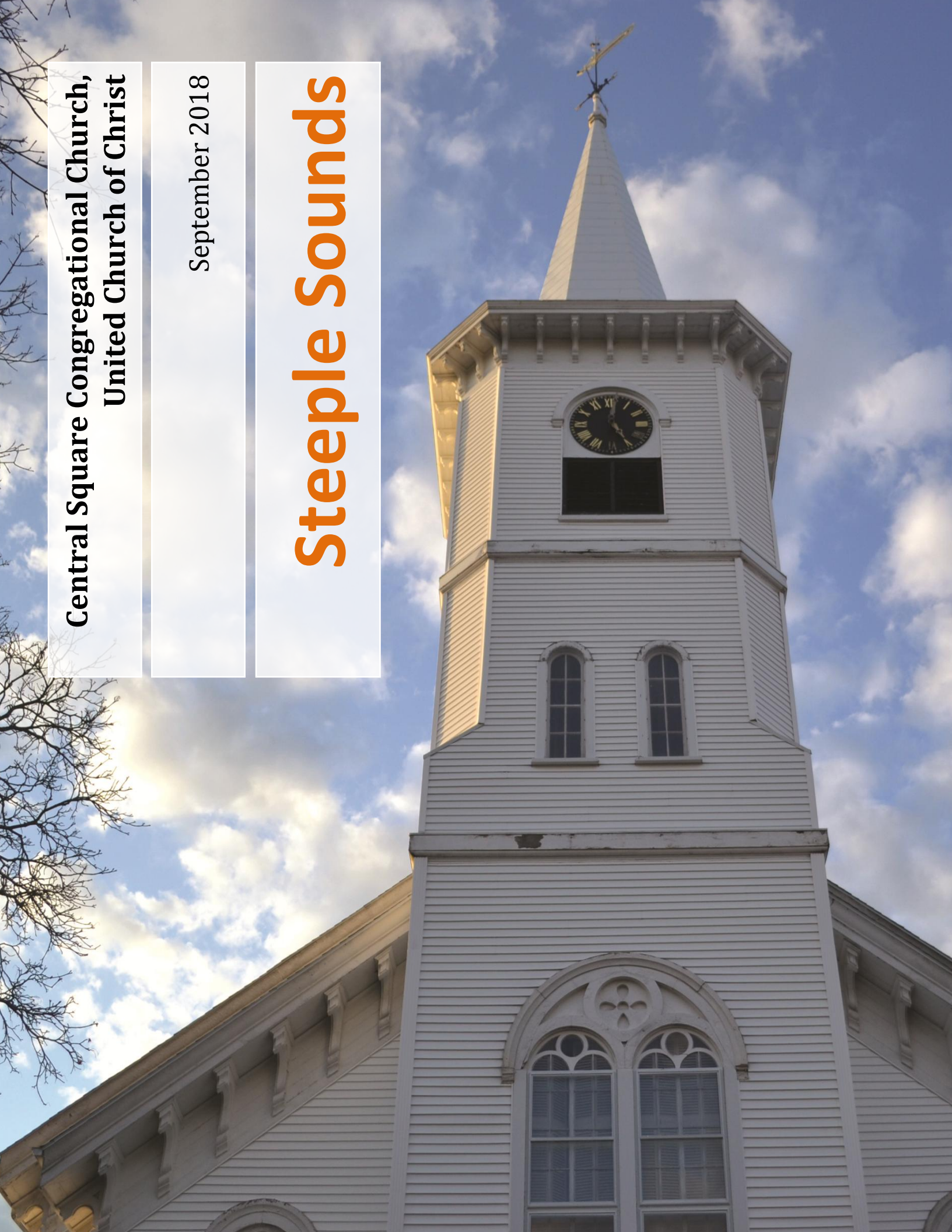


**Central Square Congregational Church,
United Church of Christ**

September 2018

Steeple Sounds



From The Desk of Rev. Beth



"Rejoice in the Lord always; again I will say, Rejoice. Let your gentleness be known to everyone. The Lord is near. Do not worry about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus. Finally, beloved, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is pleasing, whatever is commendable, if there is any excellence and if there is anything worthy of praise, think about these things. Keep on doing the things that you have learned and received and heard and seen in me, and the God of peace will be with you." -Philippians 4:4-9

Have you ever taken an inventory of how you are feeling/doing? Do you routinely check in with yourself to take a moment to notice everything that you are carrying around with you? Everything you're involved in? What brings you joy? What brings you anxiety and stress? If you aren't familiar with the practice called a body scan, it's a helpful form of meditation that you may find useful at the end of a busy summer and now as we enter our program year.

