

SPIRIT @ FIRST Monthly Newsletter

FIRST
CONGREGATIONAL
CHURCH *of Essex Junction*

Love. Serve. Grow.

SEPTEMBER 2025: IN THIS ISSUE...

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YOUR PASTOR PONDERERS...

I solemnly urge you: ²proclaim the message; be persistent in season or out of season; convince, rebuke, and encourage with the utmost patience in teaching. ³For the time is coming when people will not put up with sound teaching, but, having their ears tickled, they will accumulate for themselves teachers to suit their own desires ⁴and will turn away from listening to the truth and wander away to myths.

2 Timothy 4:2-4

One of the joys of my life is to get away from work and get up into the mountains. Like Muir, I hear the mountains calling and I must go. Like Thoreau, I go into the forest to lose my mind and find my soul. The mountains are where the great prophets go to find God in many cultures. Mountains have a mystique, a soul force that draws people into it's realm. On vacation, I returned to Rocky Mountain National Park and hiked around a bit at 12,000'. Naturally, I still communicated with people from all over the country who came to soak in the beauty and awe of that sacred American place. I found it fascinating that no one brought up politics in my hearing. And when I stood on an outcropping of rocks where you had to scramble to get to the top where an American flag looked sharp snapping in the wind, and murmured that with such beauty, there were no politics necessary, everyone agreed, even though there were groups from all over the country with vastly different beliefs. There was something about the beauty, the inspired awe, the magnificence surrounding us that dwarfed any of our differences and united us as one.

The same thing was true when I reached out to a family this past spring who was grieving the loss of a husband and father. The surviving spouse was lost and her future living arrangements unknown. As her five children flew in from various places around the country, they all put aside their differences of personality, politics, and persuasions in order to surround their mom with affection and get her settled into a safe living condition. Each used their various areas of expertise to secure her future and ensure that she would be well cared for. Having personal knowledge of their differences and various strongly held opinions, I mentioned how impressed I was that they came together for their mom.

We are in the midst of some pretty trying times in our country and world these days. People are tired and stressed, some are fearful for their own or loved ones safety, some weep over the anguish that many oppressed or minority groups are presently experiencing, some are checking out and losing themselves in alcohol or drugs, and some simply retreat into apathy and inaction. It is hard to know what to do and how to live.

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Timothy has some advice for us in times of trouble and turmoil as followers of Christ. He says to stay on target in season and out of season. Keep living the gospel. Keep preaching, keep calling people out when they do not follow Christ's command to love, keep encouraging one another and do so with patience. Watch out for folks who shape the gospel to benefit themselves instead of following Christ's great command. Be careful when people twist the truth away from Jesus' self-sacrificial love toward their own self-aggrandizement. Timothy simply tells us not to be distracted from the good work we are doing because all hell is breaking loose around us.

We simply need to use Christ's great commandment to love God, our neighbors and ourselves as our guide in all we do, say and believe. We need to keep feeding people and clothing people. Like Christ, we need to stand up for the poor and oppressed, and spread God's love to those who have been excluded and disregarded by the powers that be. We need to keep following Jesus, for like mountains that draw us in, and like a higher calling that dwarfs our own needs for those of others, Jesus remains the reason for all seasons. Let us rejoice, take heart, be joyful and never let the hope that Jesus plants in our lives to diminish.

Looking forward to another exciting and productive year,

I am yours in Christ,

Rev. Mark

SPECIAL SUNDAYS IN SEPTEMBER

Communion will be on September 7th at the single 9am service

It will be observed in the traditional way w/ the elements being passed out to the congregation.

