



First Congregational Church

UNITED CHURCH OF CHRIST

in Melrose

An Open and Affirming Congregation

Messenger

Rev. Dominic Taranowski, Pastor

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VOLUME 101

October 19, 2018

Number 7

Masked Behavior

Cabbage Night is fast approaching! What? You've never heard of Cabbage Night? Well, neither had I until I read about it. Apparently, it used to be another name, somewhat locally, for Halloween.

In Scotland there was an ancient autumn tradition in which girls used cabbage stumps to predict information about their future spouse. It was a fortune-telling game. Apparently, this found its way to Massachusetts and, according to the historical society in Framingham, teens there in the 19th century would skip the fortune-telling part and simply go around throwing cabbages at people and buildings. This degenerated into vegetables of all sorts being hurled about in the night with rotten tomatoes being a favorite.

Some would say that Halloween brings out the worst in people. It can, to be sure, but I disagree. I think it is a fun holiday all around—especially for little kids. That said, it seems that even they are vulnerable to less-than-nice behavior on this holiday. A study found that unsupervised costumed children in groups were far more likely to steal candy and money than both non-costumed kids and children not in a group. Another similar study found that masked children were significantly more likely to take more Halloween candy than they were supposed to if they believed there was no adult supervision as opposed to children not wearing a mask.

In other words, if we think people don't know who we are, we are more likely to be dishonest. I suspect this isn't just isolated to children and it's sad. As someone has said, "Character is how you act when you think no one is looking". Or in this case, wearing a mask.

The thing is, masks come in all forms; some of which are not worn as a literal disguise. We often wear "masks" in order to be accepted by peers or meet the expectations of others. The way we act, the things we say, the company we keep can easily divert people from our true selves. And not just other people. If we keep it up long enough, we can forget who we really are ourselves and begin to believe that we are the masks that we wear.

To me, this is one reason why church is so important. Church is a place where we leave our masks at the door and come as our authentic selves into the sanctuary of God. God, of course, already knows who we really are so the act of doing this is more for ourselves than for God. It allows us to rediscover who we really are.

This rediscovery may not always be an easy thing. If we are honest, open and vulnerable before God we may see things about ourselves that we'd rather not look at and we long to put our masks back on. But if we resist that temptation, we will discover that even in the poorly lit corners of our least-liked-selves there is light. And that light comes from God. It is a light of forgiveness, transformation, redemption and love.

So watch out for flying cabbages on the 31 st (especially, apparently, if you are in Framingham)! More importantly, use Halloween to peel back the layers of your projected identity to rediscover the you that God cherishes most.

See you in church,

--Rev. Dominic

Sunday, October 28, 2018

9:00 AM – Chamber Trio Rehearsal

9:30 AM – Non-choir Rehearsal!

10:00 AM – Worship & Sunday School

Third Grade Bible Sunday

11:15 AM – Coffee Hour

During the Week

Tuesday, October 16

5:30 PM Treblemakers/Junior Choir Rehearsal

6:30 PM Morning Star Voices Rehearsal

Wednesday, October 17

7:30 PM – Bells 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



Michael Watt, Phyllis Lanni, Trish Faro, Jackson Foltz –infant relative of Beth Grzegorzewski, 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.



Halloween Party!

Please join us directly following service on October 28th for our Annual Halloween Party hosted by MS & HS youth. Children are encouraged to wear their costumes. We'll have pizza, games, crafts, cookie decorating, & a

special "glow room". All members are welcome to stop by and enjoy!



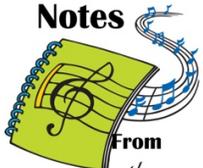
Your voice is needed on this Sunday, October 28, for our Non-Choir!

Please arrive at 9:30am and be ready to rock!

All levels of singers or non-singers are welcome. Looking forward to singing with you!

- Mariko Matsumura, Director of Music

Notes



From
the
Director of Music Ministry

Music Rehearsal Schedules for October:

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

Sessions on anxiety and depression in children, teens, and young adults

Lynn Lyons, Licensed Independent Clinical Social Worker, provides sessions on dealing with anxiety/depression in children, teens, and young adults. Provided in an easy to listen to and entertaining manner, she gives helpful tips for parents in helping their youth deal with anxiety.

Interested parents can consider:

•October 24th, 6:30 to 8:30 PM at the Lynnfield Middle School, 505 Main Street, Lynnfield for parents and teens on "Interrupting the worry cycle." (free)

•A webinar "Teens, Anxiety, and Depression: Active Strategies to Move Teens Forward." This is a six hour online training (to watch whenever you choose) and costs \$157.

More information can be found at: www.lynnlyonsnh.com

Winter Wonderland Fair November 30th, 6-8pm December 1st, 9am-2pm

The week leading up to the fair requires volunteers to complete the final preparations. Many hands make light work. Please mark your calendars now!

- **Decorate the Church:** Friday Nov. 23rd, 9am-noon
- **Raffle Baskets Assembled:** week of Nov.25th-29th
- **Set up:** week of November 25th
- **Gingerbread House Assembly:** Tuesday, Nov. 27th and/or Wed. Nov. 28th, 6:30-8:30
- **Break down and Clean up:** Saturday December 1st, 2pm

Before the holiday season begins an assessment of your "stuff" can be a healthy sorting exercise. Call it downsizing, weeding out, or sharing treasures your contributions to the Fair Tables are invaluable. As you sort, please keep in mind:

Table..... Organizer

- *Toys..... Kara Lazalere
- *Books looking for an organizer
- Christmas Decorations ... Janet Runge
- Collectibles..... David Gauvreau
- Jewelry Lois Gauvreau and Phyllis
- LanniBaked Goods..... Circle 4
- Silent Auction Jim and Lisa Oosterman
- Themed Raffle Baskets..... Martha Williams

*please wait until church fair week to contribute

Children's Room (organizer: Sallie Klemm) contains gingerbread houses and holiday crafts that are ready-to-decorate. These draw from families from the wider community.

Please sign up now to help support these opportunities!

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

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.



Do you have any Legos or colorful wooden blocks lying around the house that the kids aren't using anymore? We'll gladly accept them as a donation for our Christian Education program. Just bring them to Lisa or Sherri any Sunday, or let us know if you'd like us to pick them up.

Last call for 3rd Graders! Is your child in 3rd grade this year? Bible Sunday is planned for October 21, so please see us or your child's teacher this week!

On Family Worship Sundays, there will be no Sunday School classes, and children are invited to remain in worship with their families. The Family Worship Sundays for the fall are October 7, November 11, November 25, December 23, and December 30.



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



The steeple is lit this week in loving memory of Betty Crane, given by her daughter Nancy Schurian.

By Lighting our Church Steeple in memory or in honor of loved ones, you help our church financially. Your gift will be announced in the Sunday Bulletin and "The Messenger". A \$25.00 per week contribution is suggested.



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

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