

North Falmouth Congregational Church, UCC
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Return Service Requested
Dated Material

May 2021

The Sandpiper is a monthly 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

May 2021

Pastoral Page

The flowers appear on the earth, the time of singing has come, and the voice of the turtledove is heard in our land. —Song of Solomon 2:12

Dear Friends,

For God so loved the world, he gave his only begotten Son. And God also gave us spring, and this year it is a welcome resurrection after a bleak winter defined by all the challenges of the pandemic. This year, I've been much more attentive to how much God loves us through creation. It's as if the scales have been lifted off my eyes—the colors seem brighter, the birds seem to be singing louder, and the skies seem bluer. It's not so much the Earth is waking up any differently this year—it's more that I have woken up to all the ways I am being invited to notice the myriad of Earth's simple gifts.

Mary Oliver's poem below is more than a poem about spring—it shows us how to live our lives. She doesn't extoll the beauty of daffodils and twittering birds. She only mentions a black bear coming out of her winter den and lumbering down the mountain, showing her "perfect love" by doing what she naturally does. Then Oliver says, "There's only one question: how to love this world."

As Parker Palmer said in reflecting on this poem, "But this much is clear. Loving the world means paying attention to its simple gifts and receiving them with simple gratitude in every waking moment of our lives." I would also add, "And by showing the "perfect love" we have been given by being who God made us naturally to be—a reflection of the holy in the world."

Spring by Mary Oliver

Somewhere
a black bear
has just risen from sleep
and is staring
down the mountain.
All night
in the brisk and shallow restlessness
of early spring
I think of her,
her four black fists
flicking the gravel,
her tongue
like a red fire
touching the grass,
the cold water.
There is only one question:
how to love this world.
I think of her
rising
like a black and leafy ledge
to sharpen her claws against
the silence
of the trees.
Whatever else
my life is
with its poems
and its music
and its glass cities,
it is also this dazzling darkness
coming
down the mountain,
breathing and tasting;
all day I think of her —
her white teeth, her wordlessness,
her perfect love.

May the Risen Christ in you be reflected in the world.

In deep faith,



Pastor Christina

UPCOMING WORSHIP – MAY

Stay tuned to the weekly announcements for whether worship will be outside or inside.

May 9 – 10 a.m. Sixth Sunday of Easter – Break Forth!

God surprises us in the most unexpected ways sometimes. Just when we think we've got God figured out, God changes up the plan and widens the circle of love and care for all. Christ's joy is available to all and is most fully realized in community. **Scripture:** Psalm 98 & Acts 10:44-48

May 16 – 10 a.m. Seventh Sunday of Easter – Ascension Sunday: Clap Your Hands

As Jesus prepares to leave his disciples, he opens their minds and blesses them. They went back to Jerusalem to continually worship and bless God. What happens when the eyes of our hearts are enlightened? **Scripture:** Psalm 47 & Luke 24:44-53

May 23 – 10 a.m. Pentecost Sunday

Ezekiel has a vision of a valley full of bones receiving life, breath, sinew, and flesh after encountering the word of God. When they arise, they receive the Spirit and dance! As Easter people we celebrate the Spirit giving life and breath to our dry bones—we dare to dance with hope in the face of fear, cynicism, and despair. **Scripture:** Ezekiel 37:1-14 & Acts 2:1-21

Both Sarah Bach and Rev. Christina Williams will become members this Sunday.

May 30 – 10 a.m. First Sunday after Pentecost – Trinity Sunday: Mysterious Encounter

You won't find the word Trinity in the Bible, but it is hinted at throughout our sacred texts and in Jesus' teachings. What emerges from the mystery of the Trinity is a perfect model for how we are to relate to one another that affirms our unity and cherishes our diversity. **Scripture:** Psalm 29 & John 3:1-17



There will be a memorial service for Rev. Mark Strickland at First Congregational Church Falmouth on Saturday, June 12 at 2:00 p.m.

All are welcome. Please wear masks and observe physical distancing at the service.

You can view the service on line from home by going on your computer to www.firstcongfalmouth.live at 2:00 p.m.

