COMING NEXT:  NHCUCC WOMEN’S SPRING GATHERING and ANNUAL MEETING—Saturday, May 11, 2019

EVERY DAY BRINGS NEW CHOICES

First Congregational Church
508 Union Street, Manchester NH 03104-4890
(Corner of Union and Hanover Streets)

• 603-625-5093 • LBONETTI@fccmanchesternh.org • HTTPS://FCCMANCHESTERNH.ORG

TENTATIVE SCHEDULE (SUBJECT TO CHANGE):

9:30.................... Registration and coffee. Set up White Elephant Tables.

10:00.................... Welcome: First Congregational Church, Manchester
                      ................. Worship with communion: Barbara Papagian and Emelia Attridge

11:00.................... Speaker: Rev. Tim Wildman, CHOICES, CHANCES, CHANGES

12:00.................... Lunch, fellowship, White Elephant Table (includes crafts and baked goods)
                      ................. Business (introduce slate of officers) (Outstanding Woman Presentation)
                                  (Celebration XI) (secretary’s report) (financial report) (any other business to come before the members)

1:30 & 2:25............ Workshop: Qi Gong Moving Meditation

1:30 & 2:25............ Workshop: “What’s Up Doc?” Aging Well
                      ................. Closing (around 3:30)

THE WOMEN’S CONNECTION OF THE FIRST CONGREGATIONAL CHURCH. Manchester NH has recently published an all-church cookbook called “Bon Appetit.” The cost is $12.50, which includes one e-book download per cookbook. These cookbooks will be available at the Spring Gathering on May 11. Some of the recipes from the book will be made for morning snack and lunch for everyone to taste. The profits are designated for the future kitchen remodel project. Please help out and support their cause.
REGISTRATION FORM for NHCUCC Women’s Fellowship 2019 Spring Gathering. $12-registration includes lunch—Make checks payable to: NHCUCC Women’s Fellowship. Mail registrations and checks by May 1 to Trudie Bergeron, 46 Nantucket Place, Greenland NH 03840. Questions? Please contact Trudie at 603-828-4200 or TrudieGlenn@yahoo.com.

Name__________________________________ Church
Street/City/State/Zip__________________________________________________________
Telephone_____________________ e-mail (optional)_____________________________________
Emergency contact—name and telephone number: ______________________________________

Special Dietary Needs? If yes, please explain: _______________________________________

Will you need to use the Handicap door and elevator? ..... Yes ____ No _____
Would you like to use a hearing device? ......................... Yes ____ No

REV. TIMOTHY WILDMAN—CHOICES, CHANCES, CHANGES—Rev. Wildman is a Retired Pastoral Psychotherapist, and Member of First Church, Concord NH. Tim Wildman finds joy in his retirement from pastoral counseling as a jazz musician with a particular interest in jazz worship. His creative partnership with Pastor and Vocalist Emilia Halstead (First Congregational Church in Concord), bassist Jock Irvine, and drummer Ed Raczka has spawned Jazz Sanctuary—First Church/Third Sunday as well as performances around the state in UCC worship settings. A member of the NH Conference’s Clergy Support Ministry, Tim and others continue to explore the importance of Pastoral Relations Committees in the relationships between pastors and congregations. In terms of today’s topic, Tim might say that congregations make choices just as individuals do.

DR. LYN SINGER LINDPAINTNER, BA BSN MD—“WHAT’S UP DOC? ” AGING WELL—Dr. Lindpaintner received a teaching degree from Oberlin College in 1974, a Bachelor of Science in Nursing from Case Western Reserve University (CWRU) in 1977, and completed medical studies at CWRU School of Medicine in 1984. She is board certified in Internal Medicine and Geriatrics.

She taught at Harvard Medical School and practiced Internal Medicine in Boston prior to moving to Basel, Switzerland in 1997. Her career has combined clinical medical practice with academic positions in the U.S. and Switzerland, focusing on clinical education and research promoting multi-professional collaborative innovation in the care of the frail elderly. She has a particular interest in successful aging and in improving systems of care for individuals and families coping with dementia, delirium, and decision-making at the end of life.

In 2012 she returned to the U.S. to practice primary care geriatrics and serve as Medical Director of ElderCare Services at Concord Hospital in Concord NH, in addition to continued teaching and consulting in Europe.
**JOYCE PALMER—** Qi Gong, Moving Meditation—Ms. Palmer is a Certified Holden Qi Gong Instructor. Qi Gong has been used for over 4,000 years to maintain wellness and prevent illness. This time-honored practice is simple—anyone at any age or fitness level can engage in this moving meditation. Qi Gong nurtures health and vitality from the inside out. Qi Gong uses breathing, gentle stretching, bending, and range of motion movements. Just a few minutes a day can result in noticeable changes in stress, mood, and energy levels as well as improving physical fitness.