September 7th: Last single service Summer Sunday @ 9:00 am

September 14th: Return to Two Service Schedule @ 8:30 and 10:15am

Welcome Back Sunday

September 14, 2025

Our Official Welcome Back Sunday when we shift from our Summer Schedule back to our Fall Schedule with two services at 8:30 and 10:15 a.m. will be September 14th. The Sanctuary Choir Returns to the 1st Service, while Finally @ First Returns to the 2nd Service. Hospitality will return with some goodies and coffee to enjoy after 1st Service, while after the second service there will be a BBQ and picnic on the lawn. Faith Formation for our children will also start that day and there will be the Bouncy House on the lawn during the picnic. Be sure to make plans to help FCCEJ kick off their year with a bang!

DEACONS

What a great summer it has been. As Deacons we are grateful for all the help we received during the summer services from all, as Mark and his family enjoyed a well-deserved vacation.

The end of August can be bittersweet (especially for kids headed back to school) but as the days grow a little shorter and the air is crisper, we look forward to the more structured routine of fall, and the glorious foliage that we are so fortunate to have here in Vermont.

As fall gets busier in our lives, also it picks up here at FCCEJ. In September, we have one service at 9am on the 7th. Please consider participating in the Burlington Pride Parade after service that day. The parade starts at noon and people start lining up from 10-12. If ever there was a year that our support for this community is of utmost importance, it is this year.

September 14th brings Welcome Back Sunday, with the start of our program year with the return of 2 services—8:30 and 10:15. Join us after the second service that day for our annual barbecue and activities (yes, there will be a bouncy house) that gives us a chance to catch up with friends.

We hope everyone had an enjoyable and relaxing summer and we are excited to dive into fall here at the church.

Jim Glatz, Deacon

✝ ELIZABETH'S EPISTLE ✝

Welcome back! The 2025-2026 Faith Formation at FCCEJ will be using a new curriculum, *miniRevolutions* by Illustrated Ministry. It will be similar to the *Growing in Grace and Gratitude* curriculum; however, it will be Lectionary based. This will coincide with Sunday's scripture readings.

miniRevolutions - Thirteenth Sunday after Pentecost through the Sixteenth Sunday after Pentecost

The Season after Pentecost is the period between the Day of Pentecost and the First Sunday of Advent. This season makes up half of the calendar year, and its liturgical color is green. It is a time to focus on the life and growth of the Church in the world, empowered by the gift of the presence of the Holy Spirit. 12th-century mystic Hildegard von Bingen captured the essence of this season when she wrote, "The Holy Spirit is the greening power of God. Our task is to blossom."

Faith Formation Offering

The children collected \$599.47 for Heifer International. This was used to purchase the gift of supporting mothers and children, which included: food baskets, a women self-help group, ducks, chickens, rabbits, sheep, a heifer, and a goat, along with training and education in the care of the animals, and sending a girl to school. Thank you everyone that graciously contributed towards Heifer's mission to end hunger and poverty with the communities the organization serves.

Volunteer Sign-up for the 2025-2026 Program Year

The recruiting for faith formation volunteers is an open invite. If you have been attending FCCEJ for more than 6 months, you are qualified. Reach out to Elizabeth at ChildrensMinistry@fccej.org.

Upcoming Dates to Highlight

September 14th - Welcome Back Sunday ~ Peer groups during 2nd Service and a barbeque lunch with a bounce house after worship.

Prayer

God, our teacher, your way of love is like no other. It expands our hearts and stretches our imagination, which is not always comfortable or easy. Keep us focused on this journey, sharing your radiant love with all the earth. Amen.

Keep smiling,

Elizabeth - Children's Ministry Coordinator

Encourage your children to participate and enjoy the blessings of their church and local community!



Men At First in Jeffersonville—8/24/25



Men At First in South Hero—6/29/25

STEWARDSHIP



2025 Stewardship Skit Rehearsals Underway!

Maybe we just shouldn't have a stewardship campaign...

What would our church community look like if we just skipped all the reminders, sending emails, heartfelt messages from the pulpit and distributing pledge cards?

Come find out on Sunday, October 19 on Stewardship Sunday as a talented FCCEJ cast presents "It's a Blunderful Life" at both services, with, of course, a sing-long to a popular tune at the end!

