



CHIMES

Fall 2020 Newsletter



DATES TO REMEMBER

First Sunday of the Month
Communion

Sunday, September 13
Return to 10 a.m. Worship
Blessing of the Backpacks
and the Calendars

Tuesday, September 15
6 p.m. Evening Worship on Lawn

Wednesday, September 16
6:30 p.m. The Way of Blessedness
Bible Study begins (see page 4)

Sunday, September 20
9:15 a.m. Church School begins
Pick up Family Care Package

Sunday, October 4
WORLD Communion Sunday

Sunday, November 1
Daylight Savings Time ends
All Saints' Sunday

**Second Thursday and
Fourth Tuesday of the Month**
Miracle Kitchen

At Home with God

Dear Beloved Community,

Many of us have spent more time in our homes and more time locally than ever before. The pandemic causes us to limit our exposure and our activities. Even our communal worship of God is taking place online, as we gather in our homes.

Our fall worship theme will be an exploration of what this time means for us, what it means to be 'At Home With God.' It will look at how we experience the Holy in our daily lives. We will think about who we become more familial in our relationship to God, who has chosen to make a home with us.

This theme reoccurs throughout scripture:

The eternal God is your dwelling place, and underneath are the everlasting arms. – Deuteronomy 33:27

*You who live in the shelter of the Most High,
who abide in the shadow of the Almighty,
will say to the Lord, "My refuge and my fortress;
my God, in whom I trust." – Psalm 91: 1-2*

Abide in me as I abide in you. – Jesus in John 15:4

(continued from front)

So then you are no longer strangers and aliens, but you are citizens with the saints and also members of the household of God, built upon the foundation of the apostles and prophets, with Christ Jesus himself as the cornerstone. In him the whole structure is joined together and grows into a holy temple in the Lord; in whom you also are built together spiritually into a dwelling place for God.
– Ephesians 2:19-22

So let us take this opportunity to explore what it means for us to dwell in God and to let God dwell in us. This opportunity to explore what means for us to be at home with our God. For when this time is past, we can carry our Living God into the world with us in new ways, because we will know what it means to live and move and have our very being in the shelter of our Living God.

Abundant blessings,



If you would like to schedule a time to meet with Pastor Angie,
please contact the Church Office at 508-428-6163 or e-mail cfc436@comcast.net.



Blessing the House of the Heart

If you could see
how this blessing
shimmers inside you,
you would never wonder
whether there will be
light enough,
time enough,
room enough for you.
If you could see
the way this blessing
has inscribed itself
on every wall
of your heart,
writing its shining line
across every doorway,
tracing the edge
of every window
and table
and hall—
if you could see this,
you would never question
where home is
or whether it has
a welcome for you.

This blessing wishes
to give you
a glimpse.
It will not tell you
it has been waiting.
It will not tell you
it has been keeping watch.
It would not
want you to know
just how long
it has been holding
this quiet vigil
for you.
It simply wants you
to see what it sees,
wants you to know
what it knows—
how this blessing
already blazes in you,
illuminating every corner
of your broken
and beautiful heart.

—Jan Richardson
from *The Cure for Sorrow*

DEACONS' FALL UPDATE

In this period of virus pandemic the roles of the Deacons have changed: much less "hands on" and much more virtual. Instead of personal greetings at church services and coffee hours, the Deacons are telephoning the congregation members to check on how they are doing and to provide support. A clear message we are getting in return is that the virtual church services that Pastor Angie is conducting are very well received. Most folks are happy to continue in this mode for as long as deemed necessary for health and safety.

Another change for the Deacons is taking a more direct role in the worship service. On two different Sundays, thus far, the Deacons have delivered a series of "mini sermons," sharing our personal experiences. Seeing oneself on the computer screen can be a scary and humbling experience, but somehow we all survived it! We may even be willing to do it again . . .

The new communion ware and name tag systems are on hand and ready for use when we get back to live church, thanks to Beth Gadoury and Gary Potter.

Finally, we welcome Jen Nash as a new Deacon, a very positive addition to our team.

