



CHIMES

Winter 2020 Newsletter



DATES TO REMEMBER

First Sunday of the Month
Communion

Thursday, Nov. 26
THANKSGIVING

Sunday, Nov. 29- ADVENT 1
10 a.m. Worship

Sunday, Dec. 6 - ADVENT 2
11 a.m. All Church Budget Mtg.

Sunday, Dec. 13 - ADVENT 3
10 a.m. Worship

Sunday, Dec. 20 - ADVENT 4
Christmas Pageant

Monday, Dec. 21
7 p.m. Longest Night

Thursday, Dec. 24 - CHRISTMAS EVE
4:30 p.m. Service

Friday, Dec. 25 - CHRISTMAS

Sunday, Jan. 3
10 a.m. Epiphany — Star Gifts

Monday, Jan. 25
9 a.m. Blood Drive in Bruce Hall

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

The Art of Coziness

Dear Beloved Community,

Growing up on a farm in Indiana, I remember winter and waiting and watching and hoping for a good snow. I can viscerally feel the eagerness awaiting the first good snow. It would mean bundling up and going out to build a snowman, throw snowballs, make snow angels.

Winter wasn't the drag that we sometimes associate it with as grown ups. As grown ups we notice that the nights are increasingly long. We notice that we're getting up for work or our morning coffee in the dark. We're somewhat cranky about the cold temperatures.

But there's also something about the coziness of the season. We can light the fire in our fireplace. We can see the gentle light twinkling from our Christmas trees. We hold a cup of warm beverage. In Denmark, this is called *hygge* (pronounced hoo-Ga) and is translated as the art of coziness. In Norway, they call it *koselig* and it's translated as the sense of coziness. Both of these countries have far more drastic winter, but they are on to something. They understand and appreciate being cozy and how the long nights of winter lend themselves to being cozy.

This Advent and Christmas will be different for many of us. Because of the COVID-19 global pandemic, our family will not be traveling to see our extended family for Thanksgiving or Christmas. Perhaps you, too, will have

(continued from front)

altered plans this year. This year, we feel the waiting that accompanies Advent. Along with our waiting for the arrival of God-With-Us, we feel the wait for a vaccine, for the easing of restrictions, for a return to a semblance of normal. Building on our fall worship theme of being "At Home, With God." Our Advent and Christmas theme is "The Art of Coziness: Advent, Christmas, & Hygge." While perhaps not what we would choose, this year, we will nestle into creating a space in our homes and hearts to welcome the Christ Child.



In the season of Advent, we wait. We wait for the birth of Jesus – not just counting down with a chocolate or bit of cheese or LEGO figure as we move through the advent calendar. We wait for the birth of Jesus not just so we can open our presents. We wait for Jesus' birth as we know that he ushers in hope and peace and joy and love. As we wait, we allow for increasing light to surround us – lighting an additional advent wreath candle each week.

Many have studied Denmark, the long-held "happiest country in the world," to pinpoint the aspects of Danish life that help bring about this happiness. Much of this can be summed up in the concept of hygge (pronounced "hoo-ga"). At once an antidote to over-busy consumerism and a lovely reminder of what matters most, hygge is a perfect way for families to live into the season of Advent, lighting candles and snuggling in to what the Danes call "the duvet of darkness."

Hygge contains many aspects of creating space. There is fire and candle light. We are encouraging everyone to have Advent Wreaths at home and to light other candles reminding us of the light of Christ that comes to us in this season. Hygge also included togetherness, perhaps, we can find new ways of being together through letter writing and calls. Hygge encompasses food and drink, which were so central to Jesus ministry that took place around tables.

The Salt Project has designed five hygge design devotional table tents, one for each week of Advent (Hope, Peace, Joy, and Love), and a fifth for Christmas Eve/Day. Each tent features a lovely little table devotional, including a scripture reading, reflection, suggested practices, and a prayer. They are perfect to add a bit of Christmas hygge invitation to your table this season. You will find them enclosed with this newsletter.

This Advent, we invite you to snuggle in. We invite you to be cozy. To surround yourself in the coziness of the season over and above the chaos that can consume us. Grab a warm beverage and settle in to wait.

Wishing you hope and peace and joy and love this season and always.

Repeat the Sounding Joy,

A handwritten signature in cursive script that reads "Angie McBallie".

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.

PASTOR/PARISH TEAM

The Pastor/Parish Team welcomed new member—Barbara LeClair—this summer. She joins other members Joan Bentinck-Smith, Sue Hamel, Mike O'Toole, Jayne Uyenoyama, and Ann Murray.

