



FIRST CONGREGATIONAL CHURCH, UCC  
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## REACH OUT AND TOUCH SOMEONE

*Show by your good life that your works are done with gentleness born of wisdom.*

James 3:13b

Dear Friends:

Finally, summer 2022 has arrived! In the recent past, whenever I commented that Wellfleet is a quiet town, I was told, “just wait till summer, and the town will be transformed with oodles of tourists flocking to our beautiful town.” I must admit, that their analysis was right on the dot, judging from Wednesday’s very successful Farmers’ Market. Well, on the other hand, this surely is a time for families to go on vacations, go sailing daily or golfing, catch up with friends and family, or simply laze around on the beach. But for some people, that is simply not the case.

It’s a lonely world out there. And sometimes I forget that. Busy with appointments and tasks that must be accomplished before this or that deadline, it is easy to lose sight of the truth in Henry David Thoreau’s observation that “the mass of people leads lives of quiet desperation.” How many of those whom you know does that describe?

A friend tells the story of a luncheon conversation among a group of lifelong friends. Several were complaining, she says, about how difficult it was to get anything done during the day because “the telephone just never stops ringing.” Gradually they noticed, however, that one among them was unusually quiet. She was the oldest of their group and had been living alone for over a year since her husband died. “You’re awfully quiet,” one of them finally said. “Don’t you agree that being interrupted by the telephone is just the most frustrating thing?” “Oh, my dears,” their friend replied, “I quite agree, but there’s one thing worse.” “Whatever could that be?” they asked. She took a sip of her coffee, and then looked down. Quietly they heard her say, “It’s when the phone never rings at all.”

A lonely world ... lonely for many seniors, to be sure, but lonesome for a world of others as well. The life of a young parent caring for a newborn can be a solitary one. Or for those who live alone in an apartment, and who wait and hope to have a word or two of adult conversation with someone passing by in the hallway. Thoreau would have recognized the feeling.

“Lives of quiet desperation” ... I wonder if that might be at least part of what lies behind the phenomenal proliferation of cell phones in our day. Most of us don’t really need to be “reachable” twenty-four hours a day, seven days a week. But all of us inwardly hope that someone, somewhere, will care enough to breach our solitude and take a moment, as that old advertisement said, to “reach out and touch someone.”

It is a lonely world out there. Is there someone you know who would love to hear from you? Why not make a call ... or send e-mail ... or write a letter? Break the silence; breach the walls

of solitude. Surely that's not asking too much. Chances are that both of you will benefit from it. God can work through you to touch someone's life. Gently reach out to someone this summer through your words or actions. Certainly, a disciple of Christ cannot live in seclusion or isolation but leads a vibrant life in the community, reflecting the radiance of the Light of the World, Jesus the Christ, who said, *"Let your light shine before others, so that they may see your good works and give glory to your Father in heaven."* (Matthew 5:16) It is my hope that you will find not only relaxation and recreation during these summer months but constantly be mindful of those who could use your company or attention to bring a joyous spark to their lives.

Grace and Peace,  
Pastor Sheila



## The Friendly Church

A friendly church is one, where worshipers greet one another warmly and sincerely.

A friendly church is one, where members seek out newcomers and make them feel welcome and important. Visitors hear that the congregation can help meet various needs: spiritual nourishment, Christian education, fellowship, friendship, mission outreach, service opportunities, support and comfort during difficulties and more.

A friendly church has something for everyone. It becomes a loving home, where people desire to return frequently for spiritual, social, physical and emotional support.



## From the Moderator....

Many younger families left the congregation during Covid. While that was a jolt to our Christian Education program which traditionally focused on children, let's bear in mind that understanding the Christian message is important and relevant at all ages, and sometimes most impactful for adults. Church fellowship includes actively learning together. How can we expand Christian learning in our congregation? New Bible Study groups? Other study or discussion groups? Some other approach to make faith formation more accessible and inviting to newcomers? Our Christian faith offers wise, healthy, and healing teachings to inspire and guide our lives as we engage our community and the world. None of us has all the answers, so let's remember to approach life's journey as learners. Let's join together to make this happen. Our church's Christian Education Board seeks to build new faith formation programs at our church and welcomes all ideas – your inputs are welcome!

Peter Cook  
Moderator



### Board of Missions & Outreach Update

The Very Berry Pie Sale to benefit **Scholarship Fund** July 2<sup>nd</sup> was a great success. Despite rain, all 37 pies were sold within 35 minutes for a total collected from pie sales of \$865. Thanks to Nancy Porteus for running this event and thanks to all bakers and supporters. We are continuing to accept donations for the Scholarship Fund and look forward to being able to award several to Nauset High School graduating seniors in 2023.

