



# THE CONGREGATOR

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*Off of the Sidelines*

*Getting in the Game,*

*Living Our Faith*

What if I told you that there was one habit that was tied to increased happiness, decreased risk of stroke, heart disease, dementia, inflammation, and suicide?<sup>[1]</sup> That a relatively simple practice, done even as infrequently as once a week, reduces the probability of being at risk for moderate to severe depression by as much as 20 percent?<sup>[2]</sup> That this one intervention is among the best known for both teenage mental health and adult deaths of despair?<sup>[3]</sup> And then, what if I told you that it was easy, free to access, and they had snacks, coffee, and live music?

I'm talking, of course, about going to church. Christians, especially Pastors, get squeamish about talking about these statistics—church is supposed to be centered on God; when we start talking about how positive outcomes it can sound like it is something we do for us, and that feels off. And yet, it is true that going to church is one of the best health and mental health interventions we have. In 1952, long before there was this data available, C. S. Lewis wrote “A car is made to run on petrol, and it would not run properly on anything else. Now God designed the human machine to run on God. God is the fuel our spirits were designed to burn, or the food our spirits were designed to feed on.”<sup>[4]</sup> It seems that, in 2023, science is catching up to this insight.

This October come Get in the Game as we focus on jumping in and living our faith. It is good for us, good for our world, and the appropriate response to the incredible blessing of being a being in this beautiful, complicated world.

*Yours in Christ,*

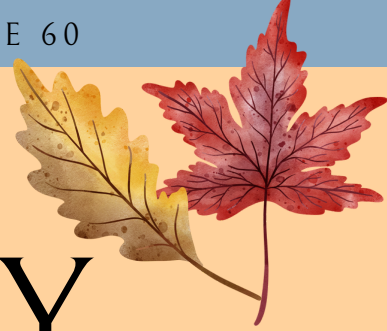
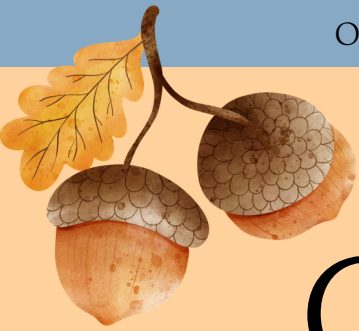
*Pastor Amelia*

<sup>[1]</sup> See, for example, We Know the Cure for Loneliness. So Why Do We Suffer? Kristof  
<https://www.nytimes.com/2023/09/06/opinion/loneliness-epidemic-solutions.html>

<sup>[2]</sup> Hidden Brain: Does Going To Church Improve Your Mental Health?  
Vedantam <https://www.npr.org/2019/11/05/776270553/hidden-brain-does-going-to-church-improve-your-mental-health>

<sup>[3]</sup> See Masback, Skip. Twin Calamities: Declining Churches, Struggling Young,  
[summerstudy.yale.edu/sites/default/files/twin\\_calamities\\_reflections.pdf](http://summerstudy.yale.edu/sites/default/files/twin_calamities_reflections.pdf). Accessed 22 Sept. 2023.

<sup>[4]</sup> Mere Christianity Lewis - 1952



# ANNUAL COMMUNITY SUPPER

Thursday, October 26  
5:00 to 7:00pm

The 14th annual Community Supper is an opportunity to bring Falmouth residents together to break bread. Hosted in Beinema Hall, we are joining with Falmouth's churches and faith communities to serve a free roast turkey dinner with all the fixings, homemade apple crisp and ice cream.

Free-will donations will go to support the Falmouth Food Pantry.

Please volunteer with your time, talent, or treasure! There are sign-up sheets in Fellowship Hall sheets in Fellowship Hall asking for volunteers to serve tables, clean up, work in the kitchen, donate food, cook a turkey, etc., or you may contact Ethan Hendry. Thank you for your willingness to help, and we look forward to having you join us for an evening of good food and fellowship.

VOLUNTEER  
SIGN UP





## Corner

Hi – Happy Fall! Just a few updates from the Council this month.

In early September several Council members, Pastor Amelia, Matthew and our architect met with a contractor, Wright-Ryan about the downstairs renovation. Interestingly, Wright-Ryan did the construction in the sanctuary and Fellowship Hall over twenty years ago. They seem very interested in our project and the potential of working with us again. There are a few details that still need to be ironed out, but it looks promising, and they felt confident that we could have it done by church school kick off next September. Stay tuned for more updates in the coming months.

