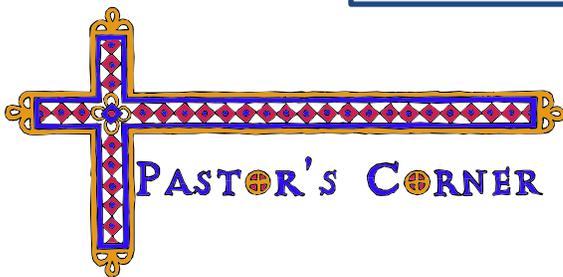


A publication of the East Woodstock Congregational Church, 220 Woodstock Road, East Woodstock, CT 06244
Pastor: Rev. Dr. Susan J. Foster Substitute Minister: Danielle Arnett Keller
Director of Christian Education: Louise Labbe-Fahy
Youth Group Director: Anne Sorensen Music Director/Organist: Nancy Ducharme
Bell Choir Director: Andrew Tomkins Office Manager: Heidi Tucker churchoffice @eastwoodstockchurch.org

The Trumpet deadline is the 20th of every month!



Self-care has been a hot topic for a while now. The buzzword covers a wide range of actions, from taking time for yourself, to spending time with family or friends. It can mean getting enough sleep or getting up early to exercise or write in a journal. The recommendation for self-care often includes expensive services – massage, facials, fitness classes, but it can also mean simply spending time outside in nature.

While important, self-care is not a cure-all for depression, anxiety, or other mental illness as it is often lauded. Self-care is also a challenge for people who are the sole providers for their family, or under-employed, or unemployed. The time, energy, and finances are simply not available to them.

Given the broad definitions of self-care, as well as the inaccessibility of the expensive regimens often recommended, why talk about it? As Christians we follow the teachings of Jesus. Jesus cared for people, especially those on the margins, those who were hungry, thirsty, sick, or ostracized by society. We are supposed to follow his example of caring for people by reaching out in love and centering people from the margins in the community. Yet, caring for others is not all that Jesus did, he also cared for himself and his relationship with God.

Think of all the times in the Bible that Jesus shared a meal with others or invited people to eat with him. From the wedding feast at Cana, turning water into wine, to picking grain in the fields on the Sabbath with the disciples, Jesus made sure to

sustain himself. Even after his resurrection the Bible tells us that Jesus ate. Luke 24:41-48 “While in their joy they were disbelieving and still wondering, he said to them, ‘Have you anything here to eat?’ They gave him a piece of broiled fish, and he took it and ate in their presence.”

Jesus not only ate, he slept, and took time for prayer. In Mark 4:38 Jesus even slept through a storm on a boat! From Matthew to Luke, Jesus not only taught us the Lord’s Prayer we also learn, “he got up and went out to a deserted place, and there he prayed.”, and he “spent the night in prayer to God”. It is through these examples and numerous others that we learn the importance of prayer.

All this to say, Jesus practiced self-care. Not the overly inflated, branded, marketed, expensive self-care we hear about today, but a simple, down to earth self-care. He ate, he slept, and he prayed to God. This is self-care that we as Christians can get behind. This is self-care taught to us by the One who loved us so much as to come to earth and live with us. Jesus fed, healed, and loved because he took the time to sleep, eat, and most importantly, stay connected to the Source of all Love through prayer. It can be as simple as this poem by Mary Oliver suggests:

Praying ~ Mary Oliver, Thirst

It doesn't have to be
the blue iris, it could be
weeds in a vacant lot, or a few
small stones; just
pay attention, then patch

a few words together and don't try
to make them elaborate, this isn't
a contest but the doorway
into thanks, and a silence in which
another voice may speak.

Yours in Christ,
Danielle Arnett Keller

WORSHIP NEWS

We will begin our union services with the First Congregational Church on July 4th. Danielle will be leading worship in their sanctuary at **9:00 a.m.** through the end of July. You can also join in on Facebook Live or watch a recording of the service at your convenience on the church's Facebook page or YouTube channel. We hope that you can join us every Sunday for worship and fellowship. If you join us for in person worship, please observe the following protocols:

- Sit in family/social groups six feet apart from others
- Use an "inside voice" during congregational responses
- Sing and speak softly or hum
- If you are unvaccinated, always wear a mask
- If you are vaccinated, wear a mask when singing or speaking to the congregation
- Refrain from hugging and handshakes

August: Rev. Kevin Downer will lead worship in our sanctuary at **9:00 a.m.** Special music will be provided by members of our congregation.

