



# The Courier

Monthly Newsletter

September 2018

## Worship

September 9<sup>th</sup>

Blessing of Children and Teachers

16<sup>th</sup> Sunday after Pentecost  
Mark 7:1-8, 14-15, 21-23  
“Neighbors?”

September 16<sup>th</sup>

17<sup>th</sup> Sunday after Pentecost  
Bible Sunday  
James 3:1-12  
“Power of Words”

September 23<sup>rd</sup>

Mission Trip Sunday  
18<sup>th</sup> Sunday after Pentecost  
Psalm 1  
“Deep Roots”

September 30<sup>th</sup>

19<sup>th</sup> Sunday after Pentecost  
Mark 9:38-50  
“Salt of the Earth”

*I don't have to chase extraordinary moments to find happiness – it's right in front of me if I'm paying attention and practicing gratitude.* Brené Brown

Welcome back! I hope that your summer was filled with “moments”. For some, it may indeed be extraordinary moments—a trip to a new place, learning how to paddle board or making new friends. But I trust you also found moments where you simply paid attention. Perhaps it was by smelling a beach rose, taking delight in a child or marveling at the night sky. As Brené Brown says in the quote above, happiness is found in paying attention to what is before us at any moment and practicing gratitude for what is.

I'm very grateful that the new year is upon us. Although the church office was closed this summer, and we only worshiped once in our sanctuary, there was much going on all summer. The sanctuary looks fantastic. It was cleaned and the walls and ceiling were painted. The floors were stripped and refinished. The drapes were all cleaned as well. Many thanks to the Building and Grounds team and the crew who moved pews back and forth and helped with painting. I am so grateful to all of you. Another team was also very busy this summer. A door was installed between the large and small classrooms in our Sunday School and a pre-K classroom was added at the end of the hall. Closets were cleaned, supplies bought and the teachers are ready and excited for the start of the new year.

The Highlands is filled with big-hearted people who want to make a difference in the lives of others. The first Adult Mission Trip to Pine Ridge Indian



Reservation is set for June 22-28!! We have 15 people going on this trip and have started a waiting list with others who would like to go. My heart is full.

I'm grateful for all of you. I'm grateful for all the extraordinary things you do but I'm equally grateful for the ordinary ways we participate in each other's lives. I'm grateful for so much-coffee hour, the laughter of the children, the love felt in worship and for all the volunteer hours that make church happen.

Blessings, Beth

### Office Hours

#### Rev. Beth's Hours (Our Minister)

Tuesdays and Wednesdays 1pm-3pm in the church office or occasionally at LaQ. Its best to make an appointment. Other times in the church office are available including evenings and weekends.

#### Barbara's Hours (Our Office Manager)

Tuesday through Thursday 9-2 P.M. (Check the church calendar on the website to be sure of the times.)

#### Angel's Hours (Our Custodian)

Monday-Thursday 8-1 P.M.

#### Mark's Hours (Our Building Use and Financial Administrator)

Tuesday and Wednesday 9-2 P.M.



### Keep In Touch!

Find us and "Friend" is on Facebook! See what is happening at Church with groups and notices of upcoming events!

Find us online! Go to our website @ [www.mhcc-ucc.org](http://www.mhcc-ucc.org) and you will find an up-to-date calendar for the entire year and details about our programs.

Hear from us weekly! We send out a weekly enews with updates on worship and events. Please contact Rev. Beth to be added to our enews @ [beth@mhcc-ucc.org](mailto:beth@mhcc-ucc.org). Our Courier newsletter comes out 4-5 times per year. Send your news to Barbara @ [office@mhcc-ucc.org](mailto:office@mhcc-ucc.org)

## Bible Study



Regular Bible Study begins again on **Tuesday, September 18th!** We gather at 11:00 A.M. in the parlor and continue each week. If you are new to Bible study, this is a great time to start! We have Bibles or you can bring your own. If you have questions, contact Rev. Beth for more information or just join us.

On September 25<sup>th</sup>, we get together at 10:00 A.M. to watch the movie, *King David* with Richard Gere.