Planning is underway for two very exciting events this fall. One is the Community Supper on October 26. Please consider signing up to help either at the event, cooking for the event or buying food for others to prepare. Second is the Holly Days Fair on November 18. This is our biggest fundraiser of the year so please consider volunteering for the event or donating items. There is a lot to do to make this a success. If you would like to help, please contact Steve Hendry or Matthew Strobel, our co-chairs.

One more reminder, if you haven't sent in your UCC Maine Conference membership dues please do so as soon as possible.

Many blessings,  
Kim Hendry, Moderator



**Stewardship  
2024 Kicks off in  
November!**  
Join us as we  
remember,  
release,  
reimagine,  
& restore



# MINISTRY OF *Music*



We had a wonderful gathering of our Music Team on Wednesday, September 20, at our fall welcome back potluck supper, which included a celebration of Jennie & James Stephens' new baby Forrest.



The Music Team consists of Chancel Choir & Bell Choir members, people who like to perform special instrumental or vocal music and our excellent audio/visual people.

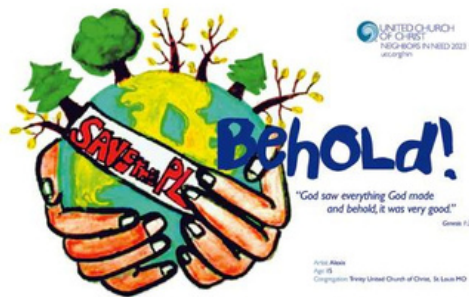
If you would like to join us in any way, contact our Minister of Music, Jan Stover.

Blessed to serve,  
Jan Stover  
Minister of Music



MINISTRY OF  
*missions*

Special Offering



This year October 7, 2023, has been chosen as our Neighbors-in-Need Sunday. Donations received in the pew envelopes will be forwarded to this specific mission. Please consider contributing to this far-reaching ministry of the UCC.

One-third of the offering supports Council for American Indian Ministry. Two-thirds are used by Justice and Witness Ministries to provide grants to UCC churches and organizations as well as supporting a variety of justice initiatives, advocacy efforts, and direct service projects.”

**Pastor's  
Discretionary  
Fund**

If you or someone you know has a financial need in a difficult time, please contact the church office. There is limited funding in this account for just such a purpose.



**Maine Needs**



New or Gently Used Items Needed! Please wash items before donating, as the people who receive these frequently do not have easy access to do laundry. Items may be left in the Mission Bin inside the church. Thank you!

- ITEMS IN HIGH DEMAND:  
SCHOOL CLOTHES: ALL SIZES  
SNEAKERS  
BACKPACKS

**Loaves of Love**



Loaves of Love will be returning for the fall! Starting October 7, 2023, we will be baking brioche with dried fruit for Communion Sunday and for all who wish to take a loaf home. We will also be baking November 4 and December 2.

Loaves of Love is a community effort. Even if you have no baking experience, please consider donating some of your time on a Saturday for this mission. Please contact Alyce Graves if you would like to join in the fun!





What do you call a tuna with a tie?  
**SOFISHTICATED**

What kind of music should you listen to while fishing for tuna?  
**SOMETHING CATCHY**

Why don't tuna like basketball?  
**BECAUSE THEY'RE AFRAID OF THE NET.**

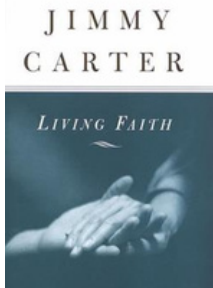


What a wonderful opporTUNAty for all of us! Our church will continue collecting cans of tuna fish during October. If you would like, please put cans of TUNA FISH into the collection bin outside Fellowship Hall, and they will be given to very grateful Food Pantry families. We are forTUNAted that so many of you want to help others, and we know that you have the TUNAcity to do so. Let's try this!

The Falmouth Food Pantry continues to do an entirely doorstep delivery distribution system. Volunteers still deliver boxes of non-perishable food, fresh vegetables, eggs, and meat to families who need food assistance. If you have questions or know someone with an urgent need, please contact Nancy Lightbody. Thank you very much for your continuing support.



**MINISTRY OF**  
*Community Life*  
**Women's Spiritual Book Group**



FCC Women's Spiritual Book Group will gather in the Grant room on Wednesday, October 4, at noon. This is a lively group who enjoys informal, bag lunch gatherings to discuss titles and authors recommended by its members. This month we will be discussing the book Living Faith by Jimmy Carter. Given that some of our members join in from a distance, we have both in-person and virtual attendees. This is a fun and welcoming group that always enjoys new faces. Contact Kathie Sinnett for more information and the Zoom link, or come join us on October 4 in the Grant Room at noon. Hope to see you there.

