

# THE TIMES NEWSLETTER

*A publication of the First Congregational Church  
of Scarborough, Maine 04074*

**APRIL 2024**



## With God

As I write this, our Lenten Devotional study group is coming to the end of our time together. It has been a rich time of sharing our hearts and souls with each other. We have been challenged by some of the topics presented by our source booklet “Bend.” And we have grown closer to God and to each other. What a great blessing it is to have practiced this extended spiritual discipline together through the season of Lent, and to talk about our world through the lens of God’s Holy Word. In my humble opinion, this is what we should be doing in the church on a regular basis!

Spiritual disciplines and spiritual practices vary widely. They can be a time of sustained prayer, fasting, meditation, Bible study. Some of us find a connection with God through physical exercise and taking long walks outside in God’s beautiful creation. My old neighborhood in New Hampshire was a great place for this as it was in a rural setting. And my new neighborhood in Maine is also a great place, as I can take invigorating walks by the ocean.

Walking outside is very different from walking inside at the gym on a treadmill, isn’t it? What I mean is, when we’re inside, we often plug in the headphones, listen to music, or watch television programs on the big screen while we exercise. It is good for the body, but not the soul. Really...

But when we’re outside in God’s creation, there is a different kind of music we listen to - the sounds of nature – birds singing in the trees, the steady pounding of waves on the shoreline. There are different sights to see like the sun in the sky and the melting ice dripping into a flowing woodland stream. And the smells are so refreshing - the salt air and the earth defrosting from the cold winter temperatures.



Have you ever dipped your toes into the cold water of a babbling brook in the forest? Have you ever witnessed a tender sprout peeking out of a crack in the hard case of an acorn?

I believe our God, who is the masterful artist and designer of life, invites us into the work of life and wants a relationship with us, which is where our spiritual practice comes in. We need to respond. Isn't this THE greatest wonder in all of creation? How is it that we are loved by God? Why are we considered worthy enough for Jesus to give his life for our salvation? The rhythm of life is a gift of pure grace to us. The gift of salvation is a gift of pure love for us.

As we live into these days of the Easter season, I encourage you to set as a priority, spending quality time with God. Do what works for you. Maybe you will glimpse God in a sprouting acorn, or while on a walk in the woods. Maybe God's whisper will come in the silence of heartfelt prayer, or you will know about one of God's miracles in the eyes your newborn grandchild. Maybe you will hear the voice of God in worship, in a study group with others, or in the singing of a hymn. Whatever it is, do what you can to be with God. By your spiritual practice, you will eventually find God. And you will know the joy that the author of Love wants you to have, each and every day. May God be with you in these Eastertide days.

Yours in Christ's Service,

Reverend Linda C. Hey



**WORSHIP SERVICES AND EVENTS FOR HOLY WEEK**

**AT FIRST CONGREGATIONAL CHURCH**

March 24	Palm Sunday	9:30 A.M. (Church Sanctuary)
March 28	Maundy Thursday	6:30 P.M. (Vestry and Sanctuary)
	Last Supper Service & Service of Tenebrae	
March 29	Good Friday	11:30 A.M. Lunch & Movie (Parish Hall Parlor)
March 31	Easter Sunday	6:15 A.M. Sunrise Service
		(The Breakers - Higgins Beach)
		9:30 A.M. Easter Sunday Service
		(Church Sanctuary)

## Maundy Thursday Last Supper Service and Service of Tenebrae

Last year we filled all the seats at our Maundy Thursday Last Supper table. Because it was greatly appreciated by those who attended, we will be hosting it again as part of our Holy Week observations. This year's Last Supper Service and Service of Tenebrae will be on Thursday, March 28<sup>th</sup> at 6:30 P.M. The evening begins in the Vestry, where we honor Jesus' last Passover meal by reading scripture (Exodus, Psalms of Praise, and Luke's gospel), singing hymns, and eating a simple meal together. The meal culminates in the sharing of Holy Communion elements.

Our group then proceeds upstairs to the Sanctuary where we participate in a Service of Tenebrae. In this service we extinguish candles and Sanctuary lights as we read the story of Jesus' night of betrayal and arrest. It is a solemn service, different from others we share together, as it is not a time for fellowship, but contemplation and silence. Many who have been a part of Maundy Thursday services attest to the fact that it is a very powerful experience.



We hope you will join us in remembering the holy sacrifice Jesus made for our salvation.

## Viewing the First Congregational Church Services Remotely

If you are unable to join us in the church sanctuary on Sunday mornings to worship, you can live stream the service from the comfort of your own home. The easiest way is to go to the church Face book site. If you do not use Face book, you can visit the church website and access the services that way. Detailed instructions were published in our March letter. If you need guidance, please call or email the church office during the week and we will walk you through it.

