

Community Church of Durham, UCC An Open and Affirming Congregation

The Chronicle

Volume 50 No. 2

GOSPEL SEEDS

It's very, very simple. You sit, either in a chair or on a prayer stool or mat, and allow your heart to open toward I that invisible but always present Origin of all that exists.

Cynthia Bourgeault, Centering Prayer

Just last week, in the church parlor, I was sitting in silence with a small group of friends. It had been a busy week for me: meetings and visits here in Durham, a flight across the country to see my family. Sitting still and silent, I nodded to these varied concerns and let them go for a bit.

There was something reassuring about the presence of friends that morning. I might have prayed alone—but their companion-ship encouraged me, reminded me of the importance of such silence in the daily round.

Deep into this period of stillness, a huge sheet of ice broke free on the roof above us, and it slid dramatically onto the walkway below. The whole thing happened briefly, but in our shared silence it moved me deeply: the sound of ice cracking and breaking free, the crescendo as it slides down a roof, the crashing of these huge chunks of ice on a sidewalk.

As Lent begins this week, I renew my daily commitment to silence, prayer and meditation. This practice becomes more and more important to me, as the years roll by. In silence, I'm amazed, and deeply moved, by life's ordinary passages: winter's ice melting, the birds of spring returning, the days lengthening. In contemplation and prayer, I train my heart and mind to watch and listen, simply to sit with the turning of seasons and the presence of God. All of this is discernment, I think: coming to see God's face in ordinary experience and trusting the hand of mercy in a strange and unsettling world.

I'm reminded that Jesus would sneak away—when he could—to pray in the hills, or watch the birds in the hills, or enjoy the lilies in the fields. In just these ways, he opened his heart to the "Origin of all that exists." Maybe it was just this that filled him with confidence, with light, with love enough to reach out to the brokenhearted and poor with such grace.

The mystic Brother Lawrence once wrote that "there is not in the world a kind of life more sweet and delightful, than that of a continual conversation with God; those only can comprehend it who practice and experience it." On this Lenten path, I hope each of you will make time for that 'conversation'—and find that the Holy One is speaking to you in a thousand different ways. In the sliding ice. In the scurrying of children. In the hymns of church. In your own precious breath.

Rest, then, in the Origin of all that exists!

Yours in the Gospel Way,

Dave Grishaw-Jones



March 2020

Inside this issue:

Families First Greief Groups	2
ORCR Events	3
Women's Bible Study	4
Spaghetti Dinner	5
Lectionary	6
Adult Art Trips	7
Scouts/OGHS	8
March Calendar	9
Benefit Concert	10
Breeze CMS App	11

FAMILIES FIRST PORTSMOUTH

Families First Portsmouth - April 6th - Family "Fun Night" will resume monthly dinners in Portsmouth starting April 6th. An opportunity for members of the Community Church to prepare and deliver dinners for families to experience an evening out with their children in a warm atmosphere of caring support. Following each dinner families will enjoy age appropriate fun activities. Families First facilities in

Somersworth and Portsmouth provide resources for Seacoast families.

FAMILIES FIRST

For more information about Families First, visit: https://www.families-first.org/

MEDITATION WITH DONNA MELILLO, PHD.

Tuesdays and Thursdays 8:00-8:30 am

Meditation is one way to give yourself the gift of quiet mind, relaxed body and peaceful spirit. You will receive instruction and practice in various meditation techniques, breathing exercise, stress management, visualization and self-hypnosis.

The group is appropriate for anyone whose intention is to reduce stress, increase awareness, live with physical or emotional pain, and make peace with themselves. The group is designed both

GRIEF SUPPORT GROUPS

Informal Grief Support Group for Adults Who Have Lost Spouses/Partners or Siblings—

meets monthly, September-May, on the 2nd Monday of each month, 6:30-8pm, in the parlor. This will be an informal gathering, to share joys and concerns, tools for coping, and each other's company. There is no cost and no need to sign up. Just drop in when you like. For information, please

email Steve Hardy at: stephen.hardy@unh.edu

for those who have never meditated before and for those wo want to deepen their meditation practice by benefitting from group energy.

Community Church of Durham

17 Main Street, Durham, NH 03824

Fee: \$5 per week

Beginner Rate: \$25.00 for 6 weeks

For additional information and to register, please call Donna Melillo, 603-868-1241

Informal Grief Support Group for Parents Who Have Lost Children—

meets monthly September-May, on the 3rd Tuesday of each month, 6:30-8pm, in the parlor. This is an informal gathering, to share joys and concerns, tools for coping, and each other's company. There is no cost and no need to sign up. Just drop in when you like. For information, please email Steve Hardy at: <u>stephen.hardy@unh.edu</u>

DRUM CIRCLES AT WAYSMEET



Our Dinner/Drum Circles happen the first Fridays of each month during the UNH school year, **5-7pm**. Come join us **March 6th** for a delicious, homemade supper and drum circle experience! Come and listen, come and play! West African-style drums and music makers are provided. Food

and volunteers are always welcome the day of from 3:00pm on to help with preparation, cooking and set up, and we always appreciate those willing to help clean-up after the event too! Or simply come to enjoy and share in the fun!