The Ukraine benefit concert held on July 9, 2022 raised \$1,205.00, we continue to collect donations toward the fund.

**Living Water Acupuncture Clinic** meets Tuesday afternoons from 3 to 6 PM throughout the summer and fall. We have had as many as 20 participants per clinic, some of whom have come in from learning about our program at the church's **Farmers Market Table**. Attendees tell us they find the treatment very helpful for managing stress, coping with pain, and for promoting recovery from substance use.

Volunteers are enthusiastically encouraged for both the Farmers Market welcoming table on Wednesday mornings and to help with Living Water Acupuncture. Please see sign-up sheet in Fellowship Hall or contact the church office.

Please bring us your ideas for how we can reach out to and support our community while building our church. Next Board of Missions & Outreach meeting **Thursday, September 15 at 6:30 PM.**

Board of Missions & Outreach: Margaret Tilton, Chair; Charlotte Hands; Gerry Nolin; Nancy Porteus; Sue Sloan.



The 3<sup>rd</sup> Annual Lower Cape Crop Hunger Walk is set for October 23, 2022 at 1:00p.m.

The problem of food insecurity continues to grow around the world. The war in Ukraine has had a devastating impact on both food availability and fertilizer availability. The economic situation and inflation have had a significant effect on family budgets. On top of all that, climate change is having an increasing effect on food supply. There is a serious famine in East Africa. Floods and drought are affecting food supplies in India and several other parts of the world.

That brings us to the Lower Cape Crop Hunger Walk. Last year we raised \$8,200 and hope to build upon that. We ranked 70<sup>th</sup> among hundreds of Crop Walks nationwide. Each year 25% of the money we raise goes to food programs here in Wellfleet and the Outer Cape.

We will be raising funds through individual donations and through the Restaurant Raffle. Donations can be made online at [www.crophungerwalk.org/lowercape](http://www.crophungerwalk.org/lowercape) or by a check to the First Congregational Church of Wellfleet, earmarked "Crop Walk". Tickets for the Restaurant Raffle may be purchased at the church office or during the Farmers Market on Wednesdays from 8:00am-12:00pm.

In the meanwhile, money that was raised in the Crop Hunger Walk for Ukraine is being put to use in Moldova. Money supports communities and facilities that are home to many refugees. Money has provided needed services, food and support for refugees, as well as, support for community infrastructure including several new centers for children and families.

This is the first of several descriptions of how the money raised in the Crop Hunger Walk is used around the world. Based on Pastor Sheila's sermon on Sunday, July 10, 2022, I am calling it Who Is Our Neighbor.

Jorge and Leidy Sarmiento are our neighbors. In November 2020 Hurricanes Eta and Iota tore through Honduras and destroyed their home and farm. Along with 1,000 other families they lost everything they had. Church World Service, through its local partners, made a rapid needs assessment and started an emergency response project. The first phase of the project provided temporary housing, food, hygiene kits, and psychosocial support. The second phase of the project helped Jorge and Leidy rebuild their home and restart their farm. Thank you to all who support Crop Hunger Walks from Jorge and his community!

Thank you for all your support in our previous walks and thank you for supporting us again. Watch for more information over the next 3 months, as I give information on specific ways our funds help people.

George Vitek

*Choir rehearsal*  
*Saturday's at 4:00p.m.*

*Choir Practice*  
*Sundays at 9:00a.m.*

*Alcoholics Anonymous*  
*Saturday's at 7:00p.m.*

*Council Meeting*  
*August 28, 2022 following worship.*

*Free Members & Friends Luncheon followed by Hymn Sing*  
*September 29, 2022 at 12:30pm*

The Board of Christian Education will host a free luncheon for church members and friends on Thursday, September 29<sup>th</sup> at 12:30pm. Bring your appetites and your voices as a hymn sing will follow our lunch. Hope to see everyone there.

Dear Scholarship Committee,

Thank you so much for awarding me the First Congregational Church's Scholarship. It is a great honor for anyone to receive, but it means even more to me because the congregational church and its community have been a part of my life for as long as I can remember. It also means a lot that the members of the board and church believe in me and my future enough to grant me this award. I promise to not let you down. Your contribution to my education will help me pursue my dreams of someday becoming a certified physician. Again, thank you for choosing and having faith in me.

Sincerely,  
faye Lindberg





We rejoice with the family of  
ROONEY ELEANOR RUBDI

Upon her baptism as we welcome her  
Into our church family.