May Birthdays



05/03	Marjorie Marshall
05/04	Samantha Fraser
05/07	Camilla Nevius
05/07	Pam Oliveira
05/07	Pearl Wright
05/10	Graham Murphy
05/12	Melanie Young
05/13	Gladys Allen
05/16	Megan O'Hara
05/17	David O'Hara
05/20	Patricia Oshman
05/27	John Checklick
05/27	Meri Gilson
05/27	Alexa Willman
05/29	Janet King
05/31	Betty Galbraith

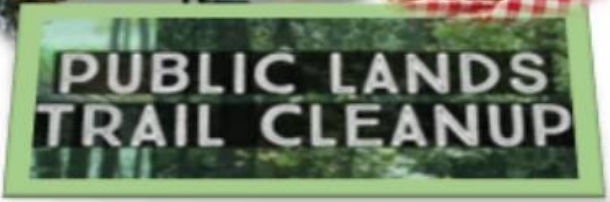
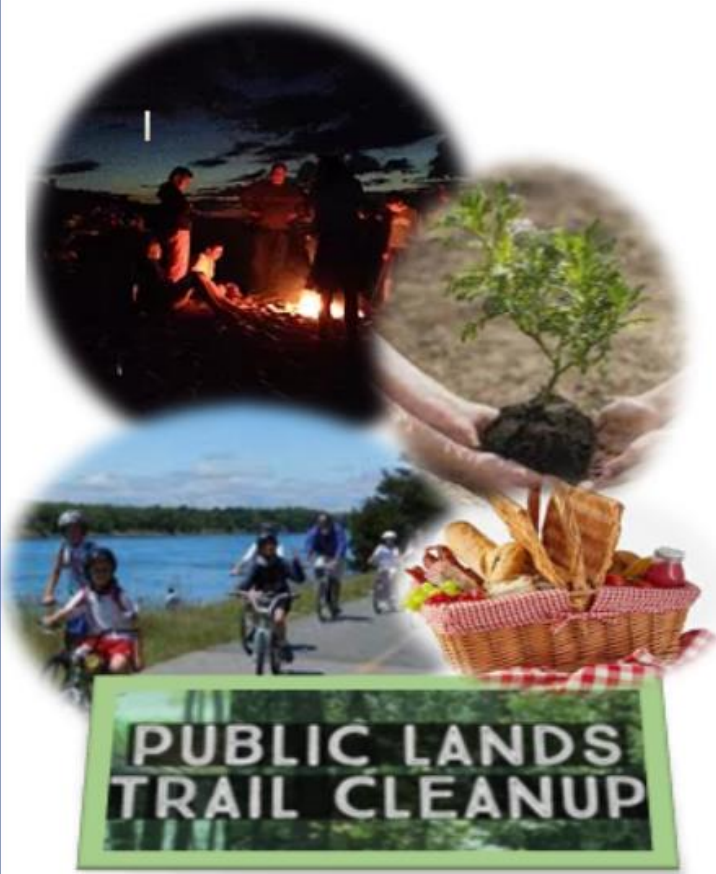
Happy Birthday



BARNSTABLE ASSOC. YOUTH@SYNOD FOR STUDENTS 13+
JULY 11-18, 2:30 P.M. EACH DAY
FIRST CHURCH, SANDWICH
136 MAIN ST. SANDWICH



All youth— 13+ — are invited for an action-packed week at the United Church of Christ's Youth Synod in Sandwich. Everyday starts at 2:30 p.m. for some hands-on service work, listening to some amazing speakers, playing games, sharing meals, and just having fun.



- **Day one, 2:30 – 5:30. Theme “God’s Love.”** Planting Project.
- **Day two, 2:30 – 7:00. Theme “God’s Identity.”** Mental health Outreach Project.
- **Day three, 2:30 – 5:30 & 9 – 11. Theme “Creativity.”** Trivia, Kahoot Night & Bonfire.”
- **Day four, 2:30 – 7:00. Theme, “Liberation.”** Visit to NAACP Museum
- **Day five, 2:30 – 9:00. Theme “Creativity”** Bike the Canal/Dinner Picnic.
- **Day six, 2:30 – Theme “God’s Creation.”** Trail Cleanup
- **Day seven, 7:00 p.m. – Sunday 11:00 a.m. Theme “Showcase.”** Campout overnight at church. Participate in leadership of worship in the morning service.

Register here: <https://docs.google.com/.../1FAIpQLSeQHqEuz38o8d.../viewform>

Cost: \$125 per youth

For financial assistance or for more information contact Pastor Christina: pastornfcc@gmail.com

**NORTH FALMOUTH
CONGREGATIONAL CHURCH**

155 Old Main Road, North Falmouth, 508-563-2177

Herbs
Perennials
Annuals
Veggies



Plant Gift
Baskets
available

Saturday, May 15, 9 a.m. – 1 p.m.
(rain date Saturday, May 22nd)



THRIFT SHOP SALE

Saturday, May 15, 9 a.m. – 12 Noon

SALE IS OUTSIDE, MASK AND SOCIAL DISTANCE REQUIRED PLEASE



The Plant Sale will have annuals, veggies, herbs, planted baskets for gift giving and perennials, all available at great prices. Shop early as plants go very quickly.



