

A weekly collection of news, reflections and announcements from the
 Congregational Church of West Medford
 an Open and Affirming Congregation of the United Church of Christ



PASTORAL REFLECTION

"For as often as you eat this bread and drink the cup, you proclaim the Lord's death until he comes."

—1 Corinthians 11:26



Table Blessings

World Communion Sunday was established by the Presbyterian Church (USA) in 1936 and was originally called World Wide Communion Sunday. Of course this day beckons us to be mindful that when we gather at the table, we celebrate not only with those present but also with sisters and brothers around the world. I am reminded as well of the 'Communion of Saints'—beginning with the twelve who shared that first Last Supper with Jesus in an upper room only hours before he was betrayed. How good it is to be gathered with God's people in Christ's name!

Artist, author and United Methodist minister, Jan Richardson has created this marvelous image in her piece called **The Best Supper**. Her description expresses some of what happens for me when I celebrate and receive the Eucharist, Holy Communion. *"Inspired by the image of Wisdom's Feast in Proverbs 9, this piece evokes the myriad meals that have fed me in body and soul. As I created this image, I was visited by memories of so many of the tables where I have found hospitality. Those memories are embedded among the pieces of this collage. Circling the table once again, I capture glimpses of those with whom I shared those sacred meals. I remember how we savored every scrap, how we lingered long after the last bite was consumed."*

When we gather as God people to share in the simple meal of bread and cup—we remember Christ's life, death and resurrection and his call to us to offer hospitality; we create community, the Body of Christ, into which the Holy Spirit becomes a presence—sharing in the sacred grace that is ours through Christ; and we celebrate and savor the goodness and generosity of God's love as given to us through the embodied presence of Jesus Christ. Remembrance. Community. Celebration.

That sure makes me want to linger at the Table with all of the saints from all over the world—and do it again and again and again. How about you? May you be blessed by Holy Communion in ways that you cannot yet imagine are yours to receive.

Rev. Wendy Miller Olapade (revwdmiller@comcast.net)

Jan Richardson's poetry is equally marvelous and her poem Table Blessing is offered on the next page.

Continued on next page

Table Blessing

To your table
you bid us come.
You have set the places,
you have poured the wine,
and there is always room,
you say,
for one more.

And so we come.
From the streets
and from the alleys
we come.

From the deserts
and from the hills
we come.

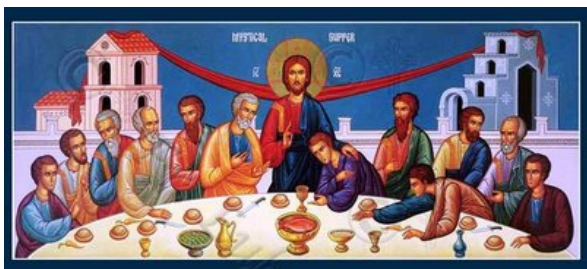
From the ravages of poverty
and from the palaces of privilege
we come.

Running,
limping,
carried,
we come.

We are bloodied with our wars,
we are wearied with our wounds,
we carry our dead within us,
and we reckon with their ghosts.

We hold the seeds of healing,
we dream of a new creation,
we know the things
that make for peace,
and we struggle to give them wings.

And yet, to your table
we come.
Hungering for your bread,
we come;
thirsting for your wine,
we come;
singing your song
in every language,
speaking your name
in every tongue,
in conflict and in communion,
in discord and in desire,
we come,
O God of Wisdom,
we come.



Prayer © Jan L. Richardson
from [In Wisdom's Path:](#)
[Discovering the Sacred in Every Season.](#)



In Our Prayers

Concerns: Ose prays for TJ who is to have brain surgery and for Viola in her last hours; Roberta prays for brother Paul to find his way; Kathy W. lifts up a young friend, Brianna who lost a beloved pet;

We continue to pray for the Briggs family at the death of Jack's Aunt Milly; for all those affected by violence; for Thelma T. who is improving and hopes to return home soon; all those in Colorado who have been affected by the floods; the people of Syria especially the refugees; our world leaders that they might find a peaceful path.

