



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

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LENT 2022: THE PATH TO SPIRITUAL RECOVERY

Create in me a clean heart, O God, and put a new and right spirit within me.

(Psalm 51:10)

Dear Friends:

The month of March brings with it the beginning of the Lenten Season. On Wednesday, March 2, 2022, Ash Wednesday, the Christian world begins the season of Lent, a time of spiritual reflection and renewal, and in this time, the term that comes to my mind is “forgiveness”, and I invite you to think through with me on its role in our lives. May be from time to time, we evaluate our relationships with other people, and perhaps, sometimes our reflection may lead to discouragement. For we somehow want our friendships to be totally loving and supportive, our family relationships to be free of conflict and more accepting, and our work relationships to be honest and helpful. Yet the reality seldom matches our longing.

The stark truth is that it is not easy to relate to others in love. We misunderstand and hurt even those for whom we care deeply. But the heart and center of personal relationships is forgiveness. The need to develop and maintain the capacity to forgive is crucial to our lives, and that ability to forgive, frees us to become instruments of God’s love. The possibility for genuine forgiveness in our relationships is nurtured by the daily experience of God’s love and forgiveness. As we receive the healing power of God’s forgiveness, we can both give to and receive forgiveness from others. Without the restoring effect of God’s mercy, we remain locked up in our own guilt and defensiveness, afraid to trust others or ourselves. Also, we would learn that forgiveness is not only healthier than resentment but that it is the work of Christ within us.

My plea to you this Lenten season is for you to search your hearts and find the grace to forgive one another, and pray with the Psalmist saying, “Create in me a clean heart, O God, and put a new and right spirit within me,” which captures the essence of this season of penitence and the profound significance of forgiveness in our lives for healthy relationships.

At church, throughout the season of Lent, there will be special services of music and prayer, as well as an opportunity to study together. Continuing a tradition of several years, we will again be having Lenten Bible Study and discussion via zoom. So, beginning March 2, 2022 we will come together for a six-week Lenten Bible Study series at 12 noon based on the

book, “In View of God’s Mercy”. These sessions will be on Wednesday afternoons that will provide time for personal spiritual development and pondering of each one’s individual understanding of and faith in Jesus Christ, and to name our need to begin our spiritual recovery.

Among the early Christians, Lent was a period of intense instruction in the faith for “penitents,” leading to baptism on the eve of Easter. Today, during Lent’s 40 days, all Christians are invited to adopt a penitential attitude and to conduct a spiritual housecleaning, by giving up self-serving ways and practicing new behavior appropriate to God’s baptized people. As such, Lent is the most important time of the year to nurture our inner life. It is the time during which we not only prepare ourselves to celebrate the mystery of the death and resurrection of Jesus, but also it offers us an opportunity to discover the mystery of Christ within us. We may find that Lent is a gentle but also a demanding time. It is a time of solitude but also community; it is a time of listening to the voice within, but also a time of paying attention to other people’s needs. It is a time to continuously make the passage to inner life, as well as to be concerned about those around us.

The church invites us to make a conscious effort to a renewal of our spirit by availing ourselves to the many opportunities offered by the church at this time that are intended to help us with our spiritual recovery and renewal. Having been given this opportunity to be aware of God’s many blessings to us, you may find that the Lenten Self-denial offering envelope enclosed in your Pledge envelope box and in the pews, provide us with yet another opportunity to express in a tangible way some measure of gratitude for these blessings. This offering will be received by the Diaconate and dedicated on Palm Sunday, April 10, 2022 when we gather to celebrate the triumphant entry of Christ into Jerusalem. Hosanna! God save us!!

During this Lenten season, the lectionary readings we will be reflecting upon in our worship services, and in our Bible Conversations on Sundays will help further your study and meditation. Please know that God is offering you newness of life in Jesus Christ. And, when we live Lent attentively and gently, then Easter can truly be a celebration, during which the full proclamation of the risen Christ will reverberate in and through our lives.

May God’s *shalom* be with you all this Lenten Season, as you take that necessary path to spiritual recovery!

Pastor Sheila





YOU ARE INVITED TO 2022 LENTEN BIBLE STUDY VIA ZOOM

ALL ARE WELCOME!

Beginning Ash Wednesday, March 2, 2022, from 12:00 to 1:00 p.m. a Lenten Bible Study will be offered via Zoom by the First Congregational Church of Wellfleet, United Church of Christ, Wellfleet, MA 02667.

The Bible Study is based on the book, “In View of God’s Mercy” by Carol Geisler. It is a six-week Bible Study for Lent and its theme is based on Romans 12:1, where Apostle Paul writes, “*Therefore, I urge you, brothers and sisters, in view of God’s mercy, to offer your bodies as a living sacrifice, holy and pleasing to God.*” At his counsel and encouragement, we do so “in view of God’s mercy,” because of the mercy, the compassion that God has shown to us in Christ Jesus.

