

**SUNDAY, SEPTEMBER 13, 2009**

**Morning Worship Services at 9:00 & 10:30**

Sermon: The Rev. Richard A. Weisenbach,  
D. Min.

*Love without Boundaries*

Scripture: St. Mark 7:24-30

Calendar for Sunday, September 13, 2009

- 9:00 am Chapel Worship Service
- 10:30 am Sanctuary Worship Service  
(infant and toddler care provided)
- 10:30 am Church School Classes  
(Pre-K—Grade 7)
- 11:30 am Fellowship Hour (vestry)

**The memorial flowers** on the left will be given in loving memory of Mr. and Mrs. Peter Y. Myhre and their daughter Carolyn M. Mulholland by Katherine M. Bullard; those on the right will be given in honor of the 2009-2010 Church School Teachers.

**Minister's Reception Line Volunteer:** Joyce Langone. **Fellowship Hour Host:** open.  
**Ushers for September:** Jennifer and Linda Byam, Joseph D'Agostino, Barbara Flynn, Earl W. Sheaff, and Kathryn Millheim (captain).  
**Greeters:** Sheri and Louis Prosperi, Nathan and Samantha.

**SUNDAY, SEPTEMBER 20, 2009**

**Morning Worship Services at 9:00 & 10:30**

Sermon: Abram Kielsmeier-Jones,  
Youth Minister

*Confirmation: A Mature Commitment to Christ*

Scripture: I Timothy 4:11-16

Calendar for Sunday, September 20, 2009

- 9:00 am Chapel Worship Service
- 10:30 am Sanctuary Worship Service  
(infant and toddler care provided)
- 10:30 am Church School Classes  
(Pre-K—Grade 7)
- 11:30 am Fellowship Hour (vestry)

**The memorial flowers** will be given in loving memory of Jean (Grammy) Mitchell by the Mitchell family.

**Minister's Reception Line Volunteer:** Joan Potter. **Fellowship Hour Hosts:** open.  
**Greeter:** Philip Gindi.

**DEADLINE FOR NEXT "Church Herald"**  
**Thursday, September 17, 2009**  
(will cover dates of  
**September 27—October 10, 2009)**

THE CHURCH HERALD  
First Parish Congregational Church  
PO Box M, Wakefield, MA 01880-0301  
Phones: 781-245-1539/1644  
FAX: 781-557-1000  
Email: FPCCX1644@aol.com

Non-Profit  
Organization  
PAID  
WAKEFIELD, MA  
01880  
PERMIT 110

September 4, 2009

**ADDRESS SERVICE REQUESTED**  
**Time Value**

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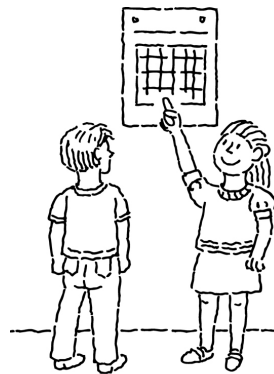
**ANOTHER SUCCESSFUL VBS**

Another successful week of Vacation Bible School has come and gone. Approximately fifty young children attended and discovered the "Untamed Nature of God!"

There are so many people to say thanks to: Pastor Rich, Abram Kielsmeier-Jones for their work at First Parish, Jane, Linda, and Ken for all their behind the scenes and taking no credit, the Trustees and the Board of Christian Education for their support, and mostly the teachers and assistants that helped run the program and those who provided snacks to a hungry group of kids!! Without all of you, VBS would not be the success that it is. We are blessed to have such an amazing First Parish family.

Thanks, again, to everyone!!  
Darcy Hildreth

**ATTENTION: PARENTS**



**Church  
School  
SCHEDULE**

Church School will begin on Sunday, September 13, for pre-school children through Grade 7 during our 10:30 worship service. Our teachers are all lined up and enthusiastic about the upcoming year with our children. The children gather in the sanctuary with their family and, following the children's message, proceed to their classroom with their respective teacher.

