



SPirit @ FIRSt

monthly newsletter

FIRST
CONGREGATIONAL
CHURCH of Essex Junction

Love. Serve. Grow.

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Your Pastor's Ponderings.....

Updates and Happenings

On Sunday, February 19, thirty-four people showed up for the Leadership Retreat. We had both Lauren Starkey and Beth Warren present the latest ideas around productive meetings, as well as Kevin Dorn who taught us the delicate balance between the staff and lay leaders: their tasks, specific roles and how best to work together. We looked at the theological underpinnings of the way we are structured and overall learned about FCCEJ and how we work. The Leadership Team was absolutely thrilled that so many people came out on a beautiful Sunday afternoon.

We also have the Trustees, under the able guidance of Kaki McGeary, and a host of volunteers, working on upgrading the parsonage and getting it ready to rent; estimated to be around April 1st, if not sooner. Frank Smith and his team have done tremendous work with this effort. The Trustees are also working to paint and prepare the Fellowship Hall for the new floor now that its foundation has been completed \$25,000 less than budgeted. Church Council will discuss when to complete the finished floor and how to pay for the project at their next meeting. And on top of that, our Trustees are working on getting our old Daycare space cleaned up, painted and prepared to be used. *(Editor's note: our Trustees ROCK!)*

With our new Programmatic Model voted into effect at our Annual Meeting in February, HRC has both the Christian Education Committee and the Communications / Tech Folk working on job descriptions for our youth and tech positions. Once completed, HRC will finalize them and pass them along to Church Council to approve of the position and establish a search committee to fill the positions.

There is also an ad hoc committee [Paula Sargent, Beth Warren, Kevin Meilleur, Jonah Moos, Mark Mendes] meeting to envision how we could use the Day Care space. The group is looking at all sorts of possibilities focusing on a number of aspects to their tasks: income generated, wear on building, implications on staff, connections to our mission as a church, in house or outside group, etc. Currently they have generated five or so very solid possibilities that would suit the space and our mission well.

Now that one of the last Capital Campaign projects is almost complete, we will be wrapping up that committee with a big church wide celebration. We wanted to raise \$840,000 with a stretch goal of a little over a million dollars but we ended up way over even the stretch goal over 1.1 Million \$\$\$! And nearly every room, floor and wall has been positively affected by the work. The key to this success has been both the incredible generosity of our members and the leadership of Kaki McGeary and Dave Johnson, who co-chaired the committee.

Another amazing thing going on as we speak is the opportunity to watch "The Chosen" TV Series during Lent. This has generated quite a bit of interest from a wide variety of people in our church so much so that we will be moving to Fellowship Hall to watch it every Wednesday night during Lent. Everyone can also participate by watching at home and chiming in afterwards to the Zoom discussion. The first session was March 1, but you are welcome to join us at any point during Lent as we gather to watch Jesus and his disciples spread their message.

Continued on next page...

Your Pastor Ponders, continued...

As we move deeper into Lent, we will provide hour-long time slots between 3pm on Good Friday through 6am on Easter morning for anyone who wants the Sanctuary to themselves to pray and reflect. As always, we will offer a Maundy Thursday dinner & service on Thursday April 6th at 6pm and a Good Friday Service at 7pm on Friday April 7th.

The work of the church is never completed as we take part in both long standing traditions and new ventures. Our church remains strong and busy, always seeking folks to help as their time permits and their desire affords. The more people come to church, the more folks volunteer with others, the more ways people serve up the love of Christ, the stronger our church becomes and I find it absolutely amazing that despite money and pandemic issues, we remain unbelievably busy and active. That is a tribute to your faith and the work of the Holy Spirit.

God's blessings on you all,
Rev. Mark

MARCH WORSHIP / SPECIAL SERVICES

SUNDAY, MARCH 12

~Worship Services @ 8:30* and 10:15am - In-person and streaming*~

One Great Hour of Sharing Offering

Daylight Savings Time Begins—Spring Forward

New Member Class after 2nd Service:

Have you found comfort, courage, peace and challenge at FCCEJ? Do you love the various musical groups and leaders that feed our souls during our two distinct worship services? Do you appreciate the passion and way in which our ordained staff bring you lessons from scripture that positively guide our lives? Have you simply found a warm and loving community within which you have found friendship and a community with a shared purpose?