## Wise Women!!

This group is open to all women of the church and their friends. We get together throughout the year in a variety of ways. Some of us participate in the social events, some of us participate in the cooking, some attend the retreats, some attend the monthly meetings when we cover a topic of interest. You are welcome to come to any or all of the above.

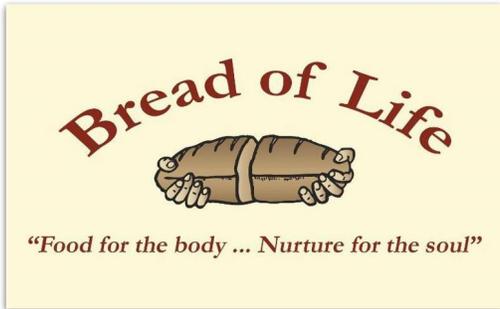
Our September meeting is **September 19<sup>th</sup> @ 7:30 P.M.** in the Parlor.

## Mindfulness Group

Perhaps you have heard about “mindfulness” but don’t know whether it is for you. Perhaps you have been meditating for years and would like to learn how it is expressed in the Christian tradition. Both new and experienced practitioners are welcome to join our monthly Centering Prayer practice. We begin with a review of the practice. Share a brief reading and then we practice together.

Join in the parlor at 7 P.M. If you have questions, please contact Rev. Beth [beth@mhcc-ucc.org](mailto:beth@mhcc-ucc.org)

September 17, October 15, November 19, December 17



### Bread of Life Dinner

The next date for our church to provide dinner for the Bread of Life Feeding Ministry in Malden is **Wednesday, October 17th**. Dinner is served at the Salvation Army, 213 Main St., Malden. We buy, prepare, and serve the dinner, then clean up afterward. Donations of money and time are needed. Two volunteers are needed to help in the kitchen beginning at 4 p.m., then an additional four volunteers are needed beginning at 5:15 p.m. The coordinator for this dinner is Anne Gilbert. If you are able to help out with time and/or money, please contact Anne at 781-367-9508 (cell) or [annegilbert45@comcast.net](mailto:annegilbert45@comcast.net). Donations may be given to Anne, put in the offering plate, or mailed to MHCC. (Be sure to mark the memo line on your check "Bread of Life".) Thank you!

## A Servant's Heart Food Pantry

Food Pantry Collections are on the 2nd Sunday of the Month. Please bring your donation on Sunday and leave it at the back of the sanctuary. **What can you donate?** The church is given a requested list of items every month. You do not need to stick to the list. Any NON-EXPIRED items will be accepted.

### September Food Pantry Wish List

- |                                       |                        |
|---------------------------------------|------------------------|
| Crackers (Ritz, Townhouse, Cheez Its) | Peanut butter crackers |
| Cookies                               | Mayo                   |
| Ketchup                               | Cooking Oil            |

# Music Notes

**Come Sing With Us!** No experience required, just a love of singing!

We rehearse on the first Thursday night of every month, and at 9:00 on Sunday mornings.

For more information email Katherine Foley at [kbfoley@gmail.com](mailto:kbfoley@gmail.com)

## Help wanted! Middle School Youth Group Co-Leader

Janille is continuing as co-leader of the youth group but needs a partner. Might you be willing?

Youth group meets 2x per month offering a nurturing environment for middle school youth. We need a fun loving caring adult to create a safe, fun and caring space. Please let Rev. Beth know if you are interested. [beth@mhcc-ucc.org](mailto:beth@mhcc-ucc.org)



## Middle School Dance Schedule

As you likely are aware, after 50 years of successful dances, the Middle School dances had very low attendance last year. There are many theories about why this happened, and we believe it is a mix of many factors. We are trying this fall to see if we can rebuild enthusiasm. Please help chaperone. Contact Adrienne Wood @ [adriennemariewood@gmail.com](mailto:adriennemariewood@gmail.com) for details. Dance dates are September 21, October 19, January 25, March TBD

## FROM THE WIDER CHURCH

Super Saturday, October 20th

Join with other UCC churches for a day of skill-building, networking and discussing best practices. The day offers numerous workshops related to church life, outreach and ministries. The event takes place in Framingham. For more information go to [www.macucc.org/supersaturday](http://www.macucc.org/supersaturday). Please let Rev. Beth know if you would like to attend by September 15th. We would register as a group.

