

**North Falmouth Congregational Church, UCC
155 Old Main Road/PO Box 403
North Falmouth, MA 02556-0403**

**Return Service Requested
Dated Material**

April & May 2024



The Sandpiper is a publication of the North Falmouth Congregational Church, UCC.
The Reverend Christina Williams, Pastor (508) 563-2177, www.northfalmouthucc.com





The Sandpiper



North Falmouth Congregational Church,
United Church of Christ

April & May 2024

“Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!” – 2Corinthians 5:17

Dear Friends,

Ahhh, spring! One cannot help but rejoice in the wonder and beauty of the season. How can you help but not feel alive when the world around you is bursting with brilliant colors and heady fragrances. It almost feels as though we might burst with the delight of it all. How wondrous God is!

With all the brilliance shimmering around us—sorrow and grief can still come knocking at the door of our hearts. I’m thinking of folk in our congregation (or those who have been visitors) who are experiencing loss at this time—the loss of loved one, a dear one who is terminally ill, the unwelcome diagnosis one might not recover from. These are heavy things to carry, and it’s unimaginable to think life flows on like an endless song when these things visit our lives. But underneath sorrow and grief there is a song longing to be sung. It is the “music of love in the key of longing.”

So, for those of you experiencing grief and sorrow at the peak of springtime, I share this poem—“Grief Music” by Steve Garnaas-Holmes.

Loss is not an object we encounter, but a landscape.

The presence of an absence that haunts without leaving.

Grief is not a thing we have,
Like a stone in your pocket, or a boil.
It’s music deep within us and around us,
Music of love in the key of longing.
And sometimes we can’t help but sing along,

Full-throated, heads tipped back,
Because it’s all we hear, and at times,
We just hum the tune while we go on with life.

But the music doesn’t stop, beautiful and sad and grateful,
And it makes us dance, even if we just sway a bit.

And always, just beyond our hearing,
God is singing with us.

In hope and faith,

Pastor Christina

IN THIS ISSUE

From the Pastor.....	1
Special June Services.....	2
Easter Sunday.....	3
Leadership Team.....	4
Council of Churches Fundraiser.....	5





From your Music Director!

Greetings!

May will continue to be a musically productive month.

Our choir will be performing many beautiful selections throughout the month. We celebrated Pentecost on May 19th, and for the entire month will honor God and His love.

The bell choir will perform a joyous anthem with our choir on May 26th. June will be packed full of music.

Professional performer/singer Candida Rose will perform during our June 9 service. She is well known and feel free to look up her music on YouTube in case you missed her successful February 10 NFCC concert. Candida is full of movement, joy, and much of her heart-warming music she composes herself.

On June 16, the bell choir and choir will perform anthems to celebrate our fathers as well as our Father.

The last two Sundays in June we will offer some moving sacred pieces and hope they will bring much happiness and peace to your soul.

Blessings to you.
Stephanie

Special Upcoming Worship in June

June 9: We welcome Candida Rose who will share her culture and the music she has discovered through her own spiritual journey.

June 16: Father's Day, welcoming new members.

June 23: Music appreciation Sunday.



Palm Sunday



Palm Sunday alterscape and the "Canticle of the Turning" accompanied by the bell choir





Pastor Christina & readers with A
Dramatic Reading of Jesus' Last Week

Maundy Thursday

10 a.m. Easter Service



The children begin flowering the cross!



Soup followed by a service in the
Covenant room. Jesus' seven last
actions with readers Paul & Max.



Followed by the rest of the congregation.



Singing of Hallelujah from
Handel's Messiah.



Take Two - When God Winks by Squire Rushnell

On Sunday June 2, at 11:15AM we will discuss the book *When God Winks: How the Power of Coincidence Guides Your Life*.

"You may have suspected all along that there is more to coincidence than meets the eye. These seemingly random events are actually signposts that can help you successfully navigate your career, relationships, and interests. Squire Rushnell shows us that by recognizing our "God Winks," we can use the untapped power of coincidence to vastly improve our lives.

After reading *When God Winks*, you'll learn to recognize coincidences in your life for what they truly are: an act of God's enduring love.

Please join us for this enlightening conversation about recognizing the "God Winks" in our lives. The church will be purchasing books for this program so if you would like one please email Lisa at lisamallen27@aol.com. Even if you decide at the last minute you would like to participate and don't have a book - don't hesitate to join in the conversation.



Pentecost Sunday
A Moment for All of God's Children.

