



May 2014

Church of the New Jerusalem

Monthly Newsletter

A community united by faith in God and love to the neighbor

Happy May, dear readers!

If that were an audible greeting, you might hear how out of breath I sound! So far, our spring here at Fryeburg has been a busy one! Just this past Easter week, we offered a service at the Fryeburg Health Care Center, participated in ecumenical Maundy Thursday, Good Friday and Sunrise Services, and offered our Easter brunch and Worship service,. More routinely, the Bible Study and the Foundations class continues to meet. To all of this was added the necessity of cleaning the church professionally when an oven was left on accidentally (you can read more about this in this edition of the newsletter). I feel like one of those infomercials... "but wait, there's more!" ☺ I also begin to look ahead and see that Convention will be here soon! What a busy time of the church year!

Perhaps I had better pause and take a *deep breath*. I imagine that many of us feel we are so busy, traveling in so many different directions that it can be hard to slow down and take a moment to just breathe! My thoughts turn to Job when he felt so overwhelmed with his situation, he said of God, "He would not let me regain my breath..." (9:18).

Sometimes when I need to catch my breath, I remember Swedenborgian author E. Kent Roger's guide on meditation. It is a rather

simple instruction that stays with me - I believe I shared it during church one morning. When you *breathe in*, say in your mind "Thank you," and when you *breathe out*, say in your mind, "Lord." That's it! "Thank you, Lord." I know I can't repeat it enough.



I've read that slowing down our breath has a number of interesting benefits - like releasing toxins (one statistic claimed that our bodies are designed to release 70% of our toxins through breathing); breathing deeply can release tension, relieve pain, improve posture, improve quality of the blood and elevate mood, among other things. If that doesn't make you pause for a moment, think about this: *taking a breather and calming down is more conducive to **resisting temptation!*** (research from *Motivation and Emotion*).

Breathing is such a normal part of our life - and absolutely required. And yet, it is interesting that we can go for very long stretches without even thinking about it; we require it for life and yet take it for granted.

The Fryeburg New Church aka The Church of the New Jerusalem

12 Oxford Street • Fryeburg, ME 04037

Rev. Alison Lane-Olsen, Pastor • Email: pastorfnc@gmail.com

Office: (207) 935-3413, Cell phone (620) 960-6748

Office Hours: Pastor ~ Tues thru Thurs 8:30 a.m. – 12:30 p.m., Fridays by appointment

Secretary ~ Wed thru Friday 9:00 a.m. – 1:00 p.m.

Do you remember how the Divine brought Adam to life in the book of Genesis? He "breathed into his nostrils the breath of life, and the man became a living being" (Genesis 2:7). Swedenborg describes that moment of new breath as symbolic of "giving the life of faith and charity." And it made him truly alive. Here is something else interesting to ponder from our theologian- Swedenborg wrote that the earliest people who were more in tune with the Divine during their earthly life would breathe in rhythm with the angels who kept them company.

For those of you ready to take a moment and slow your breath, you might enjoy this prayer:

God on High, I need some breathing room. I'm not breathing as You want me to; I'm spending too much time holding my breath or bracing for impact rather than calming myself, listening for You. Show me where I can grab a few minutes of breathing room each day. Help me hear You and what You have to say. Teach me. Mold me. Make me Yours. And fill me to capacity with the breath of life. Amen. (The Busy Mom's Devotional, Lisa Bergren)

I hope you all have a wonderful May and are able to take a few moments to pause and enjoy this beautiful spring!

Blessings to you and yours,
~Rev. Alison

"Let everything that has breath praise the Lord"
(Psalm 150:6).

Office Hours: Tuesday thru Thursday
8:30am-12:30pm,
Friday by appointment

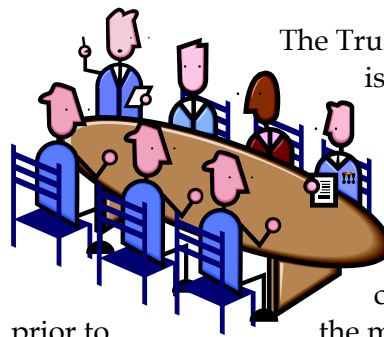
Email: pastorfc@gmail.com

Office phone: 935-3413

Cell phone: (620) 960-6748

Church Report

The Trustees



The Trustees' next meeting is scheduled for **Tuesday, May 6, 2014 at 7:00 pm.**

The meetings are open to all, but you should contact the Chair

prior to the meeting to get an item on the agenda. Also, please speak to any of the Trustees with your questions, concerns, compliments or complaints. We are here to serve you.