I committed to a daily Qi Gong practice and found that my coping capacities increased, my ability to get a good night’s sleep returned, and my sense of joy in living re-emerged. After two years, the family situation shifted as my mother died, and stabilized when my father moved to assisted living. With my role shifting from caregiving to care coordinating, it was time for me to figure out what I was going to do next. I again turned to Qi Gong; this time to become a certified teacher. While Qi Gong is an ancient practice, which is quite common on the West Coast, it is just emerging here in NH, and I am so excited to be able to share this amazing practice with others.

**BARBARA PAPAGIAN** is a Commissioned Minister in Pastoral Care. She has been Director of Parish Care at First Congregational Church in Manchester for ten years. She concentrates on pastoral visits to members of the congregation who are shut-ins, in hospitals, and homebound due to illness or injury. She also leads worship services once a month and is licensed to lead Communion. Barbara is working on getting her Masters in Divinity degree from Sioux Falls Seminary. Barbara’s call to ministry came later in her life and she hopes that age will never stop anyone from listening to God and acting on God’s plan.

**EMELIA ATTRIDGE** is a member of First Congregational Church in Manchester. She received her Master of Divinity degree from Boston University School of Theology in 2018, and has recently been approved for Ordination pending Call. She is also a former Horton Center staff member and avid Outdoor Ministry volunteer. Emelia is currently serving as Acting Minister and Congregational Care Coordinator at Hancock United Church of Christ in Lexington MA.

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**NEW HAMPSHIRE CONFERENCE UNITED CHURCH OF CHRIST (NHCUCC) WOMEN’S FELLOWSHIP** is compiling a booklet entitled *Prayer, Prose, and Potpourri.* The booklet will consist of favorite prayers and sayings or inspirational readings you have found humorous or helpful during your lives. We wish to compose the booklet so that we can share our faith with each other and those women we meet along the way. Deadline for submissions is August 1 and the booklet will be ready in September. The booklet will be sold and the proceeds will be used for scholarship money to aid women in attending Women’s Gatherings and Retreats.

If you wish to submit to the booklet, do so by e-mailing the piece you wish to share to Margie Kreitler, chair of the NH Women’s Fellowship, at mvkreitler@gmail.com. Questions? Call Margie at 603-279-6150.

Thank you and blessings to each of you,

Margie
OUTSTANDING WOMAN RECOGNITION

Every church has someone who seems to be the “backbone” of her church. You know… the ones who are in the kitchen, organizing the rummage sale or the bazaar, working in the food pantry or soup kitchen, stuffing the envelopes or folding the newsletter, filling in for the secretary, and staffing the serving line at all the receptions. They are the ones who dust and clean out the refrigerators or just pitch in where needed. They also take their turns in holding church offices as deacons and Sunday School teachers; they serve on the Boards of Missions, Stewardship, Trustees, and Women’s Groups; and they organize prayer groups and/or study groups, etc.

At every Spring Gathering we like to recognize these wonderful women for their faithfulness and dependability. There is a nomination application form below for you to nominate one of your own. Please write a brief statement of why you feel she should be recognized.

At the next Spring Gathering, we will honor some of our outstanding women who live their faith every day in their churches and communities, but we need your help to identify them.

Please mail your nominations by April 10, 2018, to Elaine Barker, 31 Chestnut St., Apt. 311 Tel: 603-778-0713 E-mail: ebarker3@outlook.com Exeter, NH 03833

Please mail early; do not wait until the deadline!

APPLICATION FOR OUTSTANDING WOMAN RECOGNITION

I/We ____________________________________________
of ____________________________________________ Church
Address ____________________________________________
would like to recommend ____________________________________________
Her address: ____________________________________________

from my/our church to be recognized at the NHCUCC Women’s Fellowship Spring Gathering.

Will this person be able to attend the Spring Gathering on May 11, 2019, at the First Congregational Church (UCC) in Manchester? Please circle: Yes / No Someone from your church MUST BE present to accept award if the Outstanding Woman is not present.

Please give a brief summary of why you recommend this woman—Use a separate sheet.

WHITE ELEPHANT TABLE AT SPRING GATHERING

There will be a White Elephant table (including crafts and baked goods) at the Spring Gathering in Manchester NH. Please bring an item or two, if you can. THIS IS NOT A RUMMAGE SALE.

