



# First Church of Christ, Congregational United Church of Christ

## February 2019 Newsletter



### Pastor's Message

*"What disturbs us most is not events, but our judgment on events."* Epictetus, 1<sup>st</sup> Century Greek philosopher

A few months ago, I was having a conversation with Becky Konkle, as we were waiting for people to come to church. She had been practicing meditation in Cambridge and wondered if I had any experience with meditation. I said, "absolutely!" For many years, I have practiced meditation in many different forms. Becky wondered if we could start a meditation group here in church and my answer was the same: "absolutely."

Since then, we have been meeting every other Friday at 7:30 p.m. in the church parlor. The evening includes a "check-in" time, some discussion about meditation and then time to actually meditate. It has been a wonderful experience for the people who come – it really makes a difference in their lives.

No matter what spiritual tradition you belong to, the basic process of meditating is universal and quite simple.

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### Faith at Home

Easter is late this year! Which means we have a long season of Epiphany before Lent starts. This gives us a nice break to slow down and enjoy "ordinary time."

Sunday school returns to familiar rhythms and routines as does the rest of the church calendar. The church school is using this time to focus on two projects. The first is our season of Epiphany scavenger hunt. The kids are looking for signs of God and God's light in the world around us. They will take turns bring home a hart shaped box and filling it things that help them share their findings. During either the children's sermon or during the start of Sunday school kids will tell their peers where they have found God and God's light. This should help connect church and home, while also reminding kids that God is always with us.

Our second project is about questions. Children are naturally curious and have lots of questions. It starts in toddlerhood with the constant repeating of why and continues with ever increasing levels of sophistication. Sometimes these questions are welcome and fun ways to learn and grow together. Other times the question pops up 20 minutes after bedtime or in the middle of an unrelated Sunday school lesson.

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### Sunday Worship 10:00 am

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

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You sit in a comfortable position, take some deep breathes and try to relax your body. You can start with a prayer, asking God to still your mind and body so you can be in God's presence. You then start focusing on your breath, going in and out.

As you focus on your breath, you may use a word to help your focus. In the Christian tradition, this word is like a one-word prayer. It can be simply saying "Jesus" over and over, but other words are fine, too: peace, be still, love.

As you go through this process, the mind will inevitably wander away from your breath and your word. So often, our minds can be like monkeys, jumping here, there and everywhere. When you notice this happening, you gently let go of the thought and refocus on breathing and repeating your word. This is the basic cycle that happens through meditation: focusing on the breath and word, being distracted by thoughts and then coming back again.

The more you do this, the more you will be able to just be in the presence of God. You will become aware of God's presence within you and all around you and you will bask in the peace of this presence. Yet your thoughts will always invade this sense of God's presence. And with those thoughts will come anxieties, worries, plans, memories. Yet the process of meditation helps us to continually and gently let these things go.

Ever since that initial meeting, I've been going through many books and other materials I have used over the years to help me in my practice of meditation. The one idea that has come back to me again and again over this time is the above quote by Epictetus. Although he was not a Christian theologian, and really did not adhere to any spiritual tradition, I think this quote is one of the best reasons to consider meditation.

Epictetus reminds us that our thoughts are usually at the root of our fears and anxieties. Throughout the day, our minds go from one thought to another, taking us on journeys that might be helpful at times, but other times lead us down "rabbit holes," where feelings of fear, anger, resentment, anxiety rule. Meditation is a process where we start dealing with these thoughts in a healthier way. The process of catching ourselves being distracted by thoughts moves out into our lives, and we are better able to live with and deal with negative thoughts.

Ever since that talk with Becky a few months ago, I have become even more aware of so many I encounter who are being ruled by thoughts racing through their heads, leading them to places of anxiety and distress. I really think for so many of us, a daily routine of meditation would be so helpful.

I therefore encourage everyone to join us on the first and third Friday of the month at 7:30 and learn more. I also have decided to supplement this ministry by offering more opportunities to meditate with me. If you feel your mind is racing too much and needs to calm down and feel the presence of God, please join me in my office at **8:00 a.m.** on **Monday, Tuesday and Wednesday** for a half-hour session of meditation. We will have a brief check-in time a 10 to 20 minute opportunity to meditate, and then head on our way.

