



# Dennis Union Church

## Steeple Bell

### March 2020

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Dear Dennis Union Church Family and Friends,

#### **Living into Lent**

**“Rooted and grounded in love and growing in faith”** is our theme for Lent this year. This is an important season in our liturgical calendar and our life of faith. It is a time for reflection and a time to be honest with ourselves and with God about how our faith is growing or has become stagnant. Too often we get lax in faith practices and stop being intentional about our relationship with God. We simply take it for granted. Now is a good time to take stock of the health of our faith, to ponder where our heart is and make some intentional changes.

This season offers us an opportunity to put down the fear, anxiety, anger and despair that can lure us away from God and turn back toward the power of God’s amazing love and grace. It may be true that the world is in an ugly way or dark place but that does not mean that we have to walk that way or live in that space. In Mark’s gospel, Jesus gets impatient with Peter and rebukes him, saying “you are setting your mind *not* on divine things but on human things.” This Lenten season let’s set our mind on divine things. Renew some faith practices that will help you be more intentional about your relationship with God and become more deeply rooted and grounded in God’s love and strengthen your faith.

#### **Things you might consider as Lenten disciplines this year:**

- Read *Grounded* by Diana Butler Bass and participate in the church discussions.
- Come to one of the Taizé services of prayer and meditation.
- Get one of the UCC Lenten devotionals “Deliver Us” and read through the season. (The church office has them)
- Try 10 minutes of silence each morning...asking only for an open heart.
- Make a list of people you want to pray for and do it each evening before you close your eyes.
- Read through the last 6 chapters of Mark. One chapter a week. Ponder what it would have been like to follow Jesus in ancient days.
- Every time you listen to the news pray for one person being highlighted.
- Go for a walk each day. Give God thanks for your feet and legs.
- Put money aside at each supper time to give to the food pantry as a thank offering for what you have.
- Write a letter to someone who is imprisoned, in a nursing home or lonely. Write one a week, for 6 weeks.
- Extend a helping hand to a stranger every day.
- Start a gratitude journal. List 5 things/people/ encounters every day for which you are grateful. Can you do “only 5”??

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- Be more intentional about recycling, caring for the earth.
- Limit computer or phone time to make an opening for the Spirit.
- Do something each week to simplify your schedule.
- Follow the Lenten Practices for Families Calendar (see back page)

There are many things we can each do to shift our focus from human things to divine things. Make this Lenten season open to transformation by the power of God's love and grace in whom you can be intentionally more rooted and grounded.

To repent is to turn 'round toward God. Let's all make a point of doing just that!

Love and prayers to you and I will see you Sunday!

*Nancy*

Our Rainbow Flag has been renewed and refreshed!



## Dennis Union Church

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Daylight Saving Time starts  
Sunday March 8 this year.  
Don't forget to set your clocks  
forward!

## SOCIAL CONCERNS

### **March 6: Faith Family Meal**

#### **at Faith Assembly of God Church in Hyannis**

Interested in learning more about this outreach in Hyannis? Contact Glenna Cappola or Nancy Aceti to find out more – or check out the Social Concerns board in the hallway to sign up!

### **Our Targeted Donation for March Is the D-Y Dolphin Fund.**

We are collecting healthy non-perishable snacks for students who need a little extra help. Popular items include granola bars, breakfast bars, juice boxes, cheese crackers and individual servings of Chef Boy R Dee. These and other non-perishable food items that can be easily carried in a backpack would be greatly appreciated by the students.

### **Last month, we collected 219 pairs for socks for the St. Joseph Homeless Shelter in Hyannis.**

Thanks to all for helping neighbors to have warm dry feet!

### **Love to Bake?**

Make cupcakes and cookies for the Salvation Army meal we supply on the 4<sup>th</sup> Monday each month.

**This month's lunch is March 23** – bring them to church on Sunday, March 22 and we'll get them delivered.

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# GAME NIGHT

**FRIDAY MARCH 13 AT 6 PM**

Got the late-winter blues? Get out of the house and come to **GAME NIGHT!** Bring your family and friends and enjoy an evening of games and entertainment – no need to worry about dinner. We'll have pizza and ice cream – all ages are welcome.

