

M A Y 2 0 2 2



Dear Friends,

I'm going to take a different approach in this one, by offering a recipe. But first, some background...

As I write, Earth Day is approaching, and I've spent the past few weeks reading one of the most invigorating ecological treatises I've ever come across. It's a novel by Kim Stanley Robinson called *The Ministry for the Future*, about a hypothetical UN Agency tasked with creating a habitable future for the planet. For that reason and a whole lot of others besides, ecology has been on my mind. It's a book well worth seeking out.

It's been interesting to notice the way conversations about climate and ecology have been undergoing a rhetorical shift over the past

several years. Rather than issuing dire warnings about how we must change or die (which, however true, leave many people feeling paralyzed), some of the fresher voices have begun to emphasize the ways human beings do have agency - individually and collectively. *The Ministry for the Future* is based on that premise, but other voices are emerging with a similar emphasis. Paul Hawken's book *Drawdown* is one example, as is Charles Eisenstein's *Climate: A New Story*. These are voices that argue that we are not, in fact, doomed to destruction, but that in ways large and small, we each have a role to play in changing the climate story.

On an institutional level, I'm proud of the ways our church community has contributed to those efforts. From our solar array on the Parish House to divesting from fossil fuels over the past several years, we've been a leader among public institutions in our efforts to address these issues. In fact, we completed a comprehensive energy audit that places us at the forefront of churches in terms of our ecological commitments and energy consumption. We're not perfect by a long shot, but some generous gifts, together with the enthusiasm of our members, have allowed us to respond meaningfully to the challenges before us.

Continue on p. 6

HERE'S WHAT'S HAPPENING AT FCCOL

We Need Money-Counting Help!

We hope some of you will be willing to be “money counters”. The task is to count the Sunday offering contributions and prepare the bank deposit on Monday mornings. This not only helps us in the office, but helps keep each step of the funds handling process done by different people, a key requirement of our accounting policy. The goal is to organize into 5 teams of 3 people each, so each team only has to count once per month. Past experience has shown that it’s also an enjoyable time to get together! If you are interested, please call the church office at 860-434-8686, or Alan Kiem our Financial Secretary at 860-434-5216. Thanks in advance!

Bob McCracken, Treasurer



Diaper Bank Haiku

Born in a stable
Born in a hospital room
Life begins at home.

Eyes open and close
The gentleness of each face
Ten fingers and toes.

Mom, dad, siblings smile
Sleeping, eating; repeat, more
Blessings from above.

Diapers keep me clean
I can go to daycare now
Mom can go to work.

Hooray for diapers
Thank you for diapers, wipes, food
Smiles, hugs, and laughter.

Bible Study

We will meet on May 5 and May 19th. We will begin with the Pentecost and look at the early church in the book of Acts. I hope you will join us! All are welcome. We meet on Zoom every Thursday at 11 am. After May 19th, Bible Study will pause until the Fall. If you are not on Becky's Bible Study Zoom email list and wish to be, please email her at rtcros@ftcrosby.com and she will add you to the list.

Senior Choir

To all members of the Senior Choir - Thank you for wonderful singing not only throughout the month of April but also especially on Maundy Thursday and Easter Sunday. Your hard work is very much appreciated!

Here is the schedule for May:

Sunday, May 1: Singing at the 10:00 am service with a rehearsal at 9:15 am

Wednesday, May 4: Rehearsal at 7:30 pm

Sunday, May 8: Singing at the 10:00 am service with a rehearsal at 9:15 am

Wednesday, May 11: Rehearsal at 7:30 pm

Sunday, May 15: Singing at the 10:00 am service with a rehearsal at 9:15 am

Wednesday, May 18: NO REHEARSAL!! Enjoy the night off!

Sunday, May 22: Singing at the 10:00 am service with a rehearsal at 9:15 am

Wednesday, May 25: Rehearsal at 7:30 pm

Sunday, May 29: Singing at the 10:00 am service with a rehearsal at 9:15 am



Images: Palm Sunday Benediction (left). April 3rd Children's Message (top).