Check out this practice from Elaine Smookler:

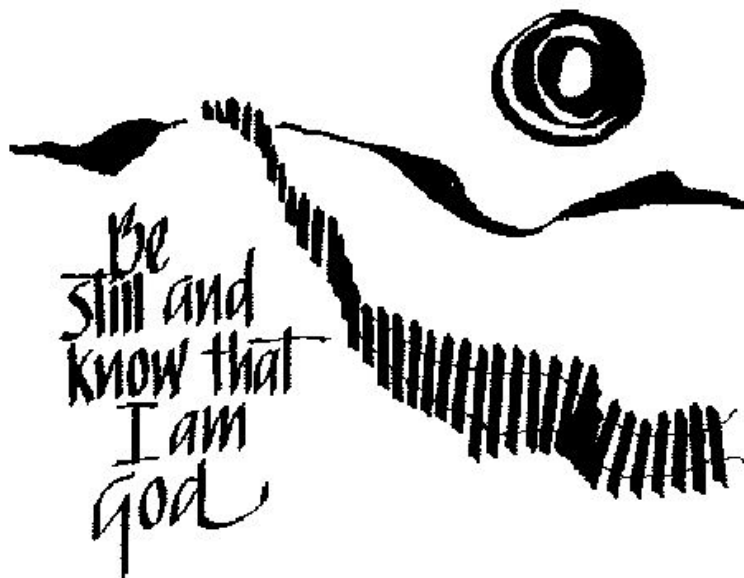
- It is recommended you allow about 30 or 40 minutes to let yourself really investigate this practice. But if you don't have that much time, utilize whatever time you have. You might want to lay down, but you can also do it sitting up, especially if that makes it easier for you to stay awake.
- Closing your eyes can be helpful to allow you to focus or, if you'd rather, you can always lower and half-close your eyes.
- Bring awareness to the body breathing in and out, noticing touch and pressure where it makes contact with the seat or floor. Throughout this practice, allow as much time as you need or want to experience and investigate each area of the body.
- When you're ready (no rush), intentionally breathe in, and move your attention to whatever part of the body you want to investigate. You might choose to do a systematic body scan beginning at the head or feet. Or, you might choose to explore sensations randomly. Enjoy!
- Sensations might include buzzing, or tingling, pressure, tightness or temperature, or anything else you notice. What if you don't notice any strong sensations or things feel neutral? You can simply notice that, too. There are no right answers. Just tune

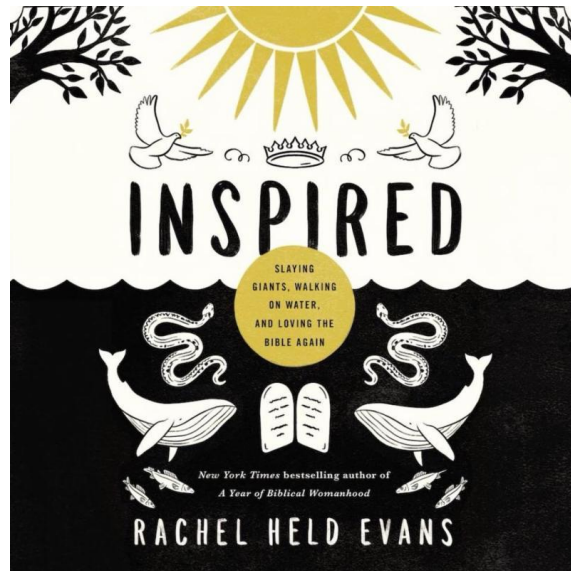
in to what's present, as best you can, without judgement. You'll notice judgement puts a different spin on things.