NEW MEMBER SUNDAY OCTOBER 28<sup>th</sup>

Would you like to learn more about the Highlands Church? Were you considering joining the church but have some questions? On **October 14<sup>th</sup>** after worship, there will be an Enquirer's class to explore membership at the Highlands and to answer any questions about the church. Please let me know if you plan to attend [beth@mhcc-ucc.org](mailto:beth@mhcc-ucc.org). If you are interested but cannot make that date, please let me know. New Member Sunday is on October 28<sup>th</sup>.



**LUNCH BUNCH** is open to all!  
We meet on the 2nd Wednesday of the month  
at a different local restaurant.  
Won't you join us?

Next Lunch Bunch Gathering is **Wednesday September 12th**  
at: Bacci's Restaurant  
316 Main Street, Stoneham  
12:30 P.M.  
RSVP to Dianne Bucknill at 339-927-5493

## Won't You Be My Neighbor?

Join us Friday, **September 28th at 7:00 P.M.** to watch the documentary about Fred Rogers. Snacks are provided. Please bring your own drinks. Adult beverages okay. Older elementary school age kids are welcome to watch the movie with us. There is no childcare planned for younger kids. If you think you might come, please RSVP to Rev. Beth. We would like a rough count to help us decide on the best space to watch the movie.  
[beth@mhcc-ucc.org](mailto:beth@mhcc-ucc.org)

## ADULT MISSION TRIP

**Why should the kids get to have all the fun?** A group of adults interested in going on a mission trip met over the summer. Those interested decided on a return trip to Pine Ridge Reservation in South Dakota June 22—28, 2019.

Kent Vienot is our Group Leader. There are 15 spots available, and as of this writing, all spots are filled. There is a waiting list for potential participants. Those confirming their participation have sent in their deposits, and now we begin planning our trip! We plan to meet again to begin planning transportation to South Dakota.

If you have questions, or would like to be put on the waiting list, reach out to Kent at [syg@mhcc-ucc.org](mailto:syg@mhcc-ucc.org)

## **MIDDLE SCHOOL YOUTH GROUP**

A new year is upon us, and we are excited for what that new year will bring for the Middle School Youth Group. This year, Janille Hartung is back as the youth group leader, and is grateful for all of the parents who have already stepped up to help chaperone the meetings. All middle school students in grades 6-8 are welcome to join us at our meetings for fun, fellowship, community service, and self-reflection. As a group, we will pursue fun, create new friendships and strengthen current ones, give back to our community, and reflect on what makes us who we are. If you were a part of the group last year, are just entering sixth grade, or you're simply curious to see what the group is like, join us at one of the events below. All are welcome, and we would be happy to have you. If you have any questions, comments, or concerns, you can reach Janille at the MSYG email address: [myg@mhcc-ucc.org](mailto:myg@mhcc-ucc.org)

September 16, Time 1:00—2:30P.M. - First Meeting of the Year

September 21, 7:00-9:00 PM - Middle School Dance (SYG is running the kitchen, but please try to get there 15 minutes early for a quick debriefing on how running the kitchen works)

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## **SENIOR YOUTH GROUP**

The Senior High Youth Group experienced a fantastic mission trip to Glendora, Mississippi at the end of June. The 26 youth and 4 adult chaperones insulated and installed dry wall on the ceilings and walls of a small three bedroom house, dug the foundation for the next house being constructed, and led a children's program for local school aged children in the town. The youth also learned about the history of Glendora and the tragedy of Emmett Till through the museum and park in town dedicated to his memory. The youth were exceptionally hard workers in the staggering heat and humidity of Mississippi in the summer, and they were loved by the children of Glendora. The youth will be sharing their experiences in worship in September.