Our cast is already hard at work on this comedy, So come see what our church community would look like if we all didn't pledge and bring in 75 percent of the operating budget. Can you imagine what would be left undone if the budget was cut by 75%?

OPPORTUNITY KNOCKS

We are an active church with lots of activities, many groups using our facilities and myriad ways that we help people in our community and beyond. With such a dynamic ministry there are many opportunities to help nurture and grow our ministry and live into Christ's way. **OPPORTUNITY KNOCKS** is a new offering in the newsletter that will lift up specific needs of our church and ways our members and friends can help. The needs will be both big and small, a one time ask or an ongoing ministry. If you feel called to help in one of these asks, then call Jen or Mark at the church office at 802 878-5745. And thanks in advance!

We are looking for someone to.....

1. Facilitate the Giving Tree Program. We have lots of people that help but we need someone to take the reins from Elaine Raymond and coordinate phone calls as well as guide the volunteers through the collection and distribution of Christmas gifts to disadvantaged families in the area.
2. Coordinate the Easter Breakfast. Plenty of people like to pitch in and help with this project that FCCEJ has been doing for decades. It involves securing and organizing the volunteers to plan, cook, and then clean up after the Easter Breakfast.
3. Shrove Tuesday Pancake Supper. This relatively recent addition to the church's schedule is when we gather to enjoy a pancake meal for dinner the night before Lent begins (Tuesday, February 17th, 2026). We need someone to coordinate this event.
4. A Meal Ministry Team. One of the great losses for the church and wider community during COVID was the loss of the Essex Eats Out Program where we offered a free meal to anyone who walked in on the first Friday of each month. It was a highly successful program and well needed for both food insecurity and fellowship. The second aspect of this dinner ministry would be to have a second meal each month where we charge and make money for our effort. This would be a fund raiser. We need one to two teams to oversee each of these meal ministries.
5. Audio/Visual Support. We're looking for a few more people to assist with streaming our worship services. Once you know how to do it, it is not difficult and is not time intensive. Streaming our worship services is crucial to reaching out and providing a connection to folks who no longer drive AND to new folks checking us out before they come in person. We also receive requests to stream memorial services, so that family and friends who are not able to attend in person may still celebrate the life of their loved one.

Needs Fulfilled

Thanks to Michael Sullivan for building shelves in the narthex to hold our health and homeless care packages for our members to take and distribute as they drive around Burlington and other places where the need might arise.

PLANNED GIVING AT FCCEJ

How to Build Community and a Legacy

For churches, planned giving represents a major opportunity to deepen your relationship with your faith community and sustain its ministries for generations to come. Historically, churches have been receiving estate gifts for centuries. Today, many churches already understand the value of this form of giving and take steps to provide members and friends friendly estate planning resources and reminders. But for some churches, planned giving is a new undertaking - one that is possibly out of one's comfort zone. This form of fund raising is quite different from the annual stewardship campaign and pledging requests which determine the annual budget and sustain the church on an annual basis. What is planned giving and why is it a worthwhile priority for churches? How does it benefit church members? And how does one get started?

What is planned giving?

Planned giving, also called legacy giving, consists of any gifts that members and friends make to the church through their wills or estate plans. They are typically deferred, meaning that the funds will not be disbursed until after the donor passes away. However, some planned gifts can be established to benefit both the church and the donor during their lifetime.

What are the common types of planned gifts?

Bequests in wills are by far the most common type of planned gifts because they are easy to create. Beneficiary designations on life insurance policies are also common as well as estate plan designations. Other types of more complex gifts can be created to generate income payments for donors during their lifetime.

Why does planned giving matter for churches?