The money raised goes to help the NHCUCC State Women’s Fellowship’s treasury to run both the Spring and Fall Gatherings, as well as provide some scholarship money for women who attend events like the Celebrations held every four years or our own Retreats held every couple of years. We also help our board members attend the Women Leader of New England events—the group that sponsors and plans Celebrations.
Thank you, Dress A Girl Around the World! We are recipients of your beautiful dresses!

We can feel that you made the dresses with love because they are so pretty! They help us to realize we have dignity and to know that God loves us! We want to know that we are worthy of love. Many of us are overlooked and often abused with no one to protect us. For many of us this will be the only new dress we ever own. Thank you for making them so carefully so that they can last us a very long time. Could you please make sure to use a good, sturdy cotton fabric? Our bodies need to be covered and if the fabric is thin, sometimes our skin shows through and it's embarrassing.

And can you please help protect us from predators by putting the Dress a Girl label on the outside front of the dress? The label indicates that an organization is looking after us and just maybe a predator will pass us over! That’s worth the extra time and effort, don’t you think?

Thank you so much for giving us ‘God’s best dress’! We love you!

Dress a Girl Around the World
Imagine a world where every girl owned at least one dress

A Program of Hope 4 Women International

Dress a Girl Around the World is a Campaign under Hope 4 Women International (a 501 (c) 3 organization) bringing dignity to women around the world since 2006. Hope 4 Women International is a nondenominational independent Christian organization. Visit our Web site to learn more at Hope 4 Women International (www.h4wi.org/ministry/dress-girl-around-world).

We dream of a world in which every girl has at least one new dress. We want girls to know that they are worthy of respect, and that they are loved by God.

Dresses created at the Deerfield Community Church Sewathon and brought to Guatemala in January 2019

What Can My Church Do To Help?

Host a Dress A Girl Sewathon: Invite seasoned and new sewers to learn about DAG, share ideas, make “kits” or sew dresses. Usually from 9:00 a.m. to 1:00 p.m. or so. Intro by Church Hostess and a short presentation from DAG. Samples and patterns are displayed; and kits are available to sew if you need one. Sometimes a continental breakfast or lunch is offered… your choice! Expect 8–16 interested sewers, cutters, ironers. Check it out on Facebook at Dress A Girl Around the World/Southern Maine Group. It is always fun to visit someone else’s first to get your feet wet!

Have a My Church Dress A Girl Sew-a-thon: Don’t open it to the DAG Facebook list; just invite your Church members and friends. A Dress A Girl advisor is happy to attend! And bring patterns and kits… and advice!

Do you have a Church Quilting Group? Sometimes we just have too many quilts, but the group loves to get together! How about having the group get together to:

- sort your extra fabrics—make good fabric choices and sizes for the main dress, pockets, bindings to prepare to make kits
- make pockets and coordinating bindings kits… then you are ready to just make dresses next time
- make kits up… cutters and ironers shine here! No sewing necessary!

Continued on next page
Project 10,000

Partners for World Health out of Portland ME is collecting 10,000 flannel blankets (approximately 40”x40”) and knit baby hats to add to their Project 10,000 mission. Project 10,000 is an effort to reduce maternal and infant mortality rates in Africa by providing 10,000 women with kits containing the supplies necessary for a sterile birth and items to keep their newborn warm. Dress A Girl sewers have been making flannel blankets out of 42” square pieces of flannel. And many are adding the handmade baby hats.

Need more information? Contact Jackie Dewey at dressagirlsmaine@gmail.com.

Dress A Girl of Maine/Southern NH has sewn over 7,000 dresses in the last 3 years, which have been distributed to girls in 25 countries. Sewathons are held regularly throughout our region and all are welcome to attend.
NHCUCC WOMEN’S FELLOWSHIP
SPRING GATHERING
Saturday, May 11, 2019 9:30 AM until 3:30 PM
First Congregational Church
508 Union Street, Manchester, New Hampshire

“Every Day Brings New Choices”

Keynote Speaker: Rev. Dr. Tim Wildman
“MAKING GOOD CHOICES”

Workshops: Qi Gong, Moving Meditation: Joyce Palmer
“What’s Up Doc?” Aging Well: Lyn Lindpaintner, BSNMD

Cost of Gathering is $12, which includes lunch. Please register by May 1st.
Make checks payable to NHCUCC Women's Fellowship.
Mail check to: Trudie Bergeron, 46 Nantucket Place
Greenland, New Hampshire 03840

Questions? Please contact Trudie at 603-828-4200 or e-mail her at trudieglen@yahoo.com
Directions to First Congregational Church, Manchester

Parking: There is parking just north of the church on Union Street in the adjacent parking lot. Additional parking is available on neighboring streets, and handicapped parking is available along the church driveway and on Amherst Street. The church is accessible for the disabled through the ramp door on the Amherst Street side of the building.