Submitted by
Dick Hamilton

'I give you a new commandment, that you love one another. Just as I have loved you, you also should love one another. By this everyone will know that you are my disciples, if you have love for one another.'

– John 13:34-35



Gratitude for our VIRTUAL LAY READERS

Thank you to all who have graciously stepped up to the challenge of remote worship! It's comforting seeing familiar faces join Pastor Angie during worship each week. We are thankful for our experienced readers, as well as those who have made their first appearance in this role.

Interested in becoming a Lay Reader? Contact Chris Robello at 508-428-8862 or e-mail crobello2@gmail.com. Training is available for those interested.

Sunday Morning Worship continues on FaceBook Live at 10 a.m.

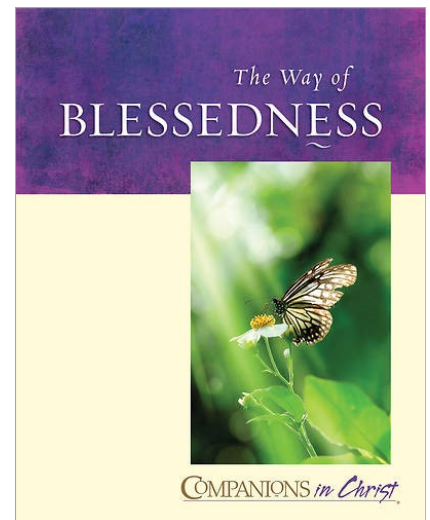
Like so many other churches on Cape Cod, we are moving closer to the end of the year before we can worship in-person in the Sanctuary. The Covid Response Team decided that we will continue to worship on-line until after Thanksgiving. We will continue to have Sunday worship on FaceBook Live at 10 a.m., and are offering Church School via ZOOM beginning Sunday, September 20 (see Miss Lynne's article). Updates and new information will be posted in the *Weekly Word* e-mail. If you don't receive the e-mail on Fridays, sign up at www.cotuitfederatedchurch.org.

Small Group Book Study for the Fall

The Way of Blessedness is an invitation for small group members to discover and live in the kingdom of God. Each week is an exploration of one of the Beatitudes from Matthew 5. Unlike other books on the Beatitudes, *The Way of Blessedness* is threaded throughout with spiritual practices that form participants spiritually while informing them about scripture. This 9-week journey helps participants empty themselves of pride so that they can be filled with God's abundant love. As they are transformed by God's love, they may become people who mourn with and for others and our world, who understand and live out Jesus' example of meekness, who hunger and thirst for holiness, who humbly offer and receive mercy, whose hearts are pure and able to see the imprint of God in all things, who seek peace, and who hold strong in our faith through adversity. *The Way of Blessedness* guides participants along a path that offers clarity to their way of life and the very life of God's kingdom.

Small group sessions:

- September 16** -- Week 1 *Exploring the Blessed Life*
- September 23** -- Week 2 *Embracing Our Spiritual Poverty*
- September 30** -- Week 3 *Tears as Anguish, Tears as Gift*
- October 7** -- Week 4 *The Power of a Clear and Gentle Heart*
- October 14** -- Week 5 *A Satisfying Hunger and Thirst*
- October 21** -- Week 6 *Embracing the Wisdom of Tenderness*
- October 28** -- Week 7 *Receiving the Vision of God*
- November 4** -- Week 8 *Making Peace: A Fragrant Offering of Love*
- November 11** -- Week 9 *The Deep Gladness of Suffering Love*



Wednesday at 6:30 on Zoom will be exploring what it might look like to live in *The Way of Blessedness*. Books will be available at church for \$10.

Join Zoom Meeting

<https://us02web.zoom.us/j/89636568665?pwd=NHEza1NqWS1MM3I4ZWxZSkFaVE0wUT09>

Meeting ID: 896 3656 8665 | Passcode: 176120

Dinner Club continues . . .



Stay connected and join CFC friends and family the 3rd Friday of the month — **September 18, October 16, and November 20** — at 6 p.m. for one hour on ZOOM. Share drinks, laughs, good food, and catch up with what is going on! Anyone can join at any time, and new faces are always welcome!