We continue to pray for our church's Crossroads process and future; for the environment; for President Obama and Congress regarding our present times of strife—may God's intentions prevail as they make decisions.

We celebrate joys: Charlotte's brother, Paul, found a job and a relationship after a long journey and is running in the Berlin marathon; Deb S. father's 80th birthday and being able to Skype with him in S. Africa; Susan F. D.'s brother, Edward has a baby coming and her family got a new puppy; Jeff S. has his health insurance back; deacons who are able to visit our elders and shut ins, Thelma in good spirits; two weddings last weekend Abby and Nathaniel and Jessica and Casey; continue to praise God for the organ being repaired.

We continue to pray for Lorna S. still hopeful for full recovery; Dick S's friend Ed with Lou Gerig's Disease; Diane P's friend's Paul and Joe in treatment for cancer; Eva W. recovering at home and June L. receiving care at home. We remember fallen soldiers and Veterans and those serving in our military. We lift up all of the children of our congregation and those we bless in Bright Stars.

OUR CHURCH ANNOUNCEMENTS

Please send prayer requests to office@medfordchurch.org by noon each Wednesday

Pastoral Care Concerns: "Deacon of the Month" for October is Robin Baker. Please let us know if there is someone who could use a visit, phone call, card, or prayer. The Deacons (aka: Spiritual Life) rely on your input about the well being and needs of our members and friends.

Empty your Pockets in the Pennies from Heaven Jar:

The "Pennies from Heaven Jar" will be in the Narthex for you to empty your pockets of the loose change you may have. This jar is just one way to help support the church in a very easy way. The jar easily takes coins and paper money.

Reminder to all users of Barnes chapel. Please do not unplug the refrigerator.

Several times in the past month the plug has been pulled over the weekend and food is spoiled. We have added a power strip to insure you have the outlets you need to do fellowship.

Happy October Birthdays

Kimberly Grubb	October 05
Phil DiSciullo	October 11
Thelma Thompson	October 20
Robin Baker	October 20
Jenny Briggs	October 30
Dylan Barca	October 31



Fellowship Café: As it has been through the summer months, our fellowship time will remain a simple affair through October 20. Basic snacks will be available and volunteers will only bring cold drinks, set-up and clean-up. Beginning October 27, we have our regular fellowship time—with volunteers bringing light snacks and coffee being served. Volunteers are being sought

now for November. If you are not on a Committee and have not had an opportunity to do coffee hour lately, dates are available in November for non-committee member participation. Please let Diane (office@medfordchurch.org) know when you would like to help out.

Altar Flowers Always Welcomed: Please contact Brenda Briggs bgbriggs51@gmail.com (or the church office office@medfordchurch.org) to make arrangements to schedule a Sunday to bring flowers or order them in honor or memory of a loved one.

Worship Volunteers Always Welcome: We are always looking for folk to participate in worship as ushers and readers. Youth and Children are always welcomed to participate. The Spiritual Life Committee recruits readers. Kathy Williams is the contact at this time. (kathypricewilliams@yahoo.com)



If you would like to usher, please see Rev. Wendy to find out more or ask any questions. You are also welcome to call the church office to volunteer. Our church works better when we all pitch in and participate! Your help is appreciated.



The Gift of Bread: The Spiritual Life Committee is looking for volunteers to bake a simple loaf of gluten free bread for our monthly celebration of Holy Communion (on the first Sunday of the month). The recipe is very simple (and uses a gluten free pizza dough product). Spiritual Life can provide the bread making mix if you can provide the loving care. No kneading involved. One volunteer has already agreed—perhaps you would like to bake bread every other month? Contact Rev. Wendy.

