

Greetings from First Church,

In the following pages you will find evidence of some of the recent happenings at First Church. Some people among our congregation do not have, or have difficulty using internet access. This packet of information is for you. We will do our best to update you regularly **by mail** so you can keep abreast of current church happenings during this COVID time.

An email I recently received from a member stated:

*"Hi Jay, just thought I would convey a few thoughts about our church. Several people have spoken to me and to others and I think we might want to address their concerns. Many people are wondering what is going to happen to our church. Most of them probably know that Pastor Fred is leaving but they are wondering what is next. Several are wondering if we are going to lock the doors and close up the church. I know there are a lot of unknowns and that the Council and Deacons are busy trying to sort things out and make a plan. I am not a Deacon so I am writing this individually, just me, just a concerned church member."*

I responded as follows:

*We will Survive!*

*The issue is communications. I'm guessing that the several people who have spoken to you do not have Internet access. There is information out there if you know where to look assuming you have a smart phone or computer. A good place to start is our weekly coffee chat on the Zoom platform, Wednesdays at 7:00 PM. Most (all?) Zoom meetings can be accessed by any member just as if we were having a physical meeting in Fellowship Hall. Information for meetings is located under the 'Calendar' tab on the Church website. People without smartphones can call-in to join a meeting, but need the access number. This is where those with internet access can help those without. The website calendar provides the phone-in contact information for each Zoom meeting.*

*In the first week of May, we had a mailing to those 22 members in our congregation for whom we have no email address and who have been identified as not having computer access. Kristen has been unavailable to produce the monthly Newsletter so a group of members worked to get this and last month's newsletter 'out the door'. (You may have caught a bit of the newsletter creation as part of the video walk through of the church building featured at the end of the Announcements portion of the Sunday May 3<sup>rd</sup> production.) The mailing was full of information and updates. This month's information pack is going to the full congregation.*

If **you** have a question, please call Kristen's phone or mail to First Church In Pembroke.

Jay Hodge, Diaconate Chair

## **NOTES:**

**The two Sunday video Services following Pastor Fred will be given by Rev. Lisabeth Brimm from Mattapoissett.**

**Join us this Saturday, June 13 at 10:00 AM, in front of First Church for a (socially Distant) Coffee Hour. Bring your coffee and chair (we will have both on hand also) and enjoy drink and conversation with your church friends.**

**Hope to see you there!**



Wednesdays: Zoom Fellowship Meeting Sponsored by First Church In Pembroke

First Church is hosting a “[Fellowship Hour](#)” every Wednesday at 7:00 PM. This event to be a simple time for church folk to check in and say hello. No sermon, no particular agenda and no offering plates! Just a virtual coffee hour. All you need to participate is:

- § The “[Zoom Client App](#)” and a computer or smartphone with a camera,
- § The meeting ID is [816 8181 4856](#) (11 digits) or the ID provided with the link information.
- § You may need to register with your Name and email address only the first time you attend a Church Zoom meeting.

Know someone with no camera or smartphone? No problem, tell them to dial in with a regular telephone and talk to and/or listen-in with participants. To **dial-in**, call **1-929-205-6099**. You will be greeted by a message similar to ‘Welcome to Zoom...Enter the meeting ID followed by the pound sign (#)’.

Note: You can always access Zoom Meeting Information from this website’s ‘[Calendar](#)’ tab. Clicking on a meeting time causes a pop-up window with a “[Join Zoom Meeting](#)” link. If you do not see the link, then click on the “[more details](#)” link at the bottom of the pop-up window.



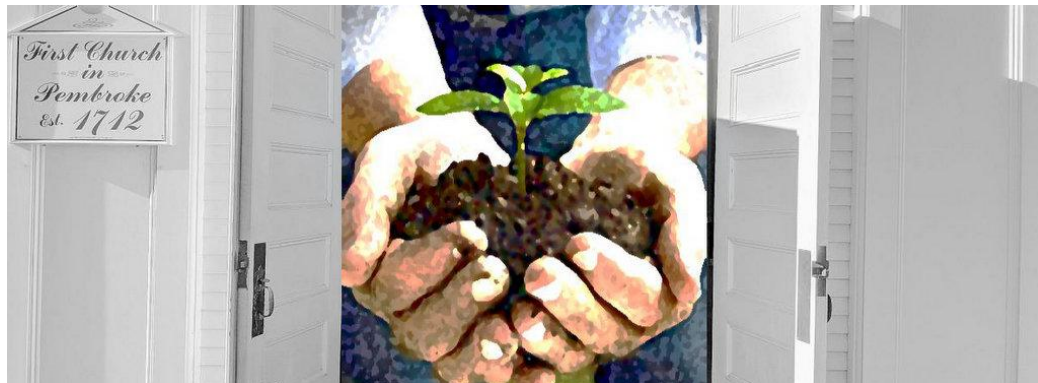
As our worship together continues online we would like to offer everyone the opportunity to make a flower offering just as we can at church.