If you have any questions or would like to talk more about meditation, please feel free to talk to me. I'd love to meet with you!

~ Pastor John

### **Coffee and Conversation at Brueggers**

Pastor John will be continuing his "Coffee and Conversation" in February. He will be at Bruegger's 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!

## **NEW – Morning Meditation – Begins February 4<sup>th</sup>**

Would you like to start your day out right? Center yourself in God's peace and presence? Why not try meditating with Pastor John? He will be leading a half-hour morning meditation sessions on **Monday, Tuesday and Wednesdays at 8:00 a.m.**, beginning on **February 4<sup>th</sup>**. This will include a brief check-in time followed by a 10 to 20 minute opportunity to meditate. See Pastor John's first page message for details. Hope to see you there!



## **Friday evening Meditation Group**

Meditation, a practice of quieting the mind that can help us achieve greater peace and focus over time, is beneficial for all of us. Meditation reduces stress, improves concentration, increases self-awareness, happiness and acceptance.

It is also a wonderful thing to explore with others.

We meet in the church parlor on the first and third Fridays at 7:30 pm. Come if you want to get started with meditation, if you already have a practice you want to deepen and share, or if you're just curious to learn more about it and what it can mean for you. Drop-ins welcome.

**Meditation Group Meets on First and Third Fridays (February 1 & 15) in the Church Parlor**

## **Changing Lives Beyond our Walls: What Our Outreach Dollars Are Doing**

Every couple months, the Board of Outreach has the privilege of taking the 5% of money pledged to our church, and sending it out into the world. They might look just like dollar amounts, but they really translate to changing people's lives in our world. Here's just a few examples:

- \$1000 was given to Massachusetts Conference Gas Explosions/Fire Response and Recovery Fund: This fund was created to help the communities of Lawrence, North Andover and Andover which were devastated by the explosions and fires this past September.
- \$1,500 was given to the Plymouth Church Africa Exchange Project, Pomerini, Tanzania in East Africa. You might remember the inspiring time when our Church Fair proceeds purchased seven water wells for people in desperate need of clean water, through the Africa Exchange Project. First Church continues to support them. Now that many of wells have been completed, the African project is focusing on health services and education.
- \$500 was given to REACH, Waltham. REACH provides shelter and support services for domestic violence survivors. We consistently given to REACH through the years and have heard moving stories at Wonderful Wednesdays and other events of how REACH has literally saved the lives of many women.

## Outreach Board Notes

**JFRON:** During the season of Lent, The Outreach Board will offer an opportunity for the congregation to support the new Justice for Our Neighbors (JFON) project in Lawrence and Lowell. **On the following Sundays: March 10th, March 24th and March 31st, our Sunday School children will collect a “Noisy Offering” for JFON just after our children’s time.** Bring your loose change, drop it in the metal bucket, make some noise, and make a difference for some of the people who live in our area, but are in constant fear of being deported. JFON will help them to understand their rights and will provide legal assistance for those who have a viable case to stay in the US. There will also be a JFON collection jug at coffee hour in the vestry each Sunday beginning on March 10th.

### **2019 West Virginia Mission Trip and Mission Festival**

We are pleased to announce the 2019 Mission Trip to West Virginia, July 6 - 13, 2019. For the fourth year we will be working with the Appalachian South Folklife Center, the Wade Center for Children and other organizations in the area.



### **GivePlus Mobile App – A New Way to Give to First Church**

Want a more convenient way to give to First Church? Try the GivePlus Smartphone app! Go to either the Apple Store or Google Play Store and search for “give plus church” and install the app. After a quick registering, find “First Church Bedford” on the app and you will be able to make either one-time or revolving payments to First Church. If you have any questions on how this works, please see either John Guetersloh or Pastor John.

