

**ROXBURY UNION CONGREGATIONAL CHURCH, U.C.C.
NEWSLETTER – September October 2021**



LIGHTING THE CHURCH “..a lamp unto my feet and a light unto my path” Psalm 119:105



The church is lighted in September by Claire Chomentowski in loving memory of Tom Chomentowski and by Merv Spooner in honor of Mary Swann and in loving memory of Beverly Spooner and Sandi Spooner.

If you would like to light the church, please contact Claire Chomentowski at 485-7779.

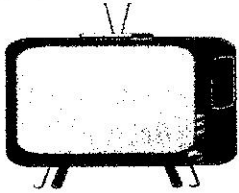
SUNDAY WORSHIP

We have resumed in person worship at our usual time – 11:00 AM on Sunday mornings. We continue to consider the most recent advice of the governor, doctors, and scientists regarding how to prevent the continued spread of Covid-19.



IF YOU WOULD LIKE TO RECEIVE THIS NEWSLETTER BY EMAIL, PLEASE SEND`` YOUR EMAIL ADDRESS TO PASTOR SUE AT sue.church43@gmail.com.

WEDNESDAY VIDEO SERIES



Our video series has resumed. We will gather on the first and third Wednesdays of each month. On September Rich Smith has agreed to help us search out videos that will stimulate our hearts, minds and spirits. If you have a suggestion, please contact Rich.

FALL SOUP AND PIE SUPPER

Due to the continued concerns about Covid and the recommendations regarding masking and social distancing at indoor gatherings, we will not host our Fall Soup and Pie Supper. It is disappointing to have to forgo this event again. Hopefully, we things will be different in the spring, and we can hold the event then.

MANY THANKS!!

to Barbara Townsend Peasley, Linda and Michael Laperle, Ed Carney, Sue Nevins and Carlos Montero, and a few anonymous donors for keeping the food shelf in good shape. Also to the Smith boys - Rich and Arthur – for loving lawn cared.

PASTOR'S MESSAGE

It feels like just yesterday that we were looking forward to summertime. Here we are anticipating Fall! I hope you have been able to enjoy the outdoors these last couple of months. Being outside continues to be one of the things we are encouraged to do and that we can feel safe doing.

Fall is my favorite time of the year. I love the splendor of the colors, the richness of the fragrances, the crispness of the air, the crunch of biting into a fresh apple. I look forward to my drive to church with a special eagerness as the colors change. Always a miracle!

I suspect I am not alone in wishing for some relief from the continued struggles that the news brings to us each day. I am weary. I'm sure you are, too. I notice how many articles come across my online news sources that deal with how to survive the time in which we find ourselves. Almost universally, the most consistent recommendation is to be outdoors, to immerse ourselves in nature. Here are some of the most frequently listed benefits:

- 15 minutes outside increases your vitamin D level;
- One outing in nature increases creativity;
- Natural light elevates one's mood, increases alertness, and concentration;
- Being in nature helps us sleep better.

The natural world calls to us because we are part of that world. We are meant to share with and participate in the life of the natural world. Read Genesis 1:1 to 2:3. Read it slowly. If you can, read a couple of different translations. Read Proverbs 8:22-31. Read Psalm 104.

I love to walk outdoors with bare feet. I like to imagine roots growing out of my feet that anchor me to the earth. After a winter of wearing boots all the time, this is especially true. It feels good to walk on the grass; to dig my feet into sand or even mud. I love looking at the sky at night, seeing the stars and planets and feeling a deep connection to all that exists. Feeling the earth makes that connection even more clear. God created with excitement, with joy, with love. Read Genesis 1 in Eugene Peterson's translation, *The Message*. You get a sense of that excitement, joy, and love.

Find time this fall to get outside. Take a walk. Go pick apples. Sit outside and let the vitamin D of sunlight work its way into your eyes. You, we are part of it all. It is life, God's greatest gift to us.

Pastor Sue can be reached at 802-233-5198 or at sue.church43@gmail.com
