



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

OFFICE 781-665-2111 - FAX 781-665-8824

E-MAIL info@fccmelrose.org Website www.fccmelrose.org

Cell phone: 781-526-3428

VOLUME 92

May 21, 2010

Number 37

Time Travel

Is time travel possible? Forget the science fiction you may have read, do you think it is really possible? You may be surprised at my answer which is an unequivocal “yes”. I would caution, however, that it is a bad idea!

When I say that time travel is possible I am not talking about the physics (quantum or otherwise) that may or may not make this a physical possibility. I say that time travel is possible because we all do it every single day of our lives. In short, we spend most of our time either apprehensive about the future or trying to recover from the past. Our minds and our hearts are so consumed with the past and the future that our consciousness, our spirits are actually absent from the present moment.

Let me give you an example. In my pastoral counseling, it is not unusual for people to come seeking help in resolving some guilt associated with their past. It is well that help is sought because it is amazing how such guilt about the past can shape the character of a person and influence the choices they make in their lives. It is very easy, in fact, for people to live in the past—to be caught up in an event or relationship that ended long ago but is still very impactful to one’s way of living. If we look hard enough, we can see that all of us are caught in the past to one extent or another. It is a very rare person for whom the past is completely resolved.

Conversely, there are those who worry about the future. All of us, too, participate in this kind of time travel. How will we pay for college? What if we have to move? What if I can’t afford to retire? How will I pay for a major medical emergency if it happens? Like being caught in the past, these future concerns are legitimate and need to be addressed. The problem is that they are not easily resolved and so we get fixated on them. We fixate on them to such an extent that we end up living in that murky, undetermined future without any grounding in the present.

Each day is a gift from God. Each moment is a gift from God. Every time you inhale and exhale you participate in a blessing. “Be still and know that I am God” counsels the scriptures. God, through Jesus Christ, enters into our past to heal it and liberate us from it. As

Sunday, May 23, 2010
Pentecost
Invite a Friend to Church!
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

Meet and Eat

DURING THE WEEK

Monday, May 24

7:30 PM – Common Threads at Sallie Klemm’s

Wednesday, May 26

7:15 PM – Bells Rehearsal, sanctuary

Sunday, May 30

Annual Reports will be available in the narthex.

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

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

for the future, it too belongs to God and the testimony of Jesus Christ is that no matter how the future unfolds we will not be abandoned.

The past is the past—it cannot be re-lived. It can, however, be handed over to the non-judgmental, healing hands of Christ. The future is yet to be written. The most we can do with regard to what lies ahead is to combine our free will with the calling of Christ. Beyond that we trust. We trust that we are held by loving arms that will not let us fall.

If we can hand over our past and our future to God, we can stop time traveling and live in the abundant blessing that is this very moment.

See you in church,

Rev. Dominic



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



Wear Red for Pentecost



IT'S YARD SALE TIME!

This year's Yard Sale will be held on
Friday, June 4, 6:00 PM to 8:00 PM and
Saturday, June 5, 9:00 AM to Noon.

Items may be dropped off any time beginning on
Sunday, May 30.

Lots of help is needed every day and evening
beginning June 1st.

Any questions please contact Jim Oosterman,
OostermanJ@melrosecoop.com.

Please do not bring clothes, electronics, computers,
exercise equipment, bicycles, large appliances,
building materials or machinery other than hand
tools.

Please do bring your discarded jewelry and any
collectibles such as glassware, china, plates, silver
or any interesting old items, etc.

This Sunday, May 23rd, is Pentecost. Be
sure to get "in the spirit" and wear **RED!**



**Invite
a friend
to church!**

Invite a Friend to Church Sunday!

Have you ever wanted to introduce friends or family
to our wonderful church? Have you ever wanted to
share the great spirit and energy we have here on
Sunday morning? Pentecost Sunday is a great
chance to do just that! **Sunday, May 23rd** will not
only be Pentecost Sunday but also "Invite a Friend
to Church" Sunday! This will be an opportunity for
new people to experience our worship service and
learn about our many ministries. Now is the time to
start thinking about who you would like to invite!



Several people found the ancient benediction that I cited in the Mother's Day sermon to be meaningful. I share it again here as requested. Like many ancient liturgical pieces, its author is unknown. While it is not taken directly from the bible, it does speak of the omnipresence of the divine proclaimed by Christ. I also find striking similarities to Native American blessings that reference the cardinal four directions as well as up and down.

--Rev. Dominic

“The spirit of Christ is
 With you to defend you
 Within you to refresh you
 Around you to preserve you
 Before you to guide you
 Behind you to justify you and
 Above you to bless you.”



**DO YOU HAVE A COLLEGE GRADUATE
 IN YOUR FAMILY THIS YEAR?**

Please let Susan in the office know so that we can share our congratulations in a future Messenger. 781-665-2111 or info@fccmelrose.org.



RIM News

All of our clients, including the new Iraqi refugees, are settled in and doing well. We have found a kitchen table and chairs and a printer but still need: a sofa bed, an answering machine, a sturdy woman's bike, size 11 women's athletic shoes or money to buy them, small women's clothes.

Thanks again for your participation in the annual flower sale!

Know anything about fashion design?

Our newest Refugee Immigration Ministry client, a young Iraqi man named Hameed, is a fashion designer and is very interested in talking to anyone involved in the industry here or just someone who has ideas about how he can meet people and find out about how things work in this country. For now he will take any job available but he hopes to find a job in his field as soon as possible. He worked as a designer in Beirut, Lebanon and speaks good English. Please call Nancy Toney (781-665-6588) with ideas or possible contacts. Thanks!



Join Circle 4 in Donating a Table!

The Christmas Fair Committee has identified the need for 12 new lightweight rectangular tables; six 6' tables (\$50 each) and six 8' tables (\$80 each). Any additional money raised will be put toward new round tables! Donations in any amount can be given to any member of Circle 4. Checks should be made out to First Congregational Church with "Table Fund" written in the memo line. As with other church fund raisers, this donation will be in addition to your pledged tithe.