### **Thank You!**

Thanks to all who came to the Epiphany Tea, and a special thanks to everyone who contributed to making it a wonderful blessing of our new year: Ace of Teas Adrienne Card with Bristol, Remi and Colt; Craft leader Kate Reynolds; harpist Becky Konkle, bakers and suppliers of savories Ruth Beauchesne, Dotty Blake, John Castricum, Betsy Cogliano, Gilda Couvee, Dot Fallon, Connie Matheson, Nancy McKinney, Allyson Printz, Kate Reynolds and Susan Wingfield; set-up magicians Adrienne Card, Connie Matheson, Allyson Printz and Susan Wingfield; kitchen team Donna Costa, Kathy Konkle and Emily O'Hara; clean-up crew Mary Criscione, John and Nancy Guetersloh, Kate Trigg and Kelly Woessner; Jennifer Dalrymple, Carol Jamison, Becky Mantz, and others who shared nativities. Our Nurture Board planning team (including Adrienne Card, Kate Reynolds and Connie Matheson) received invaluable support (and King Cake, flavored butter and blessing stars!) from Allyson Printz and Susan Wingfield.

- Kate Byers and Sarah Castricum



## **Wonderful Wednesdays**

Wednesdays have been particularly Wonderful this year. So far we have learned about JFON (Justice for Our Neighbors), thought about the book of Luke, experienced Dinner Church, engaged in theological reflection, learned about bees, and made advent banners. This winter and Spring we will share a meal with a coal miner's daughter, celebrate Ash Wednesday, experience a Lenten Dinner Church, learn about Kate Reynold's graduate program, explore praying with color, and play First Church Jeopardy. The schedule is full of fun and meaning. The food and the fellowship are always wonderful. We hope you will Join us on the following dates at 6pm for dinner.

2019 Wonderful Wednesday dates: February 6, March 6 (Ash Wednesday/Water Wednesday), April 3, May

## **Women's Fellowship - Prayer**

Please join the Women's Fellowship/Soul Sisters (WFSS) as we explore and practice prayer. We will meet at 7 p.m. on Tuesday, Feb 26, in the Vestry. Last month we thought about how to stay physically healthy. This month we will think about maintaining our spiritual health. We will explore multiple different ways we can pray and encounter God. The goal isn't for everyone to love all forms of prayer but for everyone to find a way that works for them. Our evening will include some conversation and a lot of doing. Hopefully everyone leaves a little less stressed and a little more spiritually grounded. All church women are welcome – feel free to bring a friend!

Allyson Printz ([allyson@printzfamily.us](mailto:allyson@printzfamily.us)) Kathy Register ([registerk11@gmail.com](mailto:registerk11@gmail.com))

## **In Sympathy**

Deepest sympathy to the family and friends of "Doris" Micky Webber, who passed on January 1, 2019. Micky was truly a "pillar of the church." For over 50 years, she was deeply involved in the life of the church. Many treasured institutions that we hold dear were started by Micky, including the Strawberry Festival and the ecumenical Easter Sunrise Service. She also had a profound impact on the community, especially the many young people she cared for. I will treasure the many times I have the pleasure to talk with Micky - she was an encouraging, supportive presence to everyone around her.



## **Flowers for Sunday Worship**

Enjoy the beauty of your and others' donations each week 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 varies depending on choices but runs \$30-50. There is a signup sheet in the Vestry on the bulletin board, or you may contact Betsy Cogliano at 781-275-9462 or at [laxmom5@aol.com](mailto:laxmom5@aol.com)

## **Coffee Hour**

Is making coffee a Ministry? Absolutely! Coffee hour after church is as important as anything else we do as a church. Where else do you get to check in with your church friends, deepen your relationships and create a stronger sense of "joyful fellowship?" Please sign up to help on the bulletin board in the Vestry or online at this link: <https://www.signupgenius.com/go/20foe49aaab22a6f49-sunday5>

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Nurture wants to encourage our kids to ask questions. We also want to make sure questions get the answers they deserve and don't just get brushed aside. So, during Epiphany we are collecting questions about God, faith, and the bible. We will give kids time to ask questions during Sunday School, but we encourage you to send us the questions that come up in the course of daily life. Once we have a big list of questions, we will spend Lent answering the questions. The children's questions will become the topic of our children's sermons and will work their way into Sunday School lessons.

