



FIRST CONGREGATIONAL CHURCH, UCC
200 Main Street, P.O. Box 1300 - Wellfleet, MA 02667-1300

The Rev. Dr. Sheila Rubdi
Phone (508)349-6877 - FAX (508)349-7732
Email: wellfleetchurch@gmail.com
www.wellfleetchurch.org

HOLY HABITS FOR THE NEW YEAR

Above all, clothe yourselves with love, which binds everything together in perfect harmony.
(Colossians 3:14)

Dear Friends:

The Year of Our Lord, Two Thousand and Twenty-two stretches before us fresh and new. As I write these few lines, we are already into two weeks of this new calendar year, casting much anticipation in hopes and expectations of a pre-pandemic near normal life. With the year that we have just had, it is hard to get back to life as usual. The necessary precautions we have taken to stay healthy have to be in place for our foreseeable future. There is a lingering fear among the elderly and those who are compromised, which shouldn't be discounted. Although pain and suffering are as much a part of life as sunrise and sunset, the mere mention of these two words causes us to bristle and feel uneasy at best. But suffice it to know that the God who calls us into the unknown also travels with us.

So then, what challenges will the new year hold? What opportunities will it bring? What new experiences await us? What new possibilities yet to unfold in the medical world? Whatever the answers to such questions prove to be, one thing is sure ~ they do not lie in the past. By God's grace we will discover them as we live them, one day at a time.

Pretty soon, Fashion Magazines will be publishing their "Best Dressed of the Year" lists, which causes me to reflect in the context of the scriptural verse above. Apostle Paul writes about clothing ourselves with certain fashions specific for Christians but ideal for anyone, who chooses to follow his advice. He was not speaking literally of putting on a piece of clothing, but of that inward transformation that occurs by the work of the Holy Spirit, when one adopts these behaviors as one's own after accepting Jesus Christ as Savior.

I once read: "Notable Christians must be noticeably Christian." This is accomplished by the "clothing" worn on a daily basis by each of us. We need to make sure that our wardrobe includes compassion, humility, kindness, patience, self-control, forbearance, forgiveness, and love. As we adopt these behavioral patterns, we are sure to attire ourselves in ways that reflect our love and commitment to serve God and others in our community. With this perspective, we can face whatever comes into our lives with confidence and hope in the promise that God is with us all the way.

The question that deserves our time and our best efforts in this new year is not “what was the real Jesus like” but rather” who is the real Jesus” that is alive and at work in our lives today. “Follow me,” he says, as he said of old: “Come and see!” This much of the past I do know ~ the Jesus of Nazareth who lived in the first century did not live alone. He surrounded himself with men and women keen to understand and embody the love of God for all humankind. His promise to them and to us is, “*Where two or three are gathered together in my name, there will I be also*”, which is to say, we can only discover who he was and is as we live our lives together in faith. A new year begins. By God’s grace, the adventure continues as we cultivate these holy habits or behavioral patterns to share the love of God. Thank you for sharing it together by staying connected.

“*Let the word of Christ dwell in you richly*” (Colossians 3:16), as you explore new ways in this new year to serve our God of grace!

Pastor Sheila



The Missions & Scholarship Committee extends a HUGE thank you to all the incredible Pie Bakers & Pie Buyers!! Our congregation continues to amaze me with their generosity! Every pie donated was greatly appreciated!

On Saturday, November 20th at our bake sale fundraiser, we sold a delicious variety of sweet & savory pies from mushroom tarts, quiches, chicken pot pies, meat pies to a beautiful assortment of sweet pies!! All pies were sold out by 11:30 & \$1,304. was raised for the church's Scholarship Fund!

With Heartfelt Appreciation ~ Nancy Porteus



Thank you to those who supported the Craft Fair this year. A total of \$3,126 was raised. Also, to those who supported the concert given by Matthew Erikson to raise funds for Pastoral Search Committee expenses. A total of \$503.00 was raised.