Many thanks and best wishes to all, Simon



Ladies Who Stitch

Our Winter Sale has been so successful that we are letting it morph into our Spring Sale. Many of our creations remain on sale and are available in the Partnership Store after the church services, on Mondays during our working hours of 10:00 am to 2:00 pm and following choir practice on Wednesdays - from 8:30 - 9:00 pm. Palestinian, Haitian, and Tribal Crafts goods are also available during these times.

The Silberberg family has given us this lovely table-top tapestry loom (image above) and we'd like to find it a new home. We are asking \$50 (or best offer) for the loom, the accessories, and some cones of weaving "thread." Interested parties please contact LWS via Eunice's email: eunicetaylor@me.com.

PARJE Mural

This is the Old Lyme mural being created through the work of PARJE (Public Art for Racial Justice Education). The mural (image right) is being painted on a large canvas which can be displayed in a few different places in our town - first, most likely, on the side of the Middle School in Old Lyme.

Our Board of Missions made a donation to help support this work. Ultimately there will be murals - each one different - in Saybrook, Old Lyme, East Lyme, New London, Norwich and even more towns over time.

Response to the Crisis in Ukraine

Since February 24th, the day the war in Ukraine began, more than eleven million people have fled their homes. Five million, mostly women and children, have crossed borders into neighboring countries, and another 6.5 million are displaced inside Ukraine. In response to this humanitarian disaster, to date our church has released \$15,000 to International Rescue Committee (IRC), an organization our Board of Missions has supported for many years.

IRC's partnership with local organizations has allowed for immediate and often creative solutions to extremely difficult problems. In Ukraine, busses that succeed in evacuating women and children from besieged areas are loaded with food and medical supplies for the return trip, thus delivering emergency supplies to the people left behind. Working with local partners, IRC distributes to people who have been forced to flee their homes groceries, blankets, warm clothing and stoves that work where power has been cut off. Importantly, IRC provides cash to the displaced so they can meet

their most immediate needs and, at the same time, help keep the local economy moving during this time of crisis.

On the Ukrainian/Polish border IRC supplies medical equipment for health teams operating at refugee reception centers and border crossing points. It distributes medical supplies, sleeping bags and blankets at reception centers and, working alongside local partners who share their expertise, IRC's emergency teams provide legal counseling, translation services and psychological support to some of the over 2,800,000 refugees who have crossed over into Poland.

We are still receiving donations for Ukraine in the church office. (Please make your check out to FCCOL and put UKRAINE SUPPORT in the memo line.) We will continue to forward your support on to IRC as it comes in. If you have questions please call Carleen (860-304-2070) or email her at carleen_gerber@hotmail.com.



TREE OF LIFE JOURNEY: MARCH 2022



I was very proud and grateful that Alex Pinkowish (on left in blue jacket), son of Tom Pinkowish and Mary Boone, members of our church community, took part in our recent Tree of Life Journey to Palestine, Israel and Turkey. Here is a message I sent to Alex just before departure:

Dear Alex,

Back at the very beginning of our church's Tree of Life ministry, we established a friendship with a remarkable school led by George Saadeh. You will meet him on this journey. On one of our earliest Tree of Life journeys, we visited the school and in one of the classrooms, we noticed that there was one empty desk and chair in the classroom. Students sadly shared how they kept this open in

honor of Christine Saadeh, one of their fellow students, who was shot and killed by Israeli soldiers when they opened fire on her family's car, mistaking it for militants. George, Christine's father, was shot numerous times as was her mother, Najwa. Her sister, Maryanne, as well. They survived, but sadly, Christine was shot in the head and died while being carried by a priest through the streets of Bethlehem. To honor her memory, her fellow students kept her chair open in the classroom.

Shepherd's Field School is named in honor of the Shepherds in the Nativity Story that heard the news of Jesus' birth in Bethlehem. "Beit Sahour", means "Place of Vigilance" in memory of how the shepherds "kept vigil" on the

night Jesus was born, and the people of Beit Sahour pride themselves on being the grandchildren of those shepherds. For our church's annual Living Manger, we use a shepherd's outfit that we brought home from Beit Sahour. So, the lead shepherd in our pageant or living manger wears that outfit as the "shepherd from Beit Sahour." When not in use, the shepherd's robe hangs next the Bedouin Tent in our Tree of Life room in the basement of the Parish House.