“There is one body and one Spirit.  
There is one hope in God’s call to us.  
There is one Lord, one faith, one baptism,  
One God and Creator of us all.” Ephesians 4:4-6

*We extend our congratulations to the Rubdi Family. Rooney is the daughter of Laura and Shalom Rubdi, first granddaughter to Carol & Thomas Yates, and Sheila & Victor Rubdi, and niece to Shema Rubdi.*

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### **A Card of Thanks!**

The Rubdi Family expresses their deep gratitude to the church family for their gracious presence and kind participation at the Baptism of their granddaughter, Rooney Eleanor on June 26, 2022; for blessing her and for warmly welcoming her into the church family. They are also especially grateful to Nellie DiPinto for organizing and hosting a splendid fellowship hour following the Worship Service, with help from some of the members of the church, making it a memorable occasion. Thanks to Brad Williams for selecting beautiful music and playing a very special Postlude in honor of Rooney and for coining it as “Fanfare for Rooney”! Thanks to Dr. Margaret Tilton for her role as the Deacon-in-attendance at the ceremony, to Gerry & Rick Nolin for welcoming our guests, to Katherine Tesson for knitting the Baby blanket, and to Suzanne Thomas for reading the Holy Scriptures. As in the words of Apostle Paul, “We do thank God upon every remembrance of you.” Thanks everyone, for the blessing you all are, in our lives!

Gratefully,  
Sheila & Victor Rubdi



## AUGUST BIRTHDAY CELEBRATIONS!

8/5 Gary Cooper  
8/9 Nancy Vitek  
8/10 Margaret Menengas  
8/13 Suzanne Thomas  
8/15 Burnham Peterson  
8/21 Geza Kantor  
8/22 Ron Spinks  
8/28 George Vitek  
8/29 Todd Barry



## SEPTEMBER BIRTHDAY CELEBRATIONS !

9/5 Bill Van Hook & Jennifer Hill  
9/13 Paul Lindberg  
9/15 Jill Romah  
9/16 Janet Dugan  
9/18 Sheila Rubdi  
9/22 Tom Murphy  
9/26 Sue Sloan

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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:

<i>Jean Cooper</i>	<i>Ruth Anne Dykeman</i>	<i>Sueko Hall</i>	<i>Barbara Knapp</i>
<i>Christy Milliken</i>	<i>Barbara Nowell</i>	<i>Gina O'Connor</i>	<i>Ruth Pearce</i>
<i>David Powers</i>	<i>Todd Roy</i>	<i>Carol Spencer</i>	<i>Jack Troxel</i>
<i>Dennis Ubriaco</i>	<i>Fred Vitek</i>		

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.**

## Juneteenth Mission Moment

Juneteenth National Independence Day is our newest federal holiday and commemorates the emancipation of enslaved Black Americans. President Lincoln's Emancipation Proclamation, issued on January 1, 1863, freed most enslaved people in the Confederacy, but enforcement relied upon the advance of Union troops. In Texas this occurred on June 19<sup>th</sup>, 1866, when Union General Granger advanced into the last state of the confederacy with institutional slavery and enforced the law. The 13<sup>th</sup> Amendment to the Constitution later freed all remaining enslaved people.

From the pulpit here at the First Congregational Church of Wellfleet, on April 2, 1863, 4 months after the Emancipation Proclamation was issued, and in the throes of the Civil War, the Rev. George F. Walker preached and published a sermon entitled "Our Nation's Danger".

The text from which Rev. Walker preached is Isaiah 8: 12, 13.

The Isaiah text relates to the story of the combined invading forces of Syria and Israel, marching toward Jerusalem, threatening the kingdom of Judah. The Lord spoke to Isaiah and told him not to fear the armies of this confederacy, but rather fear, trust, and obey God and do God's will and promised that God would be their shield and defense in battle.



Rev. Walker's Sermon is twenty pages long, quite pointedly political in its condemnation of the confederacy and explicit in its abhorrence of slavery as an institution contrary to God's will. It calls for soul-searching and recommitment to God on the part of the divided nation at a time when the war's outcome was anything but certain.

Here are excerpts from his powerful sermon:

We need not fear the confederacy, because it is founded on injustice and oppression.

It is built on slavery as its corner stone. ...They desire and design to perpetuate this institution; but while a just God rules, no people can long prosper which countenances oppression; for in itself it is an element of weakness in any government. ... The danger lies in placing in the hands of the master so much power over the person and life of human beings, - a power which, under many circumstances, becomes irresponsible. The holding of such power, even if it is not used, is dangerous.

We need not fear the confederacy, because it has not strength enough to overcome us. Entered upon without just cause, founded on oppression, and already with its resources nearly exhausted, it is no equal foe for a country like ours.