- The main point is being curious and open to what you are noticing, investigating the sensations as fully as possible, and then intentionally releasing the focus of attention before shifting to the next area to explore.
- At some point, you'll notice Elvis and your attention have left the building. Yup. Great noticing! You'll quickly discover that you can't stop your attention from wandering. Sorry 'bout that. But over time you can train it to stay for longer periods: train it, not force it, there's a difference. Each time your attention wanders, simply notice that this is happening, then gently and kindly (it's really important that you don't try to force anything) direct your attention back to exploring sensations in the body. Rinse and repeat until you've finished your entire body exploration. (And hey! Neuroscience tells us that noticing drifting attention, and gently returning our focus to wherever we've placed it, over and over, is how we create new pathways in the brain.)
- At the end of this exploration of bodily sensations, spend a few moments to expand your attention to feeling your entire body breathing freely.
- Open your eyes if they have been closed. Move mindfully into this moment.

Regularly practicing the body scan can help you enhance your ability to bring your full attention to real-time experiences happening in the present moment—helpful when emotions or thoughts feel wild.

When we take part in spiritual practices like this, we're better able to live as Paul recommends in the Philippians passage above, living lives of thanksgiving and peace. My prayer is that we each find ways in our day to day experiences of the world to be present, celebrating our place in God's world. Amen!





On **Saturday, September 8th**, join Rev. Beth in a **Back to School / Back to Church Book Study** starting at **10 AM** in the *Fireplace Room* on the book "*Inspired: Slaying Giants, Walking on Water, and Loving the Bible Again*" by Rachel Held Evans. (The book is available online or in your local library.)

