

First Congregational Church



UNITED CHURCH OF CHRIST

in Melrose

An Open and Affirming Congregation

Messenger

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All That We Need

During these weeks of Lent, I am offering here an invitation to an ancient spiritual practice called "Lectio Divina". It is a practice of contemplatively reading scripture in order to still one's mind and connect to God. Below are the steps to this week's exercise.

Text: "...they brought the donkey and the colt, and put their cloaks on them, and he sat on them. A very large crowd spread their cloaks on the road, and others cut branches from the trees and spread them on the road. The crowds that went ahead of him and that followed were shouting, "Hosanna to the Son of David! Blessed is the one who comes in the name of the Lord! Hosanna in the highest heaven!" When he entered Jerusalem, the whole city was in turmoil, asking, "Who is this?" The crowds were saying, "This is the prophet Jesus from Nazareth in Galilee." Matthew 21: 7-11 NRSV

Lectio: Read this scripture passage aloud, slowly. Release any interpretation or opinion you may have about this passage, as you read it.

Meditatio: Let the passage "sink in" for two minutes. Sit with the passage. Hold it lightly – don't force any attempt to interpret it.

Repeat "lectio" and "meditatio" three more times.

Oratio: Pray aloud: "May I receive from the scripture what my soul needs for today."

Contemplatio: Who is Jesus to you? How can you build a stronger relationship with Christ in your daily living?

In the context of mindful Christian prayer, wanting equals having. To pay mindful attention to our desire for progress in mindfulness is to have a taste of

that progress; in this case, a desire to progress in your relationship with Christ.

Let your desire for spiritual progress be a mustard seed that you can trust to grow, in its own time and on its own terms. Contemplative prayer opens us to our inner creativity and capacity for change in light of a problem or a need for growth.

In other words, we don't need to solve problems or fix things in the moment of contemplative prayer. We simply learn to trust that solutions will arise from within, when the time is right. Much of this is adopting the truth that we already, in fact, have all that we need.

As Thomas Merton, the 20th century Trappist Catholic monk, summarized: "In prayer we discover what we already have. You start where you are and you deepen what you already have, and you realize that you are already there. We already have everything, but we don't know it and we don't experience it. Everything has been given to us in Christ. All we need is to experience what we already possess."

See you in church,

--Rev. Dominic

Sunday, March 25, 2018
Palm Sunday

8:30 AM – Breakfast at First Baptist Church followed by
9:00 AM – Palm Procession to the Gazebo at Ell Pond for
9:15 AM – Blessing of the Palms at the Gazebo
9:00 AM – Morning Star Voices Rehearsal
10:00 AM – Worship and Sunday School
11:15 AM – Coffee Hour
11:30 AM – Lenten Adult Education Class—
Living our Reformation Heritage



DURING THE WEEK

Tuesday, March 27

7:15 to 8:15 PM – Morning Star Voices Rehearsal

Wednesday, March 28

7:15 PM – Bells rehearsal

Thursday, March 29 – Maundy Thursday

6:30 PM – Soup Supper – Joint at Melrose Highlands

7:00 PM – Worship Service – at Highlands

Friday, March 30 – Good Friday

Noon to 3:00 PM - First Congregational will be open to anyone who wishes to come and pray or spend quiet time in the sanctuary.

Sunday, April 1 – Easter Sunday

6:15 AM – Sunrise Service at Mt. Hood

10:00 AM – Worship and Sunday School

The following groups meet here regularly:

Boy Scouts – Tuesdays at 7:00 PM in the basement

Girl Scouts – Sundays, 3:00 to 5:00 PM

Makam Music Group – Sundays 4:45-6:30 PM – Lounge

Al-Anon – weekdays at 12 noon, Sunday at 1 & 7 PM – Rm. 8

Blue of a Kind – Mondays at 7:00 PM in the Music Room

S.A.R.P. – Sundays 5:30 PM, Library, Mondays 6:30 PM, Lounge

Tai Chi for Arthritis – Wednesdays at 10:00 AM, Room 8

A.A. – Mondays at 4:30 PM, & 7:00 PM (men), Tuesdays at 4:30 PM,

Wednesdays at 4:30 PM & 7:30 PM, Thursdays at 4:30 PM and 7:00

PM, Fridays at 8:00 PM and Saturdays at 9:00 AM (men) and 3:00

PM – Rm. 8



Ryan Chisholm, Marilyn McComas, Bill Albright, Anne Wing, Bob Hughes, Mary Sakata and Becky Faro (Trish Faro's daughters), Merle Copeland, Bob Pierce.



**Lenten Adult Education Class—
Living our Reformation Heritage
After worship on Sunday, March 25
Led by Rev. Dominic**

Come own your often over-looked heritage as we clear the dust off of 500 years of history and make our Reformation identity relevant for today! Last class will be held after worship on Sunday March 25th. All are welcome and child care is available upon request.