A promotional graphic for a host family. It features a yellow and red background with a Spanish flag icon and the text 'FROM SPAIN'. The name 'HOST CLEMENTE' is prominently displayed. Below it, a list of interests: 'He loves tennis, swimming, volleyball, travel, gardening, cooking, & hiking'. At the bottom, the website 'www.ciee.org/host' and the CIEE High School USA logo are shown.

Would you like to host an exchange student from Spain? Clemente is currently attending Falmouth High School and is living with a welcome family. We are currently looking for a volunteer host family to host him starting the first week of October contact Cathrin at 207.400.6117 or [cmayer.ciee@gmail.com](mailto:cmayer.ciee@gmail.com).

Dear Falmouth Congregational Church UCC,

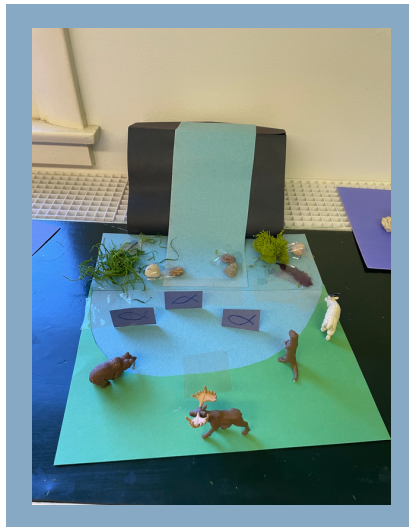


**MINISTRY OF**  
*Christian*  
*Education*

What a wonderful start to our Kids' Church year we have had together! This fall, we are going to move through a series of play based exploration and conversations about having compassion for others, ourselves, and the world in the way Jesus taught us. We will focus on the shared needs of every living thing, and remember that we are called to do our best to make sure that all creatures are cared for as we inhabit a shared world.



Learning s'more about Jesus!



Every living thing needs shelter



Compassion Camp!

Regular Kids' Church programming runs from 10:30 AM to 12:00 PM with an optional early pick up at 11:00 AM. Children will begin the morning in worship, and then move into our classrooms following the Children's Moment, where we will explore the stories of the Bible and God's teachings through art, music, movement, games, and more!

Our nursery is staffed and available across the hall from Kids' Church for children age 4 and under.



Lydia Hoffman  
Minister of Children and Families  
[lydia@falmouthcongregationalchurch.org](mailto:lydia@falmouthcongregationalchurch.org)

**KIDS CHURCH**  
**REGISTRATION**



**CLASSROOM VOLUNTEER**  
**SIGN-UP**



## Youth Ministry

Our Youth Group had its Kick-Off event at Pilgrim Lodge on September 24 and we had a BLAST! Check out a few snapshots of our evening together! Not pictured: Minivan sing-a-long, Pastor Amelia on the camp swings, Pizza dinner picnic, and an incredible game of GAGA BALL!

In October, we will head to Foreside Community Church for conversation and connection while we talk about Dia de Muertos and watch the movie CoCo!



Sign up for  
Youth Group by  
clicking or  
scanning here!



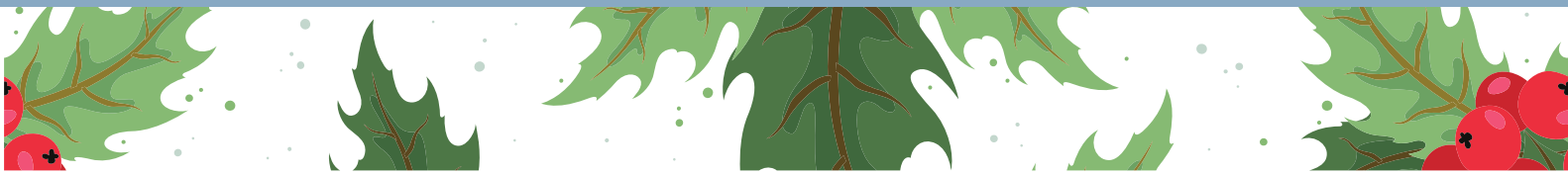
## MINISTRY OF Membership *Worship & Covenant*

## Remembrance Sunday October 29

Are you curious about what membership at Falmouth UCC means? Come to an informal gathering to learn more on October 8 after worship. For those interested in joining the church, we will welcome new members on October 15 during worship.

On October 29 at 10:00 AM we will be holding a service of remembrance to honor and remember those persons connected to our church that have passed this year. Letters will go out to families soon, but please let the office know if there is someone who you would like to be remembered with a candle.





