



# *Epistle*

**SOUTH CONGREGATIONAL CHURCH**

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**UNITED CHURCH OF CHRIST**

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April 2016

Easter afternoon I found myself walking on the Bike Trail with Tora looking for buds of new life. Specifically, Tora was hunting for pussy willows with clippers in hand so she could take those soft, little bundles of life to her first grade classroom. We ended up with a large handful of pussy willow stems, from which Tora will teach science, poetry, and the love of nature to her children. As always I was enchanted by the workings of the mind of this early childhood educator who is constantly looking for ways to enlarge the vistas of young children. This little walk on a beautiful afternoon got me thinking about new buds and growing edges—at church.

One of the highlights of Easter worship this year was our Children's Choir. For the past few years our Church School has not been large enough for our children to sing at Easter. But this year, through the steady faithfulness of Ann Roche and helpers our Church School has been thriving and growing. Ann has brought to us Beverly Krol who has been teaching our children a number of songs over the past months. As a result on Sunday there was Bev with her guitar and sixteen young ones singing and clapping, adding a new dimension to our Easter celebration. You can find photos of our children singing and hunting for Easter Eggs on our Facebook page--southchurchpittsfield--or at our website "southchurchpittsfield.org".

These social media sites are also marvelous growing edges of the church. We've been working on such things for a while. But some of our newcomers to the church, especially Erin Murphy and Darlene Berryman, have been helping these buds to truly blossom. Our Networking team, guided by Mary Rentz and Bob Hill—and supported wonderfully by Tim Hill, until he moved out of state—laid the groundwork and now we are seeing the fruit! Be sure to check them out. (If you would like to listen to my sermons, just head to the website and click on my photo—and check out the other photos, as well.) Spread the word about these new happenings at South so our growing edges can keep blossoming!

Another growing edge is our "Bread and Roses" coffee house. This ministry has been evolving over the past year and in recent months has been blossoming. On the third Friday in March, Linda Worster arranged for well-known, local musician, Bobby Sweet, to be with us. We had almost ninety people in the Parlor and Red Carpet area enjoying the music. As always we split the proceeds between the artists and a mission project. For March we chose the George B. Crane Recovery Center on Linden St. The George Crane Center offers space, support, and guidance to those in recovery from addiction. It is modeled on a similar center in Holyoke that has been quite effective. We were able to give this vital work \$350 at the close of the evening. Month by month we are offering the community beautiful music from local artists—the "Roses"—as well as support to important local social service agencies—the "Bread". It is so exciting when hopes and dreams take root, begin to bud, and blossom in surprising ways. Jesus spoke often of such things and how they were signs of a new world coming. In this season of Easter may all such buds of new life take root and help transform not just our church but our whole world in holy, healing ways.

EPISTLE

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The next *Epistle* deadline is April 24 at 11 a.m.

OUR CHURCH FAMILY

David H. Colburn

March 19

“When someone you love becomes a memory, the memory becomes a treasure.”

Author unknown



A memorial service for David will be held

Saturday, April 16<sup>th</sup> at South Church.

Welcome

South Church welcomed into our fellowship of faith the following new members on Palm Sunday, March 20<sup>th</sup>.

Members

- Patricia Aldrich
- Darlene Berryman
- Jessica Bortolotto
- Cindy Haven
- Kynda Ruopp

Sponsors

- Patricia Hill
- Will Garrison
- Cindy Dickinson
- Mary Wheat
- Ann Roche

Our love and best wishes follow you Patricia, Darlene, Jessica, Cindy and Kynda as you continue your journey of faith. Congratulations to all!

Newsletter

ATTENTION EPISTLE READERS

THIS IS YOUR EDITOR SPEAKING!

It's time to renew our annual subscription for the monthly South Church newsletter. *Beginning this month the fee will be \$4.00, an increase of \$1.00 for the year.* An envelope has been enclosed in this issue for your convenience and may be placed in the collection plate on a Sunday morning, or mailed to South Congregational Church, c/o Pamela Garrett, 110 South Street, Pittsfield, MA 01201. If you are reading this on the electronic version, simply use an envelope marked EPISTLE.