Board games, card games, word games, team games -- lots of different games will be set up and ready to play, but if you have a favorite and are willing to help others learn, bring it along.

Questions? Check with Jane in the office or with Cindy. We'll see you there!



## COMMITTEE SPOTLIGHT

### Welcome Committee

It is the goal of the Welcome Committee to greet all people coming to our worship services, especially visitors, and to try to make them feel welcome. Each new guest is offered a nametag and given an opportunity to sign our guest book so that notes of welcome can be sent after their visit. They are invited to our time of fellowship following worship and introduced to members of the church. We reach out to

potential new members and participate in new member classes and special receptions.

The Welcome Committee is now officially under the Deacons umbrella. Ann Prall is our Deacon liaison. Committee members are: Judy Berrien, Chair; Nancy Berquist, Betty and Bill Boothe, Jeff Gordon, Judy Mereschuk, Karen Mutti, and Rev. Nancy McHugh.

## CHILDREN AND YOUTH

### **March 7 - Youth Overnight at 6:00 pm**

Please bring a snack to share.

### **March 13 – Game Night at 6 pm**

Don't worry about dinner and entertainment for this Friday evening. Enjoy time with your family and make new friends. This is a FREE event for all ages!

### **March 15 – Youth Group meeting in the Loft from 12:00-2:00 pm**

#### **March 15, 22, 29**

Our theme is One Great Hour of Sharing (OGHS) – part of the UCC Our Church's Wider Mission – is the special mission offering that carries God's message of love and hope to people in crisis.

#### **March 22**

Youth Choir sings in worship

#### **March 29**

Children and Youth lead worship in word and song!

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## LOOKING AHEAD:

The Annual EASTER EGG HUNT will be on Easter Sunday, April 12 between 9 am and 11 am services. Plenty of eggs for everyone!



## MISSIONS COMMITTEE UPDATE

### One Great Hour of Sharing

March is the month of the *One Great Hour of Sharing* campaign. There will be coin boxes available at church at the beginning of the month for those who like a place to deposit pocket change. There will also be an envelope in the bulletin on March 29 for those who prefer a single donation.

What are we donating to? *One Great Hour of Sharing* is a special offering of the United Church of Christ. It provides hope and support to people in need or in crisis. *One Great Hour of Sharing* is at work all year long all around the world sharing resources and changing lives. The raging fires in Australia, the typhoon and earthquakes in the Philippines and the aftermath of Hurricane Dorian are just a few of the current crises to which *One Great Hour of Sharing* has responded. It supports people trying to create sustainable businesses or just have clean water and other life essentials. It also assists in refugee relocation and resettlement.

"The United Church of Christ works with domestic and international partners (such as Church World Service) to provide support to health, education, refugee, agricultural, and emergency relief initiatives." (*One Great Hour of Sharing, Facebook*).

For every dollar donated, \$.95 goes directly to *One Great Hour of Sharing* programs. Learn more at [www.ucc.org/oghs](http://www.ucc.org/oghs).





## LENT 2020 at DENNIS UNION CHURCH

We welcome you to join in opportunities for study, contemplation and prayer during the season of Lent

### LENTEN BOOK GROUP

Tuesdays March 3, 17 and 31 from 12:00 – 1:00 pm

For the Lenten season Revs. Connie Bickford and Nancy McHugh will be offering a lunchtime book group. We will meet on three Tuesdays – March 3, 17 and 31 from 12:00 – 1:30 pm. Bring a brown bag lunch (coffee and tea provided) and join us in the Multipurpose Room.

The book, ***Grounded**, Finding God in the World*, by Diana Butler Bass is an award-winning book that includes daily devotions for the 40 days of Lent as well as chapters that speak to the various ways we encounter God. To begin with we will start just with the Introduction, then we will split of portions of the book to share when we return on the proceeding Tuesdays. Hope you will join us!