In this case, the flowers will not be physical, but will consist of a photo of a beautiful bouquet. The picture can be chosen from #'s 1-9 below or can be provided randomly by the church or you may use one of your own original photos (non-copyrighted). Just as in the church bulletin there will be a note saying “Flowers today were donated by —— in memory of, or to honor, or to celebrate ——”. A donation of your choosing to the church is requested to purchase this virtual bouquet.

Please contact Jane Hodge at [janemhodge@gmail.com](mailto:janemhodge@gmail.com) or at 781 243-1575 to make arrangements to purchase the virtual flowers or to honor someone on Mother’s Day.

Thank you and please continue to join us online each week at 10:00 until we can be together again.





Stewardship 2020

## Dear Members and Friends of First Church

We pray that all of you are managing the stress and challenges of the current quarantine and shelter in place requirements well and that you and your loved ones are safe and healthy.

These are difficult times for all of us and especially for everyone who goes to work knowing they face danger: first responders and medical professionals of course, but also store workers, delivery workers, etc. We are feeling even more appreciation for all of them as they work to keep us healthy and supplied with essentials.

First Church is following government guidelines in deciding when to reopen and will welcome us all back as soon as possible.

In the meantime, Sunday services are available each week on the church website. Please take advantage of this opportunity to continue to worship while remaining safe.

Some members have mentioned that they missed the opportunity to make a special Easter offering. Within the constraints of our limited resources, a number of envelopes were sent out – but not to all. The Easter season of rebirth and resurrection continues and we join with you in looking forward to the reopening of our church. We pray that everyone will continue their support as they are able. Financial stewardship, along with the gift of time and talent, is a vital part of our church membership.

Praying God's blessings on all,  
The Stewardship Team  
-Jane Hodge  
-Ralph Richmond  
-Heather and Jim Lapham

First Church In Pembroke  
P.O. Box 576  
Pembroke, Ma 02359

**Roman's 15:13** *May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.*



# Unburden Ourselves Vs. Traumatizing Others

A message from Pastor Fred



Dear Friends and Members of First Church

**Please keep me up to date on your prayer requests so that I can put them into my pastoral prayer for Sunday Service.** And please keep those pictures coming to that we can change our coffee hour each week.

So what else is on my mind....

Lean on me is a well know song by Bill Withers. It speaks the truth in love about how important it is to me able to lean on someone or something else during times of trial. Jesus said "Let not your hearts be troubled...believe in God...believe in me." These are powerful words potentially foundational to surviving during turbulent times. Many of us have had profound experiences of healing and a deep sense of peace in our prayer lives. We have all heard stories of parishioners proclaim "I would not have made it through if it were not for my prayer life." Even in the context of our interconnectedness by our new virtual world people are praying together and it is helping.

But there is another avenue that we need to remember and reflect on as people of faith. Who and what do we lean on? What are the many issues related to leaning on church members and is that even the right thing to do? That paradigm shift can have lasting consequences.

And yet we are human...we need to be able to share the more difficult sides of our call with others. And yet there are implications of that as well. So we need to think about who we are leaning on and how that going to play out over time.

I was mountain biking yesterday and after a difficult and somewhat successful descent, I paused for a moment to get my heart back in my chest. There were two trees on my right and I choose the closer one to lean on. It was about eight inches in diameter, certainly strong enough to hold me up for a moment. Much to my surprise the tree broke off at it base and came crashing down with me following it partway down the mountain. Well the good news was that neither the bike nor I sustained damage except for perhaps my ego. I did have difficulty getting up because I was laughing at myself. Stuff happens.

