

Pastor's Ponderings

For behold, the winter is past; the rain is over and gone. The flowers appear on the earth, the time of singing has come, and the voice of the turtledove is heard in our land.

~ Song of Solomon 2:11-12

Bill, the boys and I have been doing some spring cleaning lately. I don't know what it is about the warmer air and increased daylight that makes me yearn for dust free corners and organized drawers, but whatever it is, I'm sure many of you feel it as well. In that vein, there are some little tidbits of information that I want to pass on to you that seem to fall into a "spring cleaning" type message. So happy Spring, I hope you learn something new in the information below!

☑ Did you know that we offer large print bulletins every Sunday? If you have trouble with the smaller type, or even if you just prefer the larger font, please pick up your copy from the greeter!

☑ Did you know that we offer print outs of the sermon every week? Many people like to read along as I preach, others bring a copy to someone who is not able to attend worship.

Please pick up your copy from the greeter!

☑ Did you know that we have a brand-new sound system? Many people have mentioned that they have trouble hearing in the Sanctuary; it is our hope that the new system will help! (Thank you to Tom Deam and Gary Warder for their work on this!)

☑ Did you know that there are many ways to get involved in the church? Beyond serving on a committee, there are opportunities to make telephone calls, send cards, work in the Cellar Closet, volunteer at church events, act as Greeter or Usher on Sunday morning. I believe strongly that EVERYONE has something they can do to build up the church. If you are looking for new ways to be involved, please be in touch!

☑ Did you know that while I do not have set office hours, I am still available for Pastoral Care? Please do not hesitate to be in touch! My home number is 508-459-1887, my cell is 508-688-4959 and my email is revmegan@aol.com. If I don't answer, please leave a message and I will call you back!

☑ Did you know that one survey shows that the number one reason people don't go to church is because no one has invited them?

Enjoy your Spring, my friends and I hope that at least one of these tide-bits encourages you in some way!

With much love and many blessings,

Rev. Megan

May is Mental Health Month

May 19, 2019 is Mental Health Sunday

Did you know that Mental Health America (MHA) founded May is Mental Health Month back in 1949? That means this year marks MHA's 70th year celebrating Mental Health Month! Did you know that the third Sunday in May is designated as Mental Health Sunday in the United Church of Christ? That's May 19th this year, and we will once again have a special service recognizing that. This will be Central Congregational Church's sixth Mental Health Sunday. We know that mental health is essential to everyone's overall health and well-being, and mental illnesses are common and treatable. Did you know that much of what we do physically impacts us mentally – and vice versa? So it's very important to pay attention to both our physical health and our mental health, which can help us achieve overall wellness and set us on a path to recovery if needed. Rev. Karyl Leslie will be sharing with us again on Mental Health Sunday, along with Rev. Megan. We hope to have handouts available on these subjects and how they relate to mental and physical health, as well as others: Animal Companionship, Spirituality and Religion, Humor, Work-Life Balance, Social Connection and Recreation.

Bookmarks will again be available, as will "Mental Health First Aid Kits." Other items reminding us to care for our mental health and help remove the stigma people often feel will also be free to take home or share. Please join us for worship and fellowship on Mental Health Sunday, May 19, and please read the article "Body, Mind, and Spirit" elsewhere in this newsletter. Thank you, and good mental, physical, and spiritual health to you!

Body, Mind, and Spirit

Did you know that a healthy lifestyle can help to prevent the onset or worsening of mental health conditions, as well as chronic conditions like heart disease, diabetes, and obesity? It can also help people recover from these conditions.

For those dealing with a chronic health condition and the people who care for them, it can be especially important to focus on mental health. And if you're dealing with a chronic or acute mental health challenge, it is equally important to focus on your physical health and wellbeing. No matter what your situation, focusing on both physical and mental health is critically important in achieving overall wellness.

There are things you can do that may help. Finding a reason to laugh, going for a walk with a friend, meditating, praying, playing with a pet, or working from home once a week can go a long way in making you both physically and mentally healthy. For those with animal friends, the company of animals – whether as pets or service animals – can have a profound impact on a person's quality of life and ability to recover from illnesses. A pet can be a source of comfort and can help us to live mentally healthier lives. You may go to church (regularly or on occasion). You may meditate or pray (regularly or on occasion ☺). You may simply find time to enjoy a cup of tea each morning while checking in with yourself. If you do, you know how truly important it is to connect with your spiritual side in order to find a good body-mind-spirit connection.

Living a healthy lifestyle may not be easy but can be achieved by gradually making small changes and building on those successes. Finding the balance between work and play, the ups and downs of life, physical health, mental health, and spiritual health, can help you on the path toward wellness and recovery.