Leadership Team News

Leadership is pleased to report that Yoga with Viriam is going great. Viriam is an amazing instructor and is so happy to be sharing her talents and techniques with you. If you haven't attended please come and feel the energy and relaxation through this one hour class. We will be offering Yoga in the months of May and June every Friday at 10am. Remember there's a donation of \$10 or whatever you can give. If you can't pay, that's ok too. We just want you to come and feel good about yourself. Remember chair yoga is not as stressful physically. If you can't do some of the poses and have limitations, don't do them. Chair Yoga is stretching and awaking the body from head to toe in a gentle way. Everyone is welcome—both men and women. Let's make this a success.



In addition, we are happy to announce our church directional signs have been approved. April 22, 2024 the board of selectmen gave their seal of approval. It has been a long process of six months to accomplish. Now, three new signs will be going up and we couldn't be prouder. The signs represent us and show we are moving forward not backwards. These signs are bright, colorful, and have the new UCC logo on them.

We would like to give thanks to Paul McConarty director of DPW town of Falmouth for our new locations and breakaway poles for installation. Also to the building department and all the clerks I had to deal with, they were so helpful.

Kay Clark

NFCC Green for Earth Day April 22nd



Thank you Carolee for the informative recycling display.

Chair Yoga & Meditation

with Viriam

North Falmouth Congregational Church

155 Old Main Road
North Falmouth, MA 02556

All Welcome

This one hour class is for all levels and abilities & includes:

- Simple and Effective Breath, Yoga, & Meditation techniques to calm and focus your mind, relieve stress and tension, increase energy and improve balance.
- Gentle & Rhythmic movements and stretching to balance your spine, body and nervous system.

Wear comfortable clothes, Bring a beach towel, exercise strap, water and a smile!

10 - 11am

Fri, April 26	Fri, May 31
Fri, May 3	Fri, June 7
Wed, May 8	Fri, June 14
Fri, May 17	Fri, June 21
Fri, May 24	Fri, June 28

Suggested Donation of \$10
Come when you Can
Pay what you Can
Do what you Can




With 23 years of Professional experience as a Certified Muscular Therapist, Yoga Instructor, and Hypnotherapist, Viriam has worked in spa settings, yoga centers, and private practice helping thousands of people just like you deepen their awareness for self healing.

Learn more at www.EasyHypnoticYoga.com

Stir Crazy

CAMBODIAN CUISINE




DINING FOR A CAUSE


MAY 23, 2024 3-8:30PM

BENEFIT FOR THE UPPER CAPE CHAPLAINCY


TAKE OUT OR DINE IN!



20% OF YOUR BILL WILL BE DONATED TO THE UPPER CAPE CHAPLAINCY FOR INTERFAITH PASTORAL CARE



570 MACARTHUR BLVD.
POCASSET, MA 02532
508-564-8464



WWW.STIRCRAZYCAPECOD.COM

NORTH FALMOUTH CONGREGATIONAL CHURCH
 THRIFT SHOP
 FOR FOSTER FAMILIES
 APRIL 27
 MAY 25
 JUNE 29

1pm to 3pm

Free Clothing!

149 OLD MAIN RD, NORTH FALMO



Amazing Grace supports children impacted by incarceration and their families. Our goal is to break the cycle of family incarceration by engaging children who share a common struggle and adult mentors who care in activities that build confidence, foster resilience, and deepen stabilizing relationships. We provide a cost-free pathway of programs designed to support children with an incarcerated family member from age eight (8) through adolescence and into adulthood.

Amazing Grace Cape Cod is currently looking for volunteers -- 18 years old and over – for an August 18-23 camping experience at Camp Burgess in Sandwich, this is a great opportunity for people who love kids and would like to make a difference in a child's life. Volunteers serve as Mentors working **1 shift per day for each day (morning,**

afternoon, or overnight) for the week of camp. **You can also help identify children 8-11 years to welcome into our program, or make a monetary contribution.**

It costs \$1843 for a child to participate in Amazing Grace's camp experience and year round activities. We would appreciate any support you can offer. For more info on both opportunities and contributions please go to: amazinggracecapecod.org



Altar Flowers

If anyone feels that they would like to dedicate a live plant or a cut flower arrangement in memory or celebration of a loved one, please contact Marsha Martin to make arrangements. willmart41@comcast.net





Southern New England Conference

United Church of Christ

Living the Love & Justice of Jesus

Daily Lectionary Scripture References – April 2023 (Year A)