The Weekly Word will provide direct links or go to ZOOM at <https://us02web.zoom.us/j/84229311644?pwd=T1lZUzY4VDVmSU9WczU4a0tVdDZpdz09>.

Enter Meeting ID: 842 2931 1644, Passcode: 293724. See you there!

MUSIC

What an interesting year it's been! The choir had a great performance at Christmas with a rousing medley from the Messiah; and the handbells wowed us with a mashup of "Angel" hymns. I had exciting things planned for Easter, but, alas, we'll have to wait until next year.

In the meantime, I've gotten very good at video editing, something I've never done before. I've trained the choir in how to record themselves with a click-track and upload their videos to Dropbox. Several choir members have been using the Acapella app to record hymns - BIG 'Thank You' to Vickie, Tedi, Alison, Diane, and "The Scotts." It has been fun to record handbell anthems, though very frustrating. I plan on bringing a friend to join me to (safely) record some parts so that there is a little variety. It's also been a time for choir members to experiment with solos and small groups from the comfort of their own home and with the ability to re-record and not worry (or worry too much) about mistakes.

Hymn sings have been so fun! I've been exposed to many "new" hymns and it's been fun to interact with people over Facebook Live, something I thought I would NEVER do. While I am taking a break from them, for now, I look forward to having more as soon as my school schedule gets figured out.

Stay safe!

Submitted by
Megan

***Church returns to 10 a.m. Worship
on Sunday, September 13.***

CHURCH OFFICE UPDATE

The Church Office will be 'OPEN' on Tuesdays-Fridays 9 a.m. to 1 p.m. Margaret Margolis will be in the Office during these hours. We are requesting that you continue to schedule an appointment if you need to meet with her. We appreciate you refraining from dropping by, Masks are required. If you are at a higher risk, please consider continuing to conduct business over the phone or via e-mail. To schedule an appointment or would like to speak with Margaret, call the Church Office at (508) 428-6163 or e-mail: cfc436@comcast.net.



Thank you

Dear Angie & the
CFC community,
My recent experience
of loss and grief was
made easier by the
love and support of
all of you. Even in
this time of separation,
people visited on my
doorstep or from cars.
They sent cards,
brought meals, gave
virtual hugs, sent
e-mail messages and

made many phone
calls, I felt the
prayers and was
surrounded with
God's love through
all of you.
It is so important
for people to ask
how I am doing and
to really want to
know.
Thanks to everyone
in our special
community.
Sincerely,
spreading the love,
Valerie

The Wholehearted Parenting Manifesto

Above all else, I want you to know that *you are loved and lovable*. You will learn this from my words and actions – the lessons on love are in how I treat you and how I treat myself.

I want you to engage with the world from a place of worthiness. You will learn that *you are worthy of love, belonging, and joy* every time you see me practice self-compassion and embrace my own imperfections.

We will practice *courage* in our family by showing up, letting ourselves be seen, and honoring vulnerability. We will share our stories of struggle and strength. There will always be room in our home for both.

We will teach you compassion by practicing *compassion* with ourselves first; then with each other. We will set and respect *boundaries*; we will honor hard work, hope, and perseverance. *Rest and play* will be family values, as well as family practices.

You will learn *accountability and respect* by watching me make mistakes and make amends, and by watching how I ask for what I need and talk about how I feel.

I want you to know *joy*, so together we will practice *gratitude*.

I want you to feel joy, so together *we will learn how to be vulnerable*.

When uncertainty and scarcity visit, you will be able to draw from the *spirit* that is a part of our everyday life.

Together we will cry and face fear and grief. I will want to take away your pain, but instead I will sit with you and *teach you how to feel it*.

We will *laugh and sing and dance and create*. We will always have permission to be ourselves with each other. No matter what, *you will always belong here*.

As you begin your Wholehearted journey, the greatest gift that I can give to you is to *live and love with my whole heart* and to *dare greatly*.