Alex, I would be most grateful if you would present Tree of Life's honoraria gift of \$1500 when you visit the school."

Here is Alex's response:



Reading this story has both pained me and moved me beyond words. I would be more than honored to meet these people who continue their lives as pillars of strength and perseverance to their community after such a horrible tragedy befalls them, and to present them this gift in your names. Thank you so much for considering me for this honor and privilege. Christine Saadeh's story will never leave my memory.

I know you will want to join me in prayers of thanksgiving for Alex Pinkowish, a wonderful young ambassador of our church!

David W. Good
Minister Emeritus

GOD'S NEIGHBORHOOD

During the month of May God's Neighborhood Sunday School will celebrate all we have learned about being a good friend! We will plan Children's Day by telling stories of friendship and encouraging the children to share favorites. Each week we will work on projects centering around our year-long theme of "I Call You Friends", John 15:15 in preparation for the service. Children's Day will be celebrated on May 22 at 10 am. Children should arrive at 9:30 am. Board of Youth Education will provide hospitality.



Images: Palm Sunday scenes (top two). Group to New York to see American Utopia (to right).



DEAR FRIENDS, CONTINUED

On an individual level, according to many of the leading thinkers, food production and consumption is the greatest contributor to carbon emissions on the planet, outstripping transportation by a significant margin. And one of the single largest drivers of carbon emissions is the beef industry – but really almost all meat production. Meanwhile, plant based alternatives have improved dramatically, to the point that many of us wouldn't be able to tell the difference between an Impossible Burger, say, and a beef burger. The time has never been better to begin weaning ourselves off the consumption of meat and dairy products (which, beyond the planetary consequences, haven't been especially forgiving to our bodily health either). Why not give some of the meat alternatives a try? For that matter, why not begin a more conscious program of sustaining ourselves with greens and with other plants, rather than depending upon the cultivation and consumption of animals?

There are all kinds of reasons for trying it. If more people did it, it would have a lasting impact on the planet, and it would certainly improve our bodily health. But there are also solid theological reasons for doing so. Most notably, the task given to humans in Genesis 2 is to care for the garden in which they dwell. The Hebrew word is *shamar*, which means to care, but also to nurture, to cultivate, to tend, and to till. In the widest understanding of that passage, the garden we're given to tend is not only the planet around us, but also our bodies and our minds. What we use to fuel ourselves is evidence of our care for the garden of our lives, or conversely, our lack of care.

Now for the recipe. Most every morning, I start off the day with a

piece of sprouted grain toast, and a green smoothie that acts like rocket fuel at the beginning of the day. It's a practice that foregrounds the consumption of plants as a kind of daily ritual. But it's also a tangible reminder that for all the ways we can't singlehandedly solve the climate crisis, we do have significant agency – especially in terms of our food choices!

Give it a try some morning. And tell me what you think..

Steve's Green Extreme Morning Rocket Fuel (adapted from *The Plantpower Way*)

1/2 avocado; 8 pitted Kalamata olives; a whole jalapeno; juice of 2 lemons; 5 sprigs of cilantro; 4 large basil leaves; 1/4 cup raw pumpkin seeds; 1 tbs flaxseed; 1 tbs hemp seed; 2 tbs spirulina; 2 celery stalks; 2 large leaves of dinosaur kale (or as much as you can fit into your blender!); 1 cup filtered water (or more for a lighter consistency); ice.

- Put it all into a high powered blender. Process for a full minute, or until it reaches the desired consistency.
- Drink responsibly. And be forewarned: it may lead to other ecological shifts in your consciousness!

Stay human. Love to you all...