Planned giving can be a transformational way to help fund our churches ministries, missions and programs. First and foremost, legacy giving creates new ways for members and friends to “engage” enriching relationships with the church over time. Legacy giving is also highly desirable because these gifts are given from assets rather than annual pledges via our stewardship drive. While only a handful of members and friends might be able to make a large gift annually, many more are able and willing to make a larger gift via our planned giving program. Although donors can restrict gifts to fund only certain programs and ministries, most planned gifts are unrestricted; meaning our church can designate their use to larger needs. Lastly, legacy gifts can be an invaluable way to protect our churches future by stabilizing and diversifying our revenue. By establishing a steady stream of legacy gifts can prevent funding challenges and help our church reasonably manage risk.

Does FCCEJ have a planned giving program?

Yes, we do! The Planned Giving Plan was updated in 2023 and is described in detail on the FCCEJ website under the “Giving” tab. The Planned Giving program at FCCEJ was developed and is managed by a committee of FCCEJ church members. To date, there are eight members who have made a planned gift to FCCEJ and thus are members of the Legacy Circle.

For additional information, please reach out to Rev. Mendes or a member of the Planned Giving Committee.

Planned Giving Committee:

Dave Johnson, Matt McGeary, Darryl Koch, Katherine Brennan, Dan Petherbridge, Terry Stein and Rev. Mark Mendes

ANNUAL CRAFT FEST & TOY DRIVE

SATURDAY, NOVEMBER 8TH

Time to start thinking about our big Craft Fest event coming up in November and how you can help. There are ample opportunities for everyone!



Sweet Shoppe: We need volunteers to make a wide variety of items, so bring out your creativity! If anyone is doing some canning, a jar or two of pickles, relish, jams & jellies, or other items would be welcomed.

Luncheon: The luncheon would appreciate donations of the following:

Homemade Items: Butternut Squash Soup, Meat Chili, Vegetarian Chili, Green Chili, and Mac & Cheese

As Well As: Hot Dog Rolls, Soda, Bottled Water & Lemonade, Napkins, Plastic Utensils, Ketchup & Mustard packets

These donations can be made to the church anytime.

Accessory Room: Time to sort through your jewelry boxes! Donations can include pins, necklaces, earrings, and bracelets. In addition, we will have a kids table, so any glitzy items including barrettes and headbands. The room includes donations of scarves and pocketbooks.

Crafters: We currently have ONE opening for a crafter. The crafter will now need to provide their own table, and the cost is \$30. If interested in this space, please immediately contact Ann Gray at grayann8@aol.com.

Nearly New: We will accept donations starting Sunday, October 26th through Friday, November 7th. They may be brought directly to the gym. We are looking for gently used items and will not be accepting any furniture. We are also looking for paper bags and reusable bags to use at the sale.

Silent Auction: The following are items which people enjoy bidding on: Original artwork, Quilts and quilted table runner, restaurant gift certificates, sporting events tickets, prepared dinners, estate jewelry. We are excited to give everyone the opportunity to donate a theme gift basket. All donations can be dropped off at the church office.

Toy Drive: Once again, we will be accepting donations of new, unwrapped toys to be given to Giving Tree recipients. Everyone who donates a new toy will be put in a drawing for a special gift basket.

Please note sign-up sheets will be available in Fellowship Hall starting Sunday October 19th after both services. We will need volunteers to greet shoppers, monitor Silent Auction, assist in the kitchen, work in the Sweet Shoppe, setup and clean up. Also need cleanup crew for the gym on Sunday. You can sign up at our table or contact Linda.

Thank you from the Craft Fest Committee:

Cathy LaPierre, Mary Gratton, Gail Cromie, Susan Turner, Maureen McKenzie, Janne Giles, Ruth Casey, and Linda Bogardus. For further information, please contact Linda at lbogardus@myfairpoint.net.

Altar Flowers

Flowers on the altar are a wonderful way to remember loved ones or celebrate a special day. We include a note in the bulletin about who donated the flowers and who/what they are honoring.