The Pastor/Parish Team provides a safe, supportive, and confidential place for Pastor Angie to share her thoughts and feelings about the life, happenings, and challenges of our beloved community—Cotuit Federated Church. It also provides an additional channel for communication between the Pastor and the congregation.

Because of the new stresses, demands, and responsibilities that have arisen with this pandemic time as well as the uncertainties of this election year, the Team and Pastor Angie decided to meet more frequently, moving from quarterly to every other month. This is providing opportunities for more current and timely interactions and ideas. We continue to focus our conversations on the five "S's"—*Successes, Sadnesses, Surprises, Satisfactions, and Solutions* as well as affirmations.

[Please note: Pastor Angie does not share anything with the Team that was disclosed to her during counseling or other confidential sessions.]

Submitted by
Ann Murray, Chair

A SPECIAL THANK YOU goes out to the congregation on their generosity of Spirit. When faced with no CraftFest Cotuit, our community partners were also faced with a loss. Not only did you make special contributions to CFC, but we were able -- through your donations -- to give \$750 to Troop #52. Through your support of the Vacation Bible School, we were able to raise \$1250 for Heifer Project International. That means we can purchase: an alpaca, a water buffalo, a sheep, a pig, a cow, a hive of honeybees, a flock of ducks, and two flocks of chickens. Wow! Thank you to our VBS kids who wrote notes of hope and became philanthropists through your generosity!

thank
you



Knitting brings me JOY!

As many of you know, I've been knitting for the church for awhile now. Due to COVID (and too much TV watching!), I am well stocked. If anyone would like me to make something special for them, I'd be happy to....from a baby blanket to a lap robe, a shawl or an afghan. You supply the yarn, I'll supply the labor. I have many patterns. I only knit—no crochet requests, please. If you would like to have something sooner, you can choose from the ones I've already made.

Please contact me if you are interested at 508-419-1228 or email me at johnson.priscilla@comcast.net.

Blessings,
Priscilla Johnson

Due to COVID-19, we have had to scale back many events, but Christmas is still coming! We are still going to celebrate and have many festivities . . . they might look a little different this year. Come celebrate and be a part of all that we can offer. Remember to stay safe, wear your mask, wash your hands, and enjoy from the safety of your home!



REMEMBRANCE & HEALING

Monday, December 21 at 7 p.m. via FaceBook Live

This service honors Christmas as a difficult season for those who have experienced loss of loved ones, work, and/or relationships. It allows us to rest in God's presence and to bring our grief and longing, our pain and prayer, to our Savior. Join us for this time of healing and remembering, of lighting candles (have your candles ready) to remind us God's light shines in our darkest hour and during our longest night.



MUSIC

The beginning of the school year has been quite busy and frustrating, but things are finally feeling "normal". I'm excited to bring in my friend, Amanda, to ring with me. She is an excellent player and a member of Back Bay Ringers and several other handbell ensembles.

The "hymn crew" has been working hard and getting quite good! We have had some fun, contemporary, special music—thanks to Mike and Scott. The choir is already working on music for Christmas and we are excited to involve the congregation in a recording project!

Submitted by
Megan



CHURCH SCHOOL

Zoom Church School began September 20. An average of six children attend each week from 9:15-9:45 a.m. Curriculum materials for the fall were either picked up by families or delivered to their homes. This allowed children and families to complete follow-up activities each week as they were able. Feedback from families was positive. The link to the meeting is listed in the Weekly Word. Every week is a new technology adventure and I am grateful for the flexibility shown by all. Everyone has been very Gumby-like!

The winter curriculum focuses on the birth of Jesus from the Gospel of Luke and the life of Jesus from the Gospel of Mark. Curriculum materials will be mailed to families by the end of November.

This year's Christmas Pageant (presented virtually, of course!) is December 20. Scripts, with instructions, will be emailed to families the first week of December.



Christmas Pageant on Sunday, December 20.

Safe church practice requires a second adult in the church school meeting. If you are interested in being a second person please email me at coffedced@gmail.com.

Seventeen children have registered for the school year. It isn't too late to register your child/children for Church School and it helpful for me to have the most current information about your child! Please contact me to send you a current registration form.

Blessings,
Lynne Belfiore
Director of Christian Education



A Christmas Prayer

Loving God,
Help us remember the birth of Jesus,
That we may share
in the song of the angels,
The gladness of the shepherds,
and worship of the wise men.