I will not teach or love or show you anything perfectly, but I will let you see me, and I will always hold sacred the gift of seeing you. *Truly, deeply seeing you.*

- from *Daring Greatly* by Brené Brown -

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A Parent's Prayer

Thank you for my children, Lord;
I know they are a gift from you.

I need your strength
and wisdom daily
to train them in the way to go.

Give me patience
and a joyful heart;
Let me be an example
of your love and forgiveness.

Thank you God,
for the honor of being a parent.
Amen.

Source: <https://www.crosswalk.com/faith/prayer/40-powerful-blessings-to-pray-over-your-children.html>

CHURCH SCHOOL

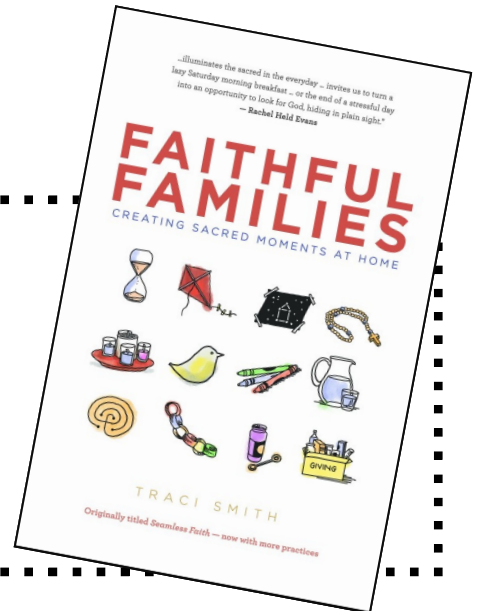
Church School will meet from 9:15-9:45 on Sunday mornings via ZOOM. To register your child for Church School visit the Church webpage or Facebook page. In order to comply with Safe Church Guidelines I need an additional adult each session. Please let me know if you would like to be the second person. I may be reached at cotfedced@gmail.com or (508) 428-8896 (leave a message).

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

Blessings,
Lynne

Care Package Pickup

- Care packages for church school families will be available at the Church September 20 between 1 and 2 p.m.. Drive up and we will deliver to your car! Families will receive a carabiner for each child's backpack, materials for Zoom Church School, a blessing for parents and children, a book about developing faith formation at home, and Bibles for children who would have received one this past spring.



Blessing of the Backpacks

Join us **SUNDAY, September 13 at 10 a.m.** on FaceBook Live for a special blessing of backpacks for students returning to school or those who will continue learning remotely. It is a blessing for our youth and children as they begin a new season of learning.

*Adults
are invited to
bring their
calendars and time
-keepers for a
Special Blessing.*



[Blessed carabiners will be in the Care Package the following week. See above.]

FINANCE

Several people asked about our Church finances during the all Church Survey. So since the annual meeting reviewed our Finances through 12/31/19, I thought I would share an update with you through 7/31/20.

The following report shows our revenue and expenses for the first 7 months of 2020. The second column is our Annual (12 month) budget. The third column shows what percentage our YTD actuals are compared to our yearly budget. Our target is 58% of budget. Ideally we would like to see our revenue at or above 58% and our expenses at or below 58%. The final column has letters which mean I have a comment about that line. Please see comments below:

Cotuit Federated Church Statement of Operations

for the 7 month ending July 31, 2020

OPERATING REVENUES

	Y-T-D Actual	Annual Budget	% of Budget	Target-58 percent
Contributions—Pledges	\$ 116,284	\$ 177,500	65.5%	A
Contributions—Other	21,503	30,500	70.5%	
Fundraising Events, Net (CraftFest/Rummage)	(50)	40,500	-0.1%	B
Post Office Rent	20,895	35,820	58.3%	
Donations to Memorial Funds	1,700	0		C
Transfers from Donor Memorial Funds	0	0		
Transfers from Trustees' Fund	0	8,500	0.0%	D
Income from Externally Managed Donor Funds	9,962	5,000	199.2%	E
Facility Use	1,325	5,250	25.2%	F
Total Revenues	171,619	303,070	56.6%	

