



# THE COTUIT FEDERATED CHURCH

## Dear Beloved Community,

As I write this, my friends from Germany are still in town. We have spent much time exploring the Cape and Islands: the beaches, a Kettleer championship win, riding the Flying Horses in Martha's Vineyard, a campfire with our congregation on Sandy Neck. Sharing our home with friends makes me realize again what an amazing place it is that we call home.

A great joy was sharing the worship leadership with these friends that I have known for decades and have literally grown up with, both as a person and a person of faith. Our shared history makes us deeper friends and better followers of Christ. In many ways, we have practiced being church together across the globe.

I am thinking of how true this is for our congregation, as people travel back to Chicago or California or Florida or China or New York or Boston or the multiple places that our congregation spend their winter months or their work weeks. Although at times we are far-flung, still we are held together with the bond of faith and love. We pray for one another across the distances, and our varied perspectives and experiences expand our understanding of who God is and how God moves in the world.

Last year, we studied Genesis, Exodus, Luke and Acts in our bible study. I have been thinking about Acts especially, how Jesus' parting words to his disciples were, "But you will receive power when the Holy Spirit has come upon you; and you will be my witnesses in Jerusalem, in all Judea and Samaria, and to the ends of the earth." This passage is so true for our congregation.

We travel out with the word of God to the far corners, and then we gather back weekly, and for some seasonally, to worship our God and find hope in the scripture, and travel out with a faith that defies barriers of difference. Thanks be to God.

Abundant blessings,

## Six Inspiring C.S. Lewis Quotes on Prayer

*"Relying on God has to begin all over again every day as if nothing had yet been done."*

*"We must lay before him what is in us; not what ought to be in us."*

*"A concentrated mind and a sitting body make for better prayer than a kneeling body and a mind half asleep."*

*"For prayer is request. The essence of request, as distinct from compulsion, is that it may or may not be granted."*

*"To be a Christian means to forgive the inexcusable because God has forgiven the inexcusable in you."*

*"A man can no more diminish God's glory by refusing to worship Him than a lunatic can put out the sun by scribbling the word 'darkness' on the walls of his cell."*

Adapted from an article by Lesli White

C.S. Lewis is the author of  
*The Lion, the Witch, and the Wardrobe*



# *Cotuit Federated Church*

## *Fall Dates to Remember*

**September 8th, 10am**

Choirs Begin Again!  
Worship and Church School  
Blessing of the Backpacks and Timekeepers

**September 11th, 8:45am**

9/11 Remembrances at Cotuit Fire Station

**September 15th, 11:30am**

All-Church and Community Block Party

**September 16th, 9am—3pm**

CCHC Blood Drive

**September 24th, 6:30pm**

Bible Study Begins

**October 6th, 4pm**

Pet Blessings on the Village Green

**October 13th—17th**

Fall Rummage Sale Set-Up and Donations (see page 7)

**October 18th (9am—4pm)**

**October 19th (9am—2pm)**

Fall Rummage Sale

**October 21, 28, and November 4th, 10:30am**

Meditation Series with Linda Harmon

**November 3rd, 10am**

Daylight Savings Time Ends  
All Saints Sunday





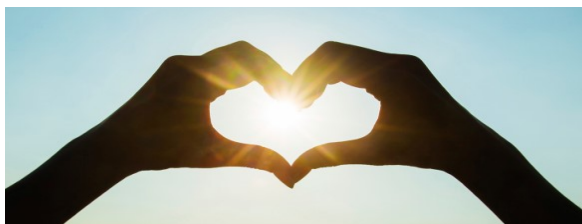
# CFC News and Notes



The Choir took a much needed break this summer, and members are anxiously awaiting our return at our Homecoming Service. We did sing at CraftFest, as always, which was great fun, and the Choir was happy to sing some of their favorite and familiar hymns to involve the audience! We are always looking for new members to join us Sunday mornings at 8:15am, beginning September 8. If you are nervous about joining, come the first Sunday of the month to Open Choir at 9am to sing a simple hymn with us and try us out!