Close the door of hate
And open the door of love
all over the world.
Let kindness come with every gift
And good desires with every greeting.
Deliver us from evil by the blessing,
which Christ brings
And teach us to be merry
with clear hearts.

May the Christmas morning make us
Happy to be thy children
And Christmas evening bring us
To our beds with grateful thoughts
Forgiving and forgiven
For Jesus sake
Amen.

- Robert Louis Stevenson

Source: <http://www.worldofchristmas.net/christmas-prayer/children-christmas-prayers.html>

History of the Advent Wreath

The Advent wreath, or Advent crown, is a Christian tradition that symbolizes the passage of the four weeks of Advent in the liturgical calendar of the Western church. It is traditionally a Lutheran practice, although it has spread to many other Christian denominations.

It is usually a horizontal evergreen wreath with four candles, sometimes with a fifth, white candle in the center. Beginning with the First Sunday of Advent, the lighting of a candle can be accompanied by a Bible reading, devotional time and prayers. An additional candle is lit during each subsequent week until, by the last Sunday before Christmas, all four candles are lit. Many Advent wreaths include a fifth, Christ candle which is lit at Christmas Eve or Christmas Day. The custom originated in family settings but has also become widespread in public worship.

The concept of the Advent wreath originated among German Lutherans in the 16th century. However, it was not until three centuries later that the modern Advent wreath took shape. Research by Prof. Haemig of Luther Seminary, St. Paul, points to Johann Hinrich Wichern (1808–1881), a Protestant pastor in Germany and a pioneer in urban mission work among the poor, as the inventor of the modern Advent wreath in the 19th century. During Advent, children at the mission school Rauhes Haus, founded by Wichern in Hamburg, would ask daily if Christmas had arrived. In 1839, he built a large wooden ring (made out of an old cartwheel) with 20 small red and 4 large white candles. A small candle was lit successively every weekday and Saturday during Advent. On Sundays, a large white candle was lit. The custom gained ground among Protestant churches in Germany and evolved into the smaller wreath with four or five candles known today. Roman Catholics in Germany began to adopt the custom in the 1920s, and in the 1930s it spread to North America. Professor Haemig's research also indicates that the custom did not reach the United States until the 1930s, even among German Lutheran immigrants.

In medieval times Advent was a period of fasting during which people's thoughts were directed to the expected second coming of Christ; but in modern times many have forgotten this meaning and it has instead been primarily seen as the lead up to Christmas, and in that context the Advent wreath serves as a reminder of the approach of the feast.

Advent wreaths are circular, representing God's infinite love, and are usually made of evergreen leaves, which "represent the hope of eternal life brought by Jesus Christ." Within the Advent wreath are candles that generally represent the four weeks of the Advent season as well as "the light of God coming into the world through the birth of Jesus Christ" although each of the candles can be attributed its own significance as

How to make an Advent wreath.

Follow these simple steps that even a non-crafty person can do easily, and you've got a new tradition to hand down through your family.

Materials (total cost about \$10-\$15):

- Green floral wire
- Garland
- Decorative items, such as pine cones, ornaments and other wreath stick-in type items
- Ribbon
- Advent wreath metal frame – can be purchased on-line (Amazon or purchase at Craft Store) or make one
- Four Advent taper candles

WEEK TWO: PEACE



Instructions:

You should be able to find most of the items at your local craft store. The metal frame for the wreath and Advent candles can usually be found on-line or you make one.

- 1) Take your metal frame and lay your garland on top. Use the green floral wire to attach the garland to the frame. Make sure your garland is arranged so that the wreath will sit flat on a table.
- 2) Add the decorative items you selected, such as pine cones or ornaments, to the garland and attach with floral wire to secure.
- 3) Wrap your ribbon around the garland loosely. Tie a pretty bow on one side. It's usually easier if you create the bow separately and then tie it on with the ribbon you used to wrap around the garland.
- 4) Add your candles!

Remember to light your candles each Sunday of Advent. Use your enclosed prayer cards each week.

Happy Advent!

*Advent is four weeks of
spiritual contemplation
anticipating the
celebration of Christmas.*



(continued from Page 6)

well; in one version of such interpretation, the candles specifically symbolize the Christian concepts of hope (week one), peace (week two), joy (week three) and love (week four). Many Advent wreaths also have a white candle in the center to symbolize the arrival of Christmastide, sometimes known as the "Christ candle." It is lit on Christmas Eve or Christmas Day. The Christ candle is colored white because this is the traditional festal color in the Western Church. Another interpretation states that the first candle is the Messiah or Prophecy candle (representing the prophets who predicted the coming of Jesus), the second is the Bethlehem candle (representing the journey of Joseph and Mary), the third represents the shepherds and their joy, and the fourth is the Angel's candle, representing peace.