Sat., Apr. 1

Psalm 31:9-16
Lamentations 3:55-66
Mark 10:32-34

Sun., Apr. 2

Palm/Passion Sunday

Palms:

Psalm 118:1-2, 19-29

Matthew 21:1-11

Passion:

Isaiah 50:4-9a

Psalm 31:9-16

Philippians 2:5-11

Matthew 26:14–27:66 or

Matthew 27:11-54

Holy Week**Mon., Apr. 3**

Isaiah 42:1-9

Psalm 36:5-11

Hebrews 9:11-15

John 12:1-11

Tues., Apr. 4

Isaiah 49:1-7

Psalm 71:1-14

1 Corinthians 1:18-31

John 12:20-36

Wed., Apr. 5

Isaiah 50:4-9a

Psalm 70

Hebrews 12:1-3

John 13:21-32

Thurs., Apr. 6

Maundy Thursday

Exodus 12:1-4 [5-10] 11-14

Psalm 116:1-2, 12-19

1 Corinthians 11:23-26

John 13:1-17, 31b-35

Fri., Apr. 7

Good Friday

Isaiah 52:13–53:12

Psalm 22

Hebrews 10:16-25 or

Hebrews 4:14-16; 5:7-9

John 18:1–19:42

Sat., Apr. 8

Holy Saturday

Job 14:1-14 or Lamentations

3:1-9, 19-24

Psalm 31:1-4, 15-16

1 Peter 4:1-8

Matthew 27:57-66 or John

19:38-42

Sun., Apr. 9

Easter

Acts 10:34-43 or Jeremiah

31:1-6

Psalm 118:1-2, 14-24

Colossians 3:1-4 or Acts

10:34-43

John 20:1-18 or Matthew

28:1-10

Mon., Apr. 10

Psalm 118:1-2, 14-24

Exodus 14:10-31; 15:20-21

Colossians 3:5-11

Tues., Apr. 11

Psalm 118:1-2, 14-24

Exodus 15:1-18

Colossians 3:12-17

Wed., Apr. 12

Psalm 118:1-2, 14-24

Joshua 3:1-17

Matthew 28:1-10

Thurs., Apr. 13

Psalm 16

Song of Solomon 2:8-15

Colossians 4:2-5

Fri., Apr. 14

Psalm 16

Song of Solomon 5:9–6:3

1 Corinthians 15:1-11

Sat., Apr. 15

Psalm 16

Song of Solomon 8:6-7

John 20:11-20

Sun., Apr. 16

Second Sunday of Easter

Acts 2:14a, 22-32

Psalm 16

1 Peter 1:3-9

John 20:19-31

Mon., Apr. 17

Psalm 114

Judges 6:36-40

1 Corinthians 15:12-20

Tues., Apr. 18

Psalm 114

Jonah 1:1-17

1 Corinthians 15:19-28

Wed., Apr. 19

Psalm 114

Jonah 2:1-10

Matthew 12:38-42

Thurs., Apr. 20

Psalm 116:1-4, 12-19

Isaiah 25:1-5

1 Peter 1:8b-12

Fri., Apr. 21

Psalm 116:1-4, 12-19

Isaiah 26:1-4

1 Peter 1:13-16

Sat., Apr. 22

Psalm 116:1-4, 12-19

Isaiah 25:6-9

Luke 14:12-14

Sun., Apr. 23

Third Sunday of Easter

Acts 2:14a, 36-41

Psalm 116:1-4, 12-19

1 Peter 1:17-23

Luke 24:13-35

Mon., Apr. 24

Psalm 134

Genesis 18:1-14

1 Peter 1:23-25

Tues., Apr. 25

Psalm 134

Proverbs 8:32–9:6

1 Peter 2:1-3

Wed., Apr. 26

Psalm 134

Exodus 24:1-11

John 21:1-14

Thurs., Apr. 27

Psalm 23

Exodus 2:15b-25

1 Peter 2:9-12

Fri., Apr. 28

Psalm 23

Exodus 3:16-22; 4:18-20

1 Peter 2:13-17

Sat., Apr. 29

Psalm 23

Ezekiel 34:1-16

Luke 15:1-7

Sun., Apr. 30

Fourth Sunday of Easter

Acts 2:42-47

Psalm 23

1 Peter 2:19-25

John 10:1-10

Revised Common Lectionary Daily Readings, copyright © 2005 Consultation on Common Texts.
commontexts.org. Used by permission. This resource may be reproduced by congregations for their own worship and educational activities. Provided by the Southern New England Conference, UCC