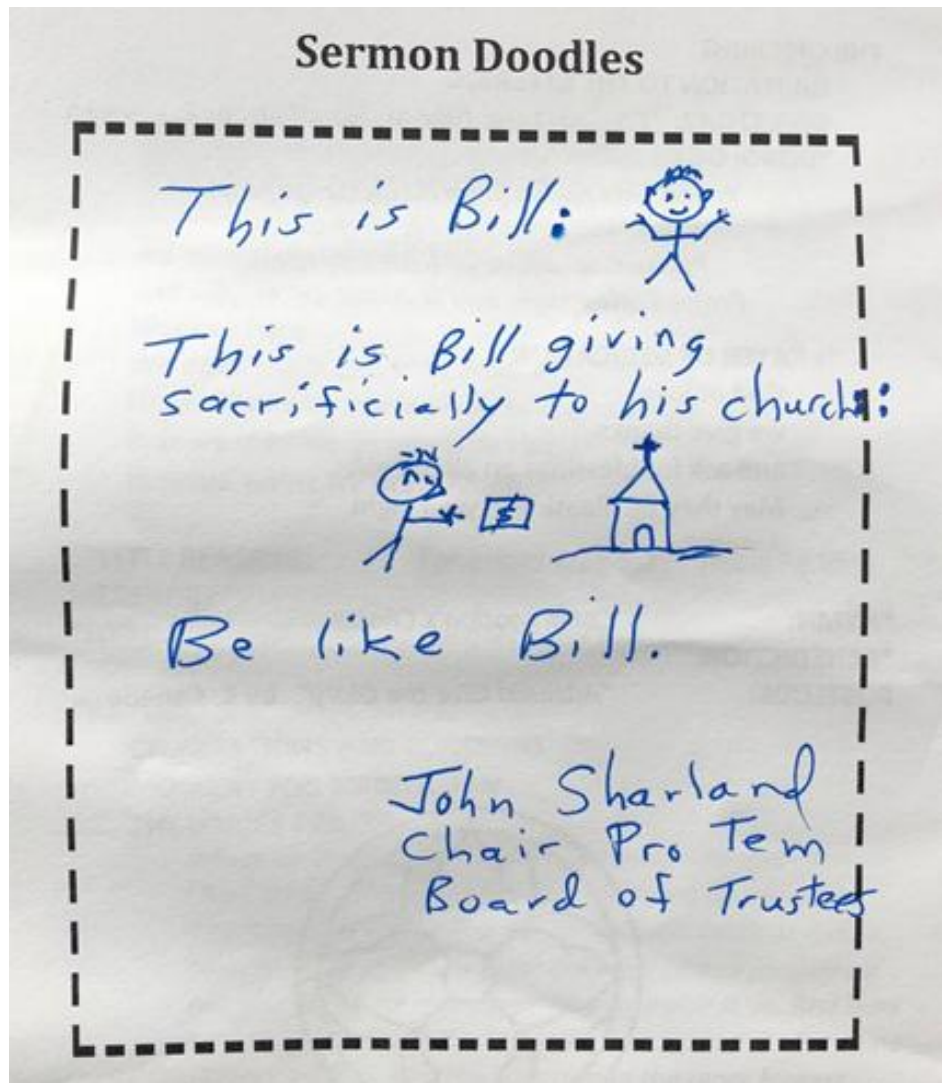
From the Minister of Music

It's hard to believe that the summer season is coming to an end! I am very much looking forward to restarting our choirs in the fall. Our kickoff Sunday is on September 9th, and from then onwards, our choirs will be in full swing! Our adult choir will be rehearsing every Sunday at 8am and performing in each service. Our children's choir will be rehearsing on the 2nd, 3rd, and 4th Sundays of the month at 9:30am and performing on the 4th Sunday of the month in the service. We are always interested in adding new voices to our choirs! If you might be interested in joining our adult or children's choir, please email me at juliascottcarey@gmail.com.

Stay tuned for more information soon about our fall Score Club! For those of you who don't know, "Score Club" is like a book club for music, since classical musicians call a piece of printed sheet music a "score." We gather twice a year to discuss a significant sacred choral work, using the recording and the score. No musical training is required for you to attend Score Club. We enthusiastically welcome all participants' thoughts and opinions.

As we end our summer season of "Congregation's Choice" hymns, I would like to add a word about our hymn selections for our services. We understand that many people in the congregation enjoy the comfort and meaningfulness of singing hymns that they have sung many times before, in which they feel the spiritual and emotional closeness of the familiar. We will continue to sing a mixture of more well-known and more obscure hymns, primarily from our hymnal but also through occasional inserts. Our hymnal has eight hundred amazing hymns in it, from many different cultures and time periods, exploring many different spiritual themes. We are so very lucky to have such an exciting hymnal! Each week, we will try to select at least one hymn which is well-known to the majority of the congregation, as well as some hymns which may be less well-known. It is through singing the less well-known hymns that we can expand our musical and spiritual horizons. And through singing some more obscure hymns regularly, we will have an increasingly broad range of hymns which are familiar and meaningful to us.

From the Board of Trustees



So, you might say that this message is about Stewardship, not what the Trustees do. Please keep in mind that the congregation voted a huge deficit budget in June for Fiscal Year 2019. The Trustees are charged with spending your money wisely AND not putting us on the road to insolvency. Thus, my Sermon Doodle. (Done by the way, after the sermon when I got home.)

News from Growth



Love. Grow. Serve.

CSCC Growth committee, Gail Wershing, Tracey Doherty, Pat Lindsey and I are looking forward to a year of growth in our church. We have a number of new exciting opportunities to spark an interest in people joining our church as well as maintaining our traditional activities.

Greeters- I have taken over the greeter coordinator from Diane Sheibley (a sincere thank you). If you are on the fence about greeting, please contact me (mm.bundock@comcast.net) or talk to me at church about it. We have a good track-record for keeping Greeters in good spirits.

Another pressing and valued ministry in our church coordinated by Growth is coffee hour. Normally we publish a list assigning a committee to cover a month (Sept to June.). We realize all of our Boards and Committees have limited resources so we will propose at Cabinet what we think is a compromise and fair solution. Growth will be doing coffee hour for the month of September.

Finally, we are going to have a presence at Autumn fest (September 29th) again this year, promoting our church and offering incentives for people to visit us. We invite anyone who would like to hang with us for any amount of time to help out. Please let any Committee member know. We also hope to assist other committees with their social events aimed at drawing people to our church.

This is just the start of what we hope to bring as a committee this year! Till next month.

Being led by God,
Your Growth Committee
Mike Bundock, Gail Wershing (Co-chairs)

Women's Guild & Fellowship

Come Join Us!



Have you heard? The Women's Guild and Fellowship is holding their first meeting of the 2018-2019 year on Wednesday, October 3rd at 6:30 p.m. It is a pot-luck supper and business meeting. All women are cordially invited to attend, and are asked to bring either an appetizer, salad, main dish, or a dessert. Oh, and of course an appetite!

Did you know? The Women's Guild and Fellowship raises funds to assist people in our own church, the wider community and people around the world. These funds are mainly raised through the two rummage sales - one held in the fall and the other in the spring. We will finalize plans for the fall rummage sale at our first meeting.