Have we then, anything to fear?

In looking at our country, we have cause to fear God.

...Verily, as a nation, we have sinned, and our sins are finding us out. The clouds of judgment under which we are now passing are no blacker than we deserve; and the only light that the Christian patriot can see in the future of this great nation is found in the hope that God will be merciful to us and lead us to repentance, so that he can consistently us bless again with peace and prosperity. Let us, at least, prostrate ourselves before God, and cry for his mercy

.... Happy will it be for us if we shall be thus led; for then, not only the banner of our country will float over a free and prosperous nation, but the banner of God's love will be the joy and protection of us all. Pray that this cruel war may cease, and that the noise of battle may be followed by the quiet of peace. We trust God has in store for this people a glorious future, and that we are now in the furnace, not for destruction, but for purification. ...Let us trust, then, in God, and fear him. Let us humble ourselves before him in view of our own sins and the sins of our people, and, peradventure, his right hand shall work out for us a speedy and glorious deliverance.

God save, not only the Commonwealth of Massachusetts, but the whole American Republic.

It's so much fun to be at the Farmer's Market, staffing our church table, which I've done several times now on Wednesday mornings. The Farmer's market is so popular, there's a steady stream of diverse people--from very young (yes, babies) to a large range of children, young people, families, couples, singles--not only from Wellfleet, also from other US sites and Canada. I am unable to do it again until August, so I'd like to encourage others to sign up for a two-hour shift—on the bulletin board in Fellowship Hall. Since our table is the first one as persons stream in, I greet people, and during the time I'm there, I help people buy Crop Walk restaurant raffle tickets for the October drawing. I also answer questions about other church activities, such as our health ministry, Living Water Acupuncture clinic. The coordinator of the Crop Walk raffle, George Vitek, is available and can answer any questions. We are grateful to Richard Robicheau who sets up our table, brings out our box of table materials at 8, returns at 12 to take it down and return everything to the church. I see the Farmer's Market table as a wonderful way for us to be a presence in our community, communicate who we are, what we do. --Susan Eenigenburg

## 2022 FARMER'S MARKET SIGN-UP SHEET

(If you are able, you are welcome to sign up for the full morning, 8:00am-12:00pm)

Date	Name	time(s) you can cover
August 3	George Vitek	8-10
	Rob Leatherbee	10-12
August 10	Margaret Tilton	8-12
August 17		
August 24	Margaret Tilton	8-12
August 31		
September 7	Margaret Tilton	8-12
September 14		
September 21		

**Summer 2022 events**  
at the  
**First Congregational Church of Wellfleet,**  
200 Main Street, Wellfleet  
508-349-6877 [www.wellfleetchurch.org](http://www.wellfleetchurch.org)

**May 11 through October 12, 8:00a.m. – 12:00p.m.** – The Wellfleet Farmers Market. For more information go to <http://www.wellfleetfarmersmarket.com/>

**Weekly- Living Water Acupuncture Clinic 3:00p.m.-6:00p.m. Tuesdays.** For more information go to <https://www.lwmedicalacupuncture.org/> or call 508-819-2260.

**August 5 at 5:00p.m. - Cape Cod Chamber Music Festival – Miraculous Masterpieces Mendelssohn / Copland. Ariel Quartet** – Alexandra Kazovsky, violin; Gershon Gerchikov, violin; Jan Gruning, viola; Amit Even-Tov, cello; **Verona Quartet** – Jonathan Ong, violin; Dorothy Ro, violin; Abigail Rojansky, viola; Jonathan Dormand, cello; Tanya Dusevic Witek, flute; Jon Manasse, clarinet; Cynde Iverson, bassoon; Tony Falanga, double bass & Elizabeth DiFelice, piano.

For more information go to <http://www.capecodchambermusic.org>

**August 9 at 7:30p.m. – Friends of the Wellfleet Library Distinguished Speaker.** For more information go to <https://www.wellfleetlibrary.org/friends>

**August 12 at 5:00p.m. - Cape Cod Chamber Music Festival – The Ying and Brian Zeger. Ying Quartet** – Robin Scott, violin; Janet Ying, violin; Philip Ying, viola; David Ying, cello & Brian Zeger, piano.

For more information go to <http://www.capecodchambermusic.org>

**August 19 at 5:00p.m. - Cape Cod Chamber Music Festival – Piano Extravaganza Mozart / Brahms / Ravel / Milhaud / Gounod.** Jon Nakamitsu, piano; Lisa Nakamichi, piano; Orli Shaham, piano & Joyce Yang, piano.

For more information go to <http://www.capecodchambermusic.org>