MISSION AND OUTREACH

Planning for Pine Ridge Volunteer Trip 2014: Preliminary planning meeting for the Mission Trip to Pine Ridge Reservation 2014 for interested participants will be held after worship service on November 3, 2013

RE-
MEMBER



Neighbors in Need (NIN) is a special mission offering of the UCC that supports ministries of justice and compassion throughout the United States. One-third of NIN funds support the Council for American Indian Ministry (CAIM). Two-thirds of the offering is used by the UCC's Justice and Witness Ministries (JWM) to support a variety of justice initiatives, advocacy efforts, and direct service projects through grants.

Neighbors in Need grants are awarded to churches and organizations doing justice work in their communities. These grants fund projects whose work ranges from direct service to community organizing and advocacy to address systemic injustice. Funding is provided through donations to the Neighbors in Need offering.

We will offer inserts over the next few weeks and receive the Neighbors in Need offering on Sunday, November 3. NIN contributions can be made on-line at any time [here](#).



Please save the date—and save some food!

“Medford Gives Thanks”

**Monday, November 25, 7:00 – 8:00 PM.
Community Food Drive and Thanks Giving**

Sponsored by the Medford Interfaith Clergy Group
to benefit the

Community Cupboard Food Pantry

Event will be held at Grace Episcopal Church, 160 High Street, Medford

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Any nonperishable food item that has not reached expiration is very welcome.

Other things that are especially prized: diapers, Ensure, mayonnaise, catsup, Spam, pet food, toilet paper, shampoo, toothpaste, ramen noodles, Progresso soup, cooking oil, dishwashing liquid, laundry detergent, coffee

Monetary donations are always welcome too and checks should be made out to  
The Community Cupboard Food Pantry.





**Join in the CCWM Boston Urban Outreach In-Service Project**  
**Friday, November 8, 5 pm--Saturday, November 9, 3 pm - RSVP Please**

Once again, we will participate in an overnight mission event to learn about and to help relieve homeless and hunger in Boston. *Day only options available.* During the event we will: have dinner with and hear directly from those who have experienced homelessness; share time together preparing meals and sandwiches; participate in conversation, games and music before a sleepover at a church in Charlestown. The next day we'll distribute the sandwiches we've made at Boston Common, and then head to the Boston Rescue Mission to make and serve lunch to the homeless and hungry there. *(note to those who have helped before: This year we will be helping at Boston Rescue Mission in downtown Boston instead of Pilgrim Church because that is where the need is at this time).*

We hope that everyone can make this wonderful event! WE also hope that you might invite friends and neighbors who are interested in the kind of spiritual growth that comes from mission work. The costs of the event will be fully covered by our Outreach Mission fund, but we need to know now how many spaces to reserve.

Please RSVP to Susan D'Arcy Fuller ( [susandarcy@hotmail.com](mailto:susandarcy@hotmail.com) ) indicating how many from your family will attend, and please indicate if you plan to sleep overnight at the church in Charlestown. Children 12 and up are welcome with an adult chaperone. Note that our confirmation class will be required to participate as they are able. Thank you!

## FROM OUR FRIENDS AND NEIGHBORS

**Medford Public Library Hosts Elizabeth Reian Bennett "All About the Japanese Flute" on Tuesday, October 15 at 7:00 PM.**

Elizabeth Bennett has been attending our church and she has invited us to her performance. In this performance and talk, teacher and musician Elizabeth Reian Bennett will introduce the shakuhachi, a Japanese end-blow flute. She will discuss its construction, how it is played, and the culture in which it is rooted. This will be followed by a performance of pieces from the early days of the wandering monks, the later ensemble repertory, and a composition written for her by local composer John McDonald. There will be a break for questions at the end. Reian Bennett is the first woman to be certified a Grand Master of the shakuhachi, which she has studied with Living National Treasure Aoki Reibo for over 30 years. This program is supported in part by the Medford Arts Council and by the Friends of Medford Public Library. For more and a sample of the music see her web site: <http://elizabethreianbennett.wordpress.com/>



**An Invitation**

Hope Central Church and  
the Metropolitan Boston Association of the MACUCC  
joyously invite you to

**The Ordination of Nanette Pitt Savides**

to the Christian Ministry of Word and Sacrament.