From the South: I-93 North to Manchester.
Take Exit 6, at the bottom of the ramp go straight through the light. Get in left lane, at the light, take a left turn on to Hanover St. Follow Hanover St. all the way to the light on Union St., about 2 1/2 miles. The church is on the right corner. Parking is on any of the streets or turn right on Union St., drive past the church to the parking lot in the next block. Turn left into the lot. Park and then walk across Amherst St. to the church. There is a door on Union St., one in the driveway, and a handicap entrance on Amherst St.

From the North: I-93 South to Manchester.
After the toll in Hooksett bear right to continue on 93 South. Take Exit 7, at the bottom of the ramp take a right turn on to Hanover St. Follow Hanover St. all the way to the light at Union St., about 2 1/2 miles. The church is on the right corner. Parking is on any of the streets or turn right on Union St., drive past the church to the parking lot in the next block. Turn left into the lot. Park and then walk across Amherst St. to the church. There is a door on Union St., one in the driveway, and a handicap entrance on Amherst St.

From the East: 101 to Manchester.
Bear right toward Concord onto 93. Stay in the right lane to take Exit 8. At the bottom of the ramp, bear right on to Wellington Road. Continue straight through the first light then get into the left lane to turn left on to Mammoth Road. Go past the Derryfield Country Club to the light on Hanover St., turn right. Follow Hanover St. all the way to the light on Union St., about 2 miles. The church will be on the right corner. Parking is on any of the streets or turn right on Union St., drive past the church to the parking lot in the next block. Turn left into the lot. Park and then walk across Amherst St. to the church. There is a door on Union St., one in the driveway, and a handicap entrance on Amherst St.

From the West: 101 to Manchester
In Bedford take the Exit onto I-293 N, Everett Tpke N toward Manchester, Concord. Continue onto I-293 N for about 1 mile. Next take Exit 5 onto Granite St. Turn right onto Granite St. Continue across Elm St. directly onto Lake Ave. At the second traffic light turn left on Pine St. Continue on Pine St. to the second light at Hanover St. turn right. The church is on the left corner. Parking is on any of the streets or turn left on Union St. Drive past the church to the parking lot in the next block. Turn left into the lot. Park and then walk across Amherst St. to the church. There is a door on Union St., one in the driveway, and a handicap entrance on Amherst St.
On September 22, 2018, more than forty women came to the Sanbornton Congregational Church, UCC, for our Fall Gathering.

We opened with Worship led by Rev. Ruth Martz, whose sermon, “One in Christ: Connecting Women’s Stories,” addressed the stories of two women in Acts 16:11–19. The central story is that of Lydia, whom Paul baptizes into the Christian faith, but at the same time a slave girl with a prophetic spirit who is excluded from the story of God’s grace.

Rev. Martz concluded:

“It is up to us to join these two women today in our proclamation and embodiment of the gospel. It is up to us to find ways to bring the insider and the outsider together into one story, one community, in Christ’s name.”

Three women from the Sanbornton congregation sang beautiful solos, and we celebrated the sacrament of Communion together.

After Worship, Rev. Martz led us in a workshop exploring ways in which to connect biblical stories of women with our own stories, in particular, the gospel stories of the Canaanite woman and the woman who anointed Jesus’ feet. Rev Martz introduced these stories with words by author Anne Thurston:

“A new interpretation can emerge when Scripture is read from the perspective of the woman within the text and from the experience of the woman outside the text… As we ask questions of women in the gospels, they ask questions of us as well.” (from: Knowing Her Place, Gender, and the Gospels).

Lunch was then served by the women of the church, including hot soups that were greatly appreciated on this fall day. Thanks to the women who hosted our White Elephant table. After lunch, a brief business meeting was held.

Then came the second workshop, the theme of which Trudie Bergeron had been keeping secret! We walked over to the Sanbornton Town Hall next door and discovered art canvases on easels spread out in the room, with paints and brushes. Rev. Dr. Bob Marrone, artist and pastor of the Union Congregational Church in Peterborough NH, led us in the story of creation and our own God-given creativity. He invited us to choose our paint colors and then just paint, not necessarily about any particular subject, but as spontaneously as possible. How the creative Spirit flowed! It was a wonderful experience as he led us to a holy surprise that emerged out of our paintings. (I cannot tell you what that was; please come to one of his workshops and discover it yourself!).