Just a reminder...



Do you pay your bills during the summer? Well, so does the church! Please be sure to keep up with your pledge during the summer months. You can mail it to the church at P.O. Box 156 or directly to our collector, Nancy Gale at 71 Sherman Road, Woodstock, CT 06281. You can also give on our website: www.eastwoodstockchurch.org/donate/. Thank you for your help – every pledge and gift makes a difference!

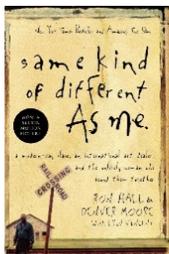


Have you changed your email or mailing address?

Please let the office know of any changes so you don't miss out on *The Trumpet* or other important messages. You can send any changes to ewccsec@yahoo.com. Thank you!

Summer Reading

Our book group will continue during the summer so you'll have the chance to meet and discuss a wide variety of books. We will meet at 7:00 pm on these evenings (location to be announced – watch the EWCC Weekly Reminder):



July 26: Same Kind of Different as Me by Denver Moore and Ron Hill

August 23: Snow Flower and the Secret Fan by Lisa See

Contact Anne Sorensen for more information: 860-428-2198



The following are the scriptures for the month of July and August:

You are invited to read them as part of your daily devotions and as preparation for worship.

July 4

2 Samuel 5:1-5, 9-10
Psalm 48
Psalm 123
Ezekiel 2:1-5
Zechariah 9:9-12
2 Corinthians 12:2-10
Mark 6:1-13

July 11

2 Samuel 6:1-5, 12b-19
Psalm 24
Amos 7:7-15
Psalm 85:8-13
Ephesians 1:3-14
Mark 6:14-29

July 18

2 Samuel 7:1-14a
Psalm 89:20-37
Jeremiah 23:1-6
Psalm 23
Ephesians 2:11-22
Mark 6:30-34, 53-56

July 25

2 Samuel 11:1-5
Psalm 14
2 Kings 4:42-44
Psalm 145:10-18
Ephesians 3:14-21
John 6:1-21



August 1

2 Samuel 11:26-12:13a
Psalm 51:1-12
Exodus 16:2-4, 9-15
Psalm 78:23-29
Ephesians 4:1-16
John 6:24-35

August 8

2 Samuel 18:5-9, 15, 31-33
Psalm 130
1 Kings 19:4-8
Psalm 34:1-8
Ephesians 4:25-5:2
John 6:35, 41-51

August 15

1 Kings 2:10-12, 3:3-14
Psalm 111
Proverbs 9:1-6
Psalm 34:9-14
Ephesians 5:15-20
John 6:51-58

August 22

1 Kings 8:22-30, 41-43
Psalm 84
Joshua 24:1-2a, 14-18
Psalm 34:15-22
Ephesians 6:10-20
John 6:56-69

August 29

Song of Solomon 2:8-13
Psalm 45:1-2, 6-9
Deut 4:1-2, 6-9
Psalm 15
James 1:17-27
Mark 7:1-8, 14-15, 21-23

Virtual Jamboree

Celebrating our 65th Jamboree



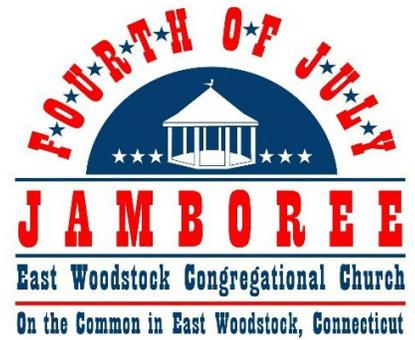
This year's Jamboree celebration will be unique. Instead of gathering on the common for chicken barbecue, strawberry shortcake, attic treasures, books and toe-tapping music,

we will enjoy a short online commemoration. You can join us on our Jamboree Facebook page at any time on July 4th to see a video presentation and celebrate the day.

And – you can help us with our virtual fundraiser. Everyone is invited to donate \$65 in honor of our 65th Jamboree. Your gift will help us continue the work of the church – reaching out to those in need, caring for God's people, and sharing God's Word.