Scan the QR code or use this link to sign up for 2025:

<https://www.signupgenius.com/go/20F0545A8AB2FAAF58-53196874-altar#/>



MISSIONS

THANK YOU

Thank you to everyone who made the annual lawn sale a huge success. A big thank you to everyone you donated, baked, helped setup tents & tables and assisted in organizing the tables. We made \$1,890 for the church programs. The Missions Committee made \$364 from the bake sale to benefit JUMP programs.

The lawn sale provides funds for our church programs, but also imparts goodwill within the community. Several families thanked us for giving the leftovers out free at the end. Children and adults will have a birthday celebration from the donations members gave to our church.

Dismas Volunteer Appreciation Dinner—Join Us for a Night of Gratitude and Community

Vermont Dismas is excited to invite all dedicated Dismas volunteers to a special evening to celebrate you! As a heartfelt thank you for your time, talent, and commitment, Dismas is hosting a free spaghetti dinner on Thursday, October 23 at the Holy Family Parish Hall, 30 Lincoln St., Essex Junction.

This is our way of expressing gratitude for everything you do to make our community stronger and brighter.

Dismas volunteers from First Congregational Church of Essex Junction and Holy Family, St. Lawrence and St. Pious churches are invited to the event, as well as people interested in becoming a volunteer.

Event Details:

- Date: Thursday, October 23
- Time: 5-6:30 pm
- Location: Holy Family Parish Hall, 30 Lincoln St.
- Cost: Free for all volunteers/potential volunteers

The Burlington and Winooski Houses provide housing, meals, and support services for the former prisoners transitioning to society. Volunteers prepare meals, deliver them and dine in community with the residents.

Expect a delicious meal, good company, and a chance to connect with fellow volunteers and Dismas staff and learn more about the organization.

If possible, please RSVP by October 8 (guziakemily335@gmail.com) to help us with food preparation. Bring your appetite and your inspiring spirit! Thank you for making a difference.



Summer Wrap Up

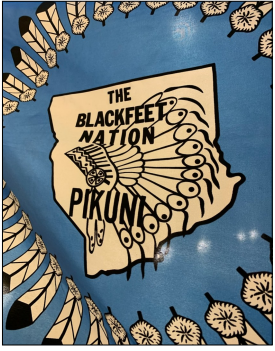
I hope you all had a great summer and were able to endure the heat with air conditioning as much as possible.

As fall approaches and the warmer temperatures persist into early to mid-September, please keep your bird baths and hummer feeders filled. In regard to the hummer feeders, now is the time to be sure to change the water every 48 hours and to add extra sugar to the mixture each time. They need this extra energy “boost” as they prepare for their long migration to southern Mexico and Central America. Some will go to the Gulf of Mexico, south Florida, and the West Indies. Wherever their destination might be, it’s a long haul! Any way that we can help them is a good thing.

This was a very busy summer for me as a wildlife transporter. When an injured or orphaned bird, chipmunk, squirrel, skunk, raccoon, opossum, etc. is found, I get the call to go and get it/them and take it/them to the appropriate licensed rehabilitator. Most recently, it has been largely baby squirrels, mice, and rats. During spring and early summer it was mostly birds, including a lot of Wood Duck and Mallard ducklings. I’ve been to St. Albans (a LOT), Enosburg, Lyndonville, Middlebury, and Vergennes to pick them up, taking them to Addison, Middlebury, Shelburne, Charlotte, Poultney, etc. My car always looks like I’m living out of it, and it often doesn’t smell very good, but when a transport is successful and the critter(s) lives, it has been well worth it. Once winter arrives, this will slow down for me, for which I am very grateful. If any of you are interested in becoming a transporter, we can always use the help...just see me.

Please feel free to contact me with any wildlife issues or questions. I can be reached at denverhead@gmail.com or (802) 238-2713.

MONTANA SERVICE TRIP



Looking Ahead to Summer 2026? Come Join the Montana Service Trip!

As summer winds down and you start dreaming about next year's adventures, consider joining us for an unforgettable experience: The Montana Service Trip, happening June 20–27, 2026! This intergenerational journey isn't just a trip—it's a chance to connect deeply with others from our own church community, grow personally, and make a real impact.