### TAIZÉ-STYLE SERVICE OF PRAYER AND MEDITATION

Thursdays March 12 and 26 at 5:30 pm

The Taizé form of worship consists of sung prayer and scripture readings with brief periods of silent meditation and reflection.

### 2020 LENTEN DEVOTIONALS “Deliver Us” available in the Church Office

The writers from the StillSpeaking Writers’ Group and contributors to the UCC’s Daily Devotional offer 47 reflections for the Lenten season – “an opportune time for each of us to explore the ways in which we promote and/or preclude the deliverance we so desperately seek.”

## CALLED TO CARE - A LAY MINISTRY OF VISITATION AND CARE

On Sunday February 23rd we commissioned 5 church members for a new lay ministry of visitation. This team of men and women have been preparing for this ministry over the last couple of months.

The purpose of this team is for us as a congregation to live more fully and intentionally into the commission of Jesus written in the 13th chapter of John's gospel, where he says, " love (and care) for one another, by this everyone will know that you are my disciples...".

In a congregation of our size and vitality, it is helpful to have a team of people who are equipped to do a wide range of visitation in homes and hospitals, and to be trained as good listeners, to be present with people in times of need, and to be able to offer prayer and comfort to others on behalf of the Church.

Ann Prall, Victoria Schuh, Earl Springer, Patti Goyette and Simon Bookout are the members of this new lay ministry team. They will be reaching out to a lot of different church members for visits and will work closely with Rev. McHugh around the needs within our parish.

Please hold them in your prayers as they pray with and for us in this ministry of care. For a visit or more information, feel free to contact Rev. McHugh at 508-385-3543 or at [seniorpastor@duchurch.org](mailto:seniorpastor@duchurch.org).



Called to Care Team Commissioning 2-23-20

## APRIL & MAY ACTIVITIES

**April 5**

**Palm Sunday**  
Worship at 10 am

**April 9**

**Maundy Thursday**  
Service at 7 pm

**April 10**

**Good Friday**  
Silent Meditation  
12 – 3 pm

**April 12**

**Easter Sunday**  
Sunrise Service 6 am  
Corporation Beach  
Worship Services at  
9 am and 11 am

Easter Egg Hunt  
at 10 am

**April 17**

**“Let’s Do Dinner”**

Host a group or join a group to have dinner and meet new friends.

**May 2**

**DUC Spring Sale**

**May 9**

**“Ring for Spring” High Tea**  
Sponsored by the DUC Bell Choir to raise funds for new bells. Tickets on sale soon!

**May – Creation Justice**

**Sermon Series**  
Concluding with portions of Missa Gaia (“Earth Mass”) on May 17.

## Deacons, Ushers and Greeters for

### March 2020

#### March 1

|         |                                          |
|---------|------------------------------------------|
| Deacon  | Peggy McAloon                            |
| Ushers  | Barbara Lussier<br>Howard & Judy Chesley |
| Greeter | George & Glenna Cappola                  |

#### March 8

|          |                                          |
|----------|------------------------------------------|
| Deacon   | Sue Schofield                            |
| Ushers   | Joan Stout, Janice Gardner<br>Bob Michel |
| Greeters | Nancy & Ralph Aceti                      |

#### March 15

|          |                                               |
|----------|-----------------------------------------------|
| Deacon   | Skip Walsh                                    |
| Ushers   | Bill Crowell, Willa Crowell<br>Cheryl Cerbone |
| Greeters | Joan Stout                                    |

#### March 22

|          |                             |
|----------|-----------------------------|
| Deacon   | Bob Michel                  |
| Ushers   | Kim, Catie and Anna Crowell |
| Greeters | Emily Woudenberg            |

#### March 29

|          |                                 |
|----------|---------------------------------|
| Deacon   | Ann Swaim                       |
| Ushers   | Darlene & Al Fisk<br>Lois André |
| Greeters | Joanne & Lyle Ashby             |