There are many ways to donate – visit our website www.eastwoodstockchurch.org/donate/ to find out how to give by text, with the Give Plus app or directly through the website! Of course, you can also mail a check to EWCC, PO Box 156, East Woodstock, CT 06244.

Each gift of \$65 will honor the tradition of our Jamboree and help us wait until next year when we can once again celebrate together.



A LITTLE JAMBOREE HISTORY...

It all began with the Village Circle. This group of working women met in the evenings. Initially started by Barbara Barrett, Nancy Lyons, and Betty Wells as a one-time event, the Jamboree began as a summer fundraiser to help raise money to meet the Church budget. On July 4th, 1957, the Church held its first Jamboree with a Chicken BBQ, a few booths, and a craft table. Activities included a doll carriage parade and contests like croquet and badminton. People were enthusiastic about this hometown event, and approximately \$900 was raised to fill the financial gap.

The first years of the Jamboree were quite different from today. Fellowship Hall had not yet been built, and the Church had no running water. A hose was run from a neighboring house to the brick School House to provide water for the event.

The Jamboree was considered such a huge success, that it became an annual tradition. In the 70's liberty torch runners ended the festivities at 10 PM. In 1995 a revolutionary war soldier's encampment was held. Now over 1200 people from local communities and nearby states join us to be a part of this yearly tradition that brings people together to enjoy an old-fashioned, down-home Fourth of July celebration. See you next year!!



A Message from the Church Council

Our Society Committee has graciously responded to a request from the Deacons to reopen the Sanctuary for indoor worship beginning with the August Union services.

On June 23, 2021, the Council officially endorsed the new protocols developed by Society for this purpose which is described as a 'semi-opening.' The protocols will be examined again prior to Rally Sunday in September. Here are the highlights:

- Masks will still be required.
- Seating will be every other pew with the first two pews cordoned off.
- Congregational singing will stay on hold--soloists/duets may provide vocal music
- Coffee hour and baby-sitting will stay on hold as far as the Fellowship Hall goes.
- Shaking hands/hugging/passing of the peace will stay on hold.

We look forward to taking this important step on our journey back to normalcy!

To that end, if any groups have been collecting 'items' in the Fellowship Hall, now is the time to think about moving your stuff to a permanent location. Thanks!

Respectfully submitted,

Jeff Wong, Chair



Tuesdays at Twilight



Christian Worship in the Celtic Tradition

Join us at Roseland Park on Tuesday evenings at 7:00 p.m.
for outdoor worship.

Enjoy the beauty of God's creation as we listen to God's Word.

August 3, 17, 24 & 31

Everyone is expected to maintain social distancing while we gather together.



Please bring:

- Your own chair (and bug spray!)

Outreach Update

Exploring and understanding support for local people experiencing homelessness

The Outreach Committee has been learning about local ministries that support a population that are experiencing homelessness or are in need of support. The Lilly grant our Congregation received to support Sue's sabbatical included the resources and goal of having these meaningful exchanges. The plan of the Outreach Committee and the Church Community is to share these experiences when Sue returns this fall.

Here are some of our experiences:

- 1) Implemented First Friday Food Fair
- 2) Partnered with Woodstock Lions for their "Plant a Row" produce collection initiative.
- 3) Met with Howard Smith, Retired CT State Police/Access Agency and Trooper Donna Sabourin, CT State Police who both spoke with compassion and respect about their work with a population that are experiencing homelessness as well as the newly formed Community Trust Liaison position. The Outreach committee will continue partnering and providing support.
- 4) Met with Rev. Jenny Gregg who spoke with Outreach via Zoom describing her work with the Cathedral of the Beloved in Pittsfield MA, an outdoor community of worship devoted to people experiencing homelessness. We are planning to have a small group from our church community take a trip to take part in and experience their ministries.
- 5) We are also hopefully planning a trip to the New London (CT) Urban Outreach to learn about their ministries and participate in a hands-on experience.

If any member of our congregation would like to participate in any of these experiences that help us expand our understanding of people experiencing homelessness or have minimal financial means, please contact Christine Lessig, cjohnstonlessig@gmail.com.

Plant a Row for the Hungry

Woodstock Lions are encouraging home gardeners to grow extra this year and donate it!