Handbell rehearsal will be Thursdays at 6pm in Bruce Hall, beginning September 19. We are planning to play every second Sunday of the month. We are always looking for new members! You don't need to know how to read music, just be able to hold a bell!

~ Megan Anthony



Linda Harmon will be teaching a 3-week meditation class on Mondays, October 21, 28, and November 4, from 10:30am-11:45am in Pastor Angie's office.

Meditation practice is like a staycation for your mind. Give yourself the experience of calming your mind through focused attention on your breath in this practice which is a fusion of Lovingkindness, Mindfulness and Mantra. You will develop skills to add to your self-care toolbox in a supportive, caring environment.

Jon Kabat-Zinn says that "no matter where you go, there you are," which is to say that although we all experience life challenges, we can choose how we respond.

The fee for the class is \$30/prepaid or \$15 drop-in fee.

## CONGRATULATIONS TO OUR BELOVED COTUIT KETTLEERS—2019 CAPE COD BASEBALL LEAGUE CHAMPIONS!

*"They wanted to win for this community," Roberts said postgame. "They loved Cotuit, they loved going*



*to Cotuit grocery to eat every single day, and they loved their host families. To go with that, they wanted to win badly for Chris Holcomb (Tulane) and Cody Pasic, two great young men who grew up right here and spent the entire 2019 year*

*with the team."*

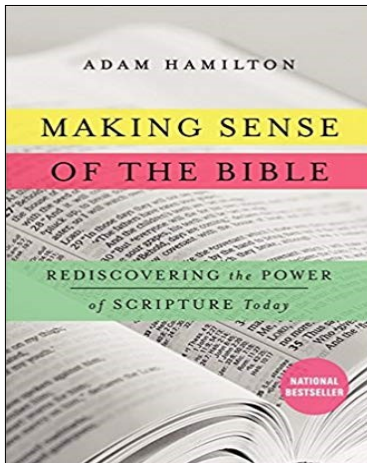
*So, did we get a dramatic walk-off in the fifteenth inning like we saw last night? No. Did we see a come from behind victory like we saw against Falmouth (game two) or Harwich (game one)? No. Did we see a darn fine baseball team that played for each other and etched themselves into the baseball history books this summer? I think we did.*

By Ben Gainsboro, Stetson University



# BIBLE STUDY

Tuesdays at 6:30pm in Bruce Hall  
September 24—November 5



Denominations from evangelical to mainline continue to experience deep divisions over universal social issues. The underlying debate isn't about a particular social issue, but instead it is about how we understand the nature of scripture and how we should interpret it. The world's bestselling, most-read, and most-loved book is also one of the most confusing. In *Making Sense of the Bible*, Adam Hamilton, one of the country's leading pastors and Christian authors, addresses the hot-button issues that plague the church and cultural debate, and answers many of the questions frequently asked by Christians and non-Christians alike.

Did God really command Moses to put gay people to death? Did Jesus really teach that everyone who is not a Christian will be assigned to hell? Why would Paul command women to "keep silent in the church?" Were Adam and Eve real people? Is the book of Revelation really about the end times? Who decided which books made it into the scriptures and why? Is the Bible ever wrong? In approachable and inviting language, Hamilton addresses these often misunderstood biblical themes, leading readers to a deeper appreciation of the Bible so that we might hear God speak through it and find its words to be life-changing and life-giving.



The Cotuit Federated Church  
presents guitarist/composer  
**Peter Griggs**  
"Café Barcelona"  
performing a selection of  
Spanish and Brazilian music,  
as well as some of his own  
compositions.