## **Faith at Home in February**

During February we are focused on community and the ways we connect with other people. Community depends on relationships. You can't be in community by yourself, you need other people. Like it or not we all need other people. We all need community. To get that much needed community, we need to intentionally engage with other people. We need to have conversations that allow us to get to know people. This month while we are talking about community and thinking about our relationships, lets also practice building community. The next time you are in church, look around you. Are there new faces, people you don't know or even recognize? Are there people you recognize but don't really know? Are there people you have known for a while but never really talk to? I am sure there are many people in the third category and probably even some in the second category. Pick one of these people or families and invite them to do something with you. Spend some time together getting to know one another. If this feels to intimidating, try one of our more structured ways of building community including:

### *Child of God Prayer Partners*

Last month we introduced Child of God Prayer Partners. The idea is simple, every child connected with our church was matched with an adult. The adults will spend the next year praying for their Child of God and watching them grow. This is meant to be a simple thing. All you have to do is incorporate your Child of God into your typical prayer life. Maybe this means praying for them daily, maybe it means thinking fondly about the child a few times a month. There is no right or wrong way to be a prayer partner. Some adults will already know their Child of God well. Others might not even recognize the child's name. Kate or any member of the Nurture Board is happy to help you identify your Child of God. We know it is more meaningful to pray for a child you recognize.

### *Family Retreat*

We do lots of things on at the Family Retreat. Some of it is personal rest and renewal. At lot of it is building community. Kids and adults are together for big chunks of the weekend. We are intentional about making time for people to connect in different ways and with different groups of people. There is kid only time. There is space set aside for the grownups, and there is time for us to all be together.

~ **Kate Byers**

## Church School for 2018-2019

### Nursery

Children zero through five years old are welcome to join Jacob Mock in the nursery at the beginning of worship. They are also welcome to start worship with their family and go to the nursery following Children's time or to remain in worship for the entire service. Parents, you know your kids best. Please do whatever work best for your family and let us know how we can support you in caring for your children.

### PreK-12th Grade

During February children and youth will look at the story of Mary and Martha. This story of sisters encountering Jesus in different ways will help children to think about what it means to serve and learn from God. The unit will include art, science, cooking, and games. Class will meet not meet on February 10<sup>th</sup> due to the Family Retreat.

## Programs for our youth: Think Outside Sunday Morning

### Middle School and High School

This year our older youth are exploring questions central to life and faith, in units organized around a central event with meetings before and after for learning and reflection. Our current unit is:

*Finding identity: Who are we?*

Youth and their parents spent a few weeks talking about our identity as children of God. Now it is time for some fun. We will practice living our Christian identity at our lock-in. Youth are invited to arrive around 6pm on Friday Feb 1<sup>st</sup> for dinner follow by some service (cooking), some practice living in community, some games, and a lot of fun. The event will end around 10am on Saturday February 2<sup>nd</sup>. This yearly event is a fun way to connect with church friends. Youth who have been away for a while due to life business are encouraged to come back for the night. Even if you missed the rest of the unit, the lock in is a space for you.

### 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 programming, and all kinds church events. Please don't hesitate to reach out, in 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)



## **Music Notes**

In February, the Adult Choir again will have a bit of a respite, as Becky Konkle is playing harp for offertory on the 17th. The Jubilee Ringers continue to work on spring repertoire. All singers, ringers and instrumentalists are looking forward to Music Sunday, being held earlier this year, on March 3.

### February Music Schedule:

- Sunday, February 3 - Adult Choir mini-rehearsal 9:00 am
- Monday, February 4 - Jubilee Ringers rehearsal 7:00 pm
- Thursday, February 7 - Adult Choir, no rehearsal 7:30 pm (Wonderful Wednesday week)
- Sunday, February 10 - Adult Choir rehearsal 8:30 am
- Monday, February 11 - Jubilee Ringers rehearsal 7:00 pm
- Thursday, February 14 - Adult Choir, no rehearsal
- Sunday, February 17 - Instrumental call time, 9:00 am (no choir)
- Monday, February 18 - Jubilee Ringers, no rehearsal (President's Day)
- Thursday, February 21 - Adult Choir, no rehearsal
- Sunday, February 24 - Adult Choir rehearsal 8:30 am
- Monday, February 25 - Jubilee Ringers rehearsal 7:00 pm
- Thursday, February 28 - Adult Choir rehearsal 7:30 pm