## MEMBERSHIP SEMINAR

On Saturday, October 24, Pastor Weisenbach will be conducting a class for those who may be interested in joining our church. We begin with coffee at 9 am, are served lunch by members of our Diaconate, and break up about 2:30 pm. Please speak to the pastor or call the church office if you are planning to attend.

Prospective new members will meet with the Diaconate on Sunday, October 25, following the worship service. Members will be welcomed into membership on Sunday, November 1.

## WONDERFUL WEDNESDAYS

Our Wonderful Wednesday program of dinner and classes is scheduled to begin on Wednesday, September 16. Dinner is served at 6:30 pm; classes begin at 7:15 – 9 pm.

## ALPHA

**“The Alpha Course** is super laid back and it’s **fun**. You don’t have to do it to impress anyone. You can **be yourself** and just be very honest. [My wife] Shara and I did it a few years ago and **it really helped me....**And it’s so low pressure it’s ridiculous. If you’re nervous, take a friend. But it’s very **easy**, just go and listen and have a nice supper. Sometimes it’s good to do something for yourself, just once in your life, and **explore those questions** that we bury a lot. And at least then you can make an informed decision....” -Bear Grylls

Host of “Man vs. Wild” on the  
Discovery Channel™

We will host an informational meeting about Alpha in conjunction with Wonderful Wednesdays. Come for dinner and a fifty-minute DVD. Alpha is a ten-week DVD course starting with dinner at 6:30 and ending with discussion.

## CARING FOR PEOPLE WITH ALZHEIMER’S DISEASE

There will be a course offered in our fall Wonderful Wednesdays (commencing also on September 16) which has been developed by the Alzheimer’s Assoc. entitled, “Caring for People with Alzheimer’s Disease.” This course is a 12-hour program. The basic goal of the program is to help caregivers to work under the same philosophical approach as endorsed by the association. Important topics such as communication techniques, activities for daily living, and many others are covered.

Five million people currently have a diagnosis of Alzheimer’s disease. According to the Alzheimer’s Association, this statistic is expected to triple over the next fifteen years due to the aging “baby boomer” generation, the availability of diagnostic tools, and increased public awareness. The biggest misperception of this disease is that it is a normal part of aging.

Seating for the class is limited, so if you are interested in taking the class or if you want to get more information about it, please contact Steve Brennan, RN, at 781-246-4276. Steve will be teaching this course. The cost of the workbook is \$8.

## PSALMS

Another feature of Wonderful Wednesdays will be a course taught by Nicki McLennan on the Psalms.

## NEW ADDRESS

One of our long-time members has moved and would love to hear from her First Parish friends. Her new address is:

Mrs. Florence Timmins  
Sunrise at Norwood  
86 Saunders Road  
Norwood, MA 02062

## IN MEMORIAM

HELEN MORTON

August 29, 2009

*May the love of friends  
give you comfort  
May the love of God  
give you peace.*

## CHURCH ATTENDANCE

	Chapel	Sanct.	Total
Sunday, August 23, 2009		103	
Wednesday, August 26	20		123
Sunday, August 30		115	
Wednesday, September 2			

## THANK YOU'S

*I would like to thank the many friends that made my recent birthday such a pleasant one. The many cards, calls, and messages I received were wonderful—and made my special day more so because of your thoughtfulness! Again, thanks to all of you!*

*Sincerely and gratefully,  
Esther Rattray*

*It was such a nice surprise to have all the “get well” cards sent my way. Thank you for keeping me in your prayers. The flowers were also beautiful. I’m home now (and very happy to be there). John is taking good care of me and with each day I get a little bit stronger. The hardest part is learning to pace myself. I just want to pick up from where I was! Thank you, again, for your kind thoughts and prayers. I’m keeping them in my heart.*

*Love, Joy Robbins*

## SANCTUARY CHOIR DINNER RIGHT AROUND THE CORNER!!

I hope if you enjoy singing that you’ve already got September 9 marked on your calendar to have dinner with our Sanctuary Choir. The Music Committee has planned an excellent dinner starting at around 7:00, which is a no-charge, no-obligation social event for all our choir members and anyone else interested in perhaps joining us up in the choir loft this coming school year. Please know that coming to the dinner does not obligate you in any way to join the choir; it’s just an opportunity to get to know us and see what choir’s all about!