Is it all business? We do begin with a business meeting, but follow with a social time and then the program. The social time is a time to visit and enjoy desserts and snacks provided by the members of the guild. Also, part of the social time is our voluntary participation in Secret Pals, which will be revealed at our first meeting in October. Our program time consists of informative, spiritual, or fun events. This year we look forward to "Traveling to Antarctica" with Barbara Morey, "The Christmas Communion Service" with Rev. Beth and the "Guild Auction" lead by our infamous WG & F Auctioneers. Come to a meeting to learn about some of our other programs.

Who may attend? Women of all ages have the opportunity to attend the meetings. If you have never been to a Women's Guild and Fellowship meeting, we are extending a personal invitation to **you!** So please, mark your calendars and we will see you October 3rd!

Co- Presidents

Beth Basler (508-468-0328)

Terry Reynolds (508-697-4666)

News from Christian Education



I hope everyone had an amazing summer, filled with lots of fun, sunshine and relaxation! There was a moment this summer when I was listening to *"The Times They Are A Changin"* and I immediately began to think about our church. I realize that Bob Dylan wasn't thinking about Central Square when he wrote this song in the 60's, but suddenly his lyrics made me think of how our church is changing with the times.

Take Sunday School for example... When I was a child at Central Square, each grade had an average of ten to fifteen kids. Today, we are lucky to have ten to fifteen kids in the entire Sunday School program. There are lots of different theories as to why there is such a decline in attendance over the last ten years but what is important to me as your Superintendent, is that we are meeting the needs of our children and families today.

Gone are the days we have full classes and a designated teacher for each grade for the entire year. Whatever the reason, there is a true struggle for children and adults to commit to Sunday School every week. Again, times are changing so we need to change too. This year, I will be asking all able members of the congregation to consider spending one Sunday this school year with our youth in the Sunday School program. This could be volunteering in our nursery with the infants and toddlers, as one of two teachers in our primary grades program or as one of two teachers in our 6th-8th grades program.

You'll probably hear me speak about this in the coming weeks, but please feel free to contact me with any questions at maximus202@comcast.net. As our mission states, "We are a Christian community..." and so I see this change as an opportunity for a variety of elders in our congregation to join our Sunday School community to help teach our children.

Thank you,

Krissy Cannizzo
Sunday School Superintendent

It is back to school time and back to church time, and the Christian Education committee has gone digital! You can now register your children on our online form through the CSCC website. **Kick Off Sunday is September 9th and will be the first day of Sunday School.** Please register early so we can get our programming and supplies established. We are looking for volunteers to help in Sunday School. Krissy Cannizzo has planned many wonderful lessons and has dedicated every Sunday to our youth last year. We would like to give Krissy a chance to attend worship, so that she can also meet her spiritual needs, as she misses many of the services. Lesson work is already done, all you have to do is participate with the youth during Sunday School. If you have a special interest and want to share an activity with the youth, please reach out to Krissy or Lisa and we will work with you.

We have had an increase in little ones attending and now we will be welcoming Miss. Josephine Stotts into the nursery. We need volunteers to staff the nursery each week. Don't worry, We also have a TV that you can view the services on in the nursery. You can sign up during coffee hour, by calling the church office 508-687-6016, or by using our Signup Genius <https://www.signupgenius.com/go/10c0c4daea728a6f94-nursery1>

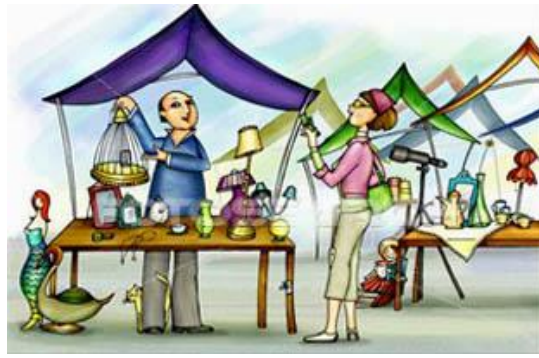
CE's Mission Statement is - To provide educational and learning opportunities for the young and young at heart. While being inspired by the Holy Spirit to help guide us in the changing landscape of church community.

To better serve ALL of our congregation I encourage you to reach out and let us know how we can best serve you and what programs you would like us to offer. Please reach out to any CE member. I am always available by email: ismasiello@gmail.com or can be reached by phone 508-245-4086.