This small donation ensures another year of *Epistle* delivery to members and friends of South Church. Your continued support is greatly appreciated.

Priscilla Anthony, *Epistle* Editor

FOOD PANTRY

The Food pantry continues to grow in numbers in volunteers, donations and guests. We are very fortunate to have many caring, responsible and "take-charge" volunteers.

Beginning at 7:30 a.m. and throughout the morning, two volunteers check in the pantry guests on a computer. Every person also has to sign a paper because we use USDA food (with specific regulations that also determine the price we pay.) Throughout the morning, volunteers bring food down from the pantry, display it on the tables and shelves, and at the end of the morning, pick it up and put it away. Then when all is done, our volunteer chef John cooks a delicious lunch for all the volunteers. Everyone works very hard, but we are rewarded by a good job well done and excellent fellowship. Thank you to all our volunteers!

And thank you, South Church members, for your help in making donations to the pantry, especially toilet paper. Many of our guests use paper napkins from Wendy's or Burger King when they don't have toilet paper. Household supplies we take for granted are not always available to them. April will again be toilet paper month. Happy Spring!

Mary Wheat

## CHILDREN & YOUTH MINISTRIES



Unit 6 begins on Easter Sunday and runs through May 15<sup>th</sup>. Titled “Easter People,” it speaks to and explores the theme of a group of people who received new life through the resurrection of Jesus Christ (an “Easter People.”) The unit helps the students discover the fifty days of celebration called the Easter season. The doubting Thomas, Lydia, who is baptized and a disciple named Dorcas are a few of the stories in the unit. The unit logo symbolizes transformation and the new life which results from the resurrection. The caterpillar that becomes a butterfly is also pictured in the logo, to represent what happened to Jesus when he died and was raised to new life.

I would like to thank all of the volunteers who helped during the Lenten season. The Lenten craft workshop, the Seder meal, and preparing for the annual Easter egg hunt were made a success because of your efforts!

Bri Gallup, Emma Haskell, Sara Adams, Pamela Pixley and Alex Roche also deserve a big “Thank You” for helping cover the nursery while our lead teacher, Rachel Roche was on vacation for two weeks. Thank you all!

Finally, I would like to welcome and congratulate those who joined the church on Palm Sunday, March 20<sup>th</sup> – Patricia Aldrich, Darlene Berryman, Jessica Bortolotto, Cindy Haven and Kynda Ruopp. We here in the Christian Education Program very much look forward to joining together in our journey of faith!

Ann Roche



### PEACE

Peace does not mean to be in a place where there is no noise, trouble or hard work;

Peace means to be in the midst of those things and still be Calm in Your Heart. ~Unknown

## LECTIONARY FOR APRIL 2016

### April 3 – Second Sunday of Easter Communion Sunday

Guest Preacher: Rev. Lisanne Finston

Acts 5:27-32

Psalm 118:14-29

Revelation 1:4-8

John 20:19-31

### April 10 – Third Sunday of Easter

Acts 9:1-6 (7-20)

Psalm 30

Revelation 5:11-14

John 21:1-19

### April 17– Fourth Sunday of Easter

Acts 9:36-43

Psalm 23

Revelation 7:9-17

John 10:22-30

### April 24– Fifth Sunday of Easter

Acts 11:1-18

Psalm 148

Revelation 21:-1-6

John 13:31-35

### ***PROGRESS TOWARD ENLIGHTENMENT***

“As you continue to meditate on compassion, when you see someone suffer, your first response becomes not mere pity but deep compassion. You feel for that person respect and even gratitude, because you now know that whoever prompts you to develop compassion by his or her suffering is in fact giving you one of the greatest gifts of all, as you are being helped to develop that very quality you need in your progress toward enlightenment.

That is why we say in Tibet that the beggar who is asking you for money, or the sick, old woman wringing your heart, may be the Buddha in disguise, manifesting on your path to help you grow in compassion and so move toward Buddhahood.”

From *Glimpse after Glimpse*

by Sogyal Rinpoche.