**-Susan Capestro, Director of Music**

### **February Deacons Collection House of Hope**

House of Hope proudly offers many services to homeless families to provide them with the tools that they need to better their situation for themselves and their families. Each family has a different challenge and they understand their frustrations and concerns about what their next step is. After all, parents don't want to raise their children in a shelter or motel. They want to protect their children and do whatever they can to give them a happy and healthy childhood. Sometimes, these parents need help. Especially when they are homeless and have no place else to go. Support services, medical and mental health care, case management and vocational training are some of the services that the House of Hope provides to their residents. The case managers are trained to work with each family's situation and guide them along a path to successfully exit shelter life and enter a life with long term permanent housing.

### **Bible and Bagels and Luke!**

Our "Bible and Bagels – and Luke" Bible Study, continues in February on Thursday Mornings from 8 to 9 a.m. at Bruegger's 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!

## Cabinet Notes Summary - December 2018

Attendees: John Castricum, Ruth Robinson, John Guetersloh, Susan Wingfield, Kelly Woessner, Allyson Prinz, Kate Byers, Terry Gerrish, Nancy McKinney, Carol Jamison

Pastor John reported on several events he attended in the past month, gave an update on the new church locks and discussed the progress in getting a new church website.

Kate Byers reported in preparations for Nativity Sunday, plans for an Epiphany Tea on January 6 and the upcoming all-church retreat in February.

Outreach Board Chair Nancy McKinney reported on many mission projects including our House of Hope ministry, plans for the Mission Festival on March 9, 2019, a JFON update, City Mission Christmas drive, the Mitten Tree, the Flatbread Fundraiser on January 29<sup>th</sup> and the Mission Trip on July 6-13, 2019. Nancy proposed a motion to officially add Becky Mantz to the Outreach Board. Motion was approved uniaminously.

Stewardship Board Carol Jamison reported on repairs to the heating system's circulator pump.

On behalf of Women's Fellowship, Allyson Printz reported on the Tuesday morning breakfast and announced an upcoming program of fitness on January 22. She also announced the Variety show coming on January 25<sup>th</sup>.

Treasurer John Guetersloh reported on weekly offering statistics, and announced a new online giving options through the GivePlus mobile app. He encouraged us to think about a more robust giving campaign that happens year round, including an initiative to communicate the ways First Church changes people's lives on a regular basis.

The Cabinet continued its discussion of the book, "Governance and Ministry, Rethinking Board Leadership" by Dan Hotchkiss and how it can help us in our discernment of how we organize the church. We will continue to discuss these topics, including how the Cabinet functions.

## Blessed to be a Blessing Retreat

*There is still time to register for the All Church Retreat!*

This winter our 3rd annual All Church Family Retreat will be February 8-10. We will gather at rustic Friendly Crossroads where we will focus on 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. We hope you can join us for the entire weekend. If the entire weekend seems too long consider coming for a day or half a day. Friday evening will focus on family fun and getting generations to play together. Saturday is a day of rest and reflection with programing for people of all ages. Sunday we will learn and worship together as all ages experience one an other's gifts. See Kate or anyone on nurture to talk about the ways the retreat can work for you and your family.



## Daily Lectionary Scripture References

### February 2019 (Year C)

**Fri., Feb. 1**

Psalm 71:1-6  
2 Chronicles 35:20-27  
Acts 19:1-10

**Sat., Feb. 2**

Psalm 71:1-6  
2 Chronicles 36:11-21  
John 1:43-51

**Sun., Feb. 3**

*Fourth Sunday after the Epiphany*  
Jeremiah 1:4-10  
Psalm 71:1-6  
1 Corinthians 13:1-13  
Luke 4:21-30