**September 22, 2019**  
7:00pm  
40 School St., Cotuit  
Admission by free-will donation



# CFC Little Lending Library

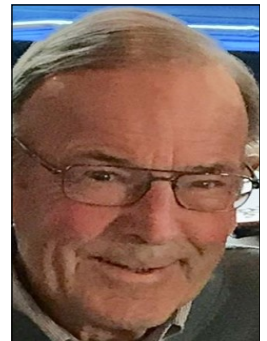


Last Spring, Jack Gardner began working with our children to make one of Pastor Angie's dreams come true – ***The Cotuit Federated Church Little Lending Library***. She started to imagine what kinds of books we might offer if the church had a Little Lending Library, just like the one at the town library. Several years ago, Lori Famigliette brought in several boxes of spiritual and religious books from an estate sale, and so Jack took on the task of designing the library. He created a design that looked just like our church and got to work, always imagining and planning ways to engage our children. They painted. They hammered. They did some tiny shingling, and they dug the hole that would hold the post that would hold the library that they helped to build under Jack's ever-encouraging guidance, and on May 18, the entire congregation blessed ***The Cotuit Federated Church Little Lending Library***. The Pastor's favorite moment of that blessing is when one child asked where the rainbow staircase was. We will be sure to express that everyone in our neighborhood is welcome here through the gospel message that we will share through our new book ministry.



SALT  
& LIGHT

The Salt and Light honor was given to a deserving CFC member at last June's Annual Meeting—Dick Hamilton—for his many years as a faithful volunteer, serving on numerous teams, and for his friendliness and his weekly invitation to the community to join coffee fellowship after worship. Presented by the Vision Keepers, this award recognizes a member or friend of Cotuit Federated Church who serves as the hands and feet of Jesus within our church family and throughout the community. Often, these are our "unsung heroes," working behind the scenes, and we are so very grateful for them.







## Welcome to Church School!

After a memorable Children's Sunday in June and a successful Vacation Bible School in July, I am ready for weekly Church School classes! Classes are available for all children, preschool age and older. A fully-staffed nursery is available for younger children. The nursery is staffed from 9:45am -11:15am.

Church School begins on September 8th. Pastor Angie will bless backpacks. Church School begins after the Children's Moment and ends at 11:15am. The additional few minutes allows parents some adult time in Bruce Hall after service and allows the Church School some Morning Meeting Time before classes begin.

To register your child for Church School, visit the Church Facebook page and click on the link.

On September 15th, the annual **All-Church Potluck and Community Block Party** follows worship service. Everyone is invited, so please spread the word! Great food and a bouncy house—what's not to like?

A successful Church School depends on volunteers who are willing to share their time. The children and I treasure the time volunteers spend with us!

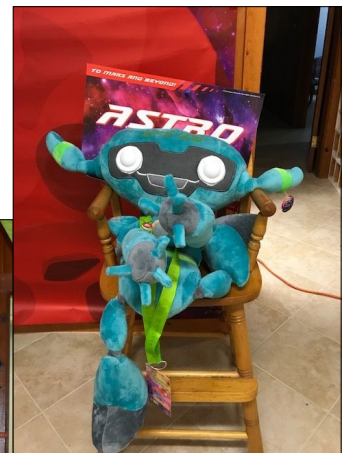
If you are interested in this ministry please get in touch with me! I can be reached at [cotfedced@gmail.com](mailto:cotfedced@gmail.com) or (508) 428-8896 (leave a message) or speak to me after service in Bruce Hall.

I look forward to this new year. Thank you for sharing your child(ren)!

Blessings,

*Lynne*

Lynne Belfiore, Director  
Christian Education



# RUMMAGE SALE

Friday, October 18 ~ 9am—4pm  
Saturday, October 19 ~ 9am—2pm

Donations are gratefully accepted:  
Sunday, October 13 (church only during Man Power for an Hour)  
Monday, October 14—Wednesday, October 16, 9am—4pm  
Thursday, October 17, 9am—12noon  
(Note: No clothing accepted on Thursday.)

**No appliances or stuffed furniture, please, but we love:**  
*Fall and winter clothing*  
*Toys and books*  
*Kitchen and household items*  
*Jewelry*  
*Some furniture and other treasures for a new home!*

Everything should be clean, no stains and rips,  
and have all the associated parts, and be in working order.

**Volunteers are welcome all week.**  
**Watch for the schedule at the sign-up board soon.**

We also need help after worship on October 13th  
to set up tables and display racks.