We ask that everyone fill out a CORI form during coffee hour, and we will need to make a copy of your driver's license. All volunteers who work with children are required to go through this easy process. That way, if you volunteer anytime during the year you are ready!

Mission Youth Trip 2019!

Are you interested in joining an amazing group of youth and leaders for a life-changing week of service to a community in need? Students currently in grades 8-12 are eligible to participate in the annual CSCC Mission Trip on June 23-28, 2019. The mission team will work together during the coming year to prepare for service and raise funds for the trip. An informational meeting will be held for all interested youth and parents on a date to be determined. Please keep an eye on our all church emails and facebook for more information to come! Please contact Marlene Beaudrault Jacobs with any mission trip questions in the meantime at (508)378-8326 or embjacobs@comcast.net.



THE FALL FAIR & TURKEY SUPPER : CHANGE IS ON THE HORIZON!

Whether you're going to bake up a storm for the cookie walk and dessert table, donate to attic treasures, cook a turkey, or just look forward to some holiday shopping, a gourmet Beth Basler Presents lunch, and a delicious turkey supper, SAVE THE DATES for the CSCC annual fair and turkey supper!

FRIDAY AND SATURDAY, NOVEMBER 2 AND 3 : PIE NIGHT & FAIR

Friday, 6:30-8:30, Saturday 9-2

SATURDAY, NOVEMBER 10 : TURKEY SUPPER

Seatings at 4:30 and 6:30

Yes, you read that correctly. The **fair and the turkey supper** are on consecutive weekends rather than the same weekend. It just seemed to be much more manageable that way, logistically speaking.

No contribution of your time and talent is too small. If you are interested in volunteering with baking, turkey serving, turkey cooking, pie night, publicity, or just about any other capacity, contact one of "My Fair Ladies": Denise Molinari (denmol@comcast.net, 508-279-6322), Carla Jackson (fourjacs@comcast.net, 508-279-3375), Deb Rucker (motherucker@gmail.com), or Diane Sheibley (diane@sheibley.net, 508-207-2524).

ALSO, if you know any **BR high school students** who want community service hours by working at the fair, have them contact Diane Sheibley as well! Hours are flexible.

OPPORTUNITY IS KNOCKING!!

On Sunday, **September 23** and Sunday, **September 30**, look for the various boards, committees, and groups to have information available on what they do and how you might participate or donate a bit of time and talent. It's the **OPPORTUNITY FAIR!** Held both Sundays immediately following service in the fellowship hall. You needn't be a board or committee member to make a difference – your time and your talent is a blessing no matter what your role.

NOTE to board/committees/groups : everyone is welcome (and strongly encouraged) to have a display ready at both of these times to show off all the cool stuff you do, and how you do it. Inspire volunteers to serve alongside of you in your mission! Give them the opportunity to show off their God-given talents in His service.

2018 GOLF TOURNAMENT

The 2018 Golf Tournament is now in the books, as they say. Held on July 27, on a warm sunny morning, 57 golfers gathered at the Olde Scotland Links golf course. The tournament raised \$5,200 for the church and \$1,700 for the Bridgewater Food Pantry!

Congratulations to Roger Bissonnette, who was the winner of two Patriots vs. Jets tickets.

Thank you so much to all the volunteers, golfers, sponsors, and donors. If you know any of the folks below, or frequent their businesses, please let them know how much we appreciate their generosity:

Our premiere sponsors:

Bidhin Patel, D.M.D.

Yusen Associates

Hole Sponsors:

APA, LLC

Barbour Corporation

Beth Basler Homes at Keller Williams Realty

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BSC Industries World Class Products Engineered Solutions

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CSCC Board of Trustees

Dennis Tavares and Family, In Memory of Ken Escolas

Fisher Family Dentistry PC

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Just Desserts

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Representative Angelo D'Emilia

The Mullaney Family

Turner Steel Company, Inc

Women's Guild & Fellowship

Our other sponsors and donors:

Advance Auto Parts
Barbara Morey
Brett Wright
Colburn Interiors
Dixon Golf
Hillary Doherty
Jack Melcher
Mike & Mauree Bundock
Mike Shea's Coffee
Olde Scotland Links
Pine Oaks Golf Club
Roche Bros.
Steve & Connie Chandler
The Chateau
The Residence Inn
Tim White
WFL Associates/William Lunday

And a very big thank you to our tournament volunteers, workers, and advisors: Gail Wright, Beth Basler, Anne Malmquist, Terry Reynolds, Meg McDermott, Diane Sheibley, Jack Melcher, Barbara Morey, Ellen Atherton, and Brett Wright, and all others who procured raffle prizes, donations, and golfers. See you next year!