If you have answered yes to any of these statements, then you are invited to join First Church and lend your talents, insights and gifts to our community of faith. Together we are stronger. Together we can continue to strengthen Christ's kingdom. Together we can journey with other like minded folks as we search for God's presence and guidance in our lives.

Attend the New Member Class on 3/12/23 after second service. Lunch will be provided and if you need child care, contact the church office [802 878-5745].

SUNDAY, MARCH 19

~Ordaining Our New Deacons / Pretzel Sunday~

The role of Deacons in the life of the church is actually found in scripture and is one of the first roles delineated. Deacons were to help the early disciples in helping to conduct the ministry of the church, such as taking care of the widows and distributing communion to folks who did not make the worship service. Their role in our church is to watch over and care for the spiritual welfare of our members and the church as a whole. With such a long standing and vital role, they were soon set apart in a way that afforded them a unique and sometimes powerful role in the church. To recognize all of this, Deacons were ordained to their specified roles and so we as a church set our Deacons apart and ordain them to their old and traditional role. Our three new Deacons, Donna Burnett, Bob Driver, and Mary McHugh, will be ordained on Sunday March 12th.



As a special treat, March 12th is also Pretzel Sunday! Remember this day?! Adult and/or high school youth arrive at 7:30am to mix up pretzel dough, start rolling it out, and begin baking. Three more groups help to fill out the morning and we all get to eat pretzels during fellowship time. Children and youth will roll out pretzels at the beginning of faith formation time during 2nd service before moving on to their peer group rooms. Please join us on this really fun day and help by signing up online. Thank you! <https://www.signupgenius.com/go/20F0545A8AB2FAAF58-fccej>.

Children and youth have a lot on their plates these days. They have much more to juggle now than we did, growing up, and even more so since the pandemic. Their schedules are *full*. Stress, anxiety and depression levels are up. Have their sleep patterns changed? Are they up later than they used to be? Does your child have down time in their schedule? Places to go to let off steam? Children and youth watch their parents to see how they are handling it all and what they do, turn to, when life is full and stress is high says a lot to your child. Parents, you are the primary examples in your young folks faith. Parents who talk to their children/youth about questions of faith, in ordinary ways throughout their week, have a big influence on their faith lives. I send a weekly email on Mondays with the topic that was discussed on Sunday, along with questions to help you with your faith conversations at home. I hope you are finding them in your inbox and that they are helpful. These can also help you check in together as a family.

We had a small group of youth parents that gathered on February 23rd. Great conversation, feedback and ideas! Thank you all! The plan is to hold one each month for the rest of the program year (March, April and May). These are a way for youth parents to get to know each other, but also see and ask questions about youth gatherings, as well as experience it themselves. Youth gatherings are a great way for youth to lower their stress, gather with their peers in a safe space and disconnect from their devices. Research tells us that when one disconnects from their phones it is a great way to refresh and recharge their brains. Parents of 6th – 12th graders, please mark your calendars for Monday, March 20th from 7-8pm.

Whether your youth has participated in youth time in the past, myself and the Youth Ministry Team would like your feedback on the questions below. These were sent in the February 23rd email. Feel free to write your answers in that email and send it back. All input is very much appreciated as we move forward and find ways to help our youth.

- * How often would you like to see the Junior Youth (6th-8th) gather? 1x a month or more?
- * Does the current time for JY on Sundays from 11:30-1 or 1:30pm works for you and your youth? (If not, please suggest a time).
- * We are looking for a time to gather High School Youth. Do any of these times work: Sundays at 12:30pm; Sundays at 4pm; Wednesdays or Thursdays at 7pm?
- * Is your youth more likely to attend if we are doing a mission activity? Whether it be here or off site?
- * Would your youth be interested in a week of local mission, doing something different each day? 8 or 9am to 5 or 6pm.
- * Would your Junior/Senior High Youth be interested in attending a 'Coffee Clatter' once a month, off site?
- * Would you be interested in attending a Parent gathering once a month, getting to know other parents, experience some youth time, and grow in your own faith?
- * What are your hopes/wishes for our youth programs here at First?
- * Are your High School Youth interested in working in our Nursery (\$20 a worship service), childcare for a New Member's class (\$40), Vacation Bible Camp (August 7-11 afternoon sessions \$425/week – volunteer for morning)? Youth are in teams of two and have an adult support person for a backup.