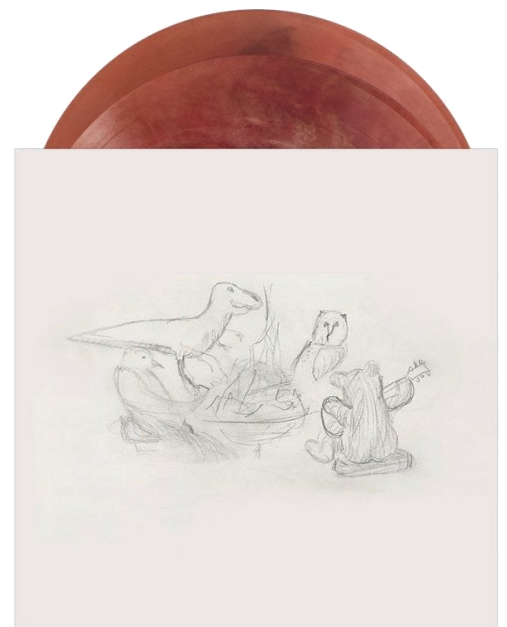
Reading: *The Ministry for the Future*, by Kim Stanley Robinson; *Pere Goriot* and *The Wild Ass's Skin* by Honore de Balzac; *A Feast for Lazarus* by Todd Ramon Ochoa; *Congo Square*, by Freddie Evans.

Listening: Big Thief, *Dragon New Warm Mountain I Believe In You*

Watching: *The Americans*, Season 1

ONE OF BARACK OBAMA'S FAVOURITE BOOKS OF THE YEAR

THE
MINISTRY
FOR
THE
FUTURE
KIM STANLEY
ROBINSON



Dragon New Warm Mountain I Believe in You

ON THE ENVIRONMENT

Earth Day / Arbor Day

Shortly after George Floyd was murdered, I made a bumper sticker: "FOREST WISDOM: Our strength is in our diversity." I think about this a lot. (It's on my car, so I see it all the time.)

This is true on so many levels—from our gut microbiome, the soils, our communities and thought institutions on up to great ecosystems currently being destroyed at a frightening pace. Take any one of those 'environments,' kill off the diversity of life [or ideas] within, and it will die or become weak and lack resilience. It is a vast problem.

This is April! "Hope springs eternal!" Let's celebrate! Earth Day and Arbor Day are this month. It's time to plan our gardens, and include some native trees and shrubs! This will restore some of the eliminated diversity of plants here in our region. It is one of the most important things anyone

can do. The Audubon Society website has a whole section devoted to finding native plants for our region – search for 'Center for Native Plants.' These will provide forage and shelter for our local life forms, which will in turn encourage more growth and restoration of our areas. This isn't the only answer, but it is a simple thing we can all do.

Mariette Brown for the Committee for the Environment

Lawn

Have you ever noticed all the lovely ponds in our area turning green mid summer? That is often a result of what we do now to our lawns.

Grass has its place – it is nice to walk a path of mown grass through a beautiful meadow. It is fun to play and roll in the grass, and to picnic on a lawn. However, grass is a high maintenance, needy plant. The mowing, ferti-

lizers and chemicals we use to make grass green have serious detrimental effects on our bodies, our pets, wildlife and the land and water around our yards. We can change that, and there's no better time to start than now. Find out what you can do at healthy-yards.org/home/ten-healthy-steps.

Mary Tomassetti

Open House

Saturday May 14 and Sunday May 15. As we read in the April newsletter, Don and Carleen Gerber are hosting an open house, inviting people who would like to learn about building an environmentally friendly house to tour the home they built in 2016. Our church's Committee for the Environment will be on hand to help. You'll see solar panels at work, and the geo-thermal heating and cooling system, as well as the insulation protocols that make it work so efficiently.

We'll have a number of tours, each scheduled for one hour. We think three individuals, or couples, or families at each tour will enable us to explain things as we move along, and allow time to answer questions.

We're asking folks to call to reserve a time slot- allowing us to plan accordingly. Please call Odile (860-434-8686) or Carleen (860-304-2070) and choose a time. We'll coordinate your choices! Please be sure we have your contact info to return your call if necessary.

Tours:

Saturday at 11, 12, 1 and 2

Sunday at 1 and 2

Carleen Gerber



2022 WHITE ELEPHANT SALE [84TH] – VOLUNTEERS NEEDED

This year's sale dates are **Friday 7/8 & Saturday 7/9** – from 9:00 to 2:00 and 8:00 to 12:00 respectively. A detail calendar is included in the newsletter with intake dates.

With such a large organization, there is a turnover each year with folks 'retiring' after years of work, moving, etc. For the White Elephant Sale to continue, we need help in all departments and developing new department heads is essential.