ATTENTION BOARD AND COMMITTEE CHAIRS!

Please plan on attending the first Cabinet meeting of the new year on **WEDNESDAY, SEPT 19**, at 7pm. It is crucial that all boards and committees be represented, and meetings are open to anyone and everyone that wants to know more about what's going on at CSCC. See you there! –*Diane Sheibley, CSCC Moderator*

A special thank you to David Berard for helping out at the Church with some painting projects as part of his Community Service for school this summer!



Daily Lectionary Scripture References September 2018 (Year B)

Sat., Sept. 1

Psalm 45:1-2, 6-9
Hosea 3:1-5
John 18:28-32

Sun., Sept. 2

Song of Solomon 2:8-13
Psalm 45:1-2, 6-9
James 1:17-27
Mark 7:1-8, 14-15, 21-23

Mon., Sept. 3

Psalm 144:9-15
Song of Solomon 3:6-11
1 Timothy 4:6-16

Tues., Sept. 4

Psalm 144:9-15
Song of Solomon 5:2-6:3
1 Peter 2:19-25

Wed., Sept. 5

Psalm 144:9-15
Song of Solomon 8:5-7
Mark 7:9-23

Thurs., Sept. 6

Psalm 125
Proverbs 1:1-19
Romans 2:1-11

Fri., Sept. 7

Psalm 125
Proverbs 4:10-27
Romans 2:12-16

Sat., Sept. 8

Psalm 125
Proverbs 8:1-31
Matthew 15:21-31

Sun., Sept. 9

Proverbs 22:1-2, 8-9, 22-23
Psalm 125
James 2:1-10 [11-13] 14-17
Mark 7:24-37

Mon., Sept. 10

Psalm 73:1-20
Proverbs 8:32-9:6
Hebrews 11:29-12:2

Tues., Sept. 11

Psalm 73:1-20
Proverbs 11:1-31
Hebrews 12:3-13

Wed., Sept. 12

Psalm 73:1-20
Proverbs 14:1-9
Matthew 17:14-21

Thurs., Sept. 13

Psalm 19
Proverbs 15:1-17
Hebrews 11:17-22

Fri., Sept. 14

Psalm 19
Proverbs 19:24-29
James 2:17-26

Sat., Sept. 15

Psalm 19
Proverbs 21:1-17
Matthew 21:23-32

Sun., Sept. 16

Proverbs 1:20-33
Psalm 19 or Wisdom 7:26-8:1
James 3:1-12
Mark 8:27-38

Mon., Sept. 17

Psalm 73:21-28
Proverbs 22:1-21
Romans 3:9-20

Tues., Sept. 18

Psalm 73:21-28
Proverbs 25:1-28
Colossians 3:1-11

Wed., Sept. 19

Psalm 73:21-28
Proverbs 29:1-27
John 7:25-36

Thurs., Sept. 20

Psalm 1
Proverbs 30:1-10
1 Corinthians 2:1-5

Fri., Sept. 21

Psalm 1
Proverbs 30:18-33
Romans 11:25-32

Sat., Sept. 22

Psalm 1
Ecclesiastes 1:1-18
Matthew 23:29-39

Sun., Sept. 23

Proverbs 31:10-31
Psalm 1
James 3:13-4:3, 7-8a
Mark 9:30-37

Mon., Sept. 24

Psalm 128
Proverbs 27:1-27
James 4:8-17

Tues., Sept. 25

Psalm 128
Ecclesiastes 4:9-16
James 5:1-6

Wed., Sept. 26

Psalm 128
Ecclesiastes 5:1-20
John 8:21-38

Thurs., Sept. 27

Psalm 124
Esther 1:1-21
Acts 4:13-31

Fri., Sept. 28

Psalm 124
Esther 2:1-23
Acts 12:20-25

Sat., Sept. 29

Psalm 124
Esther 3:1-15
Matthew 5:13-20


Sun., Sept. 30

Esther 7:1-6, 9-10; 9:20-22
Psalm 124
James 5:13-20
Mark 9:38-50



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September Calendar

Sun 26	Mon 27	Tue 28	Wed 29	Thu 30	Fri 31	Sat Sep 1
<ul style="list-style-type: none"> 10am Worship 7:30pm AA-FH 	<ul style="list-style-type: none"> 7pm NA-FH 		<ul style="list-style-type: none"> 7pm Trustees - FR 	<ul style="list-style-type: none"> 10am Food Pantry - LL 7pm Al-Anon - FH 		
2	3	4	5	6	7	8