PLEASE mark your calendars for Saturday, May 15th, 2021 for our annual spring plant sale (rain date Saturday, May 22nd). The Thrift Shop will also be open for a sale during their regular Saturday business hours of 9:00 a.m. to noon. MASKS & SOCIAL DISTANCE REQUIRED!



We Need Your Help!



As many of you know, the church recently invested in an upgrade to the Wi-Fi service in the church and a major upgrade of our video production capabilities. These upgrades have allowed us to enhance the video feed of church services. While important during this pandemic, we hope to continue to broadcast services even when we can host you in the church allowing those unable to travel to the church the opportunity to join us virtually.

Broadcasting services requires a dedicated presence as a laptop computer located in the church office. With a few clicks of the mouse, the broadcast is set up and monitored during the service. It is a simple process that anyone who accesses email can perform.

Like ushering, we hope to enlist a few people to partner with the Deacon's and perform this task. If you are interested, please contact Debbie (officeNFCC@gmail.com) to arrange for training. Thank you for your assistance in this exciting new opportunity to bring NFCC to as many people as possible.

From the Outreach Committee



“The Bucket Brigade” a joint project with NFCC and First Congregational Church, Falmouth to benefit the Church World Services.

From the Altar Committee

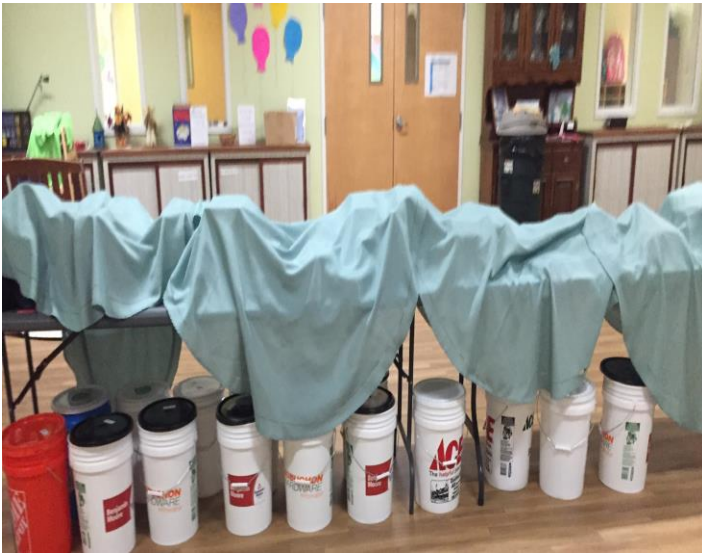
Since mid-March 2020 we have not had our traditional worship service in our sanctuary. During the time that outside worship was offered, we did have some lovely garden bouquets and seasonal arrangements during the fall. The Altar Committee did purchase a very nice silk arrangement that we have been using now that the service is performed for viewing virtually without a congregation in the sanctuary.



If anyone feels that they would like to dedicate a live plant or cut flower arrangement in memory or celebration, that option is still available. Please contact Marsha Martin to make arrangements.

willmart41@comcast.net or 508-759-0857





Sixteen buckets packed with clean up supplies.



Packed, sealed & ready to go.



Savvy Caregiver
AT THE
OSTERVILLE
LIBRARY

• LEARN ABOUT DEMENTIA-RELATED DISEASES
 • NAVIGATE THE STAGES OF DEMENTIA
 • FIND NEW STRATEGIES FOR SELF-CARE

Wednesdays
 June 2-July 14th
 10am-Noon

• Join us for six sessions
 • In-person or on-line via zoom
 • Register Today--space is limited

To register call Sarah at Elder Services of
 Cape Cod & the Islands
 508-394-4630
 or e-mail
 sarah.franey@escci.org

Join us on-line or in-person!

Elder services
 of Cape Cod and the Islands

sponsored by:

May is Mental Health Awareness Month - Why Care?

These statistics from last year tell us why we should care:
 1 in 5 adults experience a mental health condition each year, but less than half get treatment.
 1 in 20 adults in the United States experiences a **serious** mental illness each year, but less than two-thirds get treatment.
 1 in 9 youth aged 6 -17 in the US experience a mental health condition each year, but only half get treatment.
 50% of all lifetime mental illness begins by age 14, and 75% by the age of 24.
 The average delay between onset of mental illness symptoms and treatment is 11 years.