## MARCH ANNIVERSARIES

|                         |         |
|-------------------------|---------|
| Peter & Elaine Simoneau | March 2 |
| Bill & Judy Black       | March 3 |

## MARCH BIRTHDAYS

|                  |          |
|------------------|----------|
| Mike McHugh      | March 2  |
| John Schofield   | March 3  |
| Lyle Ashby       | March 4  |
| Jean Tripp       | March 9  |
| Marilyn Nichols  | March 11 |
| Peter Berrien    | March 15 |
| Marcy Stanton    | March 15 |
| Dennis Krukowski | March 16 |
| Nancy Aceti      | March 17 |
| Elise Gordon     | March 17 |
| Glenna Cappola   | March 18 |
| Paul Peterson    | March 19 |
| Bob Stout        | March 19 |
| Lori Harris      | March 22 |
| Gail Knell       | March 23 |
| Jane Bacon       | March 24 |
| Jim Van Baalen   | March 25 |
| Skip Walsh       | March 29 |
| Howard Chesley   | March 30 |
| Willa Crowell    | March 31 |

### *March Altar Flowers*

#### **March 1**

Ethel Macquarrie

“In loving memory of my sister and Charles and  
Ethel Shiverick Soley”

#### **March 8**

Sue Day

“In loving memory of Don and Peter”

#### **March 15**

Phyllis Horton

“In loving memory of Joshua Crowell”

#### **March 22**













Cal & Karen Mutti

“In loving memory of our parents, Cal’s sister  
Pauline and her husband Bill and in honor of our  
grandchildren”

#### **March 29**

Nancy & Skip Walsh

“In loving memory of Baxter and Bailey”