OPERATING EXPENSES

Payroll and Employee Benefits	110,073	196,647	56.0%	
Property Maintenance	4,727	16,628	28.4%	
P.O. Property Taxes	6,274	0		G
Utilities	9,376	16,432	57.1%	
Insurance	11,719	16,305	71.9%	H
Office & Administration	5,330	11,950	44.6%	
Memorial Fund Expenditures	2,494	0		F
Special Giving Expenditures	0	3,000	0.0%	
Missions and Outreach	14,541	30,000	48.5%	
Christian Education	2,278	6,250	36.4%	
Worship	1,550	3,275	47.3%	
Other	1,266	2,250	56.3%	
Total Expenses	169,628	302,737	56.0%	

Revenues Minus Expenses	\$ 1,991	\$ 333		
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- A. Our pledges are well above our target for this time of year. Thank you to everyone for your giving!!!
- B. As everyone is aware we will not be holding our annual fundraisers this year. Our Budget was \$40,500. This could be concerning, but we were able to receive a PPP loan from the SBA of \$30,000. We still need to apply for forgiveness, but we are confident that we have met all the criteria for forgiveness. We are waiting for the bank to let us know when we can apply and I have already done all the necessary forms. We will keep you posted.
- C. We received \$1700 in donations to Memorial funds. We do not know if and when we will receive these, so we do not budget for them.
- D. We budget to move \$8500 from our Trustees Fund if needed. Last year we did not need to and we will hold off this year unless necessary. The good news is it is available.
- E. Last year we didn't receive these externally managed funds. So this year the funds are nearly double!!
- F. Our facility income is obviously down due to the Pandemic. If we add the PPP loan, the donations to Memorial funds and the extra income from our externally managed funds we have an additional \$36,700 that almost off sets our fundraising income.
- G. Our property taxes are reimbursed by the Post Office and I expect that check anytime.
- H. Our insurance payments are a timing issue and this will be in line by year end.
- I. We had some expenditures to bring our technology up to host virtual worship. Even with these expense variances our expenses are under target at 56%.

Please reach out to me if you have any questions.

Ellen Wakefield

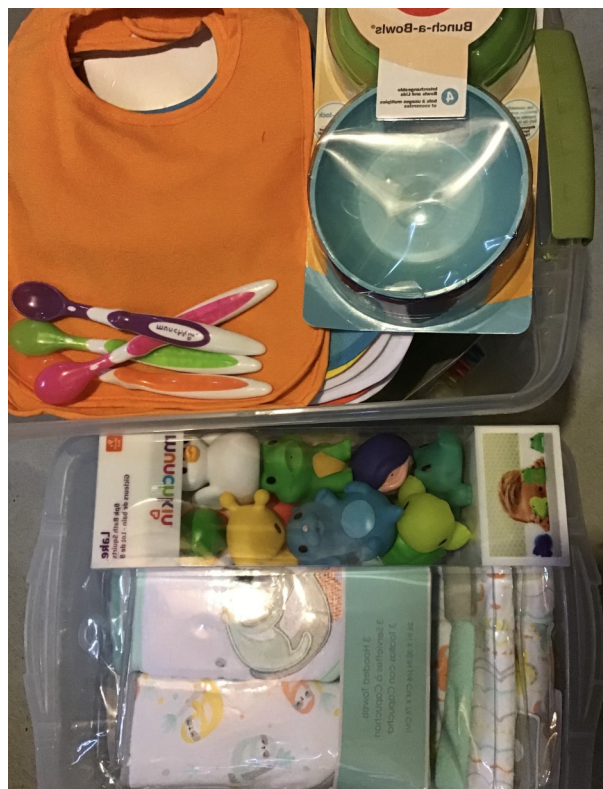
802-384-4209 or edemers66@gmail.com



YOUR GIFTS

providing Gifts for Others

While COVID restrictions have made shopping more challenging, preparations for Christmas at the Emerson House have still been underway. In order to maximize our funding, we take advantage of sales throughout the year. Here's a sneak peek at some of the gifts the women and babies will be receiving, with the support of the CFC Mission Team. Thank you for your generosity!