Thank you all for your support as we walk this journey of faith together.

Laurie Chipman
Christian Education Director

Faith Formation

****Watch for Faith@Home emails in your inbox****

Faith Formation Peer Groups

All ages are encouraged to ask questions, as we learn together about Jesus and the love our God has for everyone.
On All Family Worship days children/youth participate in the full worship service with their families.

March Schedule

3/12—Peer Groups—PreK-8th grade
3/19—Pretzel Sunday (*roll pretzels*) / Peer Groups—PreK-8th grade
3/26—Peer Groups—PreK-8th grade

Young Apostles

3rd - 5th graders come with a parent/guardian/grandparent
Come join the fun on April 16th with Janne Giles as our guest!

2022-23 Faith Formation Offering

Church World Service - *Building a world where there is enough for all.*

<https://cwsglobal.org/>

CWS walks with families all over the world as they put food on their table, connect to clean water and build what they need to thrive.

Plans are in the works to put together Welcome Backpack kits for CWS. A Sign Up Genius is being created so folks can bring in items that are needed. Watch for this in the weekly congregational email on Fridays and Laurie's email to families on Mondays. Our hope is to put these kits together during Faith Formation on Sunday, April 19th.



Vacation Bible Camp 2023 - Hero Hotline - Called Together to Serve God!

Mark your calendars for August 7-11, 2023

'So let's strive for the things that bring peace and the things that build each other up.'
Romans 14:19

Outside on the church lawn or inside on a rainy day.

Online registration coming soon! Please reach out to Laurie if you are planning to attend.

Morning Session: Drop off between 8:45-9am

You & Me Toddler (*attend with an adult*) **up thru current 5th graders**

Youth Assistants - *current 6th graders and older*

Closing segment of the morning session starts at 11:30. Parents are encouraged to arrive by 11:45, or before, to hear the topics of the morning and pick up their children who are not registered for the afternoon session.

Afternoon Session: 12noon to 4pm

Parents - here is your full day option - cost is \$50/afternoon or \$250 for the full week—Scholarships are available.

Campers have lunch, watch a movie, do a VB Camp hands on mission/art project and play games.

High School Youth & College Students are encouraged to apply to work the afternoon program. We need

4-6 workers to start to build this program. First ones to sign up get the first slots.

VB Camp Team



All volunteers arrive by 8:30 (or before) for morning team meeting and depart shortly after noon.

Not sure where or how to get involved? Contact Laurie. There's a place for everyone at VB Camp!

Recruitment is underway! Are you available? Contact Laurie.

Crafts - Decorations - Music Leader - Opening/Closing - Photographer - Puppeteer - Science Leader - Snacks - Tech Crew, Youth Assistants - are those currently in 6th grade and older

Other Volunteer Opportunities: *assemble backdrops, name tags, divide up crafts, set up Canopies (week before camp)*

Calling ALL Youth

A Time to Unplug - Share – Ask Questions

Build Community – Reconnect with God

All Accepted & Welcome

Junior Youth ~ Sundays from 11:30-1:30pm

March 12th & 26th

April 16th & 30th

May 7th & 21st

Starts with a Game or Mission Activity

High School Youth & Nursery Staff – Coffee/Lunch Clatter

Sunday, March 19th ~ 12:30pm

Join Laurie at Uncommon Ground ~ have lunch or a tasty beverage and share what's new in your life. Relax with friends. Laurie plans to be there until at least 2pm, so stop by. Planning to do this once a month. Who's around on April 23rd?

Join the Nursery Staff

Interested in joining the Nursery staff? Applications are on the Youth Board outside the staff offices. Turn them in to Laurie and set up an interview and be oriented to the Nursery. Staff earn \$20 per worship service and are on the contact list to work childcare for new member class, etc. You can also request a job application by emailing Laurie at lchipman@fccej.org. Those who will be freshmen in the fall can apply in June and start working over the summer.