| SUNDAY                                                                                                                                                  | MONDAY                                                                                                                                                                                                                                                                                                                                                                   | TUESDAY                                                                                                                                           | WEDNESDAY                                                                                                                                               | THURSDAY                                                                                                                                 | FRIDAY                                                                                                                                                 | SATURDAY                                                                                                                                                            |
|---------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <h1 style="font-family: cursive;">Lenten Practices</h1> <h2 style="font-size: 2em; font-weight: bold;">2020</h2> <p>FOR FAMILIES</p>                    |                                                                                                                                                                                                                                                                                                                                                                          |                                                                                                                                                   |                                                                                                                                                         |                                                                                                                                          |                                                                                                                                                        |                                                                                                                                                                     |
| <p>MARCH 1<br/>Pick up trash in or around your house.</p>            | <p>MARCH 2<br/><b>Kindness</b> — Do something kind for another person, without telling them about it.</p>                                                                                                                                                                                                                                                                | <p>MARCH 3<br/>God, when we are unkind or unloving, please forgive us. Amen.</p>                                                                  | <p>FEB 26<br/>God, help our family as we seek to observe these Lenten practices this year. Amen.<br/><b>ASH WEDNESDAY</b></p>                           | <p>FEB 27<br/>Write a note or make a phone call to someone who is home bound or in the hospital.</p>                                     | <p>FEB 28<br/><b>Gratitude</b> — Notice three reasons you are grateful and write them down.</p>                                                        | <p>FEB 29<br/>God, please help us to notice you each and every day. Amen.</p>  |
| <p>MARCH 8<br/>God, please be near to those who are ill at home or in a hospital. Amen.</p>                                                             | <p>MARCH 9<br/><b>Compassion</b> — Is it hard to show compassion to someone who isn't kind to you? Why or why not?</p>                                                                                                                                                                                                                                                   | <p>MARCH 10<br/>Clean up trash in a public park or school.</p>  | <p>MARCH 11<br/>God, please help us to remember to take care of the world you created and be kind to the earth. Amen.</p>                               | <p>MARCH 12<br/><b>Joy</b> — Make an extra effort to smile at every person you see today.</p>                                            | <p>MARCH 13<br/>Leave a happy note on a stranger's windshield.</p>  | <p>MARCH 14<br/>God, please help us to share the love of Jesus with people we meet today, and every day. Amen.</p>                                                  |
| <p>MARCH 15<br/><b>Peace</b> — World Peace begins at home. Be kind to your family today, as you are able.</p>                                           | <p>MARCH 16<br/>Hold the door open for someone.</p>                                                                                                                                                                                                                                     | <p>MARCH 17<br/>God, please help us to remember parts of the world where there is war and violence, and to always pray for peace. Amen.</p>       | <p>MARCH 18<br/><b>Tolerance</b> — Research some information on a different religion or culture today.</p>                                              | <p>MARCH 19<br/>Give a compliment to a stranger.</p>  | <p>MARCH 20<br/>God, please help us to learn about others who are different than we are and to always pray together. Amen.</p>                         | <p>MARCH 21<br/><b>Justice</b> — Justice means being fair to others and giving others equal opportunity. How can you show justice to others?</p>                    |
| <p>MARCH 22<br/>Return the cart for someone at the grocery store.</p>  | <p>MARCH 23<br/>God, thank you for each day. Whether it is a good day or a challenging one, you are always with us. Amen.</p>                                                                                                                                                                                                                                            | <p>MARCH 24<br/><b>Fasting</b> — Do without dessert or screen time today (or both).</p>                                                           | <p>MARCH 25<br/>Donate a book to a free little library in town.</p>  | <p>MARCH 26<br/>God, you are a friend to all. Help us to always remember this. Amen.</p>                                                 | <p>MARCH 27<br/><b>Mystery</b> — Many things about faith are a mystery. Name something you find mysterious about God.</p>                              | <p>MARCH 28<br/>Learn about an organization in your town that is doing good work and send them a note or donation.</p>                                              |
| <p>MARCH 29<br/>God, thank you for your unconditional love for us and for everyone in the whole world. Amen.</p>                                        | <p>MARCH 30<br/><b>Silence</b> — Try to be silent for 5 minutes. Set a timer.</p>                                                                                                                                                                                                       | <p>MARCH 31<br/>Donate food to a food pantry.</p>                | <p>APRIL 1<br/>God, may everyone in your world always have enough to eat. May we help make that dream a reality. Amen.</p>                              | <p>APRIL 2<br/><b>Hospitality</b> — Invite someone to come to your house today or sometime soon.</p>                                     | <p>APRIL 3<br/>For food in our stomachs, pillows for our head, and all of the other blessings you provide, we say "Thank You, God." Amen.</p>          | <p>APRIL 4<br/>Shovel snow or sweep the walk for a neighbor.</p>                 |
| <p>APRIL 5<br/>God, help us to have a special Holy Week as we get nearer to the day of resurrection. Amen.</p>                                          | <p>APRIL 6<br/><b>Love</b> — Jesus asks us to love our neighbors, even people we don't know. How can we do that?</p>                                                                                                                                                                                                                                                     | <p>APRIL 7<br/>Show kindness in a meditation. Close your eyes and pray God's goodness on someone who lives far away.</p>                          | <p>APRIL 8<br/>God, during this Holy Week, may we spend extra time in prayer and service. Thank you for your grace. Amen.</p>                           | <p>APRIL 9<br/><b>Hope</b> — Hoping and waiting are very similar. What is something you are hoping or waiting for?</p>                   | <p>APRIL 10<br/>Color paper plate mats and deliver them to a senior living center.</p>                                                                 | <p>APRIL 11<br/>God, thank you for being with us during this Lent and all the time. We pray for a joy-filled Easter tomorrow. Amen.</p>                             |
| <p>APRIL 12<br/>Celebrate resurrection by planting a seed or drawing flowers! Happy Easter!<br/><b>EASTER SUNDAY</b></p>                                |  <p>This calendar rotates through prayers, acts of service, and practices. Sometimes the practice is something to do; sometimes it is something to talk about. Try to do as many days as you can, but don't feel stress if you miss some days.<br/>Just pick up where you left off!</p> |                                                                                                                                                   |                                                                                                                                                         |                                                                                                                                          |                                                                                                                                                        |                                                                                                                                                                     |