Why Join?

- Build friendships through team meetings as we plan, fundraise, and prepare together.
- Experience the beauty of Montana. Browning sits on the stunning plains, surrounded by the breathtaking peaks of Glacier National Park.
- Make a difference by volunteering in meaningful ways: working at a food shelf, painting, building, or digging into tough soil (literally!).
- Immerse yourself in Native American culture—enjoy evening cultural activities like storytelling, learning about local plants and animals, and maybe even a hike in Glacier National Park.

This is more than just a service trip—it's a unique opportunity to grow spiritually, explore new cultures, and come home with a fuller heart and fresh perspective.

Trip Details:

- Dates: June 20–27, 2026 (Saturday to Saturday)
- Cost: \$1,000 per person (with payment spread over 4 months)
- Sign-Up Info: Find the application, trip policies, team covenant, and key dates at: fccej.org > [Serving Others > Montana Service Trip](#)
- Application Deadline: October 5, 2025

We truly need people like you—your energy, your compassion, your willingness to serve. Whether you're new or returning, young or young-at-heart, this trip is for you. Come be a part of something powerful. We can't wait to hear from you!

Lisa Clark (lcmclark@gmail.com) and Betsy Weischedel (eweischedel@gmail.com)

COMMUNITY CONCERTS @ FIRST

CC@F presents Tracy Grammer on Sunday, September 21 at 3pm in the Sanctuary



Called "a musician and singer of dazzling versatility" (No Depression), Tracy Grammer is among contemporary folk music's most beloved artists. Renowned for her pure voice, deft guitar and violin work, and incantatory storytelling, Grammer has recorded and performed with Joan Baez and Mary Chapin Carpenter, headlined several of the nation's top folk festivals and enjoyed 12 consecutive years as one of folk radio's 50 top-played artists, both solo and with the late Dave Carter. Join us to enjoy this incredible show!

"One of the finest singers and musicians anywhere in folkdom." - Boston Globe

"A brilliant artist" - Joan Baez

A portion of the 2025 CC@F concert proceeds will support Red Cross Disaster Relief.

\$20 suggested donation, free for kids 18 and under.

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

Purchase online at <https://www.sevendaystickets.com/e/tracy-grammer>

HEAVENLY FOOD PANTRY

Needed – Food Pantry Delivery Drivers

As I pulled up to the duplex, I was greeted by two energetic kids, maybe 10 years old, excited to help me move the bags of food from my car to the porch. “Who is this?” one asked the other. “This is my food guy!” replied the other, excitedly.

“Thanks for helping!” I exclaimed, my heart warming, and some tears forming -- the blessings of the FCCEJ Food Pantry in full bloom.

The Food Pantry is losing one of our most reliable delivery drivers – Fran Raymond – who is moving out of state. If you haven’t considered serving in this capacity, let me make this pitch to you. Delivering for the Food Pantry is an incredibly easy and fulfilling way to serve your church and community. And if you’re worried about entering people’s homes or talking with strangers, the truth is, the recipients are private, humble people. We typically leave the bags on the porch, they express their heartfelt appreciation, and we’re on our way. The whole process takes less than 5 minutes. I help once a month – making 1-2 deliveries on my way home from work. I pick up the food at the FCCEJ parking lot at 5pm, make the deliveries, and am usually home by 5:30! In the process, I reflect upon the people in our community who are struggling, I think about how fortunate I am, and I forget about all the pressures from work.

Please consider volunteering for this -- we can use a few more drivers, as that will spread out the load for all of us. You will be glad you did!!

If you are interested in joining this mission, please email anitalguild@gmail.com or leave a message at (802)878-5745, Ext. 4.