Below is a list of areas in need:

- | | |
|------------------------------------|---------------|
| Children's clothing | TWO co chairs |
| Large Furniture | co chair |
| Package Check [sale days] | chairperson |
| Worker refreshment [sale days] | chairperson |
| Parking lot attendants on sale day | workers |



Prior years more than 200 folks helped in some way or another sorting, organizing, outside setup, selling or cleanup after the sale. Even a few hours of your time will be greatly appreciated. You'll have a great time, meet new friends and have a rewarding experience.


For those of you that would just like to help out – please call one of the department heads listed in the Organization chart and volunteer to work in an area that interests you or just show up during intake days and give us a few hours in any area you like.

Thank you in advance.

JUNE

Sun	Mon	Tue	Wed	Thu	Fri	Sat
12	13	14	15	16	17 Pre SET-UP INSIDE [hang signs move tables, etc]	18 SET-UP INSIDE [9:00 am – 12:00]
19	20	21	22	23 INTAKE 9 - 2	24 INTAKE 9 - 2 <u>Workers Lunch</u>	25 INTAKE 9 - 2

JULY

Sun	Mon	Tue	Wed	Thu	Fri	Sat
26 CLOSED	27 CLOSED Sort & Price	28 INTAKE 9 - 2	29 INTAKE 9 - 2	30 INTAKE 9 - 2 <u>Workers Lunch</u>	1 CLOSED Sort & Price	2 CLOSED Sort & Price
3 CLOSED	4 HOLIDAY 	5 8 am - 2 pm Big Tents, Sport Goods & Plant Tent Finalize inside setup Art, halls 6-8 pm Lawn tables, Baked Goods Coffee Tents	6 CLOSED Sort & Price Finalize any rem'g outside Set-up	7 SET-UP OUTSIDE 8 AM ->> <u>Workers Lunch</u>	8 SALE 9 - 2	9 SALE 8- noon CLEANUP & Snacks noon ->>

WES Chairman **Bob Davis** **434-7813/884-7568 (c)** **239-774-7093 Fl**

STAFF & Support Departments

Barn/Clean-up	Mike Gentry	434-1587/ 608-3223 (c)
Facilities	Roxie Gallagher	227-4649
LBS president	Jane Marolda	859-2497/608-0257 (c)
LBS Treasurer	Marianne Baez	443-2422
Parking & Road Signs	Sean McCarty	860-215-1740
Put Big Red Street Signs	Fred Behringer ??	860-912-7883 c
HH worker coordinator	Henry May	767-7467
Posters/Banner	Connie Hurtt	917-7102
Publicity	Carol Giuliano	203-738-9932
WES Sale Treasurer	Don Gonci	434-0198
	Alan Howell	=====
Worker's Lunches	Cathy Mathis	399-7714
Worker Refreshments - Sale Days	=====	=====
Package Checking	=====	=====
Sat barn Set-up inside	Dave Roberts	203-624-1618
Aprons	Eunice Taylor	860-912-8164

IN TAKE

Area Coordinator	Bob Davis	434-7813
Intake Staffing	Irene Miller	860-367-1575
Boxing Christmas intake	Jane Marolda	859-2497/608-0257 (c)
Drive way Intake & Barns	Scott Mahon	949-5422
	Charlie Tatelbaum	965-7777
Recycling unsold items	Deb Heminway	434-9417
Sexton	Mark Testori	203-213-5892

FELLOWSHIP Hall -- 1st floor

Area Coordinator	Nathalie Fogg	451-8460
Linens	Frani Ross	434-3647
	Angie Falstrom	434-3194
	Sue Lardner	767-8200
Luxury	Jane Piro	767-1722
	Sandy Long	434-5522
	Diane Thompson - helper	203-768-2963
Kitchenware	Sue Antcil	698-9094
	Cori Kneeland	610-568-0691
Knick Knacks	Cheryl Sorensen	434-2025
	Charlene Maddox - helper	434-8188

SHEFFIELD Auditorium, Narthex and Library

Area Coordinator	Roxie Gallagher	227-4649
Art Work & Frames	Mary Ann Besier	434-1803
Jewelry	Nina Bazinet	287-2450
	Hildegard Rennhard	434-7484
Women's Clothes & Accessories	Joanie May	767-7467
	Vici Bush	434-3534
	Roxie Gallagher	227-4649
	Mary Dangremond	434-1494