In many Catholic and Protestant churches, the most popular colors for the four surrounding Advent candles are violet and rose, corresponding with the colors of the liturgical vestments for the Sundays of Advent. For denominations of the Western Christian Church, violet is the historic liturgical color for three of the four Sundays of Advent: Violet is the traditional color of penitential seasons. Blue is also a popular alternative color for both Advent vestments and Advent candles, especially in some Anglican and American Methodist churches, which use a blue shade associated with the Sarum rite, in addition to Lutheran churches that also implement this practice. One interpretation holds that blue means hope and waiting, which aligns with the seasonal meaning of Advent.

Advent begins on Sunday, November 29

In this Newsletter special Advent Table Tent cards are in the enclosed for each Sunday.

Rose is the liturgical color for the Third Sunday of Advent, known as Gaudete Sunday from the Latin word meaning "rejoice ye", the first word of the traditional entrance prayer (called the introit) for the Mass or Worship Service of the third Sunday of Advent; it is a pause in the penitential spirit of Advent. As such, the third candle, representing joy, is often a different color from the other three.

In other Protestant churches, especially in the United Kingdom, it is more common for Advent wreaths to have four red candles (reflecting their traditional use in Christmas decorations). An Advent wreath given to Pope Benedict XVI of the Catholic Church also had four red candles. In the UK, the four red advent candles are often linked to the Sunday Revised Common Lectionary readings for Advent, each candle representing those looking forward to the coming of Christ: the hope of all God's people (week one), the Old Testament prophets (week two), John the Baptist (week three) and Mary the mother of Jesus (week four).

In *Making God Real in the Orthodox Christian Home*, Anthony Coniaris states that an Orthodox wreath consists of six different colored candles on a round base to celebrate the six weeks of the 40-day Christmas and Advent period. A green candle, symbolizing faith, is lit on the first Sunday that begins on November 15; on the second Sunday, a blue candle, symbolizing hope, is lit; on the third Sunday, a gold candle, symbolizing love; on the fourth Sunday, a white candle, symbolizing peace; on the fifth Sunday, a purple candle, symbolizing repentance; on the sixth Sunday, a red candle, symbolizing communion.

Article source by Wikipedia. For article references and entire article, https://en.wikipedia.org/wiki/Advent_wreath.



ADMIN TEAM

The Admin Team has continued to meet monthly via Zoom to discuss and review important topics for the CFC regarding Financials, Property and Personnel. Over the past few months we have continued to work on negotiating a new lease for the Post Office, we have approved a new copier for the church which is allowing us (Margaret) to produce many documents in house. We have authorized repairs to the Parsonage and continue to work closely with the Alarm company to fix a forever going issue.

We will continue to work as a team to make what we feel are the best decisions to keep the CFC moving in a positive direction. Please feel free to reach out to me if you have any questions about the role of the Admin Team.

Keep the Faith
Tim Wakefield

MISSION TEAM

So, what types of mission work does the little church with a big heart do during a pandemic? We provide bagged lunches to the Salvation Army 2-3 times a month. A group of people get together in Bruce Hall to make sandwiches and then pack two sandwiches in a bag along with a drink, fruit, snacks, and a napkin. The bagged lunches are then delivered to the Salvation Army in Hyannis to be given out at lunch time.

We provide a volunteer 3 nights a week to the Faith Family Kitchen for their permanent pandemic team along with funding to provide a hot meal, to-go style, to members of our community.

We do food drives for our Thanksgiving and Christmas mission programs in partnership with the Cotuit Fire Department as there is a great need in the community for food and other necessities.

We participate in Teens Love Christmas Too program through the Salvation Army. As our pastor says, Teens may not always remember the Christmas gifts they receive but they will always remember if they are forgotten during the holidays.

We send funding to some of our community partners and we brainstorm for ways our church members can stay involved. Do you have any ideas? Please send those ideas of how we can use our gifts to help others to a member of the mission team.

Ken Molloy, Karen Young, Linda Marsh, Ed Lott or Pat Uhlman

EQUIPPING TEAM

The Equipping Team is excited about two projects to bring our congregation together during this challenging time. We advertised in the Weekly Word to see if anyone was interested in leading the way for a CFC Cookbook or a CFC quilt for the community hall in our new building -- and we got great response.