Currently Serving Trustees

Jon Crowe, <i>Chair</i>	925-1302
Dede Frost, <i>Vice Chair</i>	935-3344
Cindy Priest, <i>Treasurer</i>	935-3360
Jennifer Richardson, <i>Secretary</i>	935-4509
Jane Fullerton	890-9454
Jean Cressy	935-7093
Judy Hatch	935-2223
<i>Women's Alliance Representative:</i>	
Patty Swett	603-939-2263



Women's Alliance

The next meeting of the Women's Alliance will be **Monday, June 16th, 2014 at 12 noon**, the ladies will dine out for lunch, and location is to be announced. There will be **no** meetings in April or May. All ladies are welcome and encouraged to join us.

2014 Officers for the Women's Alliance are:

PresidentJean Cressy
Vice-President.....TBA
SecretarySally Harnden
Treasurer.....Patty Swett
Chaplain.....Betty Baker

Mark your calendars!!!

Coming up for our Sunday School children - This May we are hoping to plan a

Teacher Appreciation Dinner!

The children will be able to invite their school teachers and their families to our church so that they can say "Thank you" for the help, guidance, and instruction they've received over the school year. The children can help show their appreciation by serving their teachers!



Worship Schedule

Sunday School 9:00 AM
Family Worship 10:00 AM

Upcoming messages....

This May we will be spending our time with Jesus' Q & A! During his ministry, Jesus asked a lot of questions and those who followed him or criticized him asked their share as well. Here are a few we will focus on during worship:

May 4: **Matthew 7:3-4**

Q: "Why do you look at the speck of sawdust in your brother's eye and pay no attention to the plank in your own eye?"

May 11: **Luke 2:49-50**

Q: "Why were you searching for me?" he asked. "Didn't you know I had to be in my Father's house?"

May 18: **Matthew 19:16-30**

Q: "Teacher, what good thing must I do to get eternal life?"

May 25: **Matthew 24:3**

Q: What will be the sign of your coming and of the end of the age?"

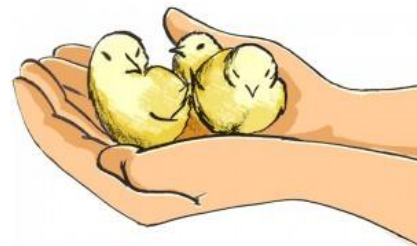
MUSIC SUNDAY

Sunday June 1st, 2014

CHILDREN'S SUNDAY

June 8th, 2014

SUMMER SERVICE HOURS (9 am) WILL BEGIN JULY 6th AND CONTINUE THROUGH THE MONTHS OF JULY AND AUGUST.



Thank you to all of you who donated so generously to our Sunday School's **Heifer Project!** With your help, we've been able to raise more than enough money to meet our goal; a donation in the name of our church will be headed to the Heifer Project so that they will be able to give a few families in need some seeds and chicks! The Heifer organization believes in equipping people with the tools, education and livestock to bring about transformation and rise out of poverty. THANK YOU!

Fundraising Committee



Community Yard Sale

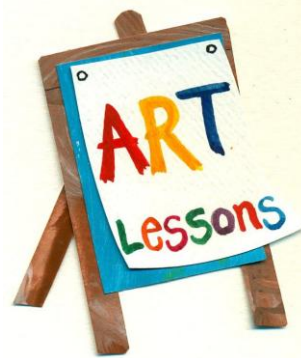
The third annual FNC Community Yard Sale will be held at the Church on Saturday August 23 from 8AM to 2PM. We are hoping to include all kinds of bargains from furniture, children's items, kitchen gadgets, back to school clothing, and even a few antiques. We need your help collecting items. If you are doing some spring cleaning or are ready to pass along those unneeded treasures in the attic, basement or barn please think of us. We will gladly accept your donations. Please contact Jen Richardson at 935-4509 or the Church directly at 935-3413.

The Maine Street Festival

We are once again hosting The Maine Street Festival Arts and Crafts Fair on Saturday August 23, 2014. We are looking for artisans. If you are interested in having a booth please contact Jen Richardson at 935-4509 or the Church directly at 935-3413.

Potluck with a Purpose

Don't forget to join us for a "Potluck with a Purpose"



We have started holding a potluck regularly on the first Sunday of the month. But what will our "purpose" be on May 4th? To learn more about art! After we eat, our very own accomplished artist, Roger Williams, will be offering an art lesson! You don't want to miss it!

Featured recipe from our last gathering

If you would like to share a special recipe please let Dawn know in the office and she will put it in the next newsletter.