After getting back from Mississippi, the youth ended the program year with a Barbecue and party, saying goodbye to seven fantastic seniors who are off to college this fall. Regular monthly meetings will start up again in September. It looks to be another great year for SYG!

Kent Vienot

[syg@mhcc-ucc.org](mailto:syg@mhcc-ucc.org)

## Early Elementary, Upper Elementary & Middle School

### *Welcome back to Sunday School!*

I hope you all have enjoyed a wonderful summer. I would like to take this opportunity to welcome you and your child back to Sunday School. Classes will begin on **September 9th**. On this day, we will be hosting a Sunday School breakfast in Fellowship Hall starting at 9 a.m. This will be a good time to catch up with your child's teachers and classmates. I am looking forward to getting to see all of you during the opening weeks of Sunday School and am delighted to get to work with your children each week!

This year we will continue to divide the children into groups based on age. We are continuing to seek out volunteers for each classroom. If you are interested in helping, please come and see either myself or Val Bowden . The groups are as follows:

Please note your child's new dismissal procedure accordingly!

**Child Care Room** - (birth - age 3) Children in this age category read stories and play games with our consistent child care provider, Hannah McSheehy. This year we would like to ask families of children in this age group to commit to volunteering in the classroom a few Sundays throughout the year. There will be a calendar posted by the door to the classroom for families to sign up. The Child Care Room will once again be located at the top of the stairs on the third floor (the stairwell next to the rear kitchen door). Childcare parents are expected to pick up their child from the childcare room after worship.

**Pre-K** - Our Pre-K students will enjoy hearing bible stories, singing songs, and doing crafts or activities related to each story led by Katherine Willett. Again, for this age group we are asking each family to commit to volunteering a few Sundays during the year. Responsibilities may include cutting out crafts, helping the children to focus, and helping with clean up, etc. Of course, if you are comfortable sharing any special talents you may have, we would love to work with you to come up with a way for you to share them with the children. Pre-K students will be dismissed from Sunday School at 11:15. Parents, please plan to meet your child at the Sunday School entrance door (just outside the Sanctuary doors).

## Early Elementary, Upper Elementary & Middle School

**K - Grade 2** - Students in this age category will be learning about Bible stories developmentally appropriate for their age group led by Val Bowden and Jeff Hunnicutt. Following the story they will be doing a small activity each week. Students in this category must be 5 years old by September. Children will be brought to Fellowship Hall by their teachers at 11:15 a.m. Please plan to meet your child at the round tables.

**Grade 3 - Grade 5** - Students in this age category will continue to learn Bible stories followed by a connecting activity led by Michelle Tallman and Holly Arditto. Children will be brought to Fellowship Hall by their teachers at 11:15 a.m. Please plan to meet your child at the round tables.

**Middle School** - Students in this age category will be working on a Middle School curriculum led by Carol Rosseland as well as service projects led by Maryann Barriss. We are currently looking for a third volunteer to help with this age group. Children will be brought to Fellowship Hall by their teachers at 11:15 a.m. Please plan to meet your child at the round tables.

***Sunday School will begin on Sunday, September 9th.*** You may download the form from the MHCC website. [www.mhcc-ucc.org](http://www.mhcc-ucc.org)

I will also have paper forms available on the 9th. This form is required to have on file while your child attends Sunday School, and must be filled out each Sunday School year. This is a valuable resource for safety purposes as well as a way for us to become further acquainted with your child!

It is our goal that the upcoming Sunday School year proves to be a happy, enjoyable, and meaningful one for the children and families. We will count on you to share any interests or concerns that you may have. We also truly appreciate any volunteers to work with us!! We look forward to a wonderful year of learning, collaboration, discussion, friendship and fun!