Cindy Kenna and Cathy McMullen have done outstanding research into publishers who will help our church create the cookbook -- and they also have terrific, creative ideas that you will hear more about soon! (See our ad, Calling All Cooks, in this newsletter.)

Our quilt project will be led by another outstanding team of Linda Sullivan, Laurie Dings, Sue Potter, and Allison Whalen. The goal right now is to get quilting squares out to the congregation in the Lenten material in February. Lots of great ideas for this project also.

The Equipping Team has continued to read Organic Community by Joseph R. Myers. Myers' emphasis is on the beauty and importance of the individual within a community. "Community is story . . . By collecting these stories, we measure the life -- the community -- we share. . . Organic order allows a spirit of diversity, individuality, creativity and wholeness to emerge. . . Nurture environments where spontaneous community can emerge." This book was profoundly influential in the creation of our new governance in 2009; with the deep help of Pastor Angie, we now function this way naturally, as an Equipping Church, and continue to do so even in these challenging times.

We wish everyone in our congregation renewed warmth and coziness in the Thanksgiving and Christmas season.

Submitted by
Janet Kearsley
on behalf of the
Equipping Ministry and Growth Team --
Sis, Charlie, Ann M., Priscilla A., Linda H.

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

The Covid Response Team decided we will continue to worship on-line until February 2021. Our hope is—in the Spring—there will be nicer weather and opportunities for us to worship together outside. In the meantime, we will continue to have Sunday worship on FaceBook Live at 10 a.m. and Church School via ZOOM at 9:15 a.m. on Sundays. We will continue to post updates and new information in the Weekly Word e-mail. If you don't receive it, please sign up at www.cotuitfederatedchurch.org.

MODERATOR
Tim Wakefield

ASSISTANT MODERATOR
Amy Fish

ADMIN. TEAM CHAIR
Tim Wakefield

CLERK
Leigh Maccini

TREASURER
Ellen Wakefield

FINANCIAL SECRETARY
Laurie Dings

ASST. FINANCIAL SECRETARY
Peter Rohner

HISTORIAN/LEGAL DOCUMENTS
Beth Crouch

LAY DELEGATES
Open

SAFETY/COVID-19
Amy Fish





OUR VISION

Because of our shared commitment to follow Jesus Christ, we envision a community of faith that not only honors who we are but who we are called to be with God. In that spirit, we covenant to be helpful to each other, assuming the best of one another.

We desire to have our spirits expanded so that we are ready to discover who we are in God. We seek fellowship with one another because of the joy found when we are truly known.

We eagerly nurture compassionate hearts, grateful spirits and a readiness to embrace what God puts before us. We work to be loving and open, in the hope that what God imagines for us will be realized.

We aim in all things to be devoted to the mission of being Christ's hands in the Church, the community and the world.

BUILDING EXPANSION TEAM

The Building Expansion Team (BET) met several times over the past nine months with a focus on continuing our fundraising during the summer months. Project information packages were sent to several seasonal residents, followed by meetings to discuss our project and to gain their support. Based on this targeted fundraising effort, we have secured close to \$2.5 million in total donations and pledges, which now allows us to plan accordingly with an architect. **THANK YOU** to all of you that have helped us to get to this point — this is an amazing milestone during these unusual times.

During July and September, BET members met with representatives from ConServ Architect/Construction, a firm that did the work at St. Mary's Church (Barnstable) and St. Peter's Church (Osterville). Both churches and other ConServ clients highly recommended them to us and were very pleased with their services. ConServ does architecture, engineering and construction, which will serve as a benefit to us with a more efficient process as compared to working with separate firms.

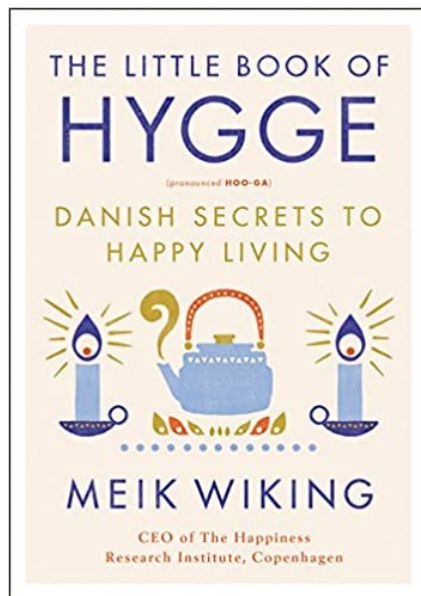
Based on this information and with research conducted with another firm, the BET is very excited to proceed with ConServ. We signed a contract with ConServ in September, which initiated the Phase 1: Schematic Design work. Drawings and pricing were received in October and we are extremely pleased with the work we have received so far from ConServ. Under the leadership of Peter Rohner, our initial building designs are now being modified to align with our current fundraising, space needs, and design goals.