Plan for a great evening of fun at the Seventeenth Annual Melrose Adult Trivia Bee.



The bee will take place on Saturday, March 24, 2018 at Memorial Hall at 7 PM. Jim Oosterman serves as Quiz Master, and our Melrose-renowned team, The Beelievers

(Gary Lamothe, Tom Foth, and Sam Lynch), will be one of the 40 teams competing. Come to cheer them on, enjoy terrific food (from Wood & Fire), try for raffle items, and join in the audience participation trivia game. **Bee there!**



**YARD SALE –
Save the Date!
All-Church Yard
Sale
May 5, 9am – 1pm
Mark your
calendars!!!**



**-- Save the date! –
ALL-CHURCH PASTA PARTY! –
Save the date!**

Set aside APRIL 29th for the All-Church Pasta Party, to take place right after the church service! A sign-up board will appear in April!



SUNDAY SCHOOL:

The children will be reading the Easter bible story. Why Easter is an important Christian holiday and how to put Jesus in the Easter celebration at home.

SAVE the date of May 6 for the next brunch for teachers and anyone else who might be interested in helping / planning of church school Sunday



We'd like to extend a special Thank You to Glenda and Helen for teaching the children how to build their own terrariums in Sunday School. The kids all loved the activity. We tied it to our lesson of the week on how Jesus went to the Garden of Gethsemane to pray. We suggested the children put their garden in a quiet place so they too can go to their garden to pray.



By Lighting our Church Steeple in memory or in honor of loved ones, you can help our church financially. Contact the church office (781-665-2111 or info@fccmelrose.org) to sign up for a week beginning on a Sunday. Your gift will be announced in the Sunday Bulletin and "The Messenger". A \$25.00 per week contribution is suggested.



Refugee Immigration Ministry (RIM) Update: Two Clients Move to Independence and the Cluster Plans for New Clients

Our church continues to participate in the Metro North Cluster of RIM, which has been supporting two clients. The client from Honduras has moved to full financial independence, but the cluster will continue to provide community support for her as needed. The client family from Egypt will move to financial independence by the end of April, and we will continue community support for this family. As a result, we are now ready to take on financial support of a new client. With 28 asylum seekers on the RIM waiting list, this is a much needed service.

The cluster has been working to develop a host home program as a way to support clients with a place to live. This is especially important if housing is needed on short notice. A RIM client would typically stay in a host home for six months, but there is also a need for host homes on an emergency basis where a client could stay for a week or two.

We are very excited that our new client, an asylum seeking man from Uganda, moved into a host home in Wakefield this week! RIM currently has five clients in host homes in other clusters, but this is our first since Lora Crouss graciously provided a host home many years ago. With rents in this area being very expensive, we are looking to include other models of housing in order to be able to support more clients.

The cluster will be offering information and host home training at Temple Beth Shalom in Melrose on *Sunday, April 22 from 3-4 pm*. Our monthly RIM cluster meetings are held in the church library at 7 pm on the first Tuesday of each month, and all are welcome to attend. If you are interested in exploring the idea of offering a host home or of learning more about RIM, contact Debbie Anderson, Bill Chetwynd or Nancy Toney.

Melrose Recycling Committee Sponsors "BYOBag" Poster Contest

As part of an effort to help the City of Melrose implement a new ordinance restricting the use of thin-film plastic bags, the Melrose Recycling Committee is inviting high school-age students to submit designs for a "Bring Your Own" Bag poster contest.

The Recycling Committee needs a poster to remind residents to "BYO" Bag when they shop. Melrose has a new law, effective July 1, that is designed to encourage residents to switch to reusable shopping bags by limiting the availability of plastic checkout bags. While most residents have reusable bags already, they need to develop the habit of bringing their own bags when they shop.

Entries will be judged on:

1. How effectively the design reminds/persuades people to bring reusable shopping bags.
2. How well the design reflects the local community

Prize: First prize will receive \$100.

Eligibility: Students in Grades 9-12 who either reside in Melrose or are enrolled in Melrose High School.

Timeline: The deadline to submit entries is April 1, 2018. The winner will be announced April 15, 2018.

To learn more, visit:

<https://melrecyclingcommittee.wordpress.com/2018/02/27/melrose-recycling-committee-sponsors-byobag-poster-contest/>

Easter Memorial Flowers - \$15 per plant

Send your order form by March 23rd to: Darby Drafts, 25 Adams St., Melrose MA 02176, (Last minute orders may be handed to Darby on Sunday, March 25th, Palm Sunday.)

Ordered by: _____

Phone #: _____

IN MEMORY OF:

of plants ordered _____ Amount enclosed \$ _____

Please make checks payable to First Congregational Church.



EASTER FLOWERS