Calling all COOKS!

CFC is home to many, many excellent cooks as anyone who has ever attended one of the monthly friendship dinners or one of our legendary coffee hours already knows.

Your Equipping Team is actively working on ideas to help bring us together and nurture our beloved community even though we are still worshipping separate from one another. And since it is true that we all have to eat, we want to create a digital CFC cookbook where we can share recipes and complete, utter yumminess, with each other. We welcome recipes from all ages, including our kids.

Equipping is searching for someone to coordinate this project. Please be in touch with me at: rockyluke@comcast.net if you are interested. This is going to provide our congregation with many delightful dining experiences.

Bon appetite, beloveds!!

Linda Harmon
on behalf of the Equipping Team

EQUIPPING TEAM

This summer, the Equipping Team has welcomed our new member Linda Harmon; finished the revamping of *The Gifts We Bring* survey; decided on a book that we would like to read and discuss together; and are initiating the ideas of an all-church quilt and all-church cookbook (see above announcement) to bring us more fully together during this time.

Our plan had been for *The Gifts We Bring* survey to be part of the fall Stewardship Program, but we are saving it until our congregation is meeting in person again; and we can more fully have conversation about it.

The book our team is sharing was suggested by Pastor Angie—*Organic Community: creating a place where people naturally connect* by Joseph R. Myers which served as inspiration for the Vision Team when they created our Equipping governance that went into effect in 2009.

While we miss our in-person meetings, we are grateful that we are able to move forward in very positive ways. And we want to say a hearty welcome to our new Administrative Assistant, Margaret Margolis!

Sis Belcher, Ann Murray, Priscilla Arnaud,
Charlie Dings, Linda Harmon, Janet Kearsley

MIRACLE KITCHEN

Each second Thursday and fourth Tuesday of the month, volunteers serve a hearty lunch for the homeless at the Hyannis Salvation Army Center. We are still meeting and making sandwiches in the kitchen and delivering them. Look for sign-up in the Weekly Word e-mail.

HABITAT FOR HUMANITY FUNDRAISER

The 2020 Kayak Raffle is well underway!

Visit the Habitat ReStore in **Falmouth** to see the kayak in person and purchase your tickets to win this beautiful hand crafted cedar strip kayak, made by long time Habitat volunteers Pat Taylor and Bill Witmer! Pat and Bill are retiring and this is the last kayak they will build for Habitat Cape Cod; get your tickets now! The kayak is 16 feet long, 24 inches wide, weighs 45 pounds, and is valued at \$5,000.



The Falmouth ReStore is located at 805 Gifford Street Ext. and is open Monday through Saturday 9am - 5pm.

The winning name will be drawn in October and the kayak will be delivered within 150 miles of Cape Cod. Tickets are \$2 for 1 or \$10 for 7.

All proceeds to benefit our mission to build homes, hope, lives, and community on Cape Cod!



Cape Cod Healthcare's Blood Donation Team is returning to Cotuit Federated Church!

Monday, September 28
9am-2:30pm

Remember:

- Donations by appointment only.
Register on-line at
www.capecodhealth.org/give-blood
- You must be in good health and have not traveled outside Massachusetts during 14 days prior to the drive (or current Massachusetts travel guidelines).
- All donations stay on Cape Cod to help our family, friends and neighbors!
- Due to COVID-19 precautions, there will be no hospitality table.

CCHC reminds donors it is safe to give blood. Blood is classified as a life-saving operational need. Due to the COVID-19 situation, blood centers throughout the country are experiencing a significant drop in donations, which is limiting the ability for the nation's blood supply to adequately replenish. It's important for people to know the corona virus does not pose any known risk to blood donors during the donation process or from attending blood drives.



COTUIT FEDERATED CHURCH

40 School Street • Post Office Box 436 • Cotuit, MA 02635

PLEASE
PLACE
STAMP
HERE

No matter
who you are
or where you
are on
life's journey,
you are
welcome
here.