- East Woodstock Congregational Church is one of their drop off sites.
- Marked bin will be on the wheelchair ramp marked with their logo.
- Drop off fresh veggies and fruit on Sunday or Wednesday before 7 pm.
- Glen Converse will collect and transport to Community Kitchen and TEEG.
- Please leave the top of the bags open so your donations do not spoil.
- Please share this information with your neighbors, friends, and family.



TEEG School Supplies:

Collecting on Sundays or donation bin on ramp outside Fellowship Hall.

Items most helpful getting students off to a great school year.

No backpacks needed.



Erasers-regular and caps Composition Notebooks Single subject notebooks Multi subject notebooks Red pens Black pens Blue pens	Folders Loose leaf paper Binder dividers Pencil sharpeners Colored pencils Markers Pencil cases- soft
---	---



First Friday Food Fair

East Woodstock Congregational Church
First Friday Food Distribution

July 2, August 6 & September 3
9 AM to 6 PM

For anyone who could benefit from additional food support.

Self-service. Bags will be provided. Pass the word!

We are still collecting non-perishable food items.
Collection bins are on the ramp by the entrance to Fellowship Hall.

Thank you!

LBS NEWS

(The Ladies' Benevolent Society)

Our picnic luncheon on June 9 was delightful and we all enjoyed the fellowship and fun! We had a nice turnout with 14 women present to enjoy a delicious lunch of croissants with chicken salad, pretzel chips, fruit cup, and homemade cookies provided by Susan Converse. We also enjoyed some games after a brief business update.

Our next meeting will be in July to clean the kitchen – primarily to wash all the dishes before we open the church.

We will take August off and then spend September and October readying for the Holly Fair to be held on November 6! Start planning and setting aside items for the New & Like-new gifts; consider us when you make jellies & jams and pickle vegetables; donate your seldom used jewelry; bake cookies, pies, cakes & breads; and of course, plan your themed baskets!

Respectfully,
Kerstin Forrester



Middle School Youth Group News

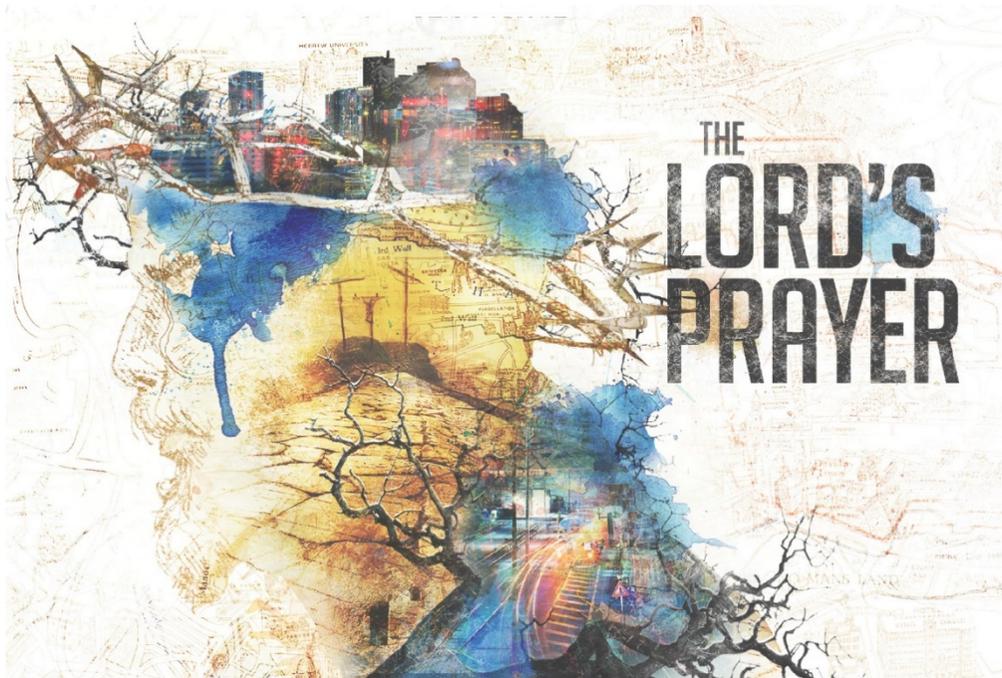
Thank you to all the Middle School Students and their families. Thank you for supporting the middle school activities this year, whether they were on Zoom or in person. Seeing the students helped my year feel as normal as it could be during the pandemic.