<b>OFFICE E-MAIL ADDRESS:</b>	<b>fcchurch@fccscarborough.com</b>
Church mailing address	161 Black Point Rd, Scarborough ME 04074
Church Website	www.fccscarborough.com
Church Telephone #	(207) 883-2342
Pastor: Rev. Linda Hey	rlindahey2@gmail.com
Office Hours:	9:00 am - 1:00 pm. Monday through Friday

## Music Notes

We look forward to Palm Sunday, Maundy Thursday, and Easter, as we reflect on the love and blessings of Christ in our lives.

In the choir loft we have appreciated Jean and Don for the Lenten and Easter Season and anticipate that others might join us for a week, a special Sunday, or another season. We certainly miss Kate, and hope she is finding things to do as her knee heals. I am so thankful for choir members who handle change with ease and who sing with their whole hearts, minds, and souls every week for the glory of God. Happy Easter to you all and may you feel God's presence through our music and fellowship.

Yours in music,

Wendy



## Save the Date: Good Friday Movie

Please join us on **Friday, March 29, 2024** in the Ladies Parlor to watch the movie 5000 Blankets. This movie was inspired by a true story of Cyndi Bunch, whose husband, Philip, suffered a schizophrenic breakdown two decades earlier and ran away to live on the streets. Learn how this experience changed their lives and how their young son made a huge impact in the homeless community.

Prior to the showing of the movie, please join us at 11:30 in the Ladies Parlor for lunch. The menu will include hot dogs, chips, drinks and dessert. Also, like any good movie “theater”, there will be popcorn to munch on during the movie.

So we have an idea of how many to plan on, there will be a sign up sheet in the Vestry. If you would like to attend but are unable to sign up on the sheet, please contact Terri at [terri-brown1959@yahoo.com](mailto:terri-brown1959@yahoo.com). We hope you can join us and enjoy some fellowship and a great movie.

See you at the movies,

## **WOMEN'S FELLOWSHIP NEWS**

The next Women's Fellowship meeting is March 26, 2024 at 2:00 p.m. in the Vestry. Our program is Seated Exercise, so come comfortably dressed! After the program, we'll have light refreshments followed by our business meeting. Our hostesses are Nancy Hall and Roberta Brown. If you are able, our Food Pantry donations for the month are canned vegetables.

Our last general meeting of the year is April 23, 2024 at 2:00 p.m. in the Ladies Parlor. Our program will be Beekeeping, which should be very interesting as we move into the spring season. Our hostesses will be Susan Fielding and Deb Gerry. If you are able, our Food Pantry donations for the month are condiments.

Our Annual Banquet will be held May 21, 2024. The time and place are yet to be determined. We hope you can join us as we close out our year with good food and fellowship.

The Ladies Breakfast will resume again for the spring season. We will meet at the Maine Mall IHOP at 9:30 a.m. on April 17, May 15 and June 19. We hope to see you there!

The Crafts & Fellowship group continues to meet every Tuesday (except the 4th Tuesday of the month) at 1:30 p.m. in the Annex. Come make a cute craft, enjoy conversation or play a game. Everyone is welcome!

## **SAVE THE DATE: MAY 5th ANNUAL MEETING**

The Annual Meeting of the First Congregational Church will take place following the worship service on Sunday, May 5th .

One of the regular items of business is the election of Ministry heads and the members who will serve on each Ministry. Participating in a Ministry is a great way to contribute to the life and mission of our church and to purposefully interact with other members in a shared endeavor. You may find a niche that fulfills you and helps you get to know other congregants beyond the Sunday worship service.

Ministries generally meet monthly between September and June, although Governing & Finance stays active all year. Some meetings are in person, others are conducted via ZOOM, as decided by the Ministry members. Should you have any questions about a particular Ministry, please contact Joanne Brown (joannebrown7175@gmail.com) or call Elaine at the office.

## The Special Easter Offering

The Church Easter offering will go to the Dempsey Center. It is a cancer care and support center.

It seems that everyone has been touched by cancer. Each week you can hear prayers being made by our parishioners for people struggling with this terrible disease.

The Dempsey Center, located in Auburn and South Portland, provides a haven of support where anyone whose world is disrupted by cancer can regain a sense of control and begin to make sense of their new normal. The Dempsey Center was founded in 2008 by actor and Maine native Patrick Dempsey with the mission to help make life better for people impacted by cancer. Patrick's mother, Amanda, was diagnosed with ovarian cancer in 1997. After experiencing her journey, and inspired by Amanda's passion for helping others, Patrick created a space where those impacted by cancer could find relief, comfort, resources, and support—all at no cost.

This Center offers incredible services including yoga and meditation classes, support groups of all kinds, nutrition and financial health, education and many more found at [www.dempseycenter.org](http://www.dempseycenter.org). "We are blessed to have this nationally recognized organization available in our State. The support and care that the staff provided was invaluable when I was diagnosed and being treated for cancer," from Pam Joy.