Current High School Youth & College Students ~ VB Camp community service & income opportunity

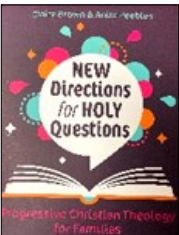
August 7-11th with PreK – 5th graders

Volunteer the mornings from 8:30 to 12noon for community service hours. Work the afternoon from 11:45am to 4:15pm (\$425 for the week). Get your name on the list ASAP. The number of workers needed will be determined by the number of campers that register. Currently I know we need 4 or 6 and will know more when online registration is up and running. Reach out to Laurie with questions.

Youth Parent Gatherings

Monday, March 20th from 7-8pm

Calling all parents of youth in grades 6-12. Come join Laurie for a time of fellowship, conversation and experiencing some of what youth gatherings look like as you grow in faith. Gather with other parents and talk about the value of youth programming in the lives of our youth. Pass along your suggestion of when to hold the April gathering.



Parent Book Group

New Directions for Holy Questions by Claire Brown & Anita Peebles

<https://us02web.zoom.us/j/86469386501?pwd=d3RqMTJlYnB5aVlxZCttdXB5T01hdz09>

Meeting ID: 864 6938 6501 ~ Passcode: 925705

Starting March 8th on Wednesday nights during Lent at 7pm (online only). Grandparents who are involved in the family childcare plan are also invited. Join Laurie for great conversations on topics like – Who am I? Who is God? What is Sin? What is Forgiveness? How do we care for each other? Creation? And many more. This book is written by two pastors, friends who love to sit and chat, as well as 'curious people who love Jesus and who want to learn all we can about how to live with justice in this world'. There are 6 copies of the book available in the church office.

FCCEJ Outdoor Ministry

The 2023 camping weekends with FCCEJ families have been set! Several sites have been booked and paid for by our FCCEJ Outdoor Ministry Fund, many thanks to those of you who have given on the special offering in the past. Check your calendars and reach out to Laurie to hold a site for your family. Currently signed up for camp sites are the following families: Chipman, Lyman, Mendes, Moos, Stein, Wermer.

- Friday, June 23 to Sunday morning, Jun 25 at Button Bay State Park on Lake Champlain
<https://www.vtstateparks.com/buttonbay.html> (10 tent/RV sites and 4 lean-tos)
- Friday, August 25 to Sunday morning, August 27 at Branbury State Park on Lake Dunmore:
<https://www.vtstateparks.com/branbury.html> (8 tent/RV sites, 1 tent only and 2 lean-tos)

Missions Committee

EASTER CALL TO CARE BASKETS

It is with great pleasure we announce that the Annual Easter Basket project is in full swing! Cathy Lapierre is spearheading the creation of spring Call to Care baskets to give to family, friends and neighbors in the community. Here is the timeline:

- ◆ All donations must be in by April 1.
- ◆ Assembly will be take place on April 2-4.
- ◆ Distribution/Delivery of baskets will be April 5-9.

Requests: Please e-mail Jen welcome@fccej.org by April 1 if you wish a friend or family member to receive a basket or if you are able to deliver a few.

Here is a possibilities list: puzzles (crosswords, word-search, other activity booklets), stuffed animals, lip balm, travel tissues, hand sanitizers, flower seeds, playing cards, mandala coloring books, mechanical and colored pencils, stress balls, and toys etc.

Donations may be dropped off at the church Monday-Friday 8am-2pm or on Sunday mornings.

JUMP STAFFING UPDATE

We were recently informed that Mary Carter, liaison to JUMP clients, and Director Wanda Hines, are resigning from their JUMP positions as of March 10th of 2023. Mary is resigning due to health concerns, and Wanda is returning to her home in Mississippi as the matriarch on both sides of her family.

"For everything there is a season," says Ecclesiastes 3:1-8, and our tenure with these two amazing people has been incredible. Many of you know Wanda personally, and she has spoken to our congregation. She has brought the JUMP message of hope and promise to our Vermont community so that we could all be there to serve those who need us.