A New Year Wish

*May the New Year bring us:
Enough happiness to keep us sweet;
Enough trials to keep us strong;
Enough hope to keep us lively;
Enough sorrows to keep us dependent upon God;
Enough failure to keep us humble;
Enough success to keep us eager;
Enough friends to give us comfort;
Enough wealth to meet our needs;
Enough enthusiasm to keep us looking forward;
Enough faith to overcome despair;
And enough determination to use every day
And every situation, somehow for good.*

Living Water Acupuncture
A Health Ministry of The First Congregational Church of Wellfleet

Our free community acupuncture clinic has been taking place at the church every Tuesday afternoon since August 17th, when we reopened after a long hiatus due to the Covid-19 pandemic.

We are welcoming a wide range of people of all ages from the local community, with referrals from Outer Cape Health Services, Helping our Women, and substance use recovery programs, as well as self-referrals from interested community members.

Participants are seeking acupuncture for various conditions, including substance use disorder, anxiety, depression, insomnia, chronic pain, and simply for help with managing the stress of everyday life. We often have as many as 12 participants per clinic and have availability to treat many more.

The mission of Living Water Acupuncture is to promote health and wellness by empowering self-healing. The service is intended to complement and support existing treatment. Acupuncture can promote a sense of calm and well-being, including in individuals experiencing anxiety and depression. Acupuncture has been used to help reduce cravings associated with discontinuing opioids, tobacco, and alcohol. The approach used in our clinic involves gentle placement of up to 5 small sterilized disposable needles into specific sites on each ear. The person being treated sits quietly in a (physically distanced) group setting for 30 minutes. We do require that all attendees be fully vaccinated against Covid-19. There is no charge for the treatment, but we do accept free will donations to the church.

Please come and check out this creative ministry of our church! Any interested member of our church community is very welcome to come in to try acupuncture on a walk-in basis at any time. Christine Cook has graciously volunteered to serve as our Clinic Assistant whenever she is available. We will need volunteers to serve on days when Christine is not available. The Clinic Assistant role involves welcoming and checking in participants, requires no medical training, and helps everything go smoothly and calmly. It is a nice way to meet some of our neighbors and show them that we, as a church, care about them and want to be of service.

Winter schedule – in the gathering area Tuesdays 3:00-6:00 PM:

January 25

February 1

February 22

March 22

March 29

Weekly clinics resume in April through October.

Please contact me with any questions –

Margaret Tilton, MD

508-819-2260

LivingWaterAcupuncture@Outlook.com

Sympathy

We express our deepest sympathy to Sarah Multer on the death of her husband, Dowell, who passed away on November 22nd. Expressions of sympathy may be sent to Sarah Multer, P.O. Box 154, South Wellfleet, MA 02663

We express our deepest sympathy to the family & friends of Shirley Lauffer, who passed away on December 24, 2021. Shirley joined the church in 2010 and remained supportive behind scenes.

We express our deepest sympathy to Paul & Kendra Lindberg on the death of Paul's mother, Madelyn Thelma Thompson Lindberg, who passed away on December 27, 2021. Expressions of sympathy may be sent to Paul & Kendra Lindberg, 30 Blue Heron Road, Wellfleet, MA 02667

“In life, in death, in life beyond death, God is with us. We are not alone. Thanks be to God!”

PRAYER LIST

Please contact the church office to add a name or update this list.