The Outreach and Stewardship Ministry is pleased to support the Dempsey Center and ask you to join us in making our Easter Offerings to this worthwhile organization.

## Transitional Steering Team Update – It’s Time for Us to Talk!

Here is a recap of what the Transitional Steering Team has been doing! We have been meeting regularly for the last several months, studying the Interim Development Tasks and how they relate to our church. We have written a “Covenant for Christian Communication” which was adopted by Church Council this past December, and we are pleased to say that our church committees have been practicing this covenant in their committee meetings.

We are now excited (so excited!) to let you know that we are planning our **1st Congregational Conversation** to be held on Sunday **April 28th** after church. Our purpose for this gathering is to share in conversations with you about the church and learn from each other as we begin to prepare for a new chapter in the church’s life. We invite all our members and active “friends” of the church to attend. We need you! Our April 28<sup>th</sup> gathering will be held in the Vestry beginning at 10:45 AM, lasting approximately one hour. There will be coffee, water, and special snack bags for all participants.

Looking ahead, mark your calendars for our **2nd Congregational Conversation** to be held on Sunday **May 19<sup>th</sup>** after church. At this meeting we will focus on our church’s ministries. It will also be held in the Vestry beginning at 10:45 AM. We need everyone’s participation, so please come!

We are Yours in Christ,

### The Transitional Steering Team Members

Herb Hughes

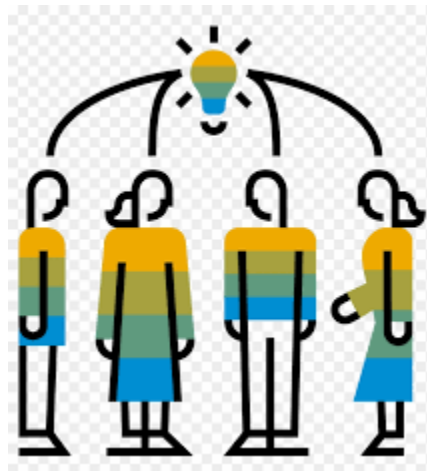
Sue Whitten

Sue Hilton

Elaine Sederlund

Terri Brown

Rev. Linda Hey



## WHAT'S COOKING AT THE FIRST CONGREGATIONAL CHURCH?

Many folks have asked for the recipe of the delicious breakfast casserole that Vicki Flynn makes each year for the annual Stewardship Brunch. Enjoy!!

### Stewardship Brunch Breakfast Egg Casserole

Serves 12-14 people

#### Ingredients

$\frac{3}{4}$  to 1 pound cooked ham (sausage or bacon)

6-8 slices of bread (thick cut French white works the best)

$\frac{1}{4}$  cup Monterey jack cheese (grated)

$\frac{1}{4}$  cup sharp cheddar cheese (grated)

6 eggs

3 cups milk

$\frac{1}{2}$  tsp salt

Place bread in a greased 9X13 pan

Layer cheese and meat

Combine egg/milk and pour over top

Cover pan and put in refrigerator overnight

Bake 350 degrees, 35-40 minutes not covered

#### Other options

$\frac{3}{4}$  cup lightly sautéed vegetables of your choice can be substituted for meat. Can use onions, red and green peppers, mushrooms, broccoli, cherry tomatoes.

Serve immediately





## FROM THE KITCHEN OF FRANCES E. ROSS

Upon moving to Scarborough in the fall of 1959, Fran began attending the First Congregational Church. She was an active member from then until the mid 1980's. She was elected to the following positions during her twenty-five years as a member of this congregation: Secretary-treasurer of the Sunday School, church Treasurer, Deaconess, and Auditor. This recipe was a Ross family favorite.

### Coke Cake

Mix in a saucepan and bring to a rapid boil:

- 1 cup Coca Cola
- ½ cup margarine
- ½ cup vegetable oil
- 3 Tbsp cocoa

Take off the stove and stir in:

- 2 cups flour
- 2 cups sugar

Stir in the following:

- 1/2 cup sour milk
- 1 Tsp baking soda
- 2 eggs, beaten
- 2 cups of mini marshmallows



Pour into a greased 10"x 14" pan. Bake at 350 degrees for 45 minutes.

Frost right from the oven.

## EXTRA EXTRA!

On Thursday, March 14th, Scarborough Middle School students delivered 4,000 items of food to our Food Pantry. They were assisted by members of the Scarborough Fire Department.

A big THANK YOU to all who participated.

Your gifts will be well used.



## FOOD PANTRY HOURS:

Tuesdays 1:30 - 4:00 pm

Thursdays 1:30 - 4:00 pm

Donations may be brought to the Food Pantry during these hours OR dropped off ANYTIME in the breezeway of the Office/Annex at 161 Black Point Road.