Please pass the word to businesses, organizations, friends and agencies that have partnered with JUMP over the years that you might know. We are putting together a book for both Mary and Wanda, with emails and notes from friends ..a personal note, a message, a card, from you all would go a long way to helping them both feel our immense gratitude for all they have done and the difference they have made in our extended community.

You may send your messages to welcome@fccej.org and they will be forwarded on. Or, if you prefer, call the church office to get direct contact information for the organizer.

Heavenly Food Pantry

March Food Distribution Dates: Monday, February 13 at 5:30pm & Thursday, February 23 at 2pm

Listed here are foods currently unavailable at the Food Bank: juice (apple, grape, etc...), baked beans, canned green beans, basmati rice, canned pastas such as spaghetti and meatballs and ravioli, chunky soups and canned fruit.

Needless to say, these are staples in the homes of many of the clients we serve at our pantry. We distribute a substantial amount of these food items each month. We are presenting this information in the hopes that those of you who would like to assist the pantry in its mission would be willing to purchase any of these items for distribution at each pantry. The need is great. We are praying that you are moved to help us with this vital request. Food can be dropped off just outside the church office or across from the elevator in the grocery cart. We are also in need of reusable grocery bags to pass on to our clients.

The pantry continues to need help to fulfil the delivery part of its mission. If you have an hour or so available on a food pantry day and the means to deliver 8-10 bags of food, then the pantry could use your help. Please call the church office at 802-878-5745 or send an email to welcome@fccej.org.

We appreciate all the support as we continue the pantry's mission of seeing that no one goes hungry!

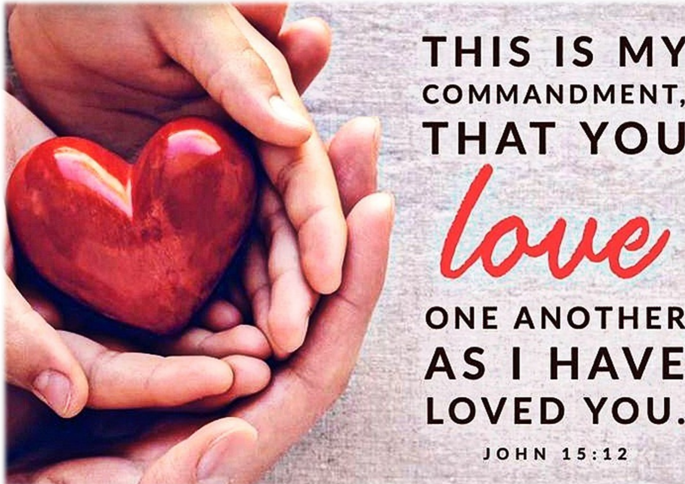
www.fccej.org/Serving-Others/Heavenly-Food-Pantry

Stewardship

Did you know that there are ten special offerings highlighted throughout the year? Every month (except July and August) we spotlight one of these offerings. The list of offerings and associated month are listed below. You can also see this list on the website at <https://www.fccej.org/v5/giving/ways-to-donate/>. Although we focus on only one special offering at a time, we are happy to receive your gift for any of these funds at any time of year. Thank you for your support!

January- Endowment
February- Outdoor Ministry
March-One Great Hour of Sharing
April-Pastor's Fund - Easter Offering
May-Per Capita

June-Strengthen the Church
September - Seminary Sunday
October-Neighbors in Need
November-Food Pantry - Thanksgiving Offering
December- Christmas Fund



Deacons

Jesus tells us that life as a Christian is not going to be a bed of roses. He commands us to study his teachings and make those teachings a way of life. Much will be demanded of us in this life and will often take us outside of our comfort zones.

During this Lenten season, let us strive to lose ourselves in loving and caring for others so that we may find a more meaningful existence as Christians.

Betty Busciglio

Lent: *Renewing Divine Connections*



During the 6 weeks of Lent, the staff at FCCEJ has pledged to pray for all active members and constituents in our faith community. Each week, starting on February 26 and going until Easter, we will publish a list of names in the Sunday worship bulletin. These are the people that will be prayed for that week. If you have a specific prayer request, please send it to welcom@fccej.org or call the church office. If not, we will pray as the Spirit moves us. All prayer requests will remain confidential unless we hear otherwise.