For information, contact:  
Beth Gadoury at 774-571-8384 or  
Jennniifer Loughran at 860-680-2275



**Monday, September 16th**  
**9am—3pm**

Cape Cod Healthcare will hold  
a Blood Drive here at CFC.  
A complimentary movie pass will  
be given to all donors.  
Every pint of blood donated stays  
on Cape Cod.



**Sunday, October 6 at 4pm**  
**Cotuit Village Green**

Pastor Angie will offer blessings  
for the pets who share our lives.  
Please bring your pets or  
pictures of your pets for  
Pastor Angie's blessing.

This is a community event!  
All animals should be leashed or crated for  
their safety and the safety of others.

## TREE OF LIFE

**We pray in joy for the baptism of our  
newest brothers and sister in Christ:**

William Charles Terando, June 30, 2019  
Adriana Maria Byers, July 14, 2019  
Blake Henry Wyckoff, July 28, 2019

**We pray in Christian love for the family  
and friends mourning the passing of:**

Donald Barth, June 10, 2019  
Lori Farwell Lancia, June 13, 2019  
Garrett Frances Famigliette, June 24, 2019



**Dinner Hosts/Hostesses:**

**September 20:**  
*Scott and Patricia Berkey*  
759 Main St., Cotuit

**October 18:**  
*Charlie and Laurie Dings*  
35 Brandywyne Court, Cotuit

**November 15:**  
*Dan Hart*  
Cotuit Bay Condo Clubhouse



**Dear Valerie,**

Many heartfelt thanks for the treasured hand-knit Prayer Shawl. Having just had breast surgery, I feel very honored to be given this Prayer Shawl for my recovery. It was put around my shoulders the night I was anxious and worried. Over my robe, I could feel its warmth and peace of God. While I wear it, I read the New Testament of the Goods News Bible.

With love and gratitude,

*Jean Burrill*

**Dear Cotuit Federated Church,**

On behalf of Safe Harbor, a program of the Community Action Committee of Cape Cod & Islands, our residents, Board of Directors, and staff, I would like to thank you for your donation of food items that you valued at \$100. Your generosity, along with others in our community, serves to help fill needs not met by our budget. Your gift allows families who are in crisis due to domestic violence to begin their long journey back to emotional and economic stability.

CACCI is a not-for-profit community-based social service and advocacy organization committed to helping low-income residents throughout the Cape and Islands attain self-sufficiency. Safe Harbor is our domestic violence shelter that provides residents with a safe, supported environment for them and their children, as they begin their new lives.

CACCI is very grateful for your generous support of our Safe Harbor Shelter Program. Your support helps us meet the needs of our families in crisis. Should you have any questions or concerns, please feel free to call us at (508) 771-1727.

Sincerely,

*Kristina E. Dower*

Executive Director

**Dear Rev. Ballou and Members of the Congregation,**

On behalf of Habitat for Humanity of Cape Cod, we would like to extend our deep appreciation to you for your very generous donation of \$3,000, received on June 25, 2019.

Strong and stable homes help build strong and stable communities. The prayers, volunteer service and outreach made by the members of your congregation on behalf of families in need of simple, decent, affordable homes is truly a blessing. We appreciate your support and belief in our mission and work as we continue to build homes, change lives, and preserve community.

If you would like more information about any aspect of our work or our donor programs, please do not hesitate to contact Wendy Cullinan at 508-362-3559 or [wendy@habitatcapecod.org](mailto:wendy@habitatcapecod.org).

Sincere thanks,

*Victoria Goldsmith*

Executive Director

**Dear Church Family,**

We send a sincere thank you to our many friends at Cotuit Federated Church. The outpouring of love, sympathy, and support following the death of our daughter, Lori, was incredible to behold. We thank each and every one of you. Cotuit Federated Church is very special in our lives, and that is borne out when needs arise, and this beautiful church family bands together with love and support. We thank you with our grateful, wounded hearts.

*Ginny and Peter*

**To Pastor Angie and all of my friends at Cotuit Federated Church,**

Thank you so much for brightening our Easter and spring. We truly are thankful.

