

PURPOSE
STATEMENT

*"We are disciples of
Jesus Christ
committed to making a
difference in the
community and in the
world through service
and invitational
outreach."*

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Go on our Web Site to see
church activities that are
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chathammethodist.org

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The Messenger

First United Methodist Church, Chatham

From the Pastor

Chatham Brothers and Sisters -

Greetings!

Spiritual Seasons

As we move into the fall of 2020 (can 2021 come fast enough?) it would be helpful to focus a little on what spiritual life-changes come as we age and change. Here are some thoughts I would share with you out of my own experience.

Spring

Growing up is one of life's most arduous adventures. We do not really have a mature spiritual life, but we begin to make sense of the world and learn our part in it. There is discovery, pain, our first taste of love and our first taste of loss. We know that life is bigger than our personal world and we begin to suspect that we have a purpose and destination. God is known to us through Biblical stories and songs. We get a brief glimpse of "awe."

Summer

Our faith life begins to flourish as we discover an ancient world of truth and we formulate our own values and ethics. This is a beautiful time of deep prayer and reflection on the wonder of creation and the possibilities of our own families, friends and, yes, even adversaries. God to us becomes personal for the first time and we start to realize that we, too, are a miracle and incredibly special "gift" to the world around us.

Fall

Like the many colors of our changing forests and the skies above us, fall is a time of spiritual richness and rebirth. We, the students, become the teachers for those struggling with

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the sophomore issues of Summer. We begin to know from first-hand experience that our summers were both joyful and dangerous. God is as certain to us as the falling leaves and we know from experience that death and rebirth are the ancient and eternal rhythms of all life.

Winter

Our spirits grow to full maturity with the awareness that our journeys on earth will not go on forever. We face our inevitable end with some satisfaction and a relative sense of relief. God and a guiding spirit have been with us throughout our lives and we have no question that this will be true to our last breath. The winter of our spirits is a time of certainty – God's love has not and will not ever fail us. Fear is not in our future, but hope very much is. God be with us till we meet again!

Be cool! Be Safe! God Bless!

Thom



WORSHIP SERVICES

Beginning in October we will have one Sunday service at 10AM in the Sanctuary. Masks are mandatory, our seating follows the distancing protocol, and there is no singing. If it is still warm weather, our Sanctuary is air conditioned! We look forward to the time when we can begin operating fully, as Pastor Thom Gallen says, under a “better” normal. Blessings to you all.



Roz and Bill Coleman recently placed these flowers outside the church in memory of Ruth Bader (“Notorious”) Ginsberg, who will be sorely missed.

***With Eyes of Love—Contemplation & Compassion* by Robert Corin Morris**

“Loving your neighbor as yourself becomes more difficult when you look through the lens of your judgments. Seeing others as the same vulnerable, complex creatures we are requires a kind of clear vision not easily achieved by our busy, always evaluating brains. But in those moments when the veil of judgment is removed—however just such judgment may or may not be—we may be surprised at what arises in our hearts.

“I once felt quite threatened by a church official who wished to derail a project central to my sense of call. Addressing the council in which she had considerable clout, I felt intimidated by her unfriendly gaze. ‘Pray for your enemies’ seemed to apply here, so I took her with me into a time of silent, meditative prayer. I *contemplated* her, holding the image of her into the light of God. Any time my narrative about her as opponent tried to feel its way into the center of my mind, I took a deep breath and let such thoughts go, returning to simply beholding her in the light, seeing her without fear or anger, simply as another human being....this new angle of vision released a wave of empathy for her, a spark of compassion that altered both my attitude and my actions going forward.

“There is a Buddhist teaching that compassion *naturally arises* from within if the ‘hindrances’ are removed. Caring for this woman was not my original reason for prayer, but seeing her more clearly opened up a blocked area of my heart. The ‘hindrances’ include ill will, bitterness, worry, craving, anger, and other passions—what Christians call ‘deadly’ sins. The New Testament tells us that such hindrances harden the heart, darken our understanding, and alienate us from compassion’s source in the heart of God (see Eph.4:18 and I John 4:16).

“We sometimes mistake compassion for an intense, dramatic feeling, but it occurs whenever we have a sense of ‘fellow feeling’ for someone, or even an intention for their well-being. Compassion begins with the simple intention to ‘make space for the other’ in one’s thoughts and actions—to *love* in the biblical sense, which is to will and act for another’s well-being, whatever we may feel. Cultivated, however, it can sometimes blossom into deep caring, empathy, and even identification with others. Intentional actions set our feet on this path, but Jesus calls *us* to walk it toward a full realization of compassion: *Be compassionate as your heavenly father is compassionate* (Luke 6:36).

