

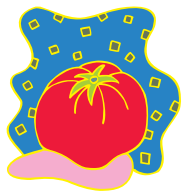
# GRACE NOTES

Newsletter of Grace Congregational United Church of Christ, an Open and Affirming Congregation

## Missions

### Summer with Stearns Farm

We continue to enjoy our membership in Stearns Farm this year. You are welcome to sign up for produce pick-up at Stearns Farm on any Friday, or help with food pantry delivery on Saturday mornings – see the sign-up sheet on the bulletin board. Most of our produce will be shared with the pantry and the rest will come back to Grace for all to enjoy and share. Aug. 29th will be the next Sunday for sharing produce at church – come and enjoy!



### Cans for Communion – August 2nd

This month the food pantry has especially requested: CANNED VEGETABLES and FRUIT. Please remember that expired, damaged or unlabeled cans cannot be safely donated – the food pantry must dispose of these types of cans and this trash removal adds to their expenses. If you would like to sign up to deliver this month's collec-

tion, please see Mary Memmott. Thank you for your continued support of the Framingham "Hope" Food Pantry!

### Walk to Prevent Homelessness 2010 – Save the Date! – Sunday, Sept. 26

The seventh annual Walk to Prevent Homelessness is scheduled for Sunday, September 26 – 12:30-3:00 p.m. from Framingham Center



Common to Brophy School and back. The one-time grants that Metrowest Outreach Connection gives to families in crisis are critically needed to keep these families out of the shelter system and in stable homes in their communities.

Now is the time for walkers to get pledge forms and start collecting those pledges. All pledges should be collected and handed in at registration on the Common on the day of the walk. Pledge forms will be avail-

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## Building Space Team Update

*By Linda Dunbrack*

The Building Space Team has focused on ensuring that the process reflects good stewardship of our limited resources. Our goals involved ensuring that options that are developed reflect the congregation's needs for worship, ministry, and mission, choosing the right architect and other professionals, and communicating and involving people inside and outside the church in the process. We have begun building on the information gathered by the Research and Discovery Team. We have ordered a variety of resources that address issues such as managing large construction project and aligning our building goals with our worship, mission, and ministry. We are networking with people in other churches to see what lessons they have learned and whether they have any architects or other professionals that they would recommend.

In early August, we expect to be able to lay out a process for the Team and the congregation based on the information gathered from these resources. We are looking at a variety of ways of communicating our progress, including electronically and a low-tech binder that will be kept in the church.

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August 2010

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Dear Ones,

*There's a land that I heard of  
once in a lullaby.*

You and I yearn for the place we remember, the place we remember hearing about once in a lullaby. What is the place for which you yearn? What is it like?

For some of you lucky ones, the place for which you are yearning is the place where you go on vacation in the summer. In vacation places, there are specific things that will be the same each year. My sister remembers the feel and smell of the pine needles in the woods at the sandy pond where we would swim, up in Maine. Summer places might be the only time in the year when you buy a clam roll or perhaps you visit someone who makes a kind of pie that you like. There is a certain feel to places that are special to us. It gets cold in Framingham but that's different from the cold stillness you find when you stop partway down the ski slope on the first run of the day, a cold that we all might like to visit in the midst of a humid July.

It's not just outdoorsy or rural places for which we yearn. Perhaps you are someone for whom that first glimpse of the ball field as you come to the ballgame is what calls to you. Maybe the golden memory is deep in the stacks of a library, where the air is a little thick – brimful of potential worlds. Perhaps, for you, it's the city of light, Paris, where I, for one, have never been.

You may feel the pull of places you've never been. That's a mystery, is it not? You may never have walked on a beach where

the south Pacific pounds in the sun and yet there is part of you that can conjure up the sound, feel the sand under your feet, sense the warm, southern breeze on your cheek, ...

I have cherished the notion that the sum of all our yearnings defines an open space within us. In each of us, that open space is different because we yearn for somewhat different things. The shape of that space within us is the shape of God, the one who is both always with us and never with us. That is why our yearning for the essence of life and love is poised between the wonderfulness of that for which we yearn and the sadness of longing for it.

Many Christian hymns sing longingly for the day when we'll "fly away," when "we shall overcome," when God "will make

all things new," when Christ will come again. I believe that we misuse these longings when they lead us to hope for heaven. These longings exist in this world; a world of pine needles, breezes, pies, music, mountains, seas, and city streets. I believe that we access the power of these longings when we acknowledge that each person we meet has them too. Do you believe that we all want deep, wonderful things? In that common desire for the wonderful, we can find each other. In that common desire for God, we can find each other. I'll look for you if you look for me!

*Where troubles melt like lemon  
drops away above the chimney  
tops that's where you'll find me!*

*Peace and Blessing,  
Pastor Brad*

## What to Say

*Submitted by Ruth Bodge*

When someone you care about loses a loved one or is hurting, it can be challenging to know what to say. Perhaps Woody Allen's observation is best: 80% of the job is just showing up. It may be enough just to show up and visit without saying anything. It may be best to just be present. We worry about saying the wrong thing, especially to someone facing a loss. Consider some practical things to say and not to say in these situations:

### Appropriate expressions

Please accept my sincere sympathy  
My heart goes out to you  
Friends share in your grief  
You are in my prayers at this time  
I pray that God will give you peace  
at this time of loss  
I cannot imagine the pain you must  
feel at this time  
I am sad to hear of your loss  
What can I do?  
A hug, if appropriate . . . with no  
words . . . may be best of all

### Inappropriate expressions

I know how you feel  
Be happy for what you have  
Life is for the living  
The good die young  
Don't cry  
He/she is in a better place  
Life must go on. You will feel better  
before you know it.  
He/she lived a good life  
Thank God you have other children  
God must have wanted a baby  
angel

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## Deacons

People of Grace,

Someone has said, "Vacation is what you take when you can't take what you've been taking any longer."