Pete Schmalz

*“...I was hungry, and you gave me something to eat. . . .Lord, when did we see you hungry and feed you . . ?
. . .Whatever you did for one of my brothers or sisters, no matter how unimportant they seemed, you did for me.”
Matthew 25:34-40*

HEAVENLY CENTS THRIFT SHOP NEWS

It’s hard to believe that summer is winding down and soon fall/winter items will be in the shop. Summer has been busy with many donations, which we are grateful for, and lots of sales.

In June we donated \$1,500 to the Heavenly Food Pantry, to support the Milk Project.

In July we donated \$1,000 each to Essex CHIPS, JUMP and the Josh Pallotta House.

In August Sue Wood hosted an all volunteer Pot Luck to celebrate long time volunteer, Elaine Raymond. She served as our liaison to the Food Pantry, Scheduler for the Shop, oversaw the Giving Tree, making sure younger children in the family receive winter coats and most recently coordinated the Milk Voucher program with the pantry. She will be missed as she and Francis begin their next adventure, moving closer to family in New Hampshire.

In September the Shop will be having sales to clear out our summer inventory to prepare for switchover to Fall/Winter, happening September 25th and 26th. The Shop will be open Saturday, September 27th, with all new inventory. We will not be taking donations Saturday, September 20th-30th.

Beginning Thursday, October 2nd, the Shop will be open from 3-6. Our shop hours will be Tuesdays and Saturdays, 10am-1pm, and Thursdays, 3pm-6pm. We will continue to be open on the first Sunday of the month for churchgoers to bring their donations as well as shop.

Please spread the “good word” of the Shop’s mission with your friends and if you are interested in volunteering, contact Sandy Tallman, 802-879- 0665.

GRIEF SUPPORT GROUP

After a short summer hiatus, our Grief Support Group continues on Thursday, September 11, 2025 at 10am in the Marvin Lounge. We will be meeting the 2nd Thursday of each month. This is an open group. So you, along with any friends, family members and neighbors are invited to join us. All are welcome!

Sharon Dettenrieder and Mary McHugh are facilitating this group. Both have personal experience with loss along with professional education and experience in leading grief support groups.

This is a time of the year during which the loss of someone we love can be particularly painful. The shortening of daylight hours and the approaching holidays can be somewhat overwhelming. It is our hope that offering a monthly support group may be helpful to you or someone you know - and possibly a source of healing.

You are welcome to come for yourself or to come learn how to better support a grieving family member or friend. You can just sit and listen if you don't want to talk. We trust learning will occur through our sharing. There is a wisdom in the group!

Wherever you are along this road of grief, may you experience God's healing presence and love. It is a hard time, but a sacred time.

PROTECT YOURSELF FROM COMPUTER SCAMS" TRAINING



Scammers are getting more devious, and unfortunately many in our community have been targeted. To help everyone stay safe online, there will be a free community training on computer scams in Essex Junction.

Date: Wednesday, October 8th

Time: 5:30 – 7:00 PM

Location: Community Room at the Essex Police Station (145 Maple Street)

At this session, we'll cover:

- The most common types of online and phone scams targeting Vermonters
- Warning signs to watch for
- What to do if you think you've been targeted
- How to protect your personal information

This training is offered in partnership with AARP Vermont and open to all community members. Bring your questions and concerns. Together, we can look out for one another and keep our community safe.

REGISTER NOW to save your spot (space is limited):

https://docs.google.com/forms/d/e/1FAIpQLSc5PxNiGw06W_aOipWC85hJg1cSWxIK9kWhCJ-U9w96efX-jg/viewform?usp=sharing&ouid=105687227428205032004

COMMUNITY TANGO INITIATIVE

Intro Hour by Michael Kiey to the Tango originated in Argentina and now danced world-wide and in Burlington for 27 years.

Tango is a social, improvisational (you making choices) dance based on you connecting with a partner (gender neutral), walking and turning. It's about fun not perfection! Michael is part of the 27-year tradition and is part of the community that planted tango roots in Burlington in 1998. You will receive a handout with resources. Plenty of time to ask questions. Please wear shoes that will glide on the floor.

