The Power of Kindness

It seems like our country is becoming more polarized and angry by the day.

Maybe that is why my reference to random acts of kindness in last week’s sermon garnered such a response. As I mentioned in the sermon, in the current climate kindness can seem like abnormal behavior.

Kindness is both simple and complex. It is both personal and global in its reach. Its outcome is only positive. Evidence of it is all too rare.

On a personal level, I think most people are not very kind to themselves. Disempowering “I’m not good enough” self-talk is all too common. We may not even be conscious of these tapes that run in our heads, but they are there. And they’ve been there for a very long time. They stunt our growth and prevent us from living out dreams. Replacing these messages is an essential act of kindness.

Rippling out from ourselves, kindness is needed in our families, our communities, our wider society, and toward our planet itself. Why? Because the undercurrents of frustration, anger, and pain are real and have become very directive in people’s lives. Kindness heals. Kindness restores. Kindness validates.

Kindness doesn’t have to be complicated. It doesn’t have to be planned out. Once you start, however, it can become contagious. Here are some ideas from the website randomactsforkindness.org:

Be a polite driver. Plant a tree. Ask a senior about their past. Put away your neighbors trash container. Treat yourself to a message. Send a care package to someone who isn’t expecting it. Drink more water. Switch your monthly bills to paperless. Text someone “Good Morning!”. Try being a vegetarian for a day. Leave uncarved pumpkins on a family’s doorstep. Leave a generous tip. Fill the parking meter just before you pull out. Buy from a lemonade stand. Start saving to support a cause. Befriend the new kid.

I’m convinced that acts like these were the starting points for Jesus’ ministry and are the gateway to finding him in our daily lives today. Acts like these bridge the divides that separate us. They remind us all that we are all human and that we are in this together.

See you in church,

--Rev. Dominic

During the Week

Tuesday, October 9
7:00 PM – Deacons, library
No Treblemakers/Junior Choir/Morning Star Voices rehearsals

Wednesday, October 10
7:15 PM – Bells rehearsal

Saturday October 13
6:00 PM – Praise Band Rehearsal

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

Phyllis Lanni, Trish Faro, Jackson Foltz – infant relative of Beth Grzegorzelewski, Bud Burnham, Emelie Burnham, Marilyn McComas, Bill Albright, Anne Wing, Bob Hughes, Mary Sakata and Becky Faro (Trish Faro's daughters), Merle Copeland, Bob Pierce.
Music Rehearsal Schedules for October:

**10/9 Tuesday**
No practice

**10/13 Saturday**
6:00 - Praise Band

**10/14 Sunday**
9:00 - Praise Band
11:30 - Chamber Trio rehearsal

**10/16 Tuesday**
5:30-6:30 - Treblemakers/Junior Choir
6:30-7:30 - Morning Star Voices

**10/21 Sunday**
9:00 - Chamber Trio
9:30 - Morning Star Voices

**10/23 Tuesday**
5:30-6:30 - Treblemakers/Junior Choir
6:30-7:30 - Morning Star Voices

**10/28 Sunday**
9:15 - Morning Star Voices

**10/30 Tuesday**
5:30-6:30 - Treblemakers/Junior Choir
6:30-7:30 - Morning Star Voices

---

**An Easy Way to Help Out on Sunday Morning - Be a Volunteer Teller!**

We are currently looking for volunteer Tellers immediately following the Sunday Service. If you are looking for a way to volunteer but don’t have a lot of spare time this would be perfect for you.

Tellers are volunteers who collect, count, record donations received at a church service. Tellers perform their duties immediately following church service. You receive training and direction from the finance deacons. It usually takes approximately 20-30 minutes to perform and you will be with other tellers.

You can volunteer for the same Sunday each month i.e., 1st, 2nd, 3rd, 4th, or you can volunteer to fill in as needed. Any help would be most appreciated.

If you are interested, please contact me at 781-710-2978 or email tobrien@enesystems.com.

Thank you! -- Terrie O’Brien

---

**Melrose Alliance Against Violence (MAAV) Community Mentoring Program Seeking Volunteer Mentors**

MAAV’s Community Mentoring Program provides guidance and support to middle school students in both a group setting and one-to-one basis. We are currently seeking mentors aged 21 and older for a group that will begin in early 2019. The commitment is roughly 4 hours per month. Activities include game nights, photography projects, community service outings and guest speakers. Training and supervision are provided and group meetings are facilitated by a licensed social worker. To learn more or apply to be a mentor, please email Mentoring@maav.org, visit our website at www.maav.org or call Alison Bryer, Program Coordinator at 781-662-2010.

---

**Wonderland Fair**

Friday November 30th, 6pm - 8pm
Saturday December 1st, 9am - 2pm

This annual fund raiser is a great opportunity to work with others in the congregation to support our church’s ministry and to build friendships along the way.

**It is not too early to contribute to the following tables:**

- **Fine jewelry** and small jewelry boxes are always in demand, along with **vintage collectibles** (china figurines and miniatures.) See Phyllis Lanni and David and Lois Gauvreau with your contributions. Sam Lynch will be accepting your costume jewelry - **bling**!

- **It is not too early to start to think about your donation to the Silent Auction and the Basket Raffle.**
  
  Both of these tables create much interest and are successful fund raisers. **Silent Auction** offerings often include tickets to events, weekend getaways, artisan creations, and unique objects.

  It is fun to pick a **Basket** theme, choose a proper container (decorative box, tray, bin, basket), and fill it with items. “Elves” will organize your basket and wrap with cellophane and festive bow and tag. (Must be delivered to church by Sunday, November 25).

---

**Many hands, many hearts, building community.**
UNDERSTANDING THE TRANSGENDER EXPERIENCE: A PANEL DISCUSSION

Do you wonder what it means to be a transgender person in today’s world?

We welcome our panel of four: three transgender people (a pastor, a local elected official and a man who is “out” at his workplace), and the parent of a transgender child. Hear their stories and ask them questions in this moderated discussion.

TUESDAY, OCTOBER 23
7-9 PM
First United Methodist Church
645 Main Street in Melrose

Organized by First United Methodist Church, with support from the Melrose Human Rights Commission, the Melrose Clergy Association, and SpeakOUT Boston
VOLUNTEERS ARE THE HEART OF HOSPICE

Hospice volunteers make all the difference. They offer a supportive presence to patients and their families at a challenging time by providing companionship, veteran to veteran visits, pet therapy and respite to caregivers... and so much more. Do you or someone you may know have a few hours a week to sit with a patient; or a friendly dog that would make a great therapy pet; or have served our wonderful nation and can share some stories with a fellow veteran on Hospice?? COME MAKE A DIFFERENCE IN THE LIVES OF OTHERS.

Our next Hospice Volunteer Training will take place at our Malden office starting this September. To set up an interview, contact Allison Manheim Caplin, Volunteer Coordinator acaplin@hallmarkhealth.org or (781) 338-7863.

READING PARTNERS serve as volunteer tutors who make a four hour weekly commitment to help elementary schools students improve their literacy skills in Everett, Malden, Medford, Reading, Stoneham, and Waltham. If you like to read with children and want to support them in becoming stronger readers, please contact Linda Cornell, Literacy Coordinator, 781-388-4839 or email: lcornell@mves.org