

**FIRST CONGREGATIONAL CHURCH, UCC**  
200 Main Street, P.O. Box 1300 - Wellfleet, MA 02667-1300  
Worship Services – Sundays at 8:30a.m. and 10:00a.m.

**The Rev. Jon Elsensohn**  
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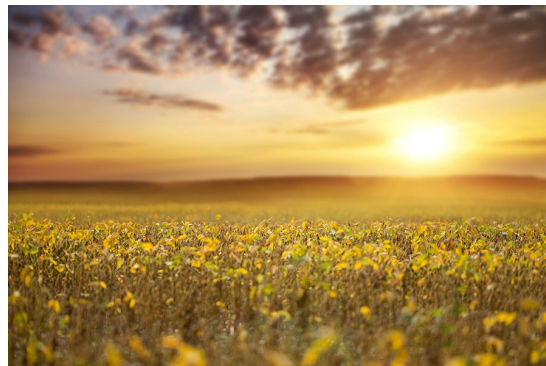
### **From The Pastor's Desk**

September always makes me a little restless. Perhaps it has something to do with the autumnal obligation to return to school or college during my formative years. Perhaps it is the color and slant of the sunlight, growing more golden as the days grow shorter. Perhaps it is the produce ripening in the fields, almost ready for the Fall harvest. Whatever it is, September has always seemed like a time of transition.

In the church we understand September as a beginning, rather than an ending: a time when we bid farewell to summer visitors and return to many of the familiar patterns of our faith. We start new programs and events, establish and reinvigorate old traditions, and mark the weeks until the cycle of the Christian year begins with the coming of Advent.

This Autumn will mark the return of some familiar things. On September 11th, we will bring back the Community Lunch program which has been dormant since the onset of Covid. This will allow us, once again, to offer a time to gather, to eat, and to connect for members of our congregation and the wider community. We will also be trying new things, as we celebrate "Invite a Friend" Sunday on the 10th. Often what prevents someone from visiting a new church (or returning to one) is the lack of an invitation. This Sunday is a chance to cast wide the doors and to welcome friends and newcomers. Finally, we will be holding another church/community picnic on the 24th, immediately following worship.

As we enjoy the waning Summer days, and look forward to the coming Autumn, may we enjoy the abundance of these days. May we celebrate what has come to fruition, and prepare for what shall come next. *For everything there is a season, and a time for every matter under heaven...*



## LISTENING SESSIONS

We will be continuing “Listening Sessions” here at First Congregational. We will form small groups that will prayerfully consider where we experience joy or challenge within the church, and where we feel the Holy Spirit moving in the life of our community. As each member of the group has a chance to speak, the other participants are encouraged to listen; to hear, through the experiences of others, where God is leading our congregation.

Sessions scheduled this month: Wednesdays at 4pm; and Thursday, September 7<sup>th</sup> and 21<sup>st</sup> at 7:00pm. While meeting in person is best, we will make some zoom sessions available for those who find it difficult to attend in person. This process works best when all are involved, so I strongly encourage everyone to participate in this opportunity to listen and learn.

# Bring a Friend Sunday



Invite a Friend to attend the  
10:00a.m. Worship Service

with you and enjoy some nice  
refreshments and fellowship time after.



Sunday, September 10th at 10:00am  
1st Congregational Church

200 Main Street, Wellfleet, MA 02667

For More Information: 508-349-6877

Please join us for our free

## *Community Lunch*

Monday, September 11<sup>th</sup> - Noon to 1:30pm



Soup, bread, salad and dessert

Everyone is welcome!

(Lunches will be held the 1<sup>st</sup> Monday of the month, October-May)

First Congregational Church of Wellfleet

200 Main Street, Wellfleet

508-349-6877

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### 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:

*Gary Cooper*  
*Barbara Nowell*  
*David Powers*  
*Jack Troxel*

*Barbara Knapp*  
*Gina O'Connor*  
*Todd Roy*  
*Dennis Ubriaco*

*Christy Milliken*  
*Bob Oberding*  
*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.**

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## The Church Garden Needs Your Help!