Please feel free to pray for the folks on the list as part of your Lenten journey. By Easter morning, everyone at FCCEJ will have been lifted up in prayer.

Donate to FCCEJ

Your donations support music, youth, missions, adult enrichment, Thrift Shop, Food Pantry, and more! We are also a United Church of Christ "5 for 5" participant in these fundraisers: Per Capita, One Great Hour of Sharing, Strengthen the Church, Neighbors in Need and The Christmas Fund. Here are a few ways that you may help our ministry:

- ⇒ **Send a Check or use BillPay.** This is a remote service that issues one-time or recurring check payments by mail. Please contact your banking institution for details. Please note the reason for your donation in the check's memo line (e.g., "missions").
- ⇒ **Send money via PayPal.** We accept electronic donations! Visit paypal.me/fccej. (A PayPal account is not required to donate money.)

2023 COMMUNITY CONCERTS @FIRST CONCERT SERIES

- ◆ March 26, 2023 @ 3pm - David Feurzig - "Play Every Town VT"
- ◆ April 30, 2023 @ 3pm - Paul Asbell plays & sings Steel-String Americana
- ◆ July 9th @ 3pm - Jon Gailmore Family Concert
- ◆ September 24, 2023 @ 3pm - Bethany Blake
- ◆ November 12, 2023 @ 3pm - Cantiamo Choral Ensemble presents a "Musical Feast"

COMMUNITY CONCERTS @ FIRST PRESENTS

Please join us on Sunday March 26 at 3pm for a Community Concert @ First. Pianist David Feurzig will perform as part of his "Play Every Town" tour to raise awareness about climate change and build community. All concert proceeds will support 350Vermont's efforts to build collective power for climate justice. The FCCEJ sanctuary choir will collaborate with Feurzig for one piece.

UVM pianist David Feurzig aims to bring a concert - and climate activism - to every Vermont town. Feurzig has given up flying due to the negative impact on climate. He will travel to the rest of his gigs by public transit or in his solar- powered EV. He hopes the Play Every Town tour will amplify the actions he is taking in response to the climate crisis.

CC@F will present guitarist Paul Asbell plays & sings Steel String Americana on Sunday April 30 at 3pm. Proceeds from the show will benefit Essex CHIPS and FCCEJ.

CC@F tickets are available online with the link below or by phone (please call the FCCEJ office 802-878-5745)

<https://sevendaystickets.com/organizations/community-concerts-at-first-congregational-church>

MARCH BIRTHDAYS

LAGRANGE, Arthur	03/01	CLARK, Lisa	03/10
JOHNSON, Dave	03/02	STAPLETON, Renee	03/10
FRISBIE, Bart	03/03	JOHN, Liam	03/11
STARKEY, Cameron	03/03	POWELL, Marilyn	03/11
VOLKER, Beth	03/03	SHARP, Joshua	03/12
BLACKMAN, Bruce	03/04	TRUAX, Faith	03/17
MARTHALER, Betty	03/04	HARTMANN-FERLAND, Avery	03/18
OWENS, Izzy	03/04	PETTINGILL, Siobhan	03/18
RODDY, Jonathan	03/05	GOODHEART, Cathie	03/19
BICKFORD, Bill	03/06	GRENON, Mara	03/20
BURNETT, Donna	03/06	TAYLOR, Toni	03/21
DOOLEY, Sam	03/06	STAPLETON, Emmerson	03/24
LEACH, David	03/06	WARK, Caitlin	03/25
MOOS, Makaylah	03/06	JONES, Bill	03/26
WARREN, Beth	03/06	PALMER, Sean	03/26
BLAKE, Bethany	03/07	SHEARER, Thomas	03/27
BERO, Parker	03/08	WERMER, John	03/29
DOOLEY, Jen	03/08	CUNNINGHAM-FIRKEY, Eva	03/31
SINKEWICZ, Amanda	03/09	STONE, Elizabeth	03/31

