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Return Service Requested
Dated Material

March 2025



The Sandpiper is a publication of the North Falmouth Congregational Church, UCC.
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The Sandpiper



North Falmouth Congregational Church,
United Church of Christ

March 2025

*Sorrow looks back.
Worry looks around.
Faith looks up.*

-RALPH WALDO EMERSON

Dear Friends,

Faith is the hope that something greater than ourselves, our sorrows and our worries is always present with us and at work within us. Faith does not cancel out sorrow and worry. Faith just puts them in their proper place because sorrow should be felt, and worry can be informative. Faith is open to all of it—joy and sorrow, worry and calm—so that we might be truly transformed. Faith trusts that no matter what happens—God has us.

Once in a while though, our faith wobbles when God feels absent, when there are too many persistent fears, doubts, and questions, and when the world around us appears to be in shambles. Dark times such as these have been known to break people’s faith. Maybe you have been there at one time or another.

We are living through a time of upheaval that is being felt around the world. The things we trusted and relied upon are changing at such a rapid rate it is dizzying and frightening for many. At times such as this faith calls us to look up and not lose heart.

The good news is that we do not have to do this faith journey alone, we do it together as a church. When someone is looking down in sorrow or around with worry you come alongside them with your faith in the power of God’s presence to nourish their soul. And whether you realize it or not, your faith helps them to look up again and see the world anew. The faith that flows through you gives another hope. And hope is what so many need right now.

Thank you for all the amazing ways your faith comes alive in this church.

We are in this together,

Rev. Christina

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Upcoming Worship during Lent and Easter

Lent is upon us, and our focus this season is on AWE. From our first breath to our last, awe moves us to deepen our relationships with the wonders of life and God. Science shows us that awe and wonder help us cope with the stresses of life. So, this Lenten and Easter season, we invite you to worship with us as we find the gift of awe in our everyday lives. Each Sunday we will contemplate a different aspect of AWE—beauty, wonder, meaning making, curiosity, delight, connection, and self-giving—and how to incorporate them into our lives.

Holy Week Services and Activities

- **Palm/Passion Sunday** on April 13 at 10 am a reader's theatre of Jesus' Passion will be performed.
- **Maundy Thursday Service** will be April 17 at 6 pm; we will join together in the Covenant Room for a humble meal of soup and bread and then contemplate Jesus' seven last words during our worship time. Communion will be served.
- **Easter Sunrise Service** will be on Megansett Beach at 5:45 am. There will be song, prayer, and communion.
- **Easter Breakfast** and the Easter Egg Hunt will begin at 8:30 am. Join us!
- **Easter Service** will be at 10 am with special music that is being prepared by all the choirs. The children will be flowering the cross as we celebrate together Jesus' resurrection.



Sojourners, Wednesdays 9:30-11am

The Sojourners gather on Zoom to discuss the many ways God touches our daily lives and how we put what we learn into practice. This group is continually enriched by the wisdom each person brings. We are currently doing a Lenten video series titled "The Walk." In this series we discover the five essential spiritual practices rooted in Jesus' own walk with God. Please reach out to Rev. Christina at pastornfcc@gmail.com if you are interested.



Lenten Meditation, A Six-week Series on Thursdays 8-8:30am through April 17

Join us in learning some simple contemplative practices to help you calm your body, settle your mind, and open your heart and soul to noticing God's constant presence in and around you. Each session begins with a guided meditation. Please reach out to Rev. Christina at pastornfcc@gmail.com if you are interested.

Take Two

March 30 and April 13.

In our Take two conversations during Lent we will be talking about the things that make us feel a sense of awe. Participants are invited to bring something with them that make them feel awe and wonder - pictures, poems, personal items - anything that strikes you. We will watch a brief video, share a conversation and expand our ability to find awe in the world around us. All are welcome join us. After the service and some time for fellowship we will gather in the classroom.

Lenten Meditations

Please keep an eye on your email each week for a Lenten meditation on the subject of awe. A little midweek boost to keep your Lenten practices going!

From the Music Director

The **March 1st concert** was well received. Compliments continue to abound regarding the piano music, the violinist, the flutist, as well as compliments about our choir and bell choir. It was a splendid event and the sanctuary was packed full. People were even sitting in the balcony.

Junior choir - I am looking for teenagers who are interested in singing. We meet Mondays at 6 p.m. This group will perform at Easter time. I will let the group choose one piece, and, I'll choose the other.

Choir: We are a small but mighty group and we are in need of additional members. We meet on Wednesdays from 7 to 8 and again on Saturdays from 10 to 11 a.m. Please consider joining our ministry of music.