The beds are weeded, fertilized and mulched. Hardier shrubs have replaced the heaths that didn't survive last winter's cold snap. The lawns are thatched and re-seeded. We have trimmed and pruned. We have bought and planted annuals for summer color. So what's left? We need to keep the gardens healthy and happy, and to do that we need to replenish supplies. Our fund balance is running low and won't last through the summer. We can volunteer our time, and we do, but we need your financial support to match our ambitions to our resources! We want to make the outside of your church look like someone cares about it. We are so grateful for your donations over the past three years. **Please don't stop now!** A good appearance means a lot – “curb appeal” as some call it. Help us by contributing as much as you can: cash, check, or Paypal.

Thank you, from the volunteers who are making it happen:

Dan Wexman	Dot Oberding
Charlotte Hands	Ron Boyles
Nancy Vitek	Cyndy Van Hook
Judie Palleschi	Jen Elsensohn

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### SEPTEMBER BIRTHDAY CELEBRATIONS!

9/5 Bill Van Hook & Jennifer Hill  
9/13 Paul Lindberg  
9/15 Jill Romah  
9/22 Tom Murphy  
9/26 Sue Sloan



### SEPTEMBER WEDDING ANNIVERSARY CELEBRATIONS!

9/8 Sarah (Porteus) & Trey Shelton  
9/9 Rob Leatherbee & Margaret Tilton  
9/14 Brad & Virginia “Ginny” Sverid  
9/15 Brittany & Thomas Kane  
9/15 Sheila & Victor Rubdi  
9/23 Corey & Bridget Brundage  
9/27 Peter & Christine Cook  
9/27 Matthew & Erin Lasker  
9/29 Arthur & Cathy Staff

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## Nauset Neighbors Volunteer Opportunity

Want to make a difference in a neighbor's life? Join us at Nauset Neighbors, an all-volunteer non-profit organization, that helps senior stay in their homes and active in their communities. You can help by providing friendly visits, rides to appointments, tech assistance and simple handyman tasks. Volunteering is easy and flexible. Sign up online to help when it fits your schedule.

The members we help live in your communities of Brewster, Chatham, Eastham, Harwich, Orleans, and Wellfleet. We have a waiting list of seniors who need a hand. You can shorten their wait by volunteering with Nauset Neighbors.

Contact us at: [nausetneighbors.org](http://nausetneighbors.org) or call at 508-514-7067

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### **TELL A FRIEND ABOUT THE FOOD PANTRY!**

**Open Monday, 3-6; Wednesday 4-6, and Thursday 10-12**

Last year the Wellfleet Food Pantry provided food to 185 Wellfleet families, but we know there are more families who could use a little help. Would you help us by telling your friends who live in Wellfleet about the Food Pantry and invite them to come?

The Wellfleet COA delivers food boxes from the pantry twice per month to seniors who no longer drive, please call the COA at 508-349-0313 to sign up or get more information.

*Our volunteers thank you for your help.*

#### **WELLFLEET FOOD PANTRY - Food for Neighbors**

25 Lieutenant Island Road

South Wellfleet, MA 02663

508-349-3036 - Visit our website: [www.wellfleetfoodpantry.org](http://www.wellfleetfoodpantry.org)

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## LEGACY OF LOVE

We all are grateful for the legacy of love we enjoy from those who worshiped here before us. There are many opportunities to continue this legacy into the future. One unique opportunity is available for those of us over 70 1/2 with a tax deferred savings account. The IRS requires minimum withdrawals (or distributions) from these accounts (RMDs) every year to collect the deferred taxes. However, tax-free withdrawals in any amount may be made as donations from your account directly to a charitable organization. These withdrawals count


toward your RMD and carry no tax liability for you or the charity. If you are interested in learning more, please talk to your tax advisor or Rob Leatherbee, Treasurer, for more details of this and other unique opportunities to continue the legacy of love here in Wellfleet.



**2023 Lower Cape CROP Hunger Walk**  
**Save the Date – October 8, 2023 at 1:00p.m.**  
“How CROP Hunger Walk Funds are Helping.”

You can donate online at [crophungerwalk.org/lowercape](http://crophungerwalk.org/lowercape), or with a check made out to CWS/Crop Walk, or by supporting our Restaurant Raffle at the Wednesday Farmer’s Market. Raffle tickets are also available at the church office.