Thank you to Tom Converse for his continued support of our group. I could not do it without him. Tom and I plan to continue the Middle School Youth Group next fall. Look for the details in the September Trumpet.

Have a relaxing and safe summer.

Anne





An alternative version of the Lord's Prayer from the New Zealand Book of Prayer
He Karakia Mihinare o Aotearoa

Eternal Spirit, Earth-maker, Pain-bearer, Life-giver,
Source of all that is and that shall be,
Father and Mother of us all,
Loving God, in whom is heaven:

The hallowing of your name echo through the universe!
The way of your justice be followed by the peoples of the world!
Your heavenly will be done by all created beings!
Your commonwealth of peace and freedom sustain our hope and come on earth.

With the bread we need for today, feed us.
In the hurts we absorb from one another, forgive us.
In times of temptation and test, strengthen us.
From trials too great to endure, spare us.
From the grip of all that is evil, free us.

For you reign in the glory of the power that is love, now and forever.
Amen.

Sunday School News



July/August Birthdays

Mackenzie Hermonot	July 2
Cameron Litschauer	July 6
Emma Fischkelta	July 8
Miles Freeman	July 8
Blake Robida	July 15
Phoebe Griffin	July 24
Abigail Morse	August 3
Quinn Lefevre	August 6
Flint Hannon	August 7
Thatcher Paterson	August 7
Bailey Davignon	August 11
Tommy Converse	August 12
Reed Magnan	August 15
Wrenna Shemansky	August 28
Adian Newall-Vuillemot	August 29
Ayla Gorgone	August 30

It was so nice to be able to celebrate Children’s Sunday out on the common. All the children did such a wonderful job, and I want to say thank you to each and every one of you for preparing your children. They all did a fantastic job. It is my hope that as the pandemic continues to decline, we will be able to have Sunday School as we had pre-pandemic this fall. Although as I write this no decision has been made, I am hopeful.

Please be sure to put on your calendars RALLY SUNDAY, SEPTEMBER 12th. You will have the opportunity to sign up your child(ren) for Sunday School, as well as volunteer to teach or shepherd. It is important that everyone takes a turn or two to help out. It says in Ecclesiastes that “two people are better off than one...three are even better, for a triple-braided cord is not easily broken”. Together we are strong!

The Christian Education Board is seeking new members. As a CE member you will be part of a dedicated team of people who are passionate about seeing our young people grow into strong members of our church family. There is no greater reward than seeing our youngest members living out our faith. The faith of those before us, those of us now, and becoming the faithful of our future. Please consider serving our church in this important job.

Even though you may not see me every week over the summer

months, please know I am available. Please just be in touch. Again, thank you to each of you for your part in making Children’s Sunday a success....and the ice cream was a great way to celebrate.

Louise
cedirectorewcc@gmail.com



Welcome to the virtual church board meeting... Ed, in your frame, we can only see your big nose.”