THE SEARCHERS

The Wednesday Night Searchers is a group that explores our faith and how it applies to our lives and world. There is a tremendous new TV Series called "The Chosen" that portrays a pretty accurate picture of Jesus, his disciples and the culture and context in which he lived and did his ministry. During Lent, we will be watching all of the first season and a few episodes of the second season; each week we will try to watch two episodes via the link [new.thechosen.TV] and then have a discussion with those present at church and those watching from home through zoom [ID# 889 3269 5920] starting once the two episodes have been watched or about 8:30 p.m. Each show is complete in and of itself so people are invited to watch all six weeks of Lent or simply watch the ones your schedule allows. We will meet at church on Wednesday nights from 7-9pm. Or you can watch at home and then connect after the show via zoom. Our schedule is:

- March 1: Watch Season 1, Episodes 1-2
- March 8: Watch Season 1, Episodes 3-4
- March 15: Watch Season 1, Episodes 5-6
- March 22: Watch Season 1, Episodes 7-8
- March 29: Watch Season 2: Episodes 1-2
- April 5: Watch Season 2, Episodes 3-4

Looking forward to this Lenten journey with you all with this show.

SERMON TALKBACK

Do you ever get home and discuss Rev. Mark or Rev. Josh's sermon and wonder how they reached the conclusion they did, or totally disagree with how they interpreted a particular text, or have some fascinating sentiments to add that you have read from another source, or maybe have an unanswered question? Well, Sermon Talkback is the group for you! We meet every Tuesday morning from 8:30 - 10am in Marvin Lounge. Coffee is provided and sometimes we even have some tasty treats. You can also join us via Zoom, ID# 740 803 865. All are welcome.

COFFEE CLATTER

Every Friday morning at 8m, join Pastor Mark at Martone's Market & Café for an hour of lively conversation and friendly banter. Grab a cup of coffee and/or a tasty treat and spend some time in community.

BRIDGE GROUP

On the third Friday of each month, a group [1-3 tables] gets together to have some fun playing bridge. The purpose is fun and there are no master points awarded, just a jar of Pastor Mark's yummy jam for the winner. We usually have some cookies and snacks as well as quite a bit of interesting conversations. There are all levels of players and everyone is welcome including folks who do not attend our worship services or church. Our next gathering is Friday, March 17 from 1:30 to 4pm in Marvin Lounge.

Yoga @ First

Come practice a compassionate, inquisitive sequence to integrate the mind, body, and soul. In each session, we will focus, breathe, build heat, strengthen, and relax. Tuesday evenings, from 5:00-6:15 in the Sanctuary. Wear comfortable, non restrictive clothing. Bring a mat or borrow one. Donations (to FCCEJ) welcome, but not required.

Fall Prevention - Tai Chi

Join your faith family for Tai Chi class on Tuesday mornings at 10:15 in the Fellowship Hall. This is a beginner class of slow, controlled motions that aid in strength and balance. There is no charge for the class but donations to FCCEJ are appreciated. Contact Betty Adams for more information: adamsvt123@gmail.com. Sponsored by Age Well.

SAVE THE DATE

YOU ARE INVITED – PLANNED GIVING SEMINAR

As a component of the new Planned Giving Program to be launched in February, you are invited to a Planned Giving Seminar to be held on March 16, from 6:30 to 8:00 pm in the Fellowship Hall. Holly LeMieux, a local estate planning attorney, will be the presenter. Covered topics will include estate planning, wills, and elder law. Whether FCCEJ benefits from your planned giving or not, the Planned Giving Committee encourages everyone to have a written plan (such as a will, trust or estate plan). The Planned Giving Seminar is free and open to church members and friends of FCCEJ. Please contact the church office if you would like to attend.

First Congregational Church of Essex Junction

1 Church Street
Essex Junction, VT 05452
Phone: 802-878-5745
Email: welcome@fccej.org

ELECTRONIC SERVICE REQUESTED

Sunday Morning Worship:

8:30 - In-person and streamed via youtube.com/c/fccej
Music: Bethany Blake directs our Sanctuary Choir and provides accompaniment

10:15 - In-person—Faith Formation for PreK - 8th grade
Music: Finally @ First Praise Band

Communion is served on the 1st Sunday of each month at each service—all are welcome at Christ's table

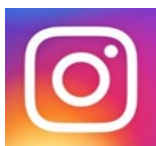
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