*Maryann Kazukonis Fetscher*

**Dear Rev. Angie,**

Thank you and your church for your generous donation of 50 bags of food for our food pantry. This enables the Salvation Army to feed many in our community. Helping those in need by providing nutrition gives our hungry & needy a hand up and enables them to rebuild their lives. Your kindness is truly a blessing we are grateful for.

*Major Cynthia Brown*





*Continued*

**Dear Angie and CFC Congregation,**

Thank you for sending the Sunday worship bulletin and the Home Touch. Thank you, Christine. I enjoy reading every word.

I received many beautiful cards, and I can't wait to get back to church. I hope to get back when the 10am service begins.

On June 13, I had surgery on my left hand for carpal tunnel, and on June 27, I had surgery on my right hand. They are healing nicely and no more pain. On July 11, my brother passed away, and I will miss him so much. He was my buddy. Thank you for your prayers, and I will see you soon. Love and blessings,

*Ellie Abate*

**Dear CFC,**

Thank you so much for welcoming Adriana into your church community. My family felt God's love through you and your congregation. We will be back.

*Adriana's family*

Thank you to our amazing team of CraftFest volunteers! Once again, you have done a fantastic job!



**Dear Reverend Angie,**

Thank you for performing our renewal ceremony in such a beautiful, thoughtful, and special way. You made our lives more perfect. Thank you for sharing out day.

*Howie and Roberta*



## COMMUNITY BULLETIN

The 2nd Annual  
Habitat for Humanity CC  
**Ride for Homes**  
Sunday, September 22



The Ride for Homes is a two-route cycling event taking place on September 22. Challenge yourself to ride 40 miles from the Ap-tuxet Trading Post Museum in Bourne to Woods Hole and back, or enjoy a 10-mile ride along the Cape Cod Canal. Both routes boast beautiful water views and are safe for experienced and less-seasoned riders. Riders are asked to raise a minimum of \$300. For more information or to register, you can visit [www.habitatcapecod.org](http://www.habitatcapecod.org).

**Autumn in Olde Cotuit**  
October 12, 12noon – 3pm  
(Rain date October 13)

Who makes the best chili in Cotuit? Find out as the Cotuit Historical Society celebrates Columbus Day weekend with chili, beer, and homemade pies! Watch the open hearth cooking and demonstration in the Dottridge Homestead.

For more information, visit [CotuitHistoricalSociety.org](http://CotuitHistoricalSociety.org) or find them on Facebook.



Cotuit Library Annual  
**Scarecrow Stuffing and  
Haunted Stacks**  
October 19, 10am – 1:30pm



Bring clothes for your scarecrow, and the Library will provide the straw for stuffing. The scarecrows will be on display on the Library fence for a week. Then, wander through their specially decorated spooky basement books stacks! (Note: You can pick up your scarecrows on October 26th during Library hours, so you'll have them home for Halloween!)





# Fall Rummage Sale

**Cotuit Federated Church**  
**40 School Street, Cotuit, MA**

**Friday, Oct. 18, 2019 ~ 9am to 4pm**

**Saturday, Oct. 19, 2019 ~ 9am to 2pm**

Fall and winter clothing, toys, books, jewelry, kitchen and household items, some furniture and other treasures.

Donations are gratefully accepted:

Sunday, October 13th (for members only during Man Power for an Hour)

Monday, October 14th—Wednesday, October 16th ~ 9am to 4pm

**\*\*Thursday, October 17th ~ 9am to 12noon – No Clothing, Please\*\***

Please be sure your donation is clean—no stains or rips,  
and is in working order with all associated parts.

## 508-428-6163





# Building Expansion Project

## Addressing Our Greatest Needs

CFC is a vibrant church where people experience being in beloved community. Our congregation and its role in the community is growing because our ethos is warm, inclusive, affirming, and relational. We strive to meet peoples' physical, spiritual, mental, and emotional needs, and is dedicated to supporting Cotuit and the broader Cape Cod community. As we have grown over the past several years, so, too, have our needs. Today, our greatest needs revolve around the size and quality of our physical spaces, which are far too small and outdated to effectively serve our congregation and community. It has been over 60 years since CFC last addressed its need for additional space. To meet the current and future needs of this congregation and community, we believe it is time to take action and address several deficiencies.