Following dinner, we’ll have a brief rehearsal to prepare an anthem for the following Sunday and to read through several other planned anthems, to give new singers an idea of the repertoire we’ll be singing in the upcoming months. Please keep in mind that you don’t need to commit to coming to every Wednesday rehearsal and every Sunday service in order to contribute. If you have to miss a Wednesday, you still get the chance to go over the anthem the following Sunday before church, and we nearly always spend a minimum of 2 rehearsals on any anthem, so you probably won’t be sight-reading anyway.

Ability to read music, an excellent voice, or previous training in not a requirement; all we ask is that you have a commitment to contribute to the choir and our worship in the best way you can given your schedule and other commitments. Also, the choir does take a Sunday off every 6 weeks or so in order to give choir members an opportunity to go away for a weekend without feeling guilty!

For any further questions, please give me a ring at 781-246-3847 or write me at Don-hodg@aol.com. Otherwise, I do hope to see many of you for dinner on September 9!!

Don Hodgkins, Director of Music Ministries

Here is a great summary of our Summer Series written by Charles L. Allen, Pastor of First Methodist Church, Houston, TX:

“If you named the conditions under which life would be best for you, would you name these eight: poor in spirit, mourn, meek, hunger and thirst, merciful, pure in heart, peacemakers, and persecuted? If you possessed those eight things in your life, would they make you a blessed person? Jesus thought so.

“Before you say He is wrong, set those qualities against their opposites, as is suggested in *The Interpreter’s Bible*. The opposite of poor in spirit is proud in spirit. The opposite of mourn is being light-headed, not caring, pleasure-seeking. The opposite of the meek are the aggressors. The opposite of the persecuted are those who play it safe, who compromise, who never take a stand for the right.

“Jesus told of two men who went to pray. Which found the greater happiness? The one who prayed, ‘God, I thank thee, that I am not as other men are....,’ or the one who prayed, ‘God be merciful to me a sinner’ (St. Luke 18:11,13)? One was proud; the other was poor. Which was the blessed?

Consider Christ and Hitler. One said, ‘I am meek and lowly in heart....’ (St. Matthew 11:29). The other said, ‘I shall conquer and rule the world.’ Which of the two found real happiness?

“Look at Simon Peter. At one moment in his life he was cursing and denying that he ever knew Christ; at another moment he was being crucified for preaching Christ. In which moment was he happier?

“We Americans have more to make life easy than any people who have ever lived. We live in the finest houses, wear the nicest clothes, and eat the best food that any generation has ever known; yet, at the same time, today we have more suicides, more divorces, more people in jail, more mental illnesses than any people of all time. For many people, life is a grim, desperate, unhappy affair. We would do well to begin living by the eight principles Christ said would make us happy.

*Poor in spirit*—not satisfied with ourselves, but ever looking upward.

*Mourn*—a heart that never feels sorrow will never feel joy. Through grief we grow strong as we let God into our hearts through the broken places.

*Meek*—we neither rebel against life nor submit to our misfortunes. Rather, we accept life as it is, and we cooperate with the will and plan of God.

*Hunger and thirst after righteousness*—our greatest ambition is not how much we can possess, but how right our lives can become.

*Merciful*—we keep clean of grudges and the poisons of hate, anger, jealousy, and bitterness. Mercy overlooks the little things and forgives the large things.

*Pure in heart*—we set a worthy goal for our lives. As we become attached to some high purpose, and give ourselves to it, we do find God.

*Peacemakers*—there are so many occasions to give ourselves to the ministry of God’s peace.

Persecuted for righteousness’ sake—the high purpose of our lives lifts above the pain and those who would hurt and harm us.

“These, said Jesus, are the steps to happiness—to more than mere happiness: to blessedness!”

**R.A.W.**

-Charles Allen, *The Sermon on the Mount*,  
Fleming Revell, pgs. 28-30, 1966