

First Congregational Church



UNITED CHURCH OF CHRIST

in Melrose

An Open and Affirming Congregation

Messenger

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In Jesus' Selfie

There is a great cartoon I saw some time back. It was titled "Jesus Takes a Selfie". It showed Jesus holding a cell phone at arm's length and smiling broadly. On the phone screen, however, was not his face but rather a crowd of people of different colors, sizes and genders.

The message was simple and clear: Christ is in everyone, no matter who they are.

I would extend that lesson and make it a little more personal. Christ is also in *you*. And not only is Christ in you, Christ is in all of the aspects of who you are. This is important because sometimes we can think that Christ is with us only when we are "in the zone"—upbeat, extroverted, reaching out to others and otherwise activating our faith in the best way we know how. To be sure, Christ *is* with you then.

But it is also important to know that Christ is also with you when you are cranky, when you make mistakes, when you get angry, when you act selfishly, and when you hurt others by your actions. In those moments, you are still photo bombing Jesus' selfie because he is still with you and in you.

That doesn't mean that Christ approves of who you are in those moments (and I'm betting you'd probably agree with him), but Christ understands and Christ forgives. That is the great power of God becoming human in Jesus Christ. God knows the foibles and challenges of living this life. God knows the human condition because God has lived it firsthand.

We don't have to be perfect to be accompanied and loved by God (thank goodness!). We don't have to be at our best. There is room in God's heart for the uneven parts of our personalities and our lives. Nothing

keeps us out of the picture of who Christ is. We are part of it no matter what. God's love never evaporates.

It is that great gift that should cause us to own the less-than-shiny parts of ourselves; the wounded parts, the incomplete parts, the hurting and hurtful parts so that they can be known, heard and healed by the God who never abandons us in Jesus Christ.

See you in church,

--Rev. Dominic

Sunday, May 6, 2018 Food Pantry Sunday

8:45 AM – Christian Education Breakfast

9:00 AM – Morning Star Voices Rehearsal

10:00 AM – Worship and Sunday School

11:15 AM – Coffee Hour

11:30 AM – Communion—Commemoration or
Connection? - Library



ALL-CHURCH YARD SALE and BAKE SALE

Saturday,
May 5, 9 am – 1 pm

Come and Shop

DURING THE WEEK

Tuesday, May 8

7:00 PM – Deacons Meeting, Library

Wednesday, May 9

7:15 PM – Bells rehearsal

Sunday, May 13 – Mother's Day

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



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

Upcoming Adult Education Opportunities

Please join us after worship in the Library on the following Sundays for stimulating conversation on relevant topics of faith formation.

Sunday, May 6--Communion--Commemoration or Connection?

Sunday, June 10--Reflect and Respond--What was intriguing to you about the worship service?

All classes are hosted by Rev. Dominic. Please let him know if you would like child care. All are welcome!



*****Christian Education breakfast on May 6 – 8:45 AM*****

All are welcome to attend. Please let us know if you'll be able to join us to help plan for Church School Sunday and talk about the upcoming church year. Text Lisa Warner at (617) 794-2641.

Middle and High School Students – Help is always needed at the Yard Sale on May 5! It's a great way to get in needed volunteer hours in for school!

All Sunday School classes will be continuing their discussions centered around mindfulness, meditation, and yoga this week.

Middle School will be doing a special craft around meditation and beading.

K to 5 will have a special guest coming to teach yoga. Remind your kids to bring a yoga mat or beach towel to church, and leave it in their classroom before service!

June 3 will be Graduation Sunday...families of high school seniors, you should have received an email invite. If we don't have your email on file, or you didn't see the email, please let Sherri know at sltjmtj@hotmail.com.

Family services will be held on May 27, June 17, and June 24.



FOOD PANTRY

SUNDAY – May 6

This mission of our church is a great way to make a difference in the lives of our neighbors! You can involve your whole family by talking about the food you are donating and discussing how it will help others.

CPR / AED Training survey

As most of you know, earlier this year we installed an AED (Automatic External Defibrillator). Most public institutions have AEDs for emergencies when people have heart attacks.

While the use of an AED is very straightforward (the AED actually talks you through use), one still needs to be trained in CPR to effectively use it. This is because cardiac compressions need to be started as soon as possible (while the AED is being retrieved and set up) and may need to be continued in those cases where the AED is unable to restore a rhythm to the heart.

We are conducting an online survey to determine how many in the congregation are already CPR trained, have current certifications, and would like to be trained or retrained. The survey should take no longer than two minutes.

The current proposal would be for an American Heart Association (AHA) course be conducted on a Saturday morning, afternoon, or Sunday afternoon. The course is about three hours in length, costs \$35, and you receive a two year AHA certification upon completion. We need to have a minimum of six students and no more than 24. We would like to have a class before the close of the program year.

We will keep this survey open through Friday, May 4th, at 6pm.

You can reach the survey here: <https://goo.gl/forms/3Q4gUVSATtcbRNYW2>

If you have any questions, please contact Tom Foth at tom@fothmail.com.



**Refugee Immigration Ministry
11th Annual International Concert
May 10, 2018 6:30 P.M.
First Parish Malden
2 Elm Street Malden, MA 02148**

Tickets: \$20, Students \$10.
For Reservations Call: 781-322-1011

Participating Choirs
First Parish, Malden,
NOOR Ensemble,
Koleinu: Boston's Jewish Community Chorus,
Unity in Diversity: Hindu Choir Boston,
Somerville Community Baptist Choir,
New England Sikh Study Circle

Speaker: The Rev. Dr. Brenda Halliburton-Williams, ABC USA
Violinist: Sarah Campbell
Organist: Miranda Lennox



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.



**Welcome Spring
It's Been a Long
Winter and
RIM's Flower Sale is
Here!**

Proceeds go to
Refugee Immigration Ministry
Client Aid Fund

Orders accepted through May 13th
Pickup date is May 20th

Refugee Immigration Ministry is a non-profit, interfaith organization which provides community-based services to asylum seekers and asylees. Programs include community based clusters, ESL tutoring, chaplaincy services and case management. Contact Debbie Anderson if you would like an electronic copy of the order form or have questions about the flower sale.

Congratulations to Catherine Dhingra on receiving the Wakefield Educational Foundation's Impact Award, in recognition of the significant impact that she has had in the Wakefield school district and community.

The following remarks by Superintendent of Schools, Dr. Kim Smith were given at the Award ceremony:

"Catherine's leadership with Wakefield's unified prevention coalition, WAKE-UP, has propelled the organization to be a significant, action-oriented presence in our community."

"Catherine has been a guiding presence with the Youth Risk Behavior Survey, assisting school administrator's with the implementation of the survey, interpretation of results, and development of responsive action steps each year. Her assistance with new substance abuse prevention screening has been crucial."

To read the entire article from the Wakefield Daily Item, please see the bulletin board in the Narthex.