I have however thought a lot about that event as a metaphor for the spiritual journey. We need to think about the implications of who we lean on. I have been ordained for 35 years and have always sheltered my wife from some of the more difficult and painful aspects of my call. I have spoken with others in ministry many times about this. Recently one experienced ER hospital chaplain remarked that she learned early on that she could not debrief her day and share stories at the dinner table. Imagine that!

We need to remember that when we "lean on others" sharing a trauma event to unburden ourselves we end up traumatizing others. The clinical term is called secondary traumatization. But as people of faith we all need someone to lean on beyond our prayer life. Sometimes we just need to make sure that they are not our families or our friends and that they can provide trauma informed care. It could be a spiritual director or a mental health provider. Just remember that we can only truly love one another to the degree that we have practiced self care. The trees we lean on need to be healthy. So please do what you can to take care of yourselves.

Don't forget to Join us on Wednesday evening for our zoom fellowship meetings.

And most of all stay safe,

# A devotional from Rev Bob Naylor

## Pandemic House Uncluttering

Isaiah 43:19

Watch! I'm about to carry out something new! And now it's springing up— don't you recognize it? I'm making a way in the wilderness and paths in the desert.

My friends in Christ in Pembroke, as you might recall I was to be with you for a special Teaming and Dreaming Gathering and then a preaching and reflecting time on my complete report. You have received part #1 of my report. Until I can complete a more detailed second report, enjoy 29 pages of hopefully positive renewal strategies for your blessed community of faith. In the near future, I do hope either *in-person* or through technology complete the Teaming and Dreaming workshop. It will take a few weeks to work out how a largely tech-based meeting could take place.

I don't know what you have been doing during this socially distanced time, but I have been involved in several things.

- Sulking over no team basketball or softball! Those things nourish my soul!
- Making a new start on playing my guitar
- Beginning to write a fourth book – lessons from faith and sports
- Beginning new behaviors that will make me a healthier (and lighter) person
- Cleaning out our home and our storage area of things that we probably needed to get rid of many years ago

This cleaning process has led to more money in the bank – one paid storage gone. It has led to getting rid of 500 of over 2,000 sermons – ever need a sermon, I have lots of them. And then there are the unneeded things that just were cluttering up our lives or which were taking time to maintain. Once liberated to go to community oriented and charitable thrift shops, those cluttering and maintenance needing things will be gone. It hasn't always been easy – “That Phillies tee shirt reminds me of when I went to the 1992 World Series” ..... “Even though that coffee table is out of date and we already have two, it reminds me of the home we lived in two houses ago” ..... “I know the stamp collection isn't worth much, but when I was a child they were my first history lessons” ..... “Yes, I already have several of the same tools, but you never know when you are going to need an extra one.” This stay at home time has also been a time to rethink engrained behaviors. The uncluttering of them has been more difficult. The Naylor's are working on a fresh, less incumbered re-start. So, in some ways, this less than active time has become a time of renewal.

By now you may have guessed where this is going. Hopefully this time for more pondering about what's needed and what needs to go can be a spiritual discipline as you look at a fresh start for your blessed church. The pandemic has offered us a time to reflect upon what's important in life. The isolation time has given us a chance to understand how much we need each other and what are the caring attitudes that we need to nurture. It has reminded us of how much our disagreements are small compared to what are really big problems. In some ways it is God's calling all of us in our personal and church lives to do some new things that bring healing and wholeness.

My friends in Christ, let us take some time to unclutter our homes and our souls of unneeded stuff so we can do God's old, but always new, thing in your wonder-filled family of faith. I look forward to supporting you in doing that new thing at First Church of Pembroke.

Stay Safe and Be Blessed,

Bob

“Giving thanks for your faithful commitment to First Church and Pastor Fred's sensitive and healing leadership through this challenging pandemic time.”





"I decided to start to purge our house of material things. I am starting with your stuff."

*Isn't it amazing how many of us want to clean out the other person's stuff rather than our stuff?*

Music to listen to as you ponder clearing away the clutter.....