# HOLLY DAYS FAIR

SATURDAY, NOVEMBER 18, 2023

\* Volunteers Needed \*

Stay tuned for for additional ways to help including baking, making handmade items or helping at the fair on the 18.

Donations accepted through November 12

## BOUTIQUE

Lightly worn clothing, jewelry and scarves!

Please, no underwear, children's clothes or outdated items.

Place items in the coat room off Fellowship Hall.

FMI: [egs8657@gmail.com](mailto:egs8657@gmail.com)

## ANTIQUUE TREASURES

Household and decorative glass, ceramics, linens, kitchen goods, small lamps, etc. No outdated computers, tech gear, fitness machines, or upholstered furniture.

FMI: [eunice.w75@gmail.com](mailto:eunice.w75@gmail.com)



## SILENT AUCTION



Gift cards, services (maybe a home-cooked meal?), leaf raking, baked goods or other items monthly for a year, tickets to local events, and themed fabric bags.

Other ideas welcome!

FMI: [kathylizwhitmore@gmail.com](mailto:kathylizwhitmore@gmail.com)

\*

Fair Co-Chairs: Steve Hendry: [stevrunn@gmail.com](mailto:stevrunn@gmail.com)  
and Matthew Strobel: [mstrobel66@yahoo.com](mailto:mstrobel66@yahoo.com)

# We Lift up Prayers for...



- The family and friends of Michael Simari, especially his mother, Janice Siegle. Michael died last weekend after a short battle with a rare cancer. He leaves behind his wife and his 2 and 4 year old sons. Cards of Condolence: Dr. And Mrs. John Siegle, 30 Pride Farm Rd., Falmouth, ME 04105.
- The family and friends of Ruth Estelle Hutchins who died September 15th, 2023. Obituary
- The family and friends of Jean Jett who entered God's eternal rest.
- Prayers of healing for Maureen Grubb as she recovers from a fall and foot surgery
- Betty Shively who celebrated her 101st birthday in July –making her the most senior resident in Falmouth! She will be honored with the Golden Cane soon (details to follow)! In the meantime prayers for her health as she recuperates from a broken wrist, arm and covid.
- James Smith, who is in quarantine at Casa where staff and residents tested positive for COVID. Cards: Casa Inc. PO Box 150 Westbrook, ME 04098
- Randy Boardway's father, Paul, who is fighting liver cancer.
- Forrest Reid Stephens was born Sunday, August 27 to proud parents Jennie and James Stephens and big brother, William! Cards: 24 Wildwood Drive Brunswick, ME 04011
- Bee O'Brien as she adjusts to life at Hawthorne House, and her children as they discern what is the best path forward. Cards: 6 Old County Rd, #13A Freeport, ME 04032
- Mollie Mason who is having pain in her legs. Molly and Kim recently moved to Stroudwater Lodge. Cards: 116 Landing Road #313, Westbrook, ME 04092.
- Jim Scherer and his sister as their father goes into hospice and they support him through this transition.
- Janie Anderson, and her husband, Larry, as she lives within hospice care. Cards: 44714 Audubon Square Apt. 105 Ashburn, VA 20147
- Jane and Tom Stegemann who are soon-to-be grandparents!
- Joan Kaijala's dad (Theo and Kai's grandfather) Wesley.
- Alan Mathieu's brother who is struggling with a serious illness.
- Sally Emery who is cared for in her home. Prayers and cards of encouragement: P.O. Box 102, Gray, ME 04039.

## Liturgists

1 - N/A - No service  
 8 - Mark Horton  
 15 - Steve Hendry  
 22 - Ann Sanborn  
 29 - Jim Parr

## Ushers

1 - N/A - No service  
 8 - Julia Poppell  
     Nancy Wulbrecht  
 15 - Kim Hendry  
 22 - Karin Kurry  
     Lauren Jordy  
 29 - TBD

## October Birthdays

Bea Davis  
 Laurie Davis  
 Maureen Grubb  
 Gloria Guippone  
 Lukas Herzog  
 Karin Kurry  
 Diane Mathieu  
 Erin McNeill

All are invited to celebrate the life of Janice Beinema on Saturday, October 14 at 1 PM here at the church. A reception and committal of both Janice and her late husband Rev. Ronald Beinema will follow the service.  
Obituary

