th:** Program on the wonder of bees!

## **Welcome to our New Church Administrator - Debra Zagaeski**

We are pleased to welcome our new Church Administrator, Debra Zagaeski, to First Church. Debra is delighted to join the staff at First Church, Bedford. She has previously served as the Church Administrator for the Gloucester Unitarian Universalist Church. Debra has also served as a professional religious educator for many years. She raised her five children in Lexington, MA and has become recently empty nested. She now lives with her wonderful rescue dog, Taz. Debra enjoys experimenting with fiber arts, long walks in beautiful places and gardening.

## **Super Saturday - October 20th**

On Saturday October 20<sup>th</sup> our United Church of Christ Conference is hosting a day of worship and workshops at Keefe Regional Technical School. The program runs from 8am to 3:45pm and will feature Dr. David M. Csinos, Associate Professor of Practical Theology, Atlantic School of Theology, Halifax Nova Scotia, Canada. Founder and President of Faith Forward, an ecumenical organization for innovation in ministry with children and youth. Worship will be intentionally intergenerational and there will be programing for everyone. Are you in a new role, would you like to talk with other church treasures, hear about what deacons do at other churches, or learn about faith formation? If so talk to Kate for details or visit [www.macucc.org/SS-Oct2018](http://www.macucc.org/SS-Oct2018) to register. All are welcome and encouraged to attend this day long program.

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## **Women's Fellowship/Soul Sisters**

### **Fermenting with Adrienne**

Eating fermented foods can be good for your gut! Join the Women's Fellowship/Soul Sisters (WFSS) at 7 p.m. Tuesday, Oct. 23, in the Vestry when our own Adrienne Card will show us how she makes fermented foods that are rich in probiotics right at home.

Fermented foods – like yogurt and kimchi (Korea's popular fermented vegetables) – are jam-packed with probiotics. These "good bacteria" grow during the fermentation process and may improve digestion and boost immunity.

Adrienne is a food scientist who has been fermenting foods and drinks at home with her family for years. Please join us as we learn about fermenting kombucha (tea), milk kefir (drinkable yogurt), and other probiotic-rich products.

## Music Notes



### Choir

As a vocal ensemble, the **Adult Choir** is planning to sing enjoyable selections to enhance the message of our worship service. We're working on combining our individual voices to create one cohesive sound. One way we can tell when this happens, is when the music just "feels right." Delivering an anthem with a unified, blended sound helps to amplify its message. Each rehearsal seems to bring us a little bit closer to this goal. We've been providing music for almost every service! This fall, we'll have a bit of a break, when handbells and instrumentalists play.

### Jubilee Ringers

The **Jubilee Ringers** are playing the first of their conference pieces at the end of this month. *Inception*, by **Jason Krug**, uses mallets to propel its relentless energy forward. This past summer at Bell Camp we discovered a quartet we especially liked, which you'll hear at the beginning of October. Many of our ringers like switching around, instead of always playing the same position. It gives our group wonderful flexibility and keeps our listening skills sharp. We're often learning something new, and improving our skills. That's one of the reasons we enjoy teaching beginners so much, so come ring with us!

### Instrumentalists

Offertory music will soon include duets and other ensembles of instrumentalists. Did you know that at least 3 people in our congregation play cello? We're very fortunate to have a variety of musical instruments represented.

### October Music Schedule:

- Monday, October 1 - Jubilee Ringers rehearsal 7:00 pm
- Thursday, October 4 - Adult Choir, no rehearsal (Wonderful Wednesday Week)
- Sunday, October 7 - Jubilee Ringers (Quartet) call time 8:45 am
- Sunday, October 7 - Adult Choir is off (bells are playing)
- Monday, October 8 - Jubilee Ringers, NO REHEARSAL (Columbus Day)
- Thursday, October 11 - Adult Choir rehearsal 7:30 pm
- Sunday, October 14 - Adult Choir mini-rehearsal 9:00 am
- Monday, October 15 - Jubilee Ringers rehearsal 7:00 pm
- Thursday, October 18 - Adult Choir, no rehearsal (Wonderful Wednesday Week)
- Sunday, October 21 - Adult Choir rehearsal 8:30 am
- Monday, October 22 - Jubilee Ringers rehearsal 7:00 pm
- Thursday, October 25 - Adult Choir rehearsal 7:30 pm
- Sunday, October 28 - Jubilee Ringers call time 8:45 am
- Sunday, October 28 - Adult Choir is off (bells are playing)

~ Susan Capestro, Director of Music



## Flowers for Sunday Worship

Enjoy the beauty of your and others' donations each week from September to June as a beautiful part of our worship together. Flowers may be donated in memory of a loved one or just because the Spirit moves you! We will order flowers for you unless you prefer to do it yourself. The cost is \$30-50 depending on arrangement and flowers.

There is a signup sheet in the Vestry, or you may contact Betsy Cogliano at 781-275-9462 or at lax-mom5@aol.com or signup online at: <https://www.signupgenius.com/go/20foe49aaab22a6f49-flowers1>

### Church Garden News

About the time you read this, we may have had a frost and that is our signal to close the church gardens for the season. We were blessed with both rain and sun this summer, and our garden thrived. Once again the short zinnias grew tall, and added lots of color in front of the church. We replaced flowers in the urns a few times too. Thank you Eleanor Tatosian for donating funds to cover our expenses this year.

We tackled one new project — removing the weeds and cleaning up the area around the sign behind the church. We planted various hosta plants, some impatiens, and now some mums to make the back entrance more welcoming.

With fall approaching, you will notice the walnut tree dropping what looks like tennis balls again. These are usually on the sidewalk and grass near the back side door. We are grateful to anyone who wants to help remove some as they walk by!

~The Gardening Team (Susan Wingfield, Nancy McKinney, Carol Jamison, and Kate Trigg)

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### Donations - General Fund

Received with Gratitude from the Estate of  
Evelyn Stickney

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## Save the Date - Blessed to be a Blessing Retreat February 8-10 2019

This winter our 3rd annual All Church Family Retreat will be February 8-10. We will focus around what it means to be blessed and how we can live our blessings our in ways that bless others. It is sure to be a meaningful weekend or fun, community, and spiritual growth. Stay tuned for more details.

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### October Deacon's Offering

on October 7, 2017 is for:

**United Church of Christ  
Neighbors in Need**

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### Pie Baking, Monday, October 15

**Begins at 5:00 pm ...**

**Soup Dinner provided**

All are welcome to our annual apple pie making evening on **Monday, October 15 begins at 5:00 pm**. Come for as long or as little as you can. We need all the washers, peelers, mixers, cutters, rollers and crimpers that we can get! We are also looking for homemade pie crusts since this streamlines the process. Soup dinner will be provided.

We will prepare pies for the Turkey Dinner (October 27) and take pre-orders for pies (\$15 each) that will be available for pick up the evening of pie baking through Turkey Dinner. There will be a limited number of frozen pies for sale at the Turkey Dinner so pre-ordering is the best way to ensure that there will be a pie for you!

To pre-order, contact Carol Jamison ([ctjamison@aol.com](mailto:ctjamison@aol.com)) or Christopher Majoros ([cmajor@alum.mit.edu](mailto:cmajor@alum.mit.edu))