Sunday, October 13th, 2013 at 5:30 p.m.

Hope Central Church,

85 Seaverns Avenue, Jamaica Plain, Boston

Pick-up choir - all welcome to sing - 4:30 p.m.

Reception following the service.

RSVP & more info

[www.thesavides.com/nanette/ordination](http://www.thesavides.com/nanette/ordination)



**Young Champions of America:** is the largest multi-sport recreation organization in the United States. We are dedicated to providing high quality, affordable programs for boys and girls, ages 5-15. For over 30 years, Young Champions has engaged in the instruction of sports and recreation for the enhancement

of youth in America. Students achieve advancement and recognition with each session they attend. All students are invited to participate in our regional competitions where everyone goes home a champion!

With over 20 years of experience, our successful cheerleading program has become the leader in the cheer industry. All students have the opportunity to qualify for and perform at the Young Champions National Cheerleading Competition. Participants gain a sense of team spirit, improved self-esteem, and readiness for high school cheer squad tryouts. In our program, we teach cheerleading and pom-pom techniques, jumps, stunts, cheers, chants, dance steps and voice projection. Students have the opportunity to advance from Jr. Stars to Stars to Jr. All Stars to Pro All Stars to Elite. Coaches choreograph a competition routine which all students learn and practice throughout the session in preparation for our Cheer Competition. Family and friends are invited to attend all our events. Students compete for awards and all participants go home with a competition trophy! Youth ages 4 to 15 are invited to enroll in the Young Champions Cheer program.

Cheerleading classes meet once a week. September 26-, 2013 Sign up at The Congregational Church of W. Medford at 5:15 pm, Thursday, in Fellowship Hall, classes for various age groups. Fun, team participation, beginners to experienced. Just \$7 a class in Medford. Take what you need for your family and leave some for your neighbors. Thanks

## NEWS AND EVENTS FROM THE UCC

**Join Rev. Wendy for MACUCC Super Saturday. Registration is now open. Saturday, October 26, 2013.** Come spend the day! Enjoy a variety of workshop offerings, marketplace and networking. Tri-County Regional Vocational High School, 147 Pond Street, Franklin, MA. Keynote Speaker: The Rev. James Moos, Nominee for Election as Executive Minister of Wider Church Ministries, UCC and Senior Pastor of Bismark (ND) UCC.

Here are some of the workshop titles which may pique your interest:

- Whole Church Evaluations
- Discipleship: A Model of Church for the 21st Century
- Practical Ideas for Youth Ministry
- Money Matters: Our Faith and Our Finances
- Worship with a Twist
- Divestment from Fossil Fuel Companies – Update & What's Next
- The Spirit Moves (yoga and Christian worship)
- Faith - Grow it, Deepen it, and Live it Through a Holistic Approach to Adult and Intergenerational Faith Formation
- Faith Formation Family Style: Equipping Parents
- Transforming Stewardship into Joyful Celebration (Jena Roy is presenting this one!)
- Called to Care Ministry (Rev. Wendy is presenting this one!)



For details, workshop descriptions and more about registering—<http://www.macucc.org/events/detail/1165>

### **Celebration IX: Together We Can—March 28-30, 2014, Portland, Maine**

*"How wonderful it is for God's people to live in harmony"*—Ps 133:1 A weekend of spiritual renewal where together we can build community, form friendships, participate in workshops and make a joyful noise through all the land. Registration is now open. The United Church of Christ Women Leaders of New England sponsor this event every four years and in 2014 it will be held in Portland Maine at the Holiday Inn-by-the-Bay. Workshops, keynote speakers such as Maren Tirabassi, Nancy Taylor, Mary Luti and other fabulous women church leaders, music, Forums, Bible Study and a Marketplace. <http://www.uccwomenscelebration.org/>