All Things New by Hillsong -

<https://www.bing.com/videos/search?q=contemporary+hymn+of+god+doing+a+new+thing&ru=%2fvideos%2fsearch%3fq%3dcontemporary%2520hymn%2520of%2520god%2520doing%2520a%2520new%2520thing%26qs%3dn%26form%3dQBVR%26sp%3d-1%26pq%3dcontemporary%2520hymn%2520of%2520god%2520doing%2520a%2520new%2520thing%26sc%3d0-42%26sk%3d%26cvid%3dEE14B328B07F43ACA0A90BBF62AAEC54&view=detail&mid=1FD810056F4C73CE9CEE1FD810056F4C73CE9CEE&rvsmid=CECDAAC2DC29C556BBAACECDAAC2DC29C556BBAA&FORM=VDRVRV>

Hymns to sing during this Covid Time:

Blessed Assurance –

<https://www.youtube.com/watch?v=BsdI8DSZfRo>

It is Well with My Soul

[https://www.youtube.com/watch?v=AHe\\_qmo3gX4](https://www.youtube.com/watch?v=AHe_qmo3gX4)

# First Church In Pembroke

An Open and Affirming Congregation of the United Church of Christ

WELCOME

ALL POSTS

WORSHIP

EVENTS

CALENDAR

MONTHLY NEWSLETTERS

CONTACT US

KINDERGARTEN



Don't Miss Our Sunday Service Starting at 10:00 AM

[Sunday Service – "A Look at Humor during this Pandemic OR From Heaven to Mirth" – 06/07/20](#)



[CLICK HERE AT 10:00 A.M. OR LATER TO WATCH SERVICE.](#)



[Click to arrange for flowers](#)

First Church In Pembroke Supports HealthCare workers and First Responders



Inside the Church Narthex looking out through antique glass windows





**Sunday Service – "A LOOK AT HUMOR DURING THIS PANDEMIC OR FROM HEAVEN TO MIRTH"**

A Look at Humor during this Pandemic or From...

[READ MORE](#)



**PASTOR'S NOTE: HEALTHY SELF CARE – 06/03/20**

Unburden Ourselves Vs. Traumatizing Others

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**ONLINE FELLOWSHIP EVENT – Every Wednesday**

Wednesdays: Zoom Fellowship Meeting Sponsored by First Church In...

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**Sunday Service – PENTECOST" – 05/31/20**

Pentecost by Pastor Fred Meade

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**First Church Hosted Successful Blood Drive – 05/16/20**

Red Cross Blood Drive Saturday May 16th, First Church...

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**Sunday Service – "THE FORBIDDEN FRUIT: A SPIRITUAL LOOK AT FREE WILL" – 05/24/20**

The Forbidden Fruit: A Spiritual Look at Free Will...

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**Sunday Service – "GOT STRESS?" – 05/17/20**

Got Stress? by Pastor Fred Meade

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**Sunday Service – "THE EXPERIENCE OF JOY" – 05/10/20**

by Pastor Fred Meade

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## VISIT OTHER AREAS

[All Posts](#)

[Sermons](#)

[Events](#)

[Monthly Newsletters](#)

[Calendar](#)

**3 MORE DEVOTIONALS FROM: OUR DAILY BREAD**

**Our Reason for Joy 2020-06-09**

When the school year began, fourteen-year-old C.J. would hop off the bus every afternoon and dance down his driveway. His mom recorded and shared videos of C.J.'s afterschool boogie time. He danced because he enjoyed life and "making people happy" with every move. One day, two garbage collectors took time out of their busy work schedule [...]

*Xochitl Dixon*

**Truly Humble, Truly Great 2020-06-08**

As the American Revolution concluded with England's improbable surrender, many politicians and military leaders maneuvered to make General George Washington a new monarch. The world watched, wondering if Washington would stick to his ideals of freedom and liberty when absolute power was within his grasp. England's King George III saw another reality, however. He was [...]

*Winn Collier*

**In Need of Rescue 2020-06-07**

A teenager named Aldi was working alone on a fishing hut anchored about 125 kilometres (about 78 miles) off Indonesia's Sulawesi Island when heavy winds knocked the hut off its mooring and sent it out to sea. For forty-nine days, Aldi drifted in the ocean. Every time he spotted a ship he would turn on [...]

*Poh Fang Chia*

**Found on the Edges 2020-06-06**

In the middle of the crowd at a motorcycle demonstration where riders performed breathtaking motorbike tricks, I found myself needing to stand on my tiptoes to see. Glancing around, I noticed three children perched in a nearby tree, apparently because they also couldn't get to the front of the crowd to see the action. Watching [...]

*Lisa M. Samra*