George Vitek



**Your Walk helps families build a *brighter future***

**You are walking with Hak Nhy and Kim Dorn**

In a village in Western Cambodia, Hak Nhy and her husband Kim Dorn live off of the crops they yield from their vegetable farm. When challenges from climate change and the pandemic affected their harvest, Hak and her family barely had enough to eat or sell. She knew something had to change. That change came when she was enrolled in a CWS educational program focused on gardening.

“I have [gained] skills and knowledge on vegetable gardening, adapting to the changing weather conditions and compost making,” shared Hak. She also has a better diet and a stable income because she sells the surplus vegetables she grows from her garden.

By walking with families like Hak’s, you are helping restore hope and build a better future.



**THANK YOU.....**



We thank Peter Swanson for tirelessly sharing his gifts to bring our church services online since the early Covid days. Peter, a retired broadcast engineer, conceived a plan, purchased the video equipment, worked through the protocol difficulties, funded the Vimeo license for the first year and made himself available most Sundays to record and broadcast the service. Parishioners can now stay in touch wherever they are by enjoying the live Sunday service or catching up on missed services from the video library. We are grateful for his selfless donation of his gifts to supporting our church. Thank you!

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Porchfest was a success! Thank you to Denny O’Connell for organizing and manning the parking and to Richard Robicheau, Brad Williams, Rob Leatherbee and Rick Nolin for greeting and helping attendees park their cars. An unofficial total is \$770 raised to help the church and its various missions on what turned out to be a beautiful afternoon. Many hands make for light enjoyable work!

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# First Congregational Church of Wellfleet – September 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AA = Alcoholics Anonymous FMC= Financial Management Comm. MS = Mustard Seed WHS = Wellfleet Historical Society Handicap Accessible					<b>1</b>	<b>2</b> Custodian cleans in morning 4:00pm Choir rehearsal 7:00pm AA
<b>3 Fourteenth Sunday after Pentecost</b> 8:30am Early Svc. 9am – Choir reh. 10:00am Worship, Communion	<b>4 LABOR DAY Office closed</b>  8-10am – MS	<b>5</b> 8:00-11pm – MS  3-5pm - Living Water Acupuncture Clinic	<b>6</b> 8am-12pm- Farmer’s Market 9:00-2pm – MS 4:00pm – Listening Session	<b>7</b> 7:00pm – Listening Session	<b>8</b> 4:00pm Habitat for Humanity – Fellowship Hall	<b>9</b> Custodian cleans in morning 4:00pm Choir rehearsal 7:00pm AA
<b>10 Bring A Friend Sunday</b> 8:30am – Early Svc. 9am – Choir reh. 10:00am Worship	<b>11</b> 8-10am – MS  12:00-1:30pm – Community Luncheon 	<b>12</b> 8:00-11pm – MS  1:00m FMC  3-5pm - Living Water Acupuncture Clinic	<b>13</b> 8am-12pm- Farmer’s Market  9:00-2pm – MS 4:00pm – Listening Session	<b>14</b>	<b>15</b>	<b>16</b> Custodian cleans in morning 4:00pm Choir rehearsal 7:00pm AA
<b>17 Sixteenth Sunday after Pentecost</b> 8:30am – Early Svc. 9am – Choir reh. 10:00am Worship	<b>18</b> 8-10am – MS	<b>19</b> 8:00-11pm – MS	<b>20</b> 8am-12pm- Farmer’s Market 9:00-2pm – MS 4:00pm – Listening Session 7:00pm – Trivia	<b>21 Deadline for Newsletter Submission</b> 7:00pm – Listening Session	<b>22</b>	<b>23</b> Custodian cleans in morning 4:00pm Choir rehearsal 7:00pm AA
<b>24 Seventeenth Sunday after Pentecost</b> 8:30am Early Svc. 9am- Choir Reh. 10:00am Worship 11:15am – Church Picnic	<b>25</b> 8-10am – MS	<b>26</b> 8:00-11pm – MS 10:30am – Care Team 3-5pm - Living Water Acupuncture Clinic	<b>27</b> 8am-12pm- Farmer’s Market 9:00-2pm – MS 4:00pm – Listening Session	<b>28</b>	<b>29</b>	<b>30</b> Custodian cleans in morning 4:00pm Choir rehearsal 7:00pm AA