Submitted by Bing Honig

## MAY MATTOON

May Mattoon met on Tuesday, March 1st for a noontime lunch. There were 20 members in attendance. The tables were set in a St. Patrick's theme. Hostesses were Pam Garrett, Jeannine Rontowski, and Mary Wheat.

Ruth Austin read a letter from Cindy Dickinson thanking us for hosting the reception held after the "Ten Shaker Songs Concert" held on Saturday, February 13th.



A bake sale will be held on Sunday, March 20th following morning worship. Easter lilies will be sent to two South Church members – Stasia Bell and Shirley Guidetti.

The speaker of the month was Megan Whilden, Director of OLLI (Osher Lifelong Learning Institute.) Megan explained that OLLI is a membership-led organization committed to the idea that learning is a lifelong, multifaceted experience. Besides courses, there are lectures, trips and special events year-round designed especially by and for people 50 years and up, but open to all ages. Currently there are 1,000 members with 150 active volunteers. The Spring Catalog was distributed to our members.

The next meeting will be held on Tuesday, April 5th at 12 noon.

Joyce Brown

### *Great Truths about Life that Little Children Have Learned*

- \*No matter how hard you try, you can't baptize cats.
- \*If your sister hits you, don't hit her back. They always catch the second person.
- \*When your Mom is mad at your Dad, don't let her brush your hair.
- \*Never ask your 3-year-old brother to hold a ripe tomato.
- \*You can't trust dogs to watch your food.
- \*Don't sneeze when someone is cutting your hair.
- \*Never hold a Dust-Buster and a cat at the same time.
- \*You can't hide a piece of broccoli in a glass of milk.

*"Plant your rows  
straight and long  
Temper with a  
prayer and  
song....."*



This month's **BREAD & ROSES COFFEE HOUSE** will feature **LINDA WORSTER** and **DAVID GROVER** and will benefit the **GIVING GARDEN**, a ministry of the Pittsfield Church of Christ.

Nourishing the soul and the body go hand-in-hand according to Pastor Moody. Food from the garden is distributed to the community at our food pantry, St. Joe's Kitchen/Pantry.

David and Linda always nourish our souls with original music, a wealth of songs from the past decades, and wonderful harmonies and guitar. Their synergy makes magic.

Please join us on Friday April 15 at 7:00 p.m. in the parlor.

Pat Politis

### *Lord & Tailor -- TAG SALE Saturday, April 23rd, 9 a.m. – 3 p.m.*

**WANTED: Items to sell** -- clean working tools, toys, cookware, dishes, linens, small appliances, collectibles, furniture ( in good condition), children's' and babies' clothing. (Please: NO - Tires, TV's or Computers.) Donations may be left on the third floor.



**Helpers** are needed for set-up on Thursday, April 21st from noon to 3 p.m. and on Friday, April 22nd from 9 a.m. to 2 p.m., also on the day of the Sale, Saturday, April 23rd, from 9 a.m. to 3 p.m.

If you would like to volunteer, please add your name to the sign-up sheets posted on the easel in the Parlor. For additional information, contact Nancy (442-5195) or Audra (458-0971). Thank you.



## ***SOCIAL NETWORKING MATTERS FOR CHURCH GROWTH***

In today's society the most cost efficient way to promote any nonprofit events and fundraisers is on Facebook. Please help us grow our ministry at South Congregational.

You can help by clicking the link below to our revised Facebook page and "like" and "share" as many things as you are comfortable with.

Also "follow" us so you can continue to "like" and "share" future postings to quickly grow our presence online. By pressing "like" and "share" of postings you quickly multiply our reach to more people in our community.

<https://m.facebook.com/SouthChurchPittsfield>

*Darlene Berryman*

## ***ABUNDANT AND NOURISHING WELCOME!***

Community outreach takes many forms. South Church's print ads for Easter offered an "abundant and nourishing welcome." Print ads reach a traditional, older audience who rely on newspapers for their information. The Networking Committee is looking to grow the outreach of South Church much further.