“If one member suffers, all suffer together...If one member is honored, all rejoice together.”(1 Cor. 12:26) May the presence of Jesus Christ be with those on our PRAYER LIST and with those who care for them. Pray for:

*Kevin Casselman
Sueko Hall
Christy Milliken
David Powers
Carol Spencer
Dennis Ubriaco*

*Jean Cooper
Barbara Knapp
Gina O'Connor
Todd Roy
Jack Troxel
Fred Vitek*

*Ruth Anne Dykeman
Elias Lacey
Ruth Pearce
Blakeley Schmidt-Andersen
Carolyn & Aubrey Thomas*

And for those who are chronically ill and confined to their homes, nursing homes and hospitals. **Please notify the Pastor or the church office when family or friends are hospitalized.**

Council Meeting

Sunday, January 23, 2022

Following the 10:00a.m. Worship Service

Care Team Meeting

Tuesday, January 25, 2022 at 10:30a.m. in Fellowship Hall

JANUARY BIRTHDAY CELEBRATIONS !

1/4 Andrew Porteus
1/5 Brielle Lajoie
1/6 Lynne Milliken
1/11 Elaine Dee
1/12 Peter Swanson
1/15 Emma Smith
1/20 Addie Winslow
1/22 Shema Rubdi
1/26 Faye Lindberg
1/31 Marcia Ambrose
1/31 Boone Scalcione



FEBRUARY BIRTHDAY CELEBRATIONS !

2/10 Nancy Cook
2/12 Charlotte Hands
2/13 Carol Johnson
2/14 Patty Young
2/19 Carol Loreto
2/25 Natalie Souza

Congratulations!

To Jeremy & Heather Young on the birth of their second daughter, Lillian Elizabeth Young who was born on November 24, 2021. Lillian joins her older sister Rose. Rose & Lillian are the grandchildren of Patty & Fred Young.

And to

Amanda & Robert White on the birth of their daughter, Kennedy Elisabeth White who was born on December 31st! Kennedy joins her older brother Declan. Kennedy is the granddaughter of Barbara Knapp. Barbara also welcomed a new puppy, Chance to the family.

**TO MEMBERS AND ASSOCIATE MEMBERS OF THE FIRST CONGREGATIONAL
CHURCH, UNITED CHURCH OF CHRIST OF WELLFLEET, MASSACHUSETTS:**

The Annual Meeting of the Church will be held on Sunday, January 30, 2022 at 11:30 a.m.

This meeting will consider the following business:

Article I Call the meeting to order by the Moderator

Article II Reading of the warrant for the meeting by the Clerk

Article III Opening Prayer

Article IV Approval of the minutes of Annual Meeting,
January 31, 2021

Article V Presentation of annual reports

Article VI Church Treasurer's report and adoption of the
Proposed Budget for 2022

Article VII The adoption of the slate of officers, lay leaders and
Council representatives for 2022

Article VIII Benediction and Adjournment

Gerry Nolin, Clerk

First Congregational Church, United Church of Christ, Wellfleet, Massachusetts

January 11, 2022



Subject: Exciting News! Stop & Shop
BLOOMIN'4GOOD PROGRAM
LET'S FIGHT HUNGER TOGETHER –
ONE BOUQUET AT A TIME!

Dear Members & Friends,

We are so excited to share that the First Congregational Church of Wellfleet has been selected to be a part of the Stop & Shop Bloomin' 4 Good Program, created to fight the hunger crisis across the communities we serve.

For the month of **February 2022**, each time a \$10.99 Bloomin' 4 Good Bouquet with a red circle sticker is purchased at the Stop & Shop located at **Cranberry Cove, Orleans, MA**, \$1 will be donated to **the First Congregational Church of Wellfleet**. This is a great way to raise awareness in the local community, fight hunger and raise donations for our organization.

Flowers can brighten a room, spread a smile or make someone's day. Supporters can buy two, three or more bouquets throughout the month. The more bouquets sold, the more donations raised and the more people in need we can feed!

Let's get started! We can begin by spreading the news to our friends and family. Call, send emails, and post on social media.

To learn more about this program, please visit stopandshop.bloomin4good.com.

Best regards,

Nellie DiPinto, Secretary
First Congregational Church of Wellfleet, UCC
P.O. Box 1300 - 200 Main Street
Wellfleet, MA 02667
508-349-6877
www.wellfleetchurch.org