

TOWER NOTES

Centre Congregational Church (United Church of Christ)

5 Summer Street, Lynnfield, Massachusetts 01940 Phone: 781-334-3050 Fax: 781-334-6463

Email: Office@Centre-Church.org Web Site: www.Centre-Church.org

The Rev. Nancy Rottman, Pastor

The Rev. Mark Freeman Strickland, Pastor Emeritus

Laraine Wilson, Director of Faith Formation

Douglas W. Hodgkins, Organist/Choir Director

Leah O'Brien, Director of Tower Day School

Susan Spear & Barbara Langill, Secretaries

We Welcome Everyone: An "Open and Affirming" Church

October 22, 2019

When Your Tank is Empty

Sometimes, you just have nothing left. No matter how you pull, push, hope, or grasp, you have absolutely nothing left in yourself to pour out for others, or even for yourself. Some call this "compassion fatigue," but I'm talking about something perhaps even deeper than that. That moment when you literally can't form words into sentences that make sense or complete meaningful actions. You are completely soul weary and exhausted. You are so empty you are at risk of running out of "fuel" and being stranded by the side of the road that is your life. Has this ever happened to you?

When we are at the end of the resources that are ours for living – water, bread, hope, faith, sleep, words, empathy, compassion, LOVE – we owe it to ourselves and to all of the people in our lives to stop and fill up. And to let go of any guilt we have about doing so. If you have bought into the idea that there are always a few more drops in the tank, you owe it to yourself to remember the metaphor of the car running out of gas on a dark and stormy night. You really do have an "empty." Even Jesus had an "empty." The Gospels remind us that He regularly separated himself from his active engagement with the world in order to pray.

"And after he had dismissed the crowds, he went up the mountain by himself to pray." – Matthew 14:23a

What is your metaphorical mountain? Where do you need to go and what do you need to do in order to fill your tank? Where is the "quiet alone" that you need in order to refill your heart and soul with God's love? How do you heed the instruction to "put on your own oxygen mask before assisting others?" Do you take

the time to sit and eat your meals? Do you get enough sleep? Maybe your prayer time is during your morning run or walk. Maybe it is kayaking. Or maybe it is on your morning commute, practicing gratitude rather than road rage. The ways we "fill up" are as individual as we are. But what is universal is the need to do so.

You are human. I am human. Jesus was fully human. We cannot run on empty. Not physically. Not mentally. Not spiritually. The Spirit of the Living God is just waiting to rush into the empty inside of you, if you'll just stop long enough to let it be.

Amen, and amen,

Rev. Nancy

In the Sanctuary

October 27, 2019

10:00 am Morning Worship
Nursery & Church School

November 3, 2019

10:00 am Holy Communion
Nursery & Church School

November 10, 2019

10:00 am Morning Worship
Nursery & Church School

We Pray For...

During the Prayers of the People in worship, Rev. Nancy has begun praying each week for several of our Centre Church members who are unable to be with us in worship. We will then share those names in each addition of Tower Notes so that you can add them to your personal prayer list and perhaps join Rev. Nancy in sending a card or giving them a call to let them know you are praying for them. Their contact information is in the People Book. Don't hesitate to contact the church office if you need one.

We pray for...

Evelyn Round, Gladys Carter, Dorothy (Dot) Holden, Antonett (Toni) Baker, and Arno and Marilyn Bommer.

Yankee Candle Fundraiser

Thanks to all who participated in the Yankee Candle Fundraiser. You will be notified when the orders arrive. Your purchases raised over \$500.00 for Centre Church. It's not too late to place an order on line. Simply visit: www.yankeecandlefundraising.com and enter our group #990016890 before January 8, 2020. Your on-line order will be sent directly to you.

Ma Duke's

Annual Thanksgiving Dinner

"Ma Duke & Friends" provides a Thanksgiving dinner for individuals who otherwise would not have one. Last Thanksgiving they served over 2,500 homemade dinners of turkey, baked ham, stuffing, mashed potatoes and various casseroles. This year their goal is 3,000!! The event will be held at the American Legion Post 227, 69 River Street, Middleton, MA 01949. To help in this effort, we will be collecting appropriate non-perishables until Sunday, November 24th.

Starting November 3rd, items such as boxed stuffing, turkey gravy, cranberry sauce, canned vegetables, beverages and paper products can be left in the box labeled "Ma Duke's & Friends Thanksgiving Dinner", located in the Narthex. To volunteer your time at this wonderful cause, please contact Annmarie Pendola at (617) 549-9164. Monetary donations can be made online at: <https://www.gofundme.com/madukes2019>.

Come to the Holiday Fair

Saturday, Nov. 2, 2019 10AM – 3PM

Start Your Holiday Shopping Early!

There will be 28 crafters who will offer an amazing variety of crafts, including jewelry, pottery, doll clothes, photography, greeting cards, quilted bags and much, much more. The church will also have a jewelry table, bake table, and a fair-trade coffee and chocolate table. Our Fair Committee and all the crafters would love to see lots of people mingling about so please mark your calendars, plan to come, and bring a friend! Our Centre Church Craft group has been very busy making some lovely items for our fair. What a talented group! In addition to all the fair tables, there will be a Festival of Trees Raffle located in the Narthex. You'll see beautifully decorated trees with lovely gifts on or under them. Take a chance and you could win the decorations and the gifts!