Warmly,  
Julie Fauvel & The Sunday School Team



***Please join us in praying for God's comfort  
and guidance in their lives and this world,  
as well as for all those whom you know  
need God's love and caring.***

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*Please call or email the church office to add a name to our prayer list.*

Ralph Archibald

Scott Baker (our long time electrician and friend has been diagnosed with ALS)

Jim Braden

Nancy Chappel

Doug Dornan (Devon Winey's dad)

Carolyn Federoff (friend of Mapstone family)

Beverly Harrison and Michael Harrison

Nancy Hill (Jenny Spiers' sister)

Chris Kalaras (friend of Katherine Foley)

Marcia Martin

Judy McSween

Kellie Poirier (Remick family)

Eric Simmons (brother-in-law of Eric Taitano and Colleen Murphy)

Shirley Swanson (John Swanson's mother)

Ewan Van der Swaagh (friend of Sarah McAllister)

Michelle Wade (friend of Christine Oteri)

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Our Sunshine List: *Please send cards, visit and hold in your prayers.*

Barbara Kenworthy, The Fitch Home, 75 Lake St., Melrose MA 02176

Carolyn McLain, Saugus Care and Rehab, 266 Lincoln, Saugus MA 01906

Judy McSween, Aberjona Rehab, 184 Swanton St., Winchester, MA 01890

Virginia Shaw, The Residence at Melrose Station, 158 Essex St., # 108,

Melrose MA 02176

Charlotte Swan, The Fitch Home, 75 Lake St., Melrose MA 02176

**Meirose Highlands Congregational Church, Non-church**

**Sep 2018 (Eastern Time - New York)**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
26	27	28	29	30	31	1
7 pm - Agape Church	LABOR DAY	9 am - Office Open 7 pm - Service and	9 am - Office Open 6:15pm - Meirose	9 am - Office Open 6 pm - Worship Team 6:30pm - Choir	7 pm - Boy Scouts	8 am - Meirose
9	10	11	12	13	14	15
Welcome Sunday 10 am - Food Pantry 10 am - Worship and 2 pm - Boy Scout 7 pm - Agape Church	7 pm - Membership	9 am - Office Open	9 am - Office Open 12:30pm - LUNCH 7:30pm - Labyrinth	9 am - Office Open		8 am - Meirose
16	17	18	19	20	21	22
10 am - Worship and 1 pm - MSYG 2 pm - Beethoven 7 pm - Agape Church	7 pm - Centering 7 pm - Finance Team	9 am - Office Open 11 am - Bible Study	9 am - Office Open 6:15pm - Meirose 7:30pm - Wise	9 am - Office Open	7 pm - Middle School	
23	24	25	26	27	28	29
10 am - Worship and 2 pm - Boy Scout 7 pm - Agape Church		9 am - Office Open 10 am - Bible Study	9 am - Office Open 6:15pm - Meirose	9 am - Office Open	7 pm - Won't You Be	8 am - Meirose
30	1	2	3	4	5	6
10 am - Worship and 11:30am - SS Team 7 pm - Agape Church						

## UPDATE ON SOLAR PANELS

From Holly Ardito, member of the Finance Team

The solar project is moving along. Over the summer we had a successful engineering inspection which confirmed that we have no structural or electrical issues to prevent us from moving forward. And, since we will be connecting to a new, standalone, meter, there will be no need to make any updates to the church's electrical system.

We have just submitted an application to National Grid requesting interconnection. Due to the scope of the project, they have 3 months to respond. At that time, they may give approval, or they may request some minor or major upgrades to the utility pole and transformer. Resonant Energy is committed to this project and is aware of our budget constraints, so, If it is determined that the required upgrades will bring us over budget, they are prepared to offer some alternative solutions that would allow us to continue moving forward.

We are currently expecting a December installation, and will likely go-live in January. This timing coincides perfectly with the start of the state's SMART incentives program, which was initially scheduled for September but has been delayed.



**Prayers of Celebration for the birth of Laila Mae Rotio on July 25th. Sweet little Laila is the Great-Granddaughter of Laila (Lee) Rosseland, Granddaughter of John Egan and Carol Rosseland, and the Daughter of Katie Egan Rotio and Anthony Rotio.**

**Congratulations all!**