Bells: We meet on Tuesdays from 6 to 7 p.m. We have hand chimes as well as four glockenspiels. We have a good time making music together. Please consider joining us.

Guest musicians: If you are a member or frequent our church, and play an instrument, we would love to have you perform at a church service that works for you. I would be happy to practice a few times with you prior to the Sunday that works for you. Please email me at smilespianoforte@gmail.com if interested.

Cherub choir – We are beginning a cherub choir this spring in order to perform music during the Easter season. Ages: 5 to 8 are welcome.

Scheduling the youth choirs can be challenging, I am willing to work around your schedules. We can always meet after a Sunday service if that is helpful. Please talk to me before church on Sunday(s) or email me at smilespianoforte@gmail.com

Peace. Stephanie



Guest Flutist Evelyn Scherzer



Stephanie & Violinist Deborah Bradley



Bridge Classes

March Music Concert

What a wonderful afternoon filled with music for our mind and soul. Thanks to all of the talented people who gave their time to present a musical performance that was truly a delight. The concert was enjoyed by all. A big thank you to our amazing and talented Stephanie Miles for all of her work in putting this together. The audience loved it! Kay Clark



Chair Yoga

The weather is getting better with spring in the air. Don't you want to be in shape for summer? Come to yoga and start with gentle stretching. Make this the year you are going to be in better shape. The first visit is free to test the waters, but I am sure you will make it a weekly habit. Viriam is an excellent instructor whom you will enjoy. See you there! Thanks, Kay Clark



Since January 22, eleven people from the community and the church have been having fun every Wednesday learning the basics of bridge. Some have never played bridge before, some have a slight knowledge of the game or some just want to brush up on their skills.

We have been using the television in the covenant room to display Illustrations created on an iPad, by using the "mirroring" technique. In this way, everyone can see the presentations, ask questions and discuss. Each session consists of a learning period, then using this information to play. Handouts were created to cover the topics discussed that day, which can be used at home to study the material. Websites have also been suggested to enable a way to practice at home without depending on the weekly lessons to continue learning.

The classes for the basics of bridge takes about six weeks. We are continuing to meet every week to practice, practice, practice. This gives everyone a chance to ask questions as they play and get the confidence they need to form groups of their own. The students have been given information for more advanced play, if they wish to pursue more learning on their own.

It has been rewarding to hear the comments: "I can see why people get hooked", or "It's so challenging and fun". The people unfamiliar with our church are amazed we are offering free bridge classes and the use of our facilities to residents of the community. They are very grateful. Sue Long



Church Life

The Bucket Brigade



The Outreach Committees of the First Congregational

and North Falmouth Congregational churches are sponsoring an Emergency Cleanup Bucket collection project, a ministry of Church World Service. This will involve the collection of specific cleaning items that fit into a five-gallon bucket, which are then sent to areas of the country and world that experience disasters requiring cleanups. We will collect the required items throughout March and April from both congregations, and possibly the community as a whole. The buckets will be packed and assembled Sunday, May 4th for final shipment. We will have drop-off wagons available for items in March and April.

Specific items to be included are: **(please do not deviate from these specifications)**

- One five-gallon bucket with resealable lid (If reused, please scrub clean. Do not use a bucket that has held chemicals of any kind. Brand labels on the outside are acceptable.)
- Five scouring pads (No stainless steel or pads with soap in them. Remove from packaging.)
- Seven sponges, including one large
- One scrub brush (With or without handle.)
- 18 reusable, lightweight multipurpose cleaning towels (Not paper towels. Remove from packaging. Here is an example: [Amazon.com: JEBBLAS Disposable Cleaning Towels Dish Towels and Dish Cloths Reusable Towels, Handy Cleaning Wipes, 50 Count/Pack, Blue : Health & Household](https://www.amazon.com/JEBBLAS-Disposable-Cleaning-Towels-Dish-Towels-and-Dish-Cloths-Reusable-Towels-Handy-Cleaning-Wipes-50-Count-Pack-Blue-Health-Household))

- One 16-34oz bottle of liquid dish soap (antibacterial preferred)
- One 12-40oz bottle of liquid concentrate household cleaner that can be mixed with water (No spray bottles.)
- One 50-100ft clothesline (Cotton or plastic line.)
- Five dust masks (N95 particulate respirator dust masks preferred; No surgical masks.)
- Two pairs of heavy-duty, waterproof dishwashing gloves (Latex-free preferred. Durable for multiple use. Remove from packaging.)
- One pair of heavy-duty, reusable work gloves (Such as nitrile, cotton with leather palm, or all leather.)
- 20-28 heavy-duty or contractor-type 30-45 gallon trash bags on a roll (Remove from packaging.)

