



**MESSENGER**  
of the  
**First Congregational  
Church**  
**United Church of Christ**  
**Melrose, Massachusetts**

*An Open and Affirming Congregation*

*Rev. Dominic Taranowski, Pastor*  
*Kathy Troiano, Music Director*

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**Extra Weight**

Do you have weight to lose? I don't mean physical weight (although all of us could probably stand to lose at least a couple of pounds!). No, I am talking about lifestyle weight, emotional weight, spiritual weight.

Many people are weighed down in their lives. Maybe the weight is sadness over a recent loss of some kind. Maybe it is worry about an impending life change and what might happen. Maybe it is the weight of how the bills will be paid. Or maybe the weight is genuine depression that creeps into your life all too easily.

If you think about it, we all have some kind of weight to lose. We need to lose it because it acts as an anchor in our lives—holding us back from our full potential. There are dreams and goals that remain unrealized because this weight pulls our spirits down and makes us doubt our potential. This self doubt is often made manifest in phrases like: "I'm not sure I can manage what I've got going. I certainly can't try something new." We may not say that aloud but we say it in our hearts. When we do, the anchor, the weight gets heavier and we are less likely to progress in our living.

The good news of our faith is that we don't have to carry around this kind of weight. That may sound too good to be true but it is a fact. We can give it over to Christ who is willing to take it from us so that we can grow into our fullest selves. That is part of the power of the incarnation.

Now, giving over this extra weight in our lives may not be as easy as it sounds. We can be surprised at how much of our identity is caught up in this weight. We can even prefer the weight to the possibility of embracing a wider engagement with life. We know the weight and it feels familiar and safe. Dreams and goals, positive though they may be, involve a measure of the unknown.

We need to trust the life God calls us to and we need to lose the weight in order to fully answer that call. Like losing physical weight, we can put ourselves on a diet. This diet should be low in self doubt and high in positive visioning. We can exercise our spirits more often through prayer and meditation. Before you know it, the weight starts to come off and we feel liberated and spiritually energized.

**Sunday, May 9, 2010**

**Mother's Day**

*Renewing the Covenant*

**8:30 AM – Chancel Choir Rehearsal**

**10:00 AM – WORSHIP**

**and Church School Pre-K – 12**

**11:15 AM – Coffee Hour, Narthex**

*THE FLOWERS on the communion table are given in loving memory of Martha Peabody Parke Pendleton by her family: Bud, Parke, Andrew, Gretchen, Elizabeth, and Gabriel.*

*THE FLOWERS in the urn are given in loving memory of Claire Ahlin and Ethel Batting by the Ahlin family.*

**DURING THE WEEK**

**Monday, May 10**

7:30 PM – Common Threads at Lisa Jamison's

**Tuesday, May 11**

3:45 PM – Bread of Life Dinner, St. Paul's Malden

**Wednesday, May 12**

7:15 PM – Bells Rehearsal, sanctuary

**Saturday, May 14**

Meet and Eat

**The following groups meet here regularly:**

**Boy Scouts** – Tuesdays at 7:00 PM in the basement

**Girl Scouts** – Sundays at 5:30 PM, Rm. 1 and lounge, Mon. at 7 PM, Rm. 7/8, Wed. at 6PM, Rm.7/8, Fridays 2:30 and 5PM, 7/8

**Pre-PAL** – 9 11:30 AM – M, T, Th, Fri, Room 7

**PAL** – 3:00 PM, Room 7/8

**Cub Scouts** – Tuesdays, Wednesdays, Thursdays

**Al-Anon** – weekdays at 12 noon, Sunday at 1 & 7 PM – Rm. 8

**Blue of a Kind** – Mondays at 7:00 PM in the Music Room

**S.A.R.P.** – Tuesdays at 6:30 PM, lounge

**A.W.O.L.** – Tuesdays at 7:30 PM, 7/8, lounge, Rm. 1

**Mothers' Group** meets Wednesdays 9-11 AM, lounge, 1, 7/8

**Vital Cycles** - Thursdays at 7:00 PM, lounge

**O.A.** – Fridays at 7 PM, lounge

**A.A.** – Wednesdays at 7:30 PM, Fridays at 8:00 PM and Saturdays at 3:00 PM – Rm. 8

What is holding you back? What is the extra weight in your life right now? You do not have to carry it alone. Christ is at your side to take from you the weight of worry, self-doubt, sadness and fear. By opening yourself to this presence in your life you can re-define who you are and remember that, above all you else, are a beloved child of God.

See you in church,

*Rev. Dominic*





Marilyn McComas, Anne Wing,  
George Burrell, Bud Pendleton,  
Barbara Jones, Rayma Sargent  
(Anne Wing's sister).

### GIVING STATEMENTS

Quarterly Giving Statements were emailed to parishioners with email addresses on record at the church. (Statements are password protected for security). If you have an email address and would like to receive the statements, please email the church (info@fccmelrose.org). If you would like a paper copy, please call the church and we will print one for you.



### Why Cook or Eat Alone?

Join Hallmark Health for

### Senior Supper Series

At Lawrence Memorial Hospital,

170 Governor's Ave., Medford

Tuesday, June 8<sup>th</sup> at 5:00 PM

The topic is "Bones and Joints" with speaker

Deb Cronin Waelde, RN

Nursing Care Director for the **Bone and Joint Center**

Enjoy a delicious hot meal, an informative health talk, and a free raffle for only \$4.95.

Reservations are required and space is limited, so please call (781) 979-6105.



### Congratulations to our newest members!

Charles Arnold, Lilah Drafts-Johnson, Madeline Konicek, Joseph Murphy and William Krol-Sinclair (not pictured) were confirmed on Sunday, May 2<sup>nd</sup>. Above them is the confirmation quilt which they designed during their time in preparation for confirmation.



Connect with our church community during the week by joining our church Facebook group. Search: First Congregational Church UCC in Melrose MA