The impact to the community is vast. Some statistics have been identified as:

- Mental illness and substance abuse disorders account for 1 out of every 8 emergency department visits by a U.S. adult.
- In the juvenile justice system 70.4% of youth have a **diagnosed** mental illness or substance use disorder.
- 37% of adults incarcerated in the state & federal prison systems have a **diagnosed** mental illness.
- Among the homeless population in the US 20.5% have a serious mental health condition.
- 41% of Veteran's Health Administration patients have a **diagnosed** mental illness or substance use disorder.

Mental Health is Health. If you or someone you care about needs care, don't hesitate to reach out to your health care provider. If you don't have health care or a provider, or you are seeking resources, contact NAMI Cape Cod & Islands. Namicapecod.org

(The word diagnosed is highlighted because it is important to note that not all individuals will be diagnosed. Many people have undiagnosed mental health issues.)



Southern New England Conference

United Church of Christ

Living the Love & Justice of Jesus

Daily Lectionary Scripture References –May 2021 (Year B)

Sat., May. 1

Psalm 22:25-31
Amos 9:7-15
Mark 4:30-32

Sun., May. 2

Fifth Sunday of Easter

Acts 8:26-40
Psalm 22:25-31
1 John 4:7-21
John 15:1-8

Mon., May. 3

Psalm 80
Isaiah 5:1-7
Galatians 5:16-26

Tues., May. 4

Psalm 80
Isaiah 32:9-20
James 3:17-18

Wed., May. 5

Psalm 80
Isaiah 65:17-25
John 14:18-31

Thurs., May. 6

Psalm 98
Isaiah 49:5-6
Acts 10:1-34

Fri., May. 7

Psalm 98
Isaiah 42:5-9
Acts 10:34-43

Sat., May. 8

Psalm 98
Deuteronomy 32:44-47
Mark 10:42-45

Sun., May. 9

Sixth Sunday of Easter

Acts 10:44-48
Psalm 98
1 John 5:1-6
John 15:9-17

Mon., May. 10

Psalm 93
Deuteronomy 7:1-11
1 Timothy 6:11-12

Tues., May. 11

Psalm 93
Deuteronomy 11:1-17
1 Timothy 6:13-16

Wed., May. 12

Psalm 93
Deuteronomy 11:18-21
Mark 16:19-20

Thurs., May. 13

Ascension of the Lord

Acts 1:1-11
Psalm 47 or Psalm 93
Ephesians 1:15-23
Luke 24:44-53

Fri., May. 14

Psalm 47
Exodus 24:15-18
Revelation 1:9-18

Sat., May. 15

Psalm 47
Deuteronomy 34:1-7
John 16:4-11

Sun., May. 16

Seventh Sunday of Easter

Acts 1:15-17, 21-26
Psalm 1
1 John 5:9-13
John 17:6-19

Mon., May. 17

Psalm 115
Exodus 28:29-38
Philippians 1:3-11

Tues., May. 18

Psalm 115
Numbers 8:5-22
Titus 1:1-9

Wed., May. 19

Psalm 115
Ezra 9:5-15
John 16:16-24

Thurs., May. 20

Psalm 33:12-22
Genesis 2:4b-7
1 Corinthians 15:42b-49

Fri., May. 21

Psalm 33:12-22
Job 37:1-13
1 Corinthians 15:50-57

Sat., May. 22

Psalm 33:12-22
Exodus 15:6-11
John 7:37-39

Sun., May. 23

Pentecost

Acts 2:1-21 or Ezekiel
37:1-14
Psalm 104:24-34, 35b
Romans 8:22-27 or Acts 2:1-
21
John 15:26-27; 16:4b-15

Mon., May. 24

Psalm 104:24-34, 35b
Joel 2:18-29
1 Corinthians 12:4-11

Tues., May. 25

Psalm 104:24-34, 35b
Genesis 11:1-9
1 Corinthians 12:12-27

Wed., May. 26

Psalm 104:24-34, 35b
Ezekiel 37:1-14
John 20:19-23

Thurs., May. 27

Psalm 29
Isaiah 1:1-4, 16-20
Romans 8:1-8

Fri., May. 28

Psalm 29
Isaiah 2:1-5
Romans 8:9-11

Sat., May. 29

Psalm 29
Isaiah 5:15-24
John 15:18-20, 26-27

Sun., May. 30

Trinity Sunday

Isaiah 6:1-8
Psalm 29
Romans 8:12-17
John 3:1-17

Mon., May. 31

Psalm 99
1 Samuel 2:11-17
Romans 9:19-29