We are excited to partner with our fellow church friends on such a worthwhile project and look forward to other partnering opportunities.

For more information on our local collection program, please contact Carolee Packard (capecodpack@comcast.net)





Thursday Winter Soup: a time of connection and conversation

Christmas Eve at NFCC



A full sanctuary for the combined Pageant & Candlelight service.

New Member Sunday February 16



Welcome to Shauni & Iyanu Aiyelari!



Joy to the World!



Iyanu's Grandmother in Nigeria made his outfit for the special day.





Thank you from Chrissy & Angela at N.F. Elementary for the many gifts donated for the Giving Tree.



December 7th, Santa arrives at NFCC



Full Christmas stockings for the women living in the BTEO house.

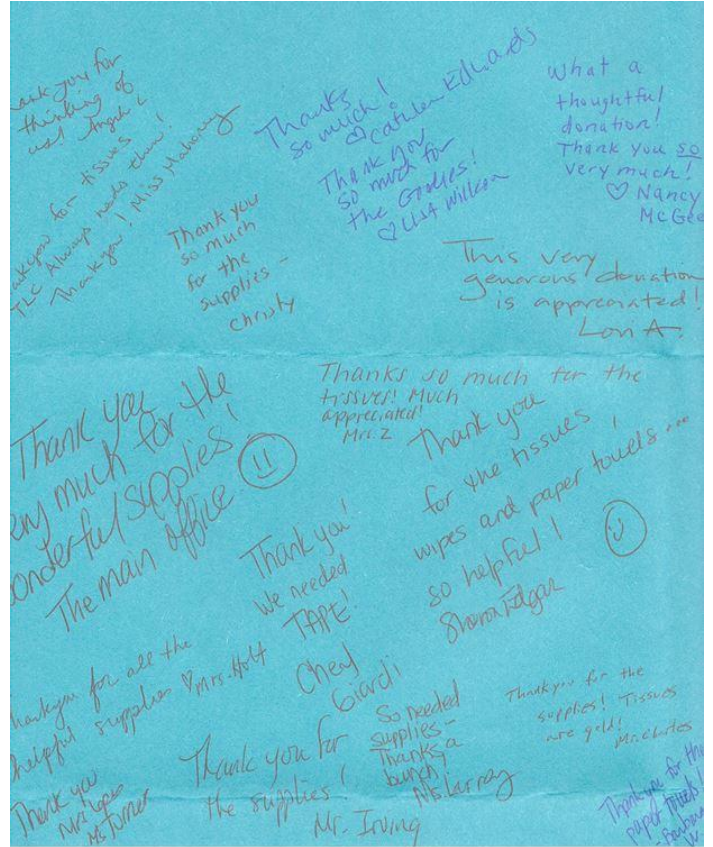


The fashionable & festive Bella

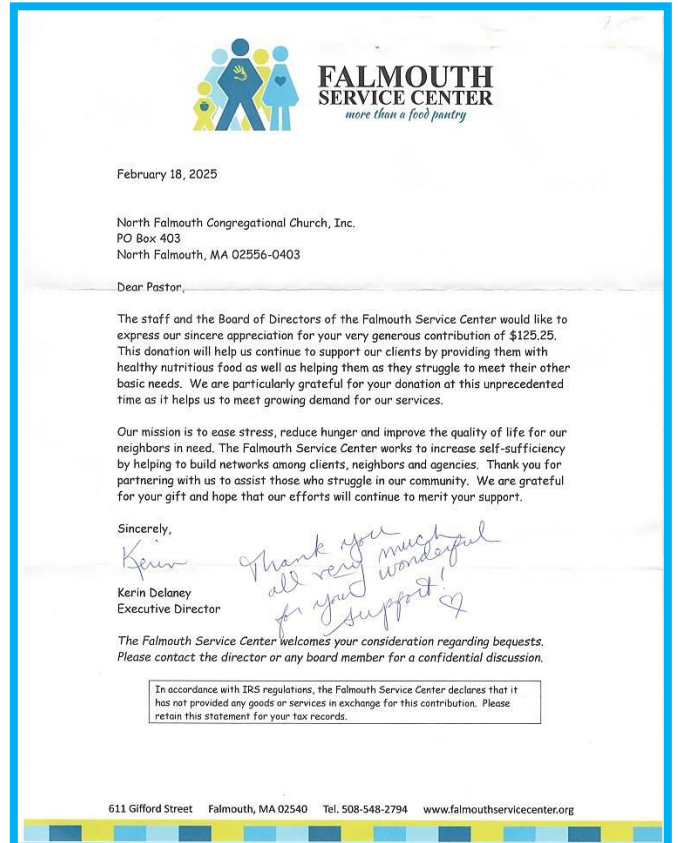


Carolee & Kay setting up the vintage Santas in the Covenant room.