## Our Current Situation

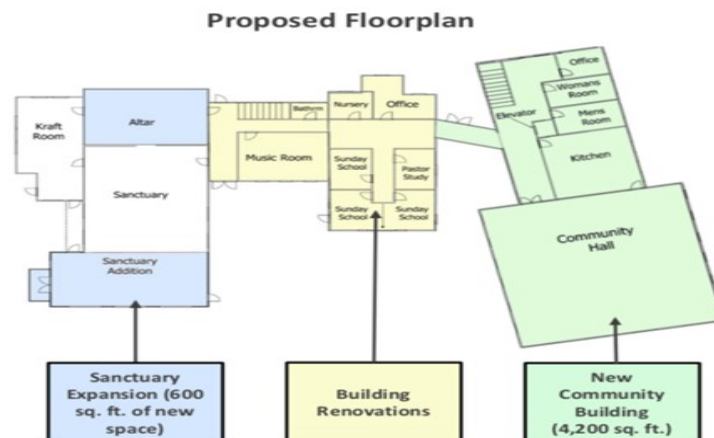
Overcrowded sanctuary with insufficient space for worship, funerals, and memorial services  
Small and outdated community hall that cannot host large groups and community events  
Outdated Sunday School rooms in the basement that lack windows and proper lighting  
Nursery room located in the basement, too far removed from parents  
A crowded kitchen and insufficient office and administrative space  
Limited and non-ADA compliant restrooms and no handicap access to the basement classrooms or nursery  
Lack of sufficient storage space throughout the church  
Lack of facilities and emergency generator to provide shelter for the community when needed

## Expansion Plan Benefits

A new Community Building that is ADA accessible, equipped with a commercial kitchen, audio/visual capabilities, and is double the size of our current gathering space  
Showers and a generator to allow the new Community Building to serve as an emergency shelter  
An expanded sanctuary that allows for larger worship services, weddings, and funerals. Visitors have missed funerals and memorial services due to limited capacity  
Installation of assistive technology in the sanctuary to accommodate those with hearing loss  
Updated classrooms and nursery room moved from the basement to the main floor for a safer and healthier environment  
Additional storage and upgraded administrative space that will allow CFC to continue to grow in ministry and service

## Expansion Plan Next Steps

We will review the results of a Capital Campaign Feasibility Study conducted by CCS Fundraising, a respected consulting firm with a proven track record in studying and conducting successful faith-based and secular capital campaigns. We will modify our vision for expansion based on the feedback we receive from the study, and at an appropriate time, we will start a Capital Fundraising campaign. We believe that the expansion and renovation of our building will address our major space and usage issues and will ensure we can properly and sustainably serve our beloved Cape Cod communities.



## The Building Expansion Team

Tim Wakefield, Church Moderator; Carol Wilgus Giller, Capital Campaign Leader;  
Peter Rohner, Building Design Leader; Jennifer Loughran, Communications Leader;  
Pam Boden, Special Projects; John Murray, Process Manager; Pam Morrill, Campaign Advisor;  
Angela Menke Ballou, Pastor

# Cotuit Federated Church

## Community Potluck & Block Party

*Come and celebrate our new program year  
here at Cotuit Federated Church!!!*

- Bring a side dish
- Bring your best smile for our  
*Annual Church Family Portrait*
- Bring your friends, family and neighbors

**Sunday, September 15, 2019 ~ 11:30am**

40 School St., Cotuit

For more information:

(508) 428-6163

Email: [cfc436@comcast.net](mailto:cfc436@comcast.net)



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Rev. Angela Menke Ballou  
Music Director:  
Megan Anthony  
Director of Christian Education:  
Lynne Belfiore  
Admin. Assistant for Ministry:  
Laura Peterson  
Sexton: Mark Eames

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