Volunteers are needed to work in the kitchen, staff Centre Church tables, and help with set-up and clean-up. If you can lend a hand, sign up in the narthex on Sunday morning or call Debbie Cotting at 781-593-3120.

Clean out your jewelry boxes!

Jewelry is needed for the Church Fair Nov. 2. There will be a box in the Church Office for drop off or you can call Betsy Brown at 781-307-3904 or email betsytbrown@hotmail.com

From the Mailbox

Dear Friends,

I just wanted to thank you for the nice fall bouquet that David Bjorkman dropped off at our home. We enjoyed them very much.

God Bless, Dianne Foulds

Dear Centre Church,

When I arrived home from the Senior Center Sunday Dinner, I found a lovely fall bouquet at my door. It has brightened my apartment and reminded me of my friends and my happy years at Centre Church.

Thank you, Dottie Holden

Faith Formation

We thank you for your continued prayers as Larainne recovers from a concussion. Larainne was delighted to be back with us in worship on Sunday, October 20th. She is grateful for the prayers of the congregation and the commitment of the Faith Formation Ministry Team in her absence. Please contact Jill

(jilldigorgio@yahoo.com) or Larainne (larainne.wilson@gmail.com) with any Faith Formation related questions or issues.

Upcoming Church School Sundays:

10/28: Church School

11/3: Creation Care (All Ages)/Communion

Note to parents: *Children should come DIRECTLY to Todd Hall on Nov. 3 so that we can start on our Creation Care lesson. They will return for communion & the end of the service.*

11/10: Church School

11/17: Church School

11/24: Church School

Church School Registration:

Please take a blue folder and fill out a registration form for your child(ren). This will help to ensure that we are meeting their needs!

Faith Formation Ministry Team:

The next meeting of the Faith Formation Ministry Team will be Tuesday, November 12th at 6:30 p.m. We have recently had a couple of folks step down, so we'd love to welcome another member or two. Much of our planning is done remotely, but we meet in person once per month.

Church School Assistant(s)/Volunteers:

We are in need of a few more folks to assist Ms. Alicia in the Nursery with our littlest ones. This position does not involve any planning, just come and enjoy the children ages 4 and younger.

Joyful Noise:

Does your child love to sing? Ms. Lauren Donadio will continue her great work with our pre-school and elementary-aged children. They will share their first song at Thanksgiving.

News from Around the Parish

We extend our love and sympathy to Deb Biggar and her family upon the death of her mother, Miriam Ann Shafner on October 6. Her funeral and celebration of life was held at St. Paul's Episcopal Church in Lynnfield on October 18.

Upcoming Events/Volunteer Opportunities:

Nursery Volunteer (1-2X/month), Trunk or Treat (10/26), Church Fair (11/2), Turkey Drive (11/17), Caroling (12/8), Christmas Pageant (12/15).

Middle School Youth Group (Grades 5 and Above)

The first meeting of the Youth Group was held on Sunday, October 20th. We brainstormed service projects and engaged in giving microloans through Kiva.org. This project was supported by Mission and Outreach. The parent host for this month was Kerry Mackenzie. Thank you, Kerry! The group plans to meet on the 3rd Sunday of the month. The next meeting will be Nov. 17th at 5:30 p.m. In December, there will be an opportunity to help the younger children with Caroling at Sunrise on the afternoon of Sunday, Dec.8th. We will also possibly host a Middle School Christmas Party/Swap on Sunday, December 22nd.



Trunk or Treat

We are participating with the Lynnfield Moms Group as they host the community for a "Trunk or Treat" event on Saturday October 26th. Trunk decorating starts at 3 and children who have registered with the Lynnfield Mom's group will come through at 4:00 p.m. The rain date is Sunday October 27th. We are creating a "trunk" and welcome your creative minds and hands! Contact Jill at: (jilldigorgio@yahoo.com) or Larainne at: (larainne.wilson@gmail.com) if you're interested in helping! We could use your help decorating our trunk and putting together the treats for the children. This is a fun event which draws 200-300 children yearly.

Our Opportunities

Sun. Oct. 27 <i>Green Wagon Sunday</i>	10:00 am 11:00 am	Morning Worship – Sanctuary Nursery - Room 10 Church School Classes Outreach Team Meeting
Mon. Oct.28	3-6:30 pm 7:00 pm	Serve at Haven from Hunger Council – Pastor’s Outer Office
Wed. Oct 30	7:30 pm	Choir Rehearsal – Choir Room
Thurs. Oct. 31	1:00 pm	Bible Study-Fireside Room
Sat. Nov. 2	10am-3pm	***Holiday Craft Fair***
Sun. Nov. 3	10:00 am	Holy Communion – Sanctuary Nursery - Room 10 Church School Classes
Wed. Nov. 6	8:30 am	Bread & Roses - Kitchen
Thurs. Nov. 7	1:00 pm 7:30 pm	Bible Study - Fireside Room Choir Rehearsal - Choir Room
Sun. Nov. 10	10:00 pm	Morning Worship – Sanctuary Nursery – Room 10 Church School Classes

Office Hours – 9am – 3pm

The next Tower Notes will be on November 5

In addition to our scheduled church activities, Centre Church hosts Boy Scout Troop #48, Cub Pack #48, Girl Scouts, Alanon, Alateen, Women’s AA, and the Essex Society of Genealogists. Please call the church office if you would like more information about any of these groups. (781-334-3050)