Coffee Fellowship Schedule

May 5: Team #2
May 12: Team #3
May 19: Team #4
May 26: Team #1
June 2: Team #2
June 9: Team #3
June 16: Team #4
June 23: Team #1
June 30: Team #2
July 7: Team #3
July 14: Team #4
July 21: Team #1
July 28: Team #2

Coming Up in May

The Cellar Closet is open Saturdays until May 18
9:00-12:00

Wednesday May 1 ~ Orange Clergy Group meets at
12:30

Thursday May 2 ~ Franklin Association Executive
Committee (MACUCC) meets 4:30 at First
Congregational Church in Greenfield

Sunday May 5 ~ Deacon's Collection taken for the
annual Franklin County Food-A-Thon

Sunday May 5 ~ Diaconate meets after worship

Wednesday May 8 ~ Church Council meets 6:30 at
the church

Saturday May 11 ~ Mission's Committee's annual
Plant & Bake Sale

Sunday May 19 ~ Mental Health Awareness Sunday

Thursday May 23 ~ Lunch Bunch meets at the
Boiler Room at 12:00

May Celebrations

Many warm wishes to everyone celebrating
birthdays and anniversaries during the month of
May!

May 8 ~ Bill Ruby

May 9 ~ Cheryl Ruf

May 14 ~ Missy Chaisson

May 20 ~ William Brown

May 20 ~ Justin Arnot

May 22 ~ Dick & Elise Tandy

May 24 ~ Nancy Sawyer

May 25 ~ Liz Warder

May 27 ~ John Moore

May 27 ~ Megan Leary

May 31 ~ Kay Johnson

May 31 ~ Pam & Dennis Mitchell

**If you know of a birthday, anniversary or other
celebration that is not on our list, please let us
know!**

*The flowers decorating the Sanctuary on
Easter were given in loving memory of:*

Robert Andrews
Elder Charles & Dr. Ester Reid
Charles & Pearl Vorce
John & Charlotte Moore
Milton & Evelyn Andrews
By Denise Andrews & Candi Fetzer

Loved Ones
By Bud & Irene Ballou

Dot Ruby
By Blayne & Caitlin Calcari and Bill Ruby

Cecil & Virginia McCauley
By Roger & Helen Comeau

Robert Colleen
By His Wife, Gloria Colleen and their family

Loved Ones
By Jeri Deyo

Sandy Singley
By Her Family

Philip Hall
Bryan Hall
By Lurene Hall and Jillian, Corey & Brooke Bastine

Loved Ones
By Kay F. Johnson

Cliff & Mary Lawson
By Kent & Linda Lawson

Nana & Buppa McCauley
Grampa Leary
Mimi "UpDown" Singley
by The Leary Family

My Son, Donald Willis
By Betty Miller

Emma Willard
By June Mullen

Marilyn Johnson
By Sarah Piazza

Doris & Jack Raymond
By Jeff Ploof

Doris Raymond
By Sally Ploof

Kevin Robinson
Matthew Gullage
By Linda Robinson

Loved Ones
By Nancy Sawyer

Charles Robinson
John Tandy
Keith Songer
By Kent & Sue Songer

Mary & Joseph Wasielewski
Ruth & Arthur Sausville
By Mark & Laura Wasielewski

Loved Ones
By The Whitten Family

And in honor of:

Jessica Rose & Sophia James
By Sarah Piazza

Diana Tandy by Dick & Elise Tandy

Mission Committee

Calling all bakers. The Mission Committee needs your help for our Annual Plant & Bake Sale on May 11 from 9-1. Committee members will be calling you. Tag sale space on the front lawn is still available for a small fee. The men will be grilling also that day and the Cellar Closet will be open.

May is also Heifer Month. We will be collecting the arks the end of May. These are some of the gifts we can purchase with your donations.

A Sheep, Pig, and a Goat all cost \$120.00 each. A llama is \$150.00, Water Buffalo \$250.00, a Heifer \$500.00. Then there are the Tree Seedlings for \$60.00, Honeybees for \$30.00, Duck & Geese \$20.00 and Rabbits for \$60.00.

Fun Days for May

May is National Motorcycle Awareness Month

4th- Star Wars Day

7th- National Tourism Day

12th- International Nurses Day

15th- National Chocolate Chip Day

19th- National Devil's Food Cake Day

27th- National Cellophane Tape Day

30th- Water a Flower Day

You Are Invited

To the 61st Annual Silver Tea

At the Congregational Church of Phillipston on the Common, Tuesday, May 14th, 2019 at 1:30P.M.

Please R.S.V.P. by May 7th, 2019 to

Jean Marshall- 978-249-3164 or

Nancy MacEwen- 978-249-7517

Sponsored by the Ladies Benevolent Society

Wearing hats and gloves is optional.

Central Congregational Church of Orange

Plant and Bake Sale



Saturday May 12, 2019

9:00-1:00

Plants, baked goods, and more!

93 South Main Street, Orange

*All proceeds will benefit the Central Congregational
Church's Missions Committee*