Please read the social network note that Darlene Berryman has written for this Epistle. Darlene and Erin Murphy have volunteered to help South Church get its story into the world of young adults and families. They want to share the good news of the creative, faith-based programming that Ann Roche is doing with our children. Darlene designed and shared a wonderful Easter Egg Hunt flyer on "South Church Pittsfield" on Facebook. Erin has redesigned the South Church Pittsfield website to be more inviting, informative, and attractive. She will keep updating it as the year goes along. Erin says it is a work in progress, but to me it is already a "Wow!"

South Church has a big footprint in Pittsfield. Joel's upbeat, steady leadership and warm ministry of healing and hope resonate far beyond our sanctuary walls to people in the greater community.

The social justice ministry of South Church has not gone unnoticed. Over 450 families partake of the abundant and nourishing welcome of the Wednesday and Thursday morning Food Pantry. The Bread and Roses Coffee House, combining mission and music, continues to grow in artists and audience. What a creative ministry! The Thrift Shop is another kind of outreach. The "sales girls" make shoppers feel at home with their warm and friendly help. Indeed, each group in our church shares a mission of deepening relationships, strengthening faith, and sharing service. All are welcome at South Church

This past month, South Church networked in another way. It became an official site for the Retired Senior Volunteer Program - RSVP. Through RSVP, we are gaining new volunteers (55 years and up) to help with programs that serve the community. In addition, many of our regular volunteers have joined RSVP. Their work will give us matching "hours" to use when we apply for grants for the food ministry, as well as helping the RSVP program fulfill its mission of community service. By next month, we will have a record of just how many hours people volunteer. I believe it will be an astounding number.

This month we welcomed Jeff Thompson as a Maitre d' for our Wednesday meals, joining Art Kaufman, Dick Noble, and Charley Webster. St. Joseph's Kitchen at South Church continues its faithful work.

Mary Rentz

# Ten Great Reasons to Smile

by Mark Stibich, Ph.D.

1. Smiling makes us attractive: We are drawn to people who smile. We want to know a smiling person and figure out what is so good. Frowns, scowls and grimaces push people away, but a smile draws them in.
2. Smiling Changes Our Mood: Next time you are feeling down, try putting on a smile. There's a good chance your mood will change for the better. Smiling can trick the body into helping you change your mood.
3. Smiling is Contagious: When someone is smiling they lighten up the room, change the moods of others and make things happier. Smiling people bring happiness with them.
4. Smiling Relieves Stress: Stress can show in your face. Smiling helps to prevent you from looking tired, worn down, and overwhelmed. When you are stressed, take time to put on a smile. The stress should be reduced and you will be better able to take action.
5. Smiling Boosts Your Immune System to Work Better. When you smile, immune function improves, possibly because you are more relaxed. Prevent the flu and colds by smiling
6. Smiling Lowers Your Blood Pressure: When you smile, there is a measurable reduction in your blood pressure. Give it a try if you have a blood pressure monitor at home. Sit for a few minutes, take a reading. Then smile for a minute and take another reading while still smiling. Do you notice a difference?
7. Studies have shown that smiling releases endorphins, natural pain killers and serotonin. Together these three make us feel good. Smiling is a natural drug!
8. Smiling Makes You Look Younger. The muscles we use to smile lift the face, making a person appear younger. Don't go for a face lift, just try smiling you way through the day – you'll look younger and feel better.
9. Smiling Makes You Seem Successful. Smiling people appear more confident, are more likely to be promoted, and more likely to be approached. Put on a smile at meetings and appointments and people will react to you differently.
10. Smiling Helps You Stay Positive. Try this: Smile, think of something negative without losing the smile. It's hard. When we smile our body is sending the rest of us a message that "Life is Good!" Stay away from depression, stress, and worry by smiling.