There are good reasons to take a vacation every year: spending time with friends and loved ones, experiencing physical and mental refreshment, enjoying changes in scenery and routine, and preparing for another year of productivity. Even if it only lasts a few hours or a day, even if the place is your home, take some time to replenish yourself. Please enjoy your vacation! If you have the opportunity, try to attend church while you're away and let us know what you experienced. Just remember that during vacations and weekend getaways, you're especially missed by your friends at church because no one can fill your place quite like you.

Have a wonderful summer!

Also, there are times in our lives when we feel nothing is going right. We offer you this

prayer when you or someone you know feels challenged:

*God of wisdom and love, help me and all others who are struggling with difficult circumstances find direction and strength to face our challenges. Give us the assurance that underneath us are your everlasting arms, which will sustain us through everything we face day and night. In Jesus' name. Amen.*

If you would like to provide flowers for the altar, please be in touch with Ruth Carney. You may bring flowers or if you wish to have her order flowers from our florist, the current price is \$35.

Please do not forget that we care about your wellbeing, if we can be of any help, please be in touch with one of us. God is with us and among us. God does and will provide. May you always feel God's blessings,

*Ruth Carney  
Karolyne White*

## What to Say

*Continued from page two*

**It is God's will  
Everything happens for a reason  
That reminds me of the time I lost  
my. . .**

Your expression of care will be felt. Presence and even silence is more valued than words. Favor simple words and short sentences. Listen twice as much as you talk. Then pray for them. Believe in the power of prayer. Trust that God gives peace and soothes troubled hearts. The Psalmist writes: God is our refuge and strength, a very present help in our troubles (Psalm 46:1). Ask God to be their refuge and their strength in their time of trouble.

Rev. John Zehring  
South Church Andover

## Stewards

### Thanks to:

**Joe Belloli**, our outside maintenance ANGEL, we now have an additional shed! Perhaps we will now have a place for our overflow of chairs, and maybe even a table or two! Stay tuned – we may be looking for volunteers to do a bit of painting!

**Al McGuirk**, one of our inside ANGELS, for scraping and repainting the bench. This has been returned to it's original home, under the deck .

**Beverly Ablondi and Barbara Kimball**, our weeding ANGELS, for cleaning out all of the weeds in front of the church. This was done in the blazing heat at the time of the collection event.



**Brad**, for the new window box on the old shed, and, of course, for all of the things he does that we sometimes don't even notice.

**All of you**, who help to keep the building and grounds clean and attractive.

As of August 11, our Stewards meetings will be held on the second Wednesday of the month.

As always, we want to hear from you if you have any questions, or concerns, about what we are doing to keep our property and finances safe.

*Jean Burr*

## Calendar - August

August 1	8:45 AM Singers 10:00 AM Worship 10:00 AM Camp Grace Cans for Communion
August 8	8:45 AM Singers 10:00 AM Worship
August 11	7:30 PM Stewards
August 15	8:45 AM Singers 10:00 AM Worship
August 22	8:45 AM Singers 10:00 AM Worship
August 25	5:30 PM Eagles
August 29	8:45 AM Singers 10:00 AM Worship

## Faith in Action

### Styrofoam Day

Many thanks to those of you who helped out on Saturday, the 24th of July, at our 4th Styrofoam collection event. It was very hot & steamy, and having extra helpers allowed for break times!



The response from the public was wonderful and we were extremely pleased to know that folks have spread the word to other localities so that more people are aware of the problems that Styrofoam cause for our environment. Don't forget to save your plastic cutlery from your summer picnics, etc. When rinsed and packaged separately from the Styrofoam, they can now be recycled.

If interested in learning more about Refoamit, visit their website at [www.refoamit.com](http://www.refoamit.com).

### Coming Up

Our next collection day has been scheduled for October 23 – same time – same place. We will also be accepting electronics for recycling on that day. This is in no way connected to Refoamit, the Shermans' company which takes the Styrofoam. We have contracted with CRT Recycling, Inc., to be at the church to take all kinds of electronic equipment, for which Grace will receive a small donation. More information on this will be available in our next issue.

### Theater, anyone?

Have you spoken to Daleen yet about wanting to be involved in our fall production by the "Not Ready for Anytime Players"?

*Jean Burr*

## Missions

*Continued from page one*

able after church every Sunday from late August-September, or you can download them from <http://www.mwoconnection.org>. There is no minimum amount of pledges to participate, but every walker who raises at least \$50 will be entered in a raffle for some great prizes donated by local businesses. If you can give your time, but not your feet, on the day of the walk, volunteers are especially needed to sit in a shady spot on the Common to register walkers from 12:30-1:30, or help prepare lunch for the walkers at Grace. If you would like to help, please contact Mary Memmott.

*Mary Memmott*



### Grace Composts!

Come visit our new "Bio-orb" composter out back!

But we need your help –

Do you have clean, empty coffee cans (with lids) or kitty litter pails (with tops)?

Bring them to Grace ASAP and we will convert them into kitchen scrap collectors!

Thank You!



### Book Club

The Club will meet on September 22 to discuss books we have read during the summer.

### Grace Women United

GWU will meet on September 15th at 11:30 am.

### Grace Congregational, UCC

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