We look forward to bringing these conceptual drawings to the congregation for conversation with a series of Zoom meetings in January 2021.

This is a very exciting time for our little church with a big heart! Again, thank you to all that have provided support and spiritual guidance as we proceed with this very important project. If you have any questions, please contact BET member, Jennifer Loughran at loughranjk@att.net.

ALL CHURCH Meeting on Sunday, December 6, after service.
Look for further details in the Weekly Word e-mail.

BOOK STUDY in ADVENT



Book discussion will be on December 2 and 16 at 6:30 p.m. on Zoom. Books are available in the Bruce Hall window for \$16.

Embrace Hygge (pronounced hoo-ga) and become happier with this definitive guide to the Danish philosophy of comfort, togetherness, and well-being.

Why are Danes the happiest people in the world? The answer, says Meik Wiking, CEO of the Happiness Research Institute in Copenhagen, is Hygge. Loosely translated, Hygge—pronounced Hoo-ga—is a sense of comfort, togetherness, and well-being. "Hygge is about an atmosphere and an experience," Wiking explains. "It is about being with the people we love. A feeling of home. A feeling that we are safe."

Hygge is the sensation you get when you're cuddled up on a sofa, in cozy socks under a soft throw, during a storm. It's that feeling when you're sharing comfort food and easy conversation with loved ones at a candlelit table. It is the warmth of morning light shining just right on a crisp blue-sky day. *The Little Book of Hygge* introduces you to this cornerstone of Danish life, and offers advice and ideas on incorporating it into your own life, such as:

- Get comfy. Take a break.
- Be here now. Turn off the phones.
- Turn down the lights. Bring out the candles.
- Build relationships. Spend time with your tribe.
- Give yourself a break from the demands of healthy living. Cake is most definitely Hygge.
- Live life today, like there is no coffee tomorrow.

From picking the right lighting to organizing a Hygge get-together to dressing hygge, Wiking shows you how to experience more joy and contentment the Danish way.

BOOK STUDY in January & February

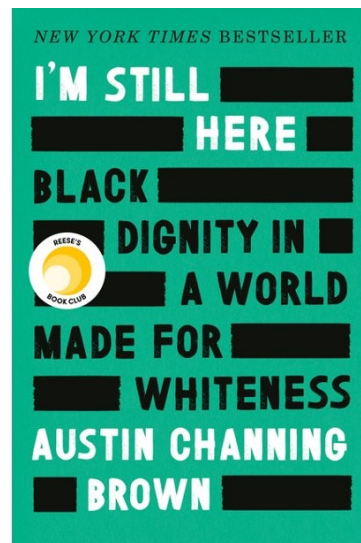
***I'm Still Here: Black Dignity in a World Made for Whiteness*
by Austin Channing Brown**

Austin Channing Brown's first encounter with a racialized America came at age seven, when she discovered her parents named her Austin to deceive future employers into thinking she was a white man. Growing up in majority-white schools and churches, Austin writes, "I had to learn what it means to love blackness," a journey that led to a lifetime spent navigating America's racial divide as a writer, speaker, and expert helping organizations practice genuine inclusion.

In a time when nearly every institution (schools, churches, universities, businesses) claims to value diversity in its mission statement, Austin writes in breathtaking detail about her journey to self-worth and the pitfalls that kill our attempts at racial justice. Her stories bear witness to the complexity of America's social fabric—from Black Cleveland neighborhoods to private schools in the middle-class suburbs, from prison walls to the boardrooms at majority-white organizations.

For readers who have engaged with America's legacy on race through the writing of Ta-Nehisi Coates and Michael Eric Dyson, *I'm Still Here* is an illuminating look at how white, middle-class, Evangelicalism has participated in an era of rising racial hostility, inviting the reader to confront apathy, recognize God's ongoing work in the world, and discover how blackness—if we let it—can save us all.

Book Discussion on January 13 and February 10 at 6:30 on Zoom. Books are available in the Bruce Hall window for \$16





During these unsettled, uncertain, scary times I have been turning to the writings of Ted Loder. This is a prayer from *Guerrillas of Grace, Prayers for the Battle* entitled "Sometimes it Just Seems to be Too Much."