“*Compassion is...our intrinsic potential to grow into the likeness of God’s own love and compassion.* Not only are the seeds of compassion part of the ‘law written on our hearts,’ as St. Paul says, but they may have been written in our *genes* long before we ever hear the command to ‘love your neighbor as yourself.’”

“*The contemplative eye neither judges nor intrudes, but rather receives.* The development of a ‘contemplative eye,’ to borrow a phrase from author Wendy Wright, can be a powerful aid toward clearing away the hindrances of mind and heart, making room for the cultivation of compassion.”

HAPPY BIRTHDAY

10-05 Jim Heatley 10-26 Bill Coleman
10-06 Alan Kuzirian 10-29 Morgan Farber
10-08 Dottie Morse



NO OCTOBER
ANNIVERSARIES
THAT WE KNOW OF

Serving In The Military:

Please keep in your prayers all those serving in the military, especially the following members associated with our church:

- Lt. Forrest A. Bogue, U.S. Navy, San Diego, CA, grandson of Olive Bogue.
- Petty Officer 3rd Class, USN, Noah Firmin, who will be stationed in Yokosuka, Japan.
- Pvt. Jacob Stewart, at Camp Humphreys, Dagou, South Korea, grandson of Elaine & Roger Trexler.

Cape Cod and Drought

Every year in the summer, Cape Cod experiences drought, but the native plants and animals here on the Cape have adapted through millennia.

With population growth and climate change, our Cape Cod heaven needs some thought and planning if we are to maintain it.

Our water comes from a sole source aquifer, which we share with the other 14 towns on Cape Cod. Our water supply is finite and precious. All of us are responsible for keeping our aquifer clean and keeping our water use to a minimum.

I have asked some of my friends and family what their favorite water saving tips are. My friend Gary takes an "army shower", wetting himself down, turning the water off, lathering up, then rinsing off. In the summer, one can use cold water to shower with. This method is a wonderful way to cool your core body temperature.

In the winter, plug your tub drain while you are showering—the warm water will warm you and you will get a wonderful foot soak. This way you can see the amount of water you're using. About a gallon or more of water can be wasted while waiting for the hot water to come through the pipe. My sister uses a bucket to catch that water and will use it to water her plants. I use a gallon pan to catch the water that has sat in the pipes all night long and will use that to wash my vegetables or fruits or for soaking dirty dishes. Then I will throw that dirty water on the flower bed outside my kitchen door. Another friend washes her hair and applies conditioner. While the conditioner is working she does something else, saving both time and precious water.

Many of us use the trick of a water bottle filled with sand in the toilet tank. The size of the bottle will depend on the size of your tank. You don't want it to interfere with the mechanics of the toilet. Low flow toilets are still a bit pricey but use an amazingly small amount of water. They say that a mechanical car wash uses less water than a do-it-yourself car wash.

Letting the grass grow a little higher and leaving the cuttings as mulch can keep your grass healthier and help water absorption. Having a traditional Cape Cod lawn, meaning no watering, no chemicals, and no fertilizers, helps assure healthy ground water. With the drought on I tried vibrant plants through our summer drought, but native Cape Cod plants are extremely beautiful and have a better chance of survival without watering. If native, you will know the plants are supporting native bees and native insects, and they are so important to our Cape Cod web of life/food chain.

Planting native plants does not guarantee lush vibrant plants through our summer drought, but native Cape Cod plants are extremely beautiful and have a better chance of survival without watering. If native, you will know the plants are supporting native bees and native insects, and they are so important to our Cape Cod web of life/food chain.

Stay safe!

Suzanna Nickerson - 1.774.563.0775

UPPER ROOM DEVOTIONALS

If you haven't already picked up a copy of the September/October issue, they are in Fellowship Hall and the Narthex. If you would like a copy mailed to you, please call Joyce in the church office, 508.945.0474.

At the suggestion of Upper Room some time ago, we pass along leftover issues to the residents of Broadreach (Liberty Commons).

We have received word that the Chatham Food Pantry is no longer accepting donations of food. They are accepting financial contributions, and if you would like to donate, checks should be made out to the Chatham Food Pantry and sent to 625 Main Street, Chatham, MA 02633.

Scholarship Thank You

Dear Congregation of First United Methodist Church -

Thank you so much for presenting me with the generous scholarship to support my college endeavors. I am a Mathematics major at the College of the Holy Cross. This scholarship will help to support my college journey by alleviating some of the cost of college. I am excited to be going into my junior year of and am deeply grateful for such a kind contribution that supports my future career goals. This grant is especially meaningful coming from the church that I grew up in since I was in middle school, from volunteering as an usher to helping to build the cross used during Lent and Easter.

I appreciate the generosity and kindness.

Gratefully,

Parker Firmin

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