Monday, September 22 from 6:30 to 7:30pm in the FCCEJ Fellowship Hall.

SERMON TALKBALK

Join us every week on Tuesday mornings to discuss Sunday's message and the various elements of the service from the previous week. The group discusses a wide variety of subjects, eats scones from a masterful pastry chef, enjoys fresh coffee, tea, or water, and simply enjoys being in community together. Everyone is welcome. Tuesdays at 8:30-10am in Marvin Lounge.

COFFEE CLATTER @ MARTONE'S—Every Friday Morning from 8-9am

Each week, there is a group of five to ten people that come together to enjoy coffee, a breakfast goodie, enjoyable company, and conversations about whatever people want to talk about, including politics and religion! We meet at Martone's from 8-9am and everyone pays their own way. Everyone is welcome to come and tell us what you really think! Everyone is welcome to not only come but to bring a friend.

LUNCHTIME BOOK GROUP

The Book Group has chosen these books for the next 2 months:

- September 15 - *The Frozen River*, by Ariel Lawhon
- October 20 - *Britt Marie Was Here*, by Fredrik Bachman

Meetings are the third Monday of the month at 11:30am in the Marvin Lounge and all are welcome. Bring a lunch and join the discussions.

BRIDGE FOR FUN

Looking for a friendly game of bridge where there is a wide variety of skill levels and yet everyone present is just there to have some fun? We have it at FCCEJ! We have snacks and coffee and usually get a couple of tables. We play three rounds of six hands and even have a prize for the high score: home made jam from our pastor! We play from 2:30 to 4:00 p.m. on the first and third Friday of each month and the group is open to both members of the church and community folks that are just looking for a good time playing some bridge. It is a good group to bring a friend.

WEDNESDAY NIGHT SEARCHERS

On Wednesday September 10th, the Searchers will begin their programmatic year with the long-awaited 5th season of *The Chosen*: a widely acclaimed dramatization of Jesus and his ministry. The 5th season features Jesus in Jerusalem toward the end of his life when he took on the religious authorities, taught the disciples about the true discipleship, and observed the Last Supper. These experiences as reported in the gospels helped to shape our understanding of faith in significant ways. Everyone is welcome to come to this eight week [Sept 10 – Oct 29th] session. We meet from 7-9pm in Marvin Lounge.

SEPTEMBER BIRTHDAYS

GUILD, Kevin
GALBRAITH, Gary
RAYMOND, Elaine
KOCH, Ethan
MILLER, Noah
ANTONE, David
HOPPER, Ken
BOURN, Phil
SHARP, Andrea
MENDES, Nicholas
BERO, Mindy
HAMILTON, Kevin

ROY, Judy
GRAY, Ann
BICKFORD Jr., Bill
DRIVER, Bob
MILLAR BARLOW, William
SIEVERS, Sebastian
KOCH, Aimee
LEACH, Julie
SIEVERS, Libby
EVANS, Maureen
MCGEARY, Charles
GARVEY, Erica

MILLER, Robin
STEIN, Tristan
PINDERS, Jeremy
GALBRAITH, Kathy
GUZIAK, Emily
HALL, Nancy
SONNTAG, Kim
POTVIN, Terry
STEIN, Heather
BOURN, Jenny

First Congregational Church of Essex Junction



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

ELECTRONIC SERVICE REQUESTED

SUNDAY MORNING WORSHIP:

~First Sunday of Each Month ~ One Service at 10am~

with Holy Communion and Sanctuary Choir ~ Spiritual Friends for PreK-5th

~Other Sundays Throughout the Month~

8:30 - In-person & streamed via YouTube

Music: Bethany Blake directs our Sanctuary Choir and provides accompaniment

10:15 - In-person—Faith Formation for PreK - 8th

Music: Finally @ First Praise Band ~ Streamed on the 3rd Sunday of each month

VISIT US ONLINE:



FCCEJ.ORG



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youtube.com/c/FCCEJ