Submitted by
Kathi Campbell

Sometimes it Just Seems to be Too Much

Sometimes it Just Seems to Be Too Much
Sometimes, Lord,
it just seems to be too much:
too much violence, too much fear;
too much of demands and problems;
too much of broken dreams and broken lives;
too much of war and slums and dying;
too much of greed and squishy fatness
and the sounds of people
devouring each other
and the earth;
too much of stale routines and quarrels,
unpaid bills and dead ends;
too much of words lobbed in to explode
and leaving shredded hearts
and lacerated souls;
too much of turned away backs
and yellow silence,
red rage and the bitter taste
of ashes in my mouth.

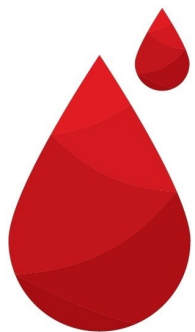
Sometimes the very air seems scorched
by threats and rejection and decay
until there is nothing
but to inhale pain and exhale confusion.

Too much of darkness, Lord,
too much of cruelty and selfishness
and indifference...
Too much, Lord,
too much,
too bloody,
bruising,
brain-washing much.

Or is it too little,
too little of compassion,
too little of courage,
of daring,
of persistence,
of sacrifice;
too little of music
and laughter
and celebration?

O God,
make of me some nourishment
for these starved times,
some food for my brothers and sisters
who are hungry for gladness and hope,
that, being bread for them,
I may also be fed
and be full.

by Ted Loder



**GIVE
BLOOD.
GIVE
LIFE.**

MARK YOUR CALENDARS!

Every two months, Cotuit Federated Church holds a Blood Drive for Cape Cod Healthcare. Your giving can provide life-saving support to a person in need here on Cape Cod! The following are the 2021 Blood Drives held on Mondays — January 25, March 22, May 24, July 26, September 27, and November 22. The hours are usually 9 a.m. to 2 p.m. More details will be provided in the Weekly Word e-mail sent on Fridays.

www.capecodhealth.org/give-blood

EQUIPPING TEAM

Calling All Cooks (of ALL ages!)

Your Equipping Team is working on a couple of projects this fall and winter to help connect us and bring us together even while we still worship online.

One of these projects is a CFC Cookbook! We know there are lots and lots of amazing culinary wizards in our midst. Our legendary coffee hours and Dinner Club gatherings are testament to that fact. Remember that culinary wizards often create simple, easy, delicious food!



We are asking you to begin thinking about your favorite recipes. Perhaps you have one which has been handed down by the elders in your family or maybe it is something completely new. Perhaps your recipe has a story to tell. Whatever the case, we will be inviting you to submit a recipe or two via the internet starting December 1. Be on the lookout for more details in the *Weekly Word* on November 27.

Just as we are looking to connect with each other, we also remain committed to connecting with our community. Many in our community suffer from food insecurity and so we plan to use the proceeds from the sale of the cookbook to help support the Miracle Kitchen and Faith Family Kitchen.

Our little church with a big heart will support ourselves and our community with this project. And we will do so in an epic expression of yumminess!

Stay tuned....and in the meantime, Bon Appetit!!

Linda Harmon
on behalf of the Equipping Team

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.



Work of Christmas Begins

When the song of the angels is stilled,
when the star in the sky is gone,
when the kings and princes are home,
when the shepherds are
back with the flocks,
then the work of Christmas begins:
to find the lost,
to heal those broken in spirit,
to feed the hungry,
to release the oppressed,
to rebuild the nations,
to bring peace among all peoples,
to make a little music
with the heart...
And to radiate the Light of Christ,
every day, in every way,
in all that we do
and in all that we say.
Then the work of Christmas begins.

-- Howard Thurman, adapted

Source: <https://www.godweb.org/christmasprayers.htm>



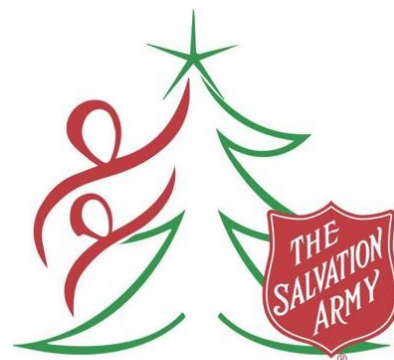
YOUR GIFTS

providing Gifts for Others

It is always fun to wake up on Christmas morning to gifts under the tree. But for many teens, they will wake up to no gifts. **Teens Love Christmas Too** is a program run by our local Salvation Army to make sure there are gifts for our local teens. This year, we are collecting gift cards to be given to the Hyannis Salvation Army to distribute to the families of teenagers. You determine the amount to put on the card and then bring your card(s) to the Church Office on Tuesdays and Thursdays between 1-2 p.m. each week up to **December 3**. They will then be delivered to the Salvation Army to distribute to the families.