Volume 50 No. 2

Find more details and updates at ORCread.org

ghts & questions B. Anthony
B. Anthony
iel Ziblatt
he League of
ut the origin, history to come to America an
lemocracy advocate
eenth Amendment
n's, and Gender Studie
tory
and television
mericans, American Studies, rd finalist

Join a conversation about the Bill of Rights with a UNH graduate student of American history - bring your thoughts & questions Wednesday, April , 7pm, Lee Safety Complex

Closing Ceremony! TRIVIA NIGHT hosted by NHPR's Civics 101 Podcast Come and see how much you've learned and know about our Founding Documents! Thursday, May 14, 6pm, Powder Major Barn, Madbury

oyster river community READ



May

The Chronicle

WOMEN'S BIBLE STUDY

with Chapter 10 – Martha and Mary. As for have your own copy. the past couple of months, individual women will portray these women to help us explore their stories and try to figure out why they qualify to be grouped with the "bad girls". The chapters are stand-alone, so

The next Women's Bible Study session will don't worry about continuity if you haven't be held at 10AM, Wednesday, March 11, been a regular attendee. These chapters **2020** in the Parlor. We're continuing with are short and you can look at the book our study of More Bad Girls of the Bible available in the Church Library if you don't

> A brown bag lunch is held on the Mezzanine immediately following the meeting. Beverages and dessert will be provided. We welcome all to share fellowship and break bread with us.

BARBARA J. ESSEX



More Bad Girls of the Bible

Knitting Every Tuesday Afternoon 1:00-2:30 in the Parlor

If you enjoy knitting, the cold winter is a good time of year to make a baby blanket for My Friend's Place or Goodwin Community Health for Blanket Sunday in May. Any pattern can be used. Here's an easy one:

Cast on two stitches.

Row 1: knit first stitch, increase in second stitch.

Row 2: K1, Inc. 1, K1.

Row 3: K1, Inc. 1, K1, K1.

Continue always knitting the first stitch and increasing the second, then knitting to the end of the row. When the finished outside edge measures 32 inches (this will be half the blanket), start to decrease: K1, K2 together, continue knitting to the end of row; continue decreasing in this manner until you are down to the end. Please use acrylic yarn in pretty colors, with a size 10 straight needle or any size circular needle.

After School Choir for Children & Youth will be rehearsing on Thursday afternoons in the Chapel. Taking the bus from the elementary schools is an option. Middle Schoolers often walk. For info/sign up, please contact Kristin Forselius: KristinF@CCDurham.org or Lorna Ellis: Lorna.Ellis@comcast.net. Rejoice Choir: Children from age 3-grade 2 are welcome to join from 4:00-4:30. Alleluia Choir: Children in grades 3-8 are welcome from 4:40-5:00.

"Let there be peace on earth, and let it begin with me."

MINDFULNESS MEDITATION OPPORTUNITIES

Community Church of Durham

Mindful Mondays at Noon

This class includes 60 minutes of sitting meditation practice and 30 minutes of discussion.

Mondays 12:00-1:30 P.M., Durham Community Church Parlor. Suggested fee \$20 or whatever -- Just come! All welcome.



Spaghetti Dinner 8

Game Night &

Friday March 6th, 6:00 - 8:00

Donations to benefit 8th & 9th grade youth group

Gluten Free Option Available.

LECTIONARY BIBLE READINGS FOR MARCH 2020

March 1: Abundant Grace

Romans 5:12-19

Matthew 4:1-11 March 8: Bold Blessing

Genesis 12:1-4a

Romans 4:1-5, 13-17

Psalm 32

Psalm 121

John 3:1-17

Genesis 2:15-17, 3:1-7

March 15: Thirsty Voices

Exodus 17:1-7 Psalm 95 Romans 5:1-11 John 4:5-42

March 22: Restored

1 Samuel 16:1-13 Psalm 23 Ephesians 5:8-14 John 9:1-41

March 29: Breath of Hope

Ezekiel 37:1-14 Psalm 130 Romans 8:6-11 John 11:1-45

Join The **Sunday Morning Bible Discussion Group at 9:00 am** in the church parlor. The discussions are based on the Revised Common Lectionary readings, which are used by several denominations. These passages are usually used in the worship service which follows, and are often the basis of the sermons. There are no Bible scholars in the group, but all benefit from the perspectives brought to the discussion. Experience the surprise in finding the ways in which these passages bring helpful perspectives to our lives today – our personal lives, as well as our families, communities and beyond.