Thank You Notes North Falmouth Elementary School



Pam Oliveira mailing the College Care packages.





Southern New England Conference
United Church of Christ
Living the Love & Justice of Jesus

Daily Lectionary Scripture References – March 2025 (Year C)

Sat., Mar. 1 Psalm 99 Deuteronomy 9:15-24 Luke 10:21-24	Tues., Mar. 11 Psalm 17 Zechariah 3:1-10 2 Peter 2:4-21	Sat., Mar. 22 Psalm 63:1-8 Isaiah 5:1-7 Luke 6:43-45
Sun., Mar. 2 <i>Transfiguration of the Lord</i> Exodus 34:29-35 Psalm 99 2 Corinthians 3:12–4:2 Luke 9:28-36 [37-43]	Wed., Mar. 12 Psalm 17 Job 1:1-22 Luke 21:34–22:6	Sun., Mar. 23 <i>Third Sunday in Lent</i> Isaiah 55:1-9 Psalm 63:1-8 1 Corinthians 10:1-13 Luke 13:1-9
Mon., Mar. 3 Psalm 35:11-28 Exodus 35:1-29 Acts 10:9-23a	Thurs., Mar. 13 Psalm 27 Genesis 13:1-7, 14-18 Philippians 3:2-12	Mon., Mar. 24 Psalm 39 Jeremiah 11:1-17 Romans 2:1-11
Tues., Mar. 4 Psalm 35:11-28 Ezekiel 1:1–2:1 Acts 10:23b-33	Fri., Mar. 14 Psalm 27 Genesis 14:17-24 Philippians 3:17-20	Tues., Mar. 25 Psalm 39 Ezekiel 17:1-10 Romans 2:12-16
Wed., Mar. 5 <i>Ash Wednesday</i> Joel 2:1-2, 12-17 or Isaiah 58:1-12 Psalm 51:1-17 2 Corinthians 5:20b–6:10 Matthew 6:1-6, 16-21	Sat., Mar. 15 Psalm 27 Psalm 118:26-29 Matthew 23:37-39	Wed., Mar. 26 Psalm 39 Numbers 13:17-27 Luke 13:18-21
Thurs., Mar. 6 Psalm 91:1-2, 9-16 Exodus 5:10-23 Acts 7:30-34	Sun., Mar. 16 <i>Second Sunday in Lent</i> Genesis 15:1-12, 17-18 Psalm 27 Philippians 3:17–4:1 Luke 13:31-35 or Luke 9:28-36	Thurs., Mar. 27 Psalm 32 Joshua 4:1-13 2 Corinthians 4:16-5:5
Fri., Mar. 7 Psalm 91:1-2, 9-16 Exodus 6:1-13 Acts 7:35-42	Mon., Mar. 17 Psalm 105:1-15 [16-41] 42 Exodus 33:1-6 Romans 4:1-12	Fri., Mar. 28 Psalm 32 Joshua 4:14-24 2 Corinthians 5:6-15
Sat., Mar. 8 Psalm 91:1-2, 9-16 Ecclesiastes 3:1-8 John 12:27-36	Tues., Mar. 18 Psalm 105:1-15 [16-41] 42 Ezra 1:1-11 1 Corinthians 10:1-13	Sat., Mar. 29 Psalm 32 Exodus 32:7-14 Luke 15:1-10
Sun., Mar. 9 <i>Fifth Sunday in Lent</i> Deuteronomy 26:1-11 Psalm 91:1-2, 9-16 Romans 10:8b-13 Luke 4:1-13	Wed., Mar. 19 Psalm 105:1-15 [16-41] 42 2 Chronicles 20:1-22 Luke 13:22-31	Sun., Mar. 30 <i>Fourth Sunday in Lent</i> Joshua 5:9-12 Psalm 32 2 Corinthians 5:16-21 Luke 15:1-3, 11b-32
Mon., Mar. 10 Psalm 17 1 Chronicles 21:1-17 1 John 2:1-6	Thurs., Mar. 20 Psalm 63:1-8 Daniel 3:19-30 Revelation 2:8-11	Mon., Mar. 31 Psalm 53 Leviticus 23:26-41 Revelation 19:1-8
	Fri., Mar. 21 Psalm 63:1-8 Daniel 12:1-4 Revelation 3:1-6	

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