<ul style="list-style-type: none"> 10am Communion 10am Worship 7:30pm AA-FH 	<div>Office Closed</div> <div>Labor Day</div> <ul style="list-style-type: none"> 7pm NA-FH 	<ul style="list-style-type: none"> 7:30pm Stewardship - 	<ul style="list-style-type: none"> 10am Staff Meeting - I 7:30pm BSU Choir - S1 	<ul style="list-style-type: none"> 10am Food Pantry - LL 7pm Al-Anon - FH 		<ul style="list-style-type: none"> 10am Book Study - FR
9	10	11	12	13	14	15
<div>Kickoff Sunday</div> <ul style="list-style-type: none"> 10am Worship 7:30pm AA-FH 	<ul style="list-style-type: none"> 6:15pm Girl Scouts - M 7pm NA-FH 	<ul style="list-style-type: none"> 7pm Deacons - FR 7:30pm Outreach - MR 	<ul style="list-style-type: none"> 6pm Girl Scouts - MR 7pm CE - FR 7:30pm BSU Choir - S1 	<ul style="list-style-type: none"> 10am Food Pantry - LL 7pm Al-Anon - FH 7pm Growth - FR 	<ul style="list-style-type: none"> 6:30pm Pack 35 - FH 	
16	17	18	19	20	21	22
<ul style="list-style-type: none"> 7am Breakfast Prep - I 9am Breakfast - FH/K 10am Worship 7:30pm AA-FH 	<ul style="list-style-type: none"> 7pm NA-FH 		<ul style="list-style-type: none"> 7pm Cabinet-MR 7:30pm BSU Choir - S1 	<ul style="list-style-type: none"> 10am Food Pantry - LL 7pm Al-Anon - FH 		<ul style="list-style-type: none"> 6pm CE Game Night -
23	24	25	26	27	28	29
<ul style="list-style-type: none"> 10am Worship 11:30am Opportunity I 7:30pm AA-FH 	<ul style="list-style-type: none"> 7pm NA-FH 		<ul style="list-style-type: none"> 6pm Girl Scouts - LL 6pm Girl Scouts - MR 7pm Trustees-FR 7:30pm BSU Choir - S1 	<ul style="list-style-type: none"> 10am Food Pantry - LL 7pm Al-Anon - FH 		<div>Autumnfest</div>
30	Oct 1	2	3	4	5	6
<ul style="list-style-type: none"> 10am Worship 11:30am Opportunity I 7:30pm AA-FH 	<ul style="list-style-type: none"> 6pm Food Pantry - LL 6:15pm Girl Scouts - M 7pm NA-FH 	<ul style="list-style-type: none"> 7:30pm Stewardship - 	<ul style="list-style-type: none"> 6:30pm WG&F - FH 7:30pm BSU Choir - S1 	<ul style="list-style-type: none"> 10am Food Pantry - LL 7pm Al-Anon - FH 		

Please see our online calendar at cscucc.org for the most up to the date & in real time event information.



Central Square CC now takes PayPal!

CSCC is now able to accept **online donations!** (Both general donations and donations for the Bridgewater Food Pantry). At the top of our website homepage (www.cscucc.org), there are two buttons, one for each category of donation. Feel free to let your friends, neighbors, and social media networks know that they have the ability to support our work and the work of the food pantry.

Church Administration

Pastor: Rev. Elizabeth Stotts – csccpastor@hotmail.com

Congregational Administrator: Ellen Atherton – office@cscucc.com

Sexton: Rich Sullivan

Minister of Music: Julia Scott Carey

Superintendent of Sunday School:

Krissy Cannizzo maximus202@comcast.net

Treasurer: David Sheibley treasurer@cscucc.com

Office telephone: (508) 697-6016

Website: www.cscucc.org

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