Adult ARTS Trips

Durham Community Church and Durham Parks & Recreation have partnered to offer a series of adult trips and outings. We will travel throughout New England to visit museums, concert halls, gardens and more! All trips will depart from the Community Church and we will be traveling by van to each venue. See individual trip details for transportation and admission fees. Pre-registration is required for each trip at: durhamrec.recdesk.com or (603) 817-4074 or recreation@ci.durham.nh.us

2020 Winter/Spring Schedule

March 5: Boston Symphony & Museum of Fine Arts. Boston, MA

Sit in on a rehearsal of the Boston Symphony Orchestra in the morning, followed by exploration of the Museum of Fine Arts in the afternoon. **\$55/person**, includes transportation and ticket to the symphony and ticket to the MFA. Please pre-register by Feb. 21st .

May 13: Coastal Maine Botanical Gardens. Boothbay, ME

Coastal Maine Botanical Gardens invites visitors of all ages and abilities to create and to explore meaningful connections to plants and nature at their own pace. The Gardens has been named one of Maine's top attractions. **\$35/person**, includes transportation and admission to the gardens. Please pre-register by May 8th.



Pre-registration is required: durhamrec.recdesk.com (603) 817-4074, recreation@ci.durham.nh.us



Helping with Coffee Hour

Just as it takes a Village to raise a child, so too it takes an entire Congregation to share in the joy of providing delicious and welcoming Coffee Hours each Sunday. But to many, hosting an entire Coffee Hour is daunting. So, we are offering two simple ways to help:

Be a Coffee Hour Mentor – show Coffee Hour hosts how it's done!
 Be a Coffee Hour Food Donor – bring a plate of food (of your choosing) to Coffee Hour when asked (if you are able and willing to do so).

Please click on the following link to signup for one or both of the above options: <u>Easy Ways to Help</u> <u>with Coffee Hour</u> Note: If you don't want to sign up online with the above link, please email Ruth Davis at <u>ruth.davisnh@gmail.com</u> and she will sign you up.

THĂNK YOU!

SCOUTS AT COMMUNITY CHURCH OF DURHAM

The Community Church is the chartered organization hosting BSA Troop 154 B (for boys in middle and high school), Troop 154 G (for girls in middle and high school), and Pack 154 (for boys and girls in elementary school). We're always looking for new scouts and adult volunteers. Troops 154 B&G meet at the church Wednesdays (7-8:30 pm) and Pack 154 meets most Thursdays at Moharimet Elementary (6:15-7:30). Contact Troop 154B: scoutmaster@durham154.mytroop.us; Troop

This month, we invite anyone involved with scouts (past or present) to attend a service at CCD and wear his or her uniform. Next month, we're delighted that Troop 154G will host a special **pancake breakfast prior to our Sunday service on March 15 (8 – 10 am)**! Watch for more!

ONE GREAT HOUR OF SHARING MARCH 22ND

Through the One Great Hour of Sharing (OGHS) offering, we are planting seeds of new life. Together, we are investing in communities worldwide: providing education to girls and boys, empowering communities through vocational training, supporting microcredit lending and seeing people through to self-sufficiency, empowering families with skills to support themselves and their neighbors, and participating in sustainable solutions that offer dignity to all. These are just a few ways the OGHS offering touches God's children, in addition to disaster relief and refugee initiatives.



Through your generosity, the world is a better place. But more is needed. Today, you have an opportunity to plant seeds into the lives of others. Be a co-worker with God. Building, planting, watering...and trusting that God gives growth to all good gifts shared in faith. Thank you for your partnership. Thank you for your generosity. For more information or to make an online donation, visit: <u>https://www.ucc.org/oghs</u>



Easter Flowers: If you wish to order an Easter lily or pot of tulips for Easter Sunday worship, please complete the order form in the bulletin or in fellowship hall, enclose your check payable to Community Church of Durham and return it to the Church Office **by April 2.**

Easter Flower Delivery Sign-Up: You are invited to sign up to deliver a pot of lilies or tulips to one of our beloved members during Fellowship Hour on Sundays through Palm Sunday, April 5. Flowers will be available Easter Sunday, April 12, after worship service.