Merry Christmas!

ALL DROP OFFS—Tuesdays and Thursday 1-2 p.m.



Examples of the types of gift cards: Amazon, Best Buy, Bath & Body Works, iTunes, Olympia, Dick's Sporting Goods, Dunkin', Starbucks, Target, Walmart, Barnes & Noble, Old Navy, Kohls, Ryan's Family Amusement, Game Stop, Cape Cod Mall, Restaurants, and clothing stores.



In partnership with the Cotuit Fire Department, our church will be providing **Christmas meals** to families in our community. The Fire Department will provide the hams, and we will get all the fixings. Please bring in your non-perishable items to the church on Tuesdays and Thursdays from 1-2 p.m. and put them on the designated table in Bruce Hall. Suggested items but not limited to are canned vegetables, fruit, soups, mac and cheese, boxed potatoes, rice, and any food item that goes with ham. Other items such as canned tuna, peanut butter, cereals, shelf stable milk, etc. are so appreciated to add to the food bags. Please bring your food to Bruce hall no later than **December 17**. We will be packing the food bags and delivering (non-contact) the Christmas meals on Saturday, December 19.

COTUIT NURSERY SCHOOL

providing early education

Hello from the Cotuit Nursery School! We are located in the basement of the church and have been in operation for over 40 years! Last spring our enrollment was almost at capacity when our school year was cut short in March due to the COVID-19 pandemic. We did offer zoom meetings twice a week and daily Facebook lessons through June at no charge so we could stay connected with our students. We worked diligently over the summer in conjunction with the Massachusetts Department of Early Education and Care to ensure a safe opening of school in September. We have many increased protocols and cleaning procedures, our staff and children are all masked, and we use lots of hand sanitizer.

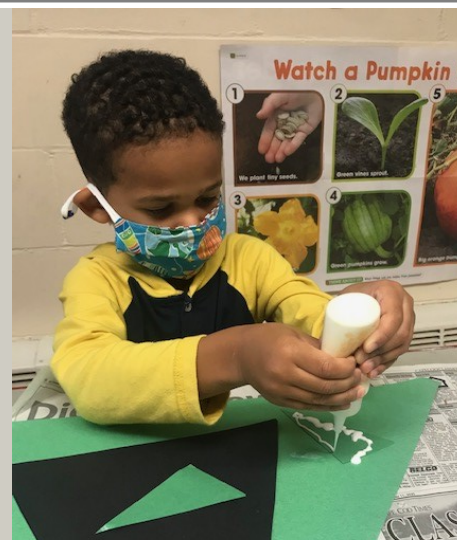
Our enrollment is limited to half capacity to meet the social distancing requirements and we currently have 6 students enrolled in our MWF program and 5 in our TTH program. We were aware going into this unprecedented year that we would be in the red financially but we feel it is important to continue to offer our services to the community.

The families who are enrolled at Cotuit Nursery School are thrilled to be here and the children are all thriving despite the limitations imposed on them. We continue to offer enriching play based activities and are having a lot of fun! Our typical Fall events have been modified due to COVID restrictions. We could not hold our annual Open House. We held a Halloween Costume Fashion Show on the church steps rather than our parade through the Village Green and our annual Thanksgiving Bake Sale at Stop & Shop has been cancelled.

We are holding virtual fundraisers to help with our costs. We are trying to be creative with fundraising as our typical fundraisers have been cancelled. These fundraisers are included in the Weekly Word. Feel free to participate! We will also gladly accept any donations to help defray our costs. Please visit our Facebook page ("Cotuit Nursery School") to see our art and activities. We are also accepting new students, so spread the word!

We are hopeful that we can continue to offer such a great first educational experience to the children and families of Cotuit and the surrounding areas. Thank you for your support!!

"Every child
is an artist,
the problem
is staying an
artist when
you grow up"
-Pablo Picasso



Fall Semester
2020

Cotuit Nursery School

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Bless this house! May it be every day changed by Your love, Jesus. Keep our homes safe. Protect our dwellings from all that could cause it harm. Let our houses be safe places to restore what has been lost and welcome mats for those who need Your love. We ask for a legacy of love that drifts down into the furthest generations of our family and the family of all that walk through our door. In Jesus' Name. Amen.



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.