# October 2023 Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2 PM Ecumenical Service at Holy Martyrs Rev. Amelia presiding and Jan Stover leading music. 7 PM Troop 93 Committee Mtg.	11 AM Bible Study 4:15 PM Music Lessons 7 PM Fiddle-icious 7 PM Cub Scout Committee	11 AM Staff Mtg. 6 PM Family Restored	12 PM Women's Spiritual Book Group 6 PM Bell Choir Rehearsal 6:45 PM Private Group 7 PM Choir Rehearsal	8:30 Ecumenical Clergy Meeting 6 PM Troop 93 6:30 PM Ministry of Missions	9 AM Hiking Club at Falmouth Nature Preserve	Loaves of Love Baking
8:30 AM Choir Warmup 10 AM Worship 11 AM New Member Info Session	<b>Indigenous People's Day</b> <b>Office Closed</b> 11 AM Bible Study 4:15 PM Music Lessons 5 PM Worship & Covenant 7 PM Fiddle-icious	10 AM Bible Study @ Oceanview 11 AM Staff Mtg. 6 PM Family Restored	6 PM Bell Choir Rehearsal 6:45 PM Private Group 7 PM Choir Rehearsal	6 PM Troop 93 7 PM Finance meeting	9 AM Hiking Club at Mackworth Island	1 PM Celebration of Life for Janice Beinema
<b>Welcome New Members</b> 9:30 AM Choir Warmup 10 AM Worship 11:15 AM Card Writing 11:30 Council of Ministries	11 AM Bible Study 4:15 PM Music Lessons 7 PM Cub Scout Committee	11 AM Staff Mtg. 6 PM Family Restored	6 PM Bell Choir Rehearsal 6:45 PM Private Group 7 PM Choir Rehearsal	6 PM Troop 93 6:30 PM Falmouth Writer's Group	9 AM Hiking Club at Pine Grove Preserve, Falmouth	21
9:30 AM Choir Warmup 10 AM Worship	<b>Congregator Deadline</b> 11 AM Bible Study 4:15 PM Music Lessons	11 AM Staff Mtg. 6 PM Family Restored 6:30 PM Cub Scout Mtg.	6 PM Bell Choir Rehearsal 6:45 PM Private Group 7 PM Choir Rehearsal 7 PM Scouts Com. Mtg.	All Day Community Supper Set-up/Breakdown 5 PM Community Supper	9 AM Hiking Club at River Point Conservation Area, Falmouth	28
<b>Remembrance Sunday</b> 9:30 AM Choir Warmup 10 AM Worship In-person or Online 4 PM Youth Group	11 AM Bible Study 4:15 PM Music Lessons 7 PM Cub Scout Com.	 11 AM Staff Mtg. 6 PM Family Restored	12 PM Women's Spiritual Book Group 6 PM Bell Choir Rehearsal 6:45 PM Private Group 7 PM Choir Rehearsal	8:30 AM Ecumenical Clergy 6 PM Troop 93 Mtg. 6:30 PM Ministry of Missions	9 AM Hiking Club at Mill Brook Reserve (North) South Windham	Loaves of Love Baking



November 5  
Stewardship  
Begins

Nov. 9- 16  
Pastor Amelia  
Away at Next  
Generation  
Leadership  
Institute

November 11  
Fall Cleanup

November 18  
Holly Days Fair

November 23  
Thanksgiving  
Office Closed

**HAPPY HALLOWEEN**



Falmouth Congregational Church  
United Church of Christ  
267 Falmouth Road  
Falmouth, ME 04105  
Phone: 207-781-3413  
Email: officemanager@falmouthcongregationalchurch.org  
Website: www.falmouthcongregationalchurch.org

## Falmouth Congregational Church United Church of Christ

### Ministries

Kim Hendry  
Chair, Council of Ministries

Kristen Tripp  
Chair, Ministry of Christian  
Education

Jane Stegemann &  
Kathleen Henderson  
Ministry of Community Life

Steve Hendry  
Chair, Ministry of Missions

Virginia Eddy & Laurie Davis  
Ministry of Worship & Covenant

### Church Staff

Rev. Amelia Edson, Settled Pastor  
Katharina Roderick, Office Manager, Newsletter Editor  
Laurie Logan, Office Assistant  
Matthew Strobel, Sexton and Property Manager  
Lydia Hoffman, Minister of Children and Families  
Jane Stegemann, Minister of Visitation  
Jan Stover, Minister of Music  
Gabby Colby-George, Nursery Caregiver  
Jack Gervais, Tech Assistant

### Officers

Kim Hendry, Moderator  
Tom Stegemann, Vice Moderator  
TBD, Clerk  
Paul Davis, Treasurer  
Gini Medford, Financial Secretary  
Carol Kauffman MSN, RN, Faith Community Nurse