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April prepares her green traffic light and the world thinks GO! ~Christopher Morley

# April 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<b>1</b> Lord & Tailor 10 am-4 pm Bridge 12 – 4 pm AA 6:15 pm	<b>2</b> Music Together AA 10:15 am Lord & Tailor 12-4 pm AI-Anon 7 pm
<b>3</b> Worship 10 am with Communion Guest Preacher Rev. Lisanne Finston Bridge 3 - 7 pm	<b>4</b> Bridge 6 -10 pm Yarn Spinners 7 pm NA-There is Hope Group 7 pm	<b>5</b> May Mattoon Luncheon 12 noon Men's Forum 12 noon <i>Square Dancing 7 pm</i>	<b>6</b> Food Pantry 7:30 – 11 am Music Together Bridge 12 – 4 pm Food Pantry Steering Committee 12 noon St. Joe's Dinner 5 pm	<b>7</b> Food Pantry 7:30-11 am Music Together Crafts-Ladies Benevolent 9:30 am UCC Clergy 12 noon Chancel Choir 7 pm	<b>8</b> Lord & Tailor 10 am-4 pm Bridge 12 – 4 pm AA 6:15 pm	<b>9</b> Music Together AA 10:15 am Lord & Tailor 12-4 pm AI-Anon 7 pm
<b>10</b> Worship 10 am Book Club 11:30 am Bridge 3 - 7 pm	<b>11</b> Bridge 6 -10 pm Yarn Spinners 7 pm NA-There is Hope Group 7 pm	<b>12</b> Spiritual Support Group 10 am Men's Forum 12 noon Diaconate 7 pm <i>Square Dancing 7 pm</i>	<b>13</b> Food Pantry 7:30 – 11 am Bridge 12 – 4 pm St. Joe's Dinner 5 pm Trustees 6 pm	<b>14</b> Food Pantry 7:30-11 am Music Together Quilting-Ladies Benevolent 9:30 am Chancel Choir 7 pm	<b>15</b> Lord & Tailor 10 am-4 pm Bridge 12 – 4 pm <b>Coffee            House            Concert            7 pm</b> AA 6:15 pm	<b>16</b> Music Together AA 10:15 am Lord & Tailor 12 noon – 4 pm <i>Memorial Service            for Dave Colburn            2 pm</i> Pittsfield Squares 7 pm AI-Anon 7 pm
<b>17</b> Worship 10 am  <i>Coffee Hour            Collections for the            Language Project</i> Bridge 3 - 7 pm	<b>18</b> Bridge 6 -10 pm Yarn Spinners 7 pm NA-There is Hope Group 7 pm	<b>19</b> Spiritual Support Group 10 am Men's Forum 12 noon <i>Square Dancing 7 pm</i>	<b>20</b> Food Pantry 7:30 – 11 am Music Together Berkshire Place 10:45 am Bridge 12 – 4 pm St. Joe's Dinner 5 pm Mission Board 7 pm	<b>21</b> Food Pantry 7:30-11 am Music Together Quilting-Ladies Benevolent 9:30 am Tag Sale Set-up 12 – 3 pm Chancel Choir 7 pm	<b>22</b> <b>Earth Day</b> Lord & Tailor 10 am-4 pm Tag Sale Set-up 9 am – 2 pm Bridge 12 – 4 pm AA 6:15 pm	<b>23</b> Music Together AA 10:15 am <b>Tag Sale            9 am – 3 pm</b> AI-Anon 7 pm
<b>24</b> Worship 10 am Bridge 3 - 7 pm  <div style="border: 1px solid black; border-radius: 15px; padding: 5px; background-color: #fce4ec;">             May              Epistle              Deadline              11 am           </div>	<b>25</b> Bridge 6 -10 pm Yarn Spinners 7 pm NA-There is Hope Group 7 pm	<b>26</b> Spiritual Support Group 10 am Men's Forum 12 noon Church Council 7 pm <i>Square Dancing 7 pm</i>	<b>27</b> Food Pantry 7:30 – 11 am Music Together Bridge 12 – 4 pm St. Joe's Dinner 5 pm	<b>28</b> Food Pantry 7:30-11 am Music Together Quilting-Ladies Benevolent 9:30 am Chancel Choir 7 pm	<b>29</b> Lord & Tailor 10 am-4 pm Bridge 12 – 4 pm AA 6:15 pm	<b>30</b> Music Together AA 10:15 am Lord & Tailor 12-4 pm AI-Anon 7 pm