Curried Chickpeas

2 tablespoons vegetable oil
4 cloves garlic minced
½ cup onion chopped
1 tablespoon minced fresh ginger root
1 tablespoon curry powder
1 15.5 oz can of chopped tomatoes
1 cup water
2 15.5 oz cans of garbanzo beans
2 tablespoons ketchup
Salt to taste

Directions:

Heat oil in a saucepan over medium-high heat, stir in the garlic, onion, and ginger, and cook until browned. Stir in the curry powder and sauté briefly then add tomato, water, ketchup and garbanzos; season to taste with salt. Bring to a simmer, then reduce heat to low, cover and simmer until garbanzos are very soft, about 20 minutes. If water boils out add small amounts to prevent sticking. Serve with rice.

Note from the Chairman of the Trustees

Did you know what an amazing congregation and staff we have at the Fryeburg New Church? On April 13 and 14 we allowed a local group to use our kitchen for a fundraiser that they were having. Unfortunately on the second day the stove wasn't turned off properly when they left for the night. Thankfully this did not result in a fire as you might expect. However the entire church interior was covered in soot damage as the fire box pulled air in from the vent and sent the smoke out into the building. Sally Gibson was called when the person responsible realized the mistake. She immediately came in and turned off the gas. Cindy Priest came by Monday evening to assess the situation and even started to attempt to clean as she was so distraught. On Thursday ServPro came in to start the cleanup process. Since we needed the sanctuary for Good Friday service they started there. Then on Saturday they cleaned the dining room for our Easter Breakfast! Our cushions were sent to the cleaners and the stove was repaired by Pete's Kitchen Supply. Rev. Alison, Cindy Priest and Dawn Crowe all worked diligently to coordinate the chaos. Fortunately we have all groups that use the church sign a waiver that outlines what they are responsible for. We now have a very clean church. The Trustees will be reviewing our church use policy at our next meeting on:

Tuesday, May 6th. More information to follow.

Sincerely,

*Jonathan Crowe
Chair of Trustees*



Make plans now to attend the 2014 Annual Convention in St. Louis!

190th Session of the General Convention of
the New Jerusalem

When: July 2 - July 6, 2014

Theme:

Providence: The Assurance of Purpose
Gateway to Providence: Being Led by the
Lord

Where: Webster University, St. Louis,
Missouri

Time for Family Prayer

Show each child the correct path to follow so he or she can join the family in family prayer. Then color the picture.



ILLUSTRATION BY SCOTT GREER

FRIEND SEPTEMBER 2008

Welcomers for May

May 4 *open*
 May 11 Debbie Dolley
 May 18 Martha Richardson
 May 25 *open*

Ushers for May

May 4 Tom Barrett & Sue Davidson
 May 11 Stanley Dolley & Chuck Priest
 May 18 Jen & David Richardson
 May 25 Jean Cressy & Dean Harnden

Coffee Hour for May

May 4 Potluck
 May 11 Chuck Priest
 May 18 Dawn Ferguson
 May 25 Jean Cressy

WORSHIP SERVICE ATTENDANCE MARCH 30 ~ APRIL 27, 2014		
Date	Adults	Children
March 30	34	4
April 6	43	11
April 13	49	10
April 20	71	8
April 27	28	1



Calendar for May 2014 (held at our Church unless indicated)			
4	Sun	Adult Choir Sunday School Family Worship "Potluck with a Purpose"	8:30 a.m. 9:00 a.m. 10:00 a.m. after worship
6	Tue	Trustees Meeting	7:00 p.m.
7	Wed	Dinner Bell North @SEAS	5:00 p.m.
8	Thu	Bible Study	10:00 a.m.
11	Sun	Mother's Day Adult Choir Sunday School Family Worship	8:30 a.m. 9:00 a.m. 10:00 a.m.
14	Wed	Dinner Bell North @SEAS	5:00 p.m.
15	Thu	Bible Study	10:00 a.m.
16	Fri	Rev. Alison @ Maine Council	All day
17	Sat	Teacher Appreciation Dinner for SS children	TBA
18	Sun	Adult Choir Sunday School Family Worship SS Teacher Meeting	8:30 a.m. 9:00 a.m. 10:00 a.m. After worship
21	Wed	Rev. Alison @ FHCC Dinner Bell North @SEAS Worship Committee mtg.	10:30 a.m. 5:00 p.m. 7:00 p.m.
22	Thu	Bible Study	10:00 a.m.
24-26	Sat-Mon	Work Weekend @ FNC Assembly	
25	Sun	Birthday Bank Sunday Food Pantry Sunday Adult Choir Sunday School Family Worship	8:30 a.m. 9:00 a.m. 10:00 a.m.
26	Mon	Memorial Day	
28	Wed	Dinner Bell North @SEAS	5:00 p.m.
29	Thu	Bible Study	10:00 a.m.



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a.k.a. *Fryeburg New Church*
12 Oxford Street
Fryeburg, ME 04037

Address Service Requested