**Mon., Feb. 4**

Psalm 56  
1 Kings 17:8-16  
1 Corinthians 2:6-16

**Tues., Feb. 5**

Psalm 56  
2 Kings 5:1-14  
1 Corinthians 14:13-25

**Wed., Feb. 6**

Psalm 56  
Jeremiah 1:11-19  
Luke 19:41-44

**Thurs., Feb. 7**

Psalm 138  
Numbers 20:22-29  
Acts 9:19b-25

**Fri., Feb. 8**

Psalm 138  
Numbers 27:12-23  
Acts 9:26-31

**Sat., Feb. 9**

Psalm 138  
Judges 3:7-11  
Luke 4:42-44

**Sun., Feb. 10**

*Fifth Sunday after the Epiphany*  
Isaiah 6:1-8 [9-13]  
Psalm 138  
1 Corinthians 15:1-11  
Luke 5:1-11

**Mon., Feb. 11**

Psalm 115  
Judges 5:1-11  
1 Corinthians 14:26-40

**Tues., Feb. 12**

Psalm 115  
1 Samuel 9:15—10:1b  
1 Timothy 3:1-9

**Wed., Feb. 13**

Psalm 115  
Isaiah 8:1-15  
Luke 5:27-32

**Thurs., Feb. 14**

Psalm 1  
Jeremiah 13:12-19  
Acts 13:26-34

**Fri., Feb. 15**

Psalm 1  
Jeremiah 13:20-27  
1 Peter 1:17—2:1

**Sat., Feb. 16**

Psalm 1  
Jeremiah 17:1-4  
Luke 11:24-28

**Sun., Feb. 17**

*Sixth Sunday after the Epiphany*  
Jeremiah 17:5-10  
Psalm 1  
1 Corinthians 15:12-20  
Luke 6:17-26

**Mon., Feb. 18**

Psalm 120  
2 Kings 24:18—25:21  
1 Corinthians 15:20-34

**Tues., Feb. 19**

Psalm 120  
Ezra 1:1-11 2  
Corinthians 1:12-19

**Wed., Feb. 20**

Psalm 120  
Jeremiah 22:11-17  
Luke 11:37-52

**Thurs., Feb. 21**

Psalm 37:1-11, 39-40  
Genesis 43:16-34  
Romans 8:1-11

**Fri., Feb. 22**

Psalm 37:1-11, 39-40  
Genesis 44:1-17  
1 John 2:12-17

**Sat., Feb. 23**

Psalm 37:1-11, 39-40  
Genesis 44:18-34  
Luke 12:57-59

**Sun., Feb. 24**

*Seventh Sunday after Epiphany*  
Genesis 45:3-11, 15  
Psalm 37:1-11, 39-40  
1 Corinthians 15:35-38, 42-50  
Luke 6:27-38