March 2020

Sat	Fri	Thu	Wed	Tue	Mon	Sun
		 8:45a Yoga 9:30a ARA 10a ECHO Thri 	 9:30a ARA 10a ECHO Thri 	 1p Knitting 5:30p CHAARG 5:30p Spiritual 	2 •9:30a ARA •10a ECHO Thri •12p Mindful Me •1p UNH Lifeskii •2:30p Wildcat F	 10a Worship Se 11a Fellowship
		 9:30a ARA 10a ECHO Thri 1p ARA 4p Children's C 	 10a ECHO Thri 10a Women's E 1p ARA 	 10a Library Cor 1p Knitting 	 10a ECHO Thri 12p Mindful Me 1p UNH Lifeskii 2:30p Wildcat F 	•10a Worship Se
	20 •8:30a Newcom •10a ECHO Thri •12p INHCC Me	•8:45a Yoga	 1p Wildcat Frie 5p Yoga 	1p Knitting	 12p Mindful Me 2:30p Wildcat F 	9a Bible Study
		•10a ECHO Thri	25 •9:30a ARA •10a ECHO Thri •1p ARA •1p Wildcat Friel •5p Yoga •6p Scouts •7:30p Choir		23 •9:30a ARA •10a ECHO Thri •12p Mindful Me •1p UNH Lifeskil •2:30p Wildcat F	10a Worship Se11a Fellowship
			 10a ECHO Thri 1p ARA 	•5:30p CHAARG	30 9:30a ARA 10a ECHO Thri 12p Mindful Me 1p UNH Lifeskii 2:30p Wildcat F	•10a Worship Se

A Classical Piano Concert

To benefit the Judy Mettee Institute A Program of Community Partners



Ticket Prices	
Students	\$5
Seniors	\$10
General Seating	\$15
Preferred Seating	\$30

Tickets on sale now at www.communitypartnersnh.org/events/

For more information about the Judy Mettee Institute & Community Partners



go to www.communitypartnersnh.org/judy-mettee-institute/

Saturday, March 28, 3:00 p.m.

Community Church of Durham 17 Main Street, Durham, NH

Presented by Catherine York Concert Pianist & Composer



Works to include pieces by Lizst and Mussorgsky.

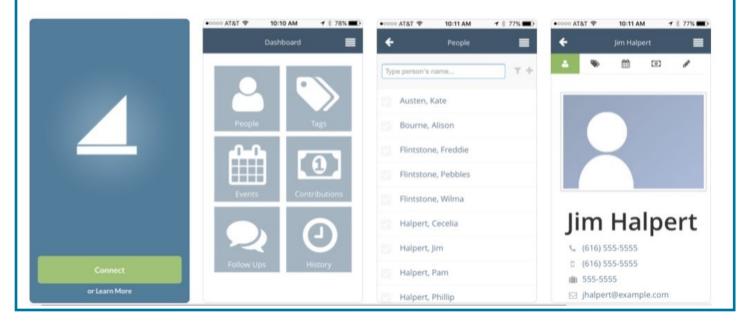
BREEZE CHURCH MANAGEMENT SOFTWARE

The church has been using Breeze for all of our church management needs for guite some time and we are excited to get all church members on board! In February, you should have received an email invitation to create a member account with Breeze. With this account, you will be able to access the church calendar, membership directory, and make donations through the online giving portal.

Here is the link to sign up: https://officeccd.breezechms.com/login/create

The Breeze app allows users to quickly and easily access Breeze on their phone or tablet. Look up a phone number, view a group, see events, analyze giving, edit your profile, and more. The Breeze app can be found in the App Store for iOS and the Google Play store for Android.

Please contact Heather at office@ccdurham.org or 603-868-1230 if you have any guestions.



Meditation Vespers: Are you committed to a practice of meditation or centering prayer? Are you curious about getting started, and integrating meditation into your Christian faith? Join Dave Grishaw-Jones and others for an hour of centering prayer and prayerful reflection, Sunday March 1st, from 5 to 6 pm, in the parlor. All are welcome!

Meditation Circle: Are you committed to a practice of meditation or centering prayer? Are you curious about getting started, and integrating meditation into your Christian faith? Join friends and practitioners March 15th, for an hour of centering prayer and prayerful reflection, after worship, from 11:30 am to 12:30 pm, in the parlor. All are welcome!

Staff at Community Church of Durham: The Reverend David Grishaw-Jones Kristin Forselius, Education and Faith Formation Heather Curran, Office Administrator Director David Ervin, Music Director

Catherine York, Organist Dianne Thompson, Business Administrator Clark Williams, Building and Grounds Manager

Community Church of Durham 17 Main Street
 Box 310
 Durham, NH 03824 Phone: 603.868.1230

Community Church of Durham United Church of Christ

17 Main Street, Box 310, Durham, NH 03824

Phone: 603.868.1230 Email: office@ccdurham.org Website: CCDurham.org