SUNDAY SCHOOL -- Basement

Area Coordinator	Anita Allen	227-6850 (c)
Appliances	John Higgins	598-9607
Books	Joan Overfield	203-260-3401
	Wendy Knight	860-304-6665

Children's Books	Liz & Bob Edmonstone	434-1760
Children's Clothing		
	Joan Baffaro - helper	598-9586
Men's Clothing	Dave Pellerin	885-8928
	Nina Bazinet	287-2450
Pots and Pans [kitchen]	Anita Allen	227-6850(c)
	Mark Terwilliger	617-699-1920

OUTSIDE Area 1

<u>Area Coordinator</u>	Roxie Gallagher	227-4649[c]
Baked Goods	Fay Richardson	434-3349
Donuts & Coffee	Mary Tomassetti	391-5384
Flowers & Baskets	Carson Shook	885-4984
Food / Soda	Jack Hine	304-7976
	Eric Engdall	705-1787
Food Court setup/take down	Nina Bazinet	287-2450
	Carolyn Cook	434-9258

OUTSIDE Area 2

<u>Area Coordinator</u>	Bob Davis	434-7813
Large Furniture	Allison Hine	304-1909
Small Furniture	Bruce Noyes	304-6474
	Kotzan Family	434-7496
Sporting Goods	Bob & Ellen Davis	434-7813
	Dave Roberts	388-2588
Toys	Sharon Howell	203-258-5715 (c)
	Rick Strickhart	860-304-4132

EMPLOYMENT

We periodically receive requests to post notice of people who can be hired to help transport, help in light housekeeping or help by offering companionship to those who are housebound. We are not able to make recommendations; but their names and number are listed below:

Rab Nawaz/Kappri Painting, LLC

Free estimates. Power painting, power washing interior and exterior, gutter cleaning, wallpaper install and removal. 30+ years experience. Satisfaction guaranteed. The church has experience with this company. Kappripainting@gmail.com or 860-857-0326.

American Craftsmen needs America's help. Let me restore your family heirloom as a furniture maker of 33 years. My work includes restoration of antiques, work on cherished family pieces, and general furniture repair. As well, my passion is designing and building fine furniture. Please contact Dick Humphreville at 860-442-5003 or www.humphrevillefurniture.com.

Home Designer: Design & drawing from concept to construction documents for new homes, additions, and renovations. Servicing home owners, builders, and architects. Other services include drawings to help sell a house, develop & present an idea. Computer aided using DATA CAD12 - 2 dimensional and 3 dimensional. David S Nelson-Building Design Service DSNdesign@comcast.net or 860-434-5526.

The "Pet Nanny" Carol Giuliano, an Old Lyme resident, will provide loving care for your pets when you are not there. Over forty years experience with all types of animals. Call 203-738-9932.

Sue Mandeville: Transportation and/or accompaniment to professional or medical appointments, as well as outpatient surgeries and home stay following anesthesia. Airport, train or bus transport. Livery license, insured, references and medical training. Call Sue Mandeville 860-908-2310.

Mediator, Lorelei Mitchell, is available to assist with family dilemmas, landlord-tenant disputes or workplace conflict. Mediation is a better alternative to litigation and can often transform relationships, while giving you a say in the outcome. To schedule a consultation, contact Lorelei at 860-536-0260 or loreleimitchell12@gmail.com.

Guli Gvelesiani: I lived in Old Lyme and worked for 7 years as a live-in caregiver for a church family. I am seeking a new full time, live-in position with a caring family. I can provide references. Please call me at 860-391-5691.

**THE FIRST CONGREGATIONAL CHURCH
2 FERRY ROAD
OLD LYME, CONNECTICUT 06371**

U.S. Postage Paid
Permit #7
Old Saybrook, CT
Non-Profit Organization



The next Newsletter will be for June; deadline is **May 18.**

Please e-mail the church office at fccol@fccol.org if you want to be removed from the newsletter mailing list and read it on the website. Please let us know if you would like an e-mail alert when the new issues are available on our website. Thanks for your help!