**Mon., Feb. 25**

Psalm 38  
Genesis 33:1-17  
1 Corinthians 11:2-16

**Tues., Feb. 26**

Psalm 38  
1 Samuel 24:1-22  
1 Corinthians 11:17-22, 27-33

**Wed., Feb. 27**

Psalm 38  
Leviticus 5:1-13  
Luke 17:1-4

**Thurs., Feb. 28**

Psalm 99  
Deuteronomy 9:1-5  
Acts 3:11-16

~ February 2019 ~

Mon	Tue	Wed	Thu	Fri	Sat	Sun
				<b>1</b> Pastor John Day Off 6a AA (UFH) 6:30p AA (Beginner Mtg) (UFH and Kitchen)	<b>2</b> 6a AA (UFH)	<b>3</b> COMMUNION 6a AA (UFH) 8:30a 8:30 Group (Library) 10a Worship (Sanctuary) 6:30p Prayer Group (Parlor)
<b>4</b> March Newsletter Dead- line 6a AA (UFH) 8a Morning Meditation 7p Jubilee Ringers (Music Room)	<b>5</b> 6a AA (UFH) 7:30a Violence Preven- tion Committee (Vestry) 8a Morning Meditation 6:45p AA (12 Step Men) (Room 5) 7p Outreach (Vestry)	<b>6</b> 6a AA (UFH) 7a Men's Group (Vestry) 8a Morning Meditation 6p Wonderful Wednes- day (UFH/K/V)	<b>7</b> 6a AA (UFH) 8a Bible and Bagels (Bruegger's Great Road) 9a Coffee and Conversa- tion (Bruegger's Great Road) 7:30p AA (UFH)	<b>8</b> ALL CHURCH RE- TREAT Pastor John Day Off 6a AA (UFH) 6:30p AA (Beginner Mtg) (UFH)	<b>9</b> ALL CHURCH RE- TREAT 6a AA (UFH)	<b>10</b> ALL CHURCH RE- TREAT 6a AA (UFH) 8:30a 8:30 Group (Library) 10a Worship (Sanctuary) 6:30p Prayer Group (Parlor)
<b>11</b> 6a AA (UFH) 8a Morning Meditation 7p Jubilee Ringers (Music Room)	<b>12</b> 6a AA (UFH) 7:30a Women's Fellow- ship Breakfast (Riverview-Billerica) 8a Morning Meditation 6:45p AA (12 Step Men) (Room 5) 7p Cabinet (Vestry)	<b>13</b> 6a AA (UFH) 7a Men's Group (Vestry) 8a Morning Meditation	<b>14</b> 6a AA (UFH) 8a Bible and Bagels (Bruegger's Great Road) 9a Coffee and Conversa- tion (Bruegger's Great Road) 7:30p AA (UFH)	<b>15</b> Pastor John Day Off 6a AA (UFH) 6:30p AA (Beginner Mtg) (UFH)	<b>16</b> 6a AA (UFH)	<b>17</b> 6a AA (UFH) 8:30a 8:30 Group (Library) 10a Worship (Sanctuary) 6:30p Prayer Group (Parlor)
<b>18</b> Office Closed PRESIDENTS DAY 6a AA (UFH) 8a Morning Meditation 7p Jubilee Ringers (Music Room)	<b>19</b> No Masons Tonight 6a AA (UFH) 8a Morning Meditation 6:45p AA (12 Step Men) (Room 5)	<b>20</b> 6a AA (UFH) 7a Men's Group (Vestry) 8a Morning Meditation 10a Newsletter Folding (Music Room)	<b>21</b> 6a AA (UFH) 8a Bible and Bagels (Bruegger's Great Road) 9a Coffee and Conversa- tion (Bruegger's Great Road) 7:30p AA (UFH)	<b>22</b> Pastor John Day Off 6a AA (UFH) 6:30p AA (Beginner Mtg) (UFH)	<b>23</b> 6a AA (UFH)	<b>24</b> 6a AA (UFH) 8:30a 8:30 Group (Parlor) 8:30a 8:30 Group (Library) 10a Worship (Sanctuary) 11:30a Mission Festival Planning Meeting 6:30p Prayer Group (Parlor)
<b>25</b> 6a AA (UFH) 8a Morning Meditation 7p Jubilee Ringers (Music Room)	<b>26</b> 6a AA (UFH) 8a Morning Meditation 11a Bedford Recreation (LFH) 12:30p Bedford Recrea- tion (LFH) 6:45p AA (12 Step Men) (Room 5) 7p Women's Fellowship (Vestry) 7:30p NAMI (Room 4)	<b>27</b> 6a AA (UFH) 7a Men's Group (Vestry) 8a Morning Meditation	<b>28</b> 6a AA (UFH) 8a Bible and Bagels (Bruegger's Great Road) 9a Coffee and Conversa- tion (Bruegger's Great Road) 7:30p AA (UFH)			



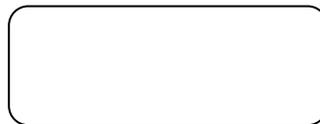
~ February Worship ~



February 3, 2019	10:00 am	<i>“Journey with Luke: How Do you Pray”</i>	<i>Luke: 11: 1-13</i> Rev. John Castricum, Sr. Pastor
February 10, 2019	10:00 am	<i>“Journey with Luke: What Greed Does”</i>	<i>Luke 12: 13-21</i> Rev. John Castricum, Sr. Pastor
February 17, 2019	10:00 am	<i>“Journey with Luke: Table Manners”</i>	<i>Luke 14:7-24</i> Rev. John Castricum, Sr. Pastor
February 24, 2018	10:00 am		Just Peace Players & Ms. Terry Gerrish

Thank you for your help in publishing our newsletter on time. Our next Newsletter deadline is **February 11, 2019**  
Our next mailing is **February 20, 2019**. Please send you email articles to: fchurchb2@verizon.net. Thank you.

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