©2021 Kevin Spear www.kevinspear.com

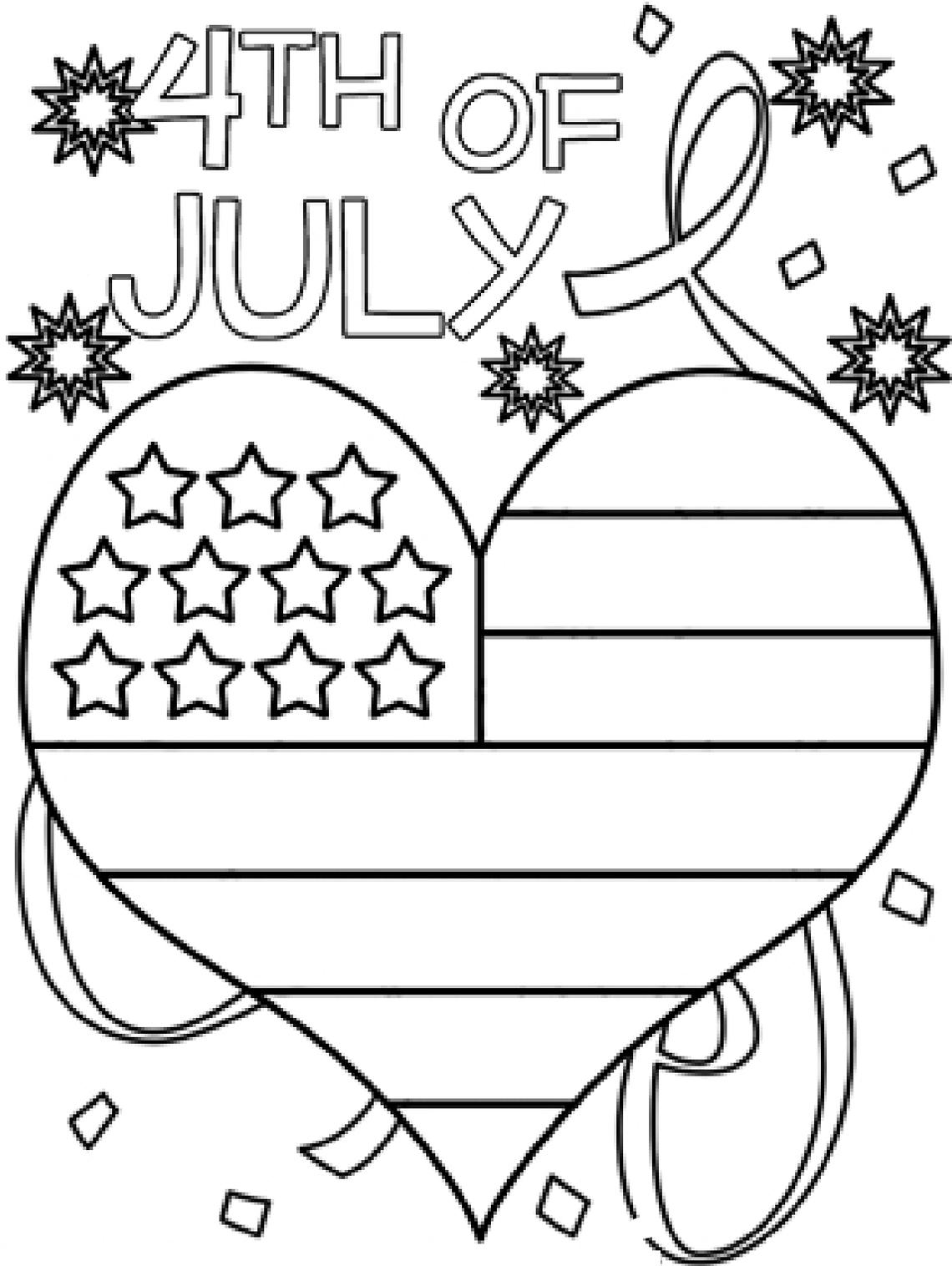
Church Chuckles



Pastor Dan takes evasive measures when another hugger returns to church.

©2021 Kevin Spear www.kevinspear.com

Children's Page



Color the picture!

July 2021
Daily Bread request: Macaroni & Cheese

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 9:00 am Tai Chi	2 9 am – 6 pm First Friday Food Fair	3
4 Happy Independence Day! 9:00 am Worship (Hill Church)	5 9:00 am Community Kitchen Prep	6 9:00 am Tai Chi	7	8 9:00 am Tai Chi	9	10
11 9:00 am Worship (Hill Church)	12	13 9:00 am Tai Chi	14	15 9:00 am Tai Chi	16	17
18 9:00 am Worship (Hill Church)	19 7:00 pm Society (Zoom)	20 9:00 am Tai Chi	21	22 9:00 am Tai Chi	23	24
25 9:00 am Worship (Hill Church)	26 7:00 pm Book Discussion	27 9:00 am Tai Chi	28	29 9:00 am Tai Chi	30	31

August 2021
Daily Bread request: Pasta & Sauce

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 9:00 am Worship (EWCC)	2 9:00 am Community Kitchen Prep	3 9:00 am Tai Chi 7:00 pm Tuesdays at Twilight (Roseland Park)	4	5 9:00 am Tai Chi	6 9 am – 6 pm First Friday Food Fair	7
8 9:00 am Worship (EWCC)	9	10 9:00 am Tai Chi	11	12 9:00 am Tai Chi	13	14
15 9:00 am Worship (EWCC)	16	17 9:00 am Tai Chi 7:00 pm Tuesdays at Twilight (Roseland Park)	18	19 9:00 am Tai Chi	