Warmest thanks to: all who planned and carried out this special gathering, Rev. Martz, Rev. Marrone, and the members of the Sanbornton Congregational Church, UCC.

See pictures on following page.
Note: If your church has not yet made a contribution to the NH Women’s Fellowship, please consider doing so. Make checks payable to NHCUCC Women’s Fellowship.

Please send articles, book reviews, and other information to LINK editor: Trudie Bergeron, 46 Nantucket Place, Greenland NH 03840; E-mail: TrudieGlenn@yahoo.com; Cell: 603-828-4200.

OVERNIGHT RETREAT SEPTEMBER 27–28, 2019
CAMP SENTINEL IN TUFTONBORO NH

Theme: “A Weekend of Mindfulness and SoulCollage®” with Rev. Deborah Roof and Liz Greenberg, both from East Derry. The Rev. Dr. Deborah Roof, Senior Pastor of First Parish Congregational UCC in East Derry, will present interactive sessions on mindfulness, simplicity, and gratitude. Deborah is a life-long learner, not only in Christian theology, but also in non-Christocentric wisdom traditions. Liz Greenberg, L.I.C.S.W. and SoulCollage® facilitator, will guide you in using your intuition and inner wisdom to create a SoulCollage® Deck, “The Story of You.” You will love your Deck. It is a tangible way to know yourself in your diversity and depth and you will discover wisdom within yourself that will amaze you. Creating and sharing your Deck can be a fun, profound, and sacred experience.

See more Camp Sentinel info on next page.
Friday promises to be a fun time getting acquainted and enjoying the surroundings of Camp Sentinel. After dinner we will sit around an outdoor fire for Vespers and s’mores.

IMPORTANT INFORMATION

NO LINENS ARE SUPPLIED—you will have to bring a sleeping bag or sheets, blankets, pillows, towels, and wash cloths. You might also want to bring a flashlight, mosquito repellant—non-aerosol, and maybe a folding chair—although there are plenty of benches around. There is also a small camp store.

Camp Sentinel is located in the foothills of the Ossipee Mountain range in Center Tuftonboro, New Hampshire. Sentinel hosts year round rustic retreats and is known for its home-cooked meals, attention to detail, and Christian hospitality. Amenities include: five unique hiking trails, chapel for up to 200 guests, and more. The camp provides solitude on its 645 acres and over a mile of water frontage on crystal clear Dan Hole Pond, formed from a former volcano. It is just minutes from Lake Winnipesaukee, North Conway shopping outlets, and family attractions.

Some basic policy rules:
• No alcoholic beverages or illegal drugs are allowed on the grounds.
• Smoking is not allowed in any building or on the grounds.
• No pets are allowed.
• The property and buildings must be left clean and all furniture returned to original place upon departure.
• For more information, visit www.campsentinel.org.

There are three to seven beds in each room in the lodge. There are bathrooms on the main floor and the third floor. Let Trudie know if you MUST have a bed on the first floor.

DIRECTIONS:

CAMP SENTINEL
29 Sentinel Lodge Road
Center Tuftonboro NH  03816
603-539-4839 • WWW.CAMPSENTINEL.ORG

VIA SEA COAST: (495N to 95N, 95N to Route 16) Off Route 16 onto Route 171 for about 8 miles to Camp Sentinel sign, turn right onto Canaan Road. Turn right at the top of the hill into the camp.

VIA WOLFEBORO: Bear left off Route 28 onto Route 109A to Tuftonboro School (8 miles), then right on Ledgehill Road for 3 miles to Route 171. Turn left on Route 171 for ¼ mile. Look for the Camp Sentinel sign and turn right on Canaan Road. Turn right at the top of the hill into the camp.

VIA I-93: Travel towards Meredith. Go East on Route 104 to Route 3. Left on Route 3 to stop lights in Meredith Center. Right on Route 25 to Route 109. Right on Route 109 to Route 171 (Left at fork). After 6 to 7 miles, look for the Camp Sentinel sign, turn left onto Canaan Road. Turn right at the top of the hill into the camp.
Next NHCUCC Women’s Fellowship Board meeting is on
Tuesday, April 2, 2019, at 10:30 a.m.
Tuesday, April 30, 2019, at 10:30 a.m.
at the Conference Center, 140 Sheep Davis Road, Pembroke NH
Everyone welcome!

Spring Gathering—May 11, 2019—Manchester NH

Fall Retreat—September 27–28, 2019—Tuftonboro NH

Celebration XI—2022