Mercy can be defined as patience and compassion, especially toward someone who does not deserve such kindness. Jesus suffered the penalty of death in our place by offering himself as the perfect sacrifice to pay the debt we owed. Through this redeeming sacrifice, God displayed His perfect mercy to us, to undeserving sinners. The study considers the invitation to a life-changing experience of being in a dynamic relationship with our Savior Christ. So that, we, as forgiven sinners, in turn, offer ourselves as a living sacrifice in service to our Lord.

Each participant will be provided a booklet to encourage participation in these discussion sessions. If you are interested, please call the church office to leave your name and email address, so a Zoom Invitation will be sent to your e-mail box, as well as a book will be set aside for you. The Lenten Bible Study will be offered every Wednesday afternoon from March 2 through April 6, 2022 at 12:00 p.m. Please join us and be blessed to be spiritually renewed. Thank you!

Pastor Sheila



From the Moderator....

The late Pulitzer Prize-winning author John Updike believed in God, but he was *not* a fan of traditional religion. Nevertheless, he wrote memorable words about the value of attending church:

Going to Church

“There was a time when I wondered why more people did not go to church.

“Taken purely as a human recreation, what could be more delightful, more unexpected than to enter a venerable and lavishly scaled building kept warm and clean for us one or two hours a week and to sit and stand in unison and sing and recite creeds and petitions that are like paths worn smooth in the raw terrain of our hearts?

“To listen, or not listen, as a poorly paid but resplendently robed [pastor] strives to console us with scraps of ancient epistles and halting accounts, hopelessly compromised by words, of those intimations of divine joy that are like pain in that, their instant gone, the mind cannot remember or believe them; to witness the windows donated by departed patrons and the altar flowers arranged by withdrawn hands and the whole considered spectacle lustrous beneath its patina of inheritance; to pay, for all this, no more than we are moved to give—surely in all democracy there is nothing like it.

“Indeed, it is the most available democratic experience.

“We vote less than once a year.

“Only in church and at the polls are we actually given our supposed value, the soul-unit of one, with its noumenal arithmetic of equality: one equals one equals one.”

..... food for thought as we plan our own Sunday mornings, and as we think about inviting others to visit our church!

Peter Cook
Moderator

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.

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

March 22

March 29

Weekly clinics resume March 22, 2022 and are held April through October.

Please contact me with any questions –

Margaret Tilton, MD

508-819-2260

LivingWaterAcupuncture@Outlook.com



Settled Pastoral Search Committee

Your Settled Pastoral Search Committee (SPSC) has entered phase 2 of the process. Our church profile, completed over the last 5 months with help from many in the congregation, is now posted on an international United Church of Christ database. Pastoral candidates from all over the world can now read about The First Congregational Church of Wellfleet and respond, if interested, by submitting their profiles. These are reviewed and assessed by the SPSC. Over the next several months candidates will be interviewed using a set of questions developed by the SPSC so that consistent evaluation can be made. Please keep us all in your prayers ... including our new pastor who is out there somewhere.

Rob Leatherbee, Gerry Nolin, Richard Robicheau, Susan Eenigenburg, George Vitek, Matthew Erikson

Sympathy

We express our deepest sympathy to Patty Young on the death of her husband and to Jeremy Young on the death of his father, Fred, who passed away on February 13th.

Fred joined the church in 1979 and was an active member of the church until his health declined. He remained a supportive and active even when his health didn't allow for his attendance.

Expressions of sympathy may be sent to Patty Young, P.O. Box 340, Wellfleet MA 02667 and to Jeremy & Heather Young, P.O. Box 185, 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

Gina O'Connor

Todd Roy

Jack Troxel

Jean Cooper

Barbara Knapp

Ruth Pearce

Blakeley Schmidt-Andersen

Dennis Ubriaco

Ruth Anne Dykeman

Christy Milliken

David Powers

Carol Spencer

Fred Vitek

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.**

Care Ministry Meeting

Tuesday, March 29, 2022 at 10:30a.m. in Fellowship Hall

For members of the Bass section – practice is held

Saturday's at 4:00p.m.

Choir Practice

Sunday's at 9:00a.m.

Trustees Meeting

March 16, 2002 at 7:00p.m.

MARCH BIRTHDAY CELEBRATIONS!

3/6 Brad Williams
3/7 Heidi Dyer
3/9 Victor Rubdi
3/12 Rachael Graham
3/24 Mignon Barry
3/27 Karen Cook
3/30 Joan Kirchner



APRIL BIRTHDAY CELEBRATIONS !

4/7 Isabel Souza
4/18 Karen Blewitt
4/21 Jane Corbin
4/22 Pearl Johnson & Susan Eenigenburg
4/26 Barbara Kantor
4/27 James Cook

MARCH WEDDING ANNIVERSARY CELEBRATIONS

3/1 Holly & David Lajoie
3/10 Barbara & Geza Kantor



A NOTE FROM THE CHURCH OFFICE



By way of updating our information for the Church Directory, we ask that you send your mailing address, home address, phone numbers (home & cell) along with your current email address. We assure you that this information will only be shared with our church members. Please send this information to the Church office at your earliest convenience (wellfleetchurch@gmail.com) . Thank you!



“Consider the lilies, how they grow; they toil not...” Matthew 6:28

I wish the Garden Team was that lucky!

It's that time of year when we stretch, groan, take a deep breath, and get ready for this year's garden adventures: raking, cultivating, fertilizing, seeding, weeding, applying more mulch, and the list goes on.

Besides these usual spring and early summer chores, we have a new goal: cleanup and plant the east side of the parking lot. It's an area we've been looking at, scratching our heads, and wondering what will work. Not much sunlight finds its way there, so we're looking for shade-loving contributions from your gardens, if you have them. Let us know what you might be able to contribute; we'll be planting in mid-April. Also let us know if you are thinning out some sun-loving plants. The garden is young and has plenty of space left along the north side of the parking lot with full southern light.

We still have a small amount of supply money left over from last year, thanks to your generosity! I did say "small," didn't I? Well, yes, we need more mulch, annuals, grass seed, fertilizer and all those things that gardens require. We're also looking for a tree that grows money, but until we find it, we will be truly grateful for your contributions – whatever you can spare.

Your past support has enabled us to get where we are now, and we hope you will continue helping us in our mission to make your church grounds inviting and colorful. Contact our Team Leader for plant contribution arrangements and any garden suggestions: Dan Wexman: 508-247-7845, or danwexman@gmail.com.

Many thanks for your past support, and best wishes for happy and healthy times to come.

Your Garden Team:

Dan Wexman, Dot Oberding, Charlotte Hands, Rick Nolin, Nancy Vitek, Judie Palleschi, Cyndy Van Hook, Jane Corbin, Victor Rubdi



First Congregational Church of Wellfleet – March 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MS = Mustard Seed WHS = Wellfleet Historical Society		1 8:00-11pm – MS	2 Ash Wednesday 9:00-2pm – MS 12pm -Lenten Bible Study - Zoom	3	4 10:00am WHS – Fellowship Hall	5 4:00pm Choir Bass section rehearsal
6 First Sunday in Lent 9am – Choir reh. 10:00am Worship, Communion 11:30am Bible Conv.	7 8-10am – MS	8 8:00-11pm – MS	9 9:00-2pm – MS 12pm -Lenten Bible Study - Zoom	10	11	12 4:00pm Choir Bass section rehearsal
13 Second Sunday in Lent 9am – Choir reh. 10:00am Worship, Ordination of Deacons 11:30am Bible Conv.	14 8-10am – MS	15 8:00-11pm – MS	16 9:00-2pm – MS 12pm -Lenten Bible Study - Zoom	17	18	19 4:00pm Choir Bass section rehearsal
20 Third Sunday in Lent 9am – Choir reh. 10:00am Worship 11:15am tentative Congregational Church mtg. 11:30am Bible Conv.	21 8-10am – MS	22 8:00-11pm – MS 3-6pm - Living Water Acupuncture Clinic	23 9:00-2pm – MS 12pm -Lenten Bible Study - Zoom	24	25	26 4:00pm Choir Bass section rehearsal
27 Fourth Sunday in Lent 9am – Choir reh. 10:00am Worship 11:30am Bible Conv	28 8-10am – MS	29 8:00-11pm – MS 10:30am- Care Team in Fellowship Hall 3-6pm - Living Water Acupuncture Clinic	30 9:00-2pm – MS 12pm -Lenten Bible Study - Zoom	31		

First Congregational Church of Wellfleet – April 2022

Sunday	Sunday	Sunday	Wednesday	Thursday	Friday	Saturday
MS = Mustard Seed WHS = Wellfleet Historical Society					1 10:00am WHS in Fellowship Hall	2
3 Fifth Sunday in Lent 9am – Choir reh. 10:00am Worship, Communion 11:30am Bible Conv	4 8-10am – MS	5 8:00-11pm – MS 3-6pm - Living Water Acupuncture Clinic Recovery349	6 9:00-2pm – MS 12pm -Lenten Bible Study - Zoom	7	8 11:00am Memorial Service at Pleasant Hill Cem. For Shirley Laufer	9
10 Sixth Sunday in Lent 9am – Choir reh. 10:00am Worship, 11:30am Bible Conv	11 8-10am – MS	12 8:00-11pm – MS 3-6pm - Living Water Acupuncture Clinic	13 9:00-2pm – MS 12pm -Lenten Bible Study - Zoom	14 Maundy Thursday	15 Good Friday	16 Holy Saturday
17 Easter 9am – Choir reh. 10:00am Worship, 11:30am Bible Conv	18 8-10am – MS	19 8:00-11pm – MS 3-6pm - Living Water Acupuncture Clinic	20 9:00-2pm – MS	21	22	23
24 Second Sunday of Easter 9am – Choir reh. 10:00am Worship, 11:30am Bible Conv	25 8-10am – MS	26 8:00-11pm – MS 10:30am – Care Team in FH 3-6pm - Living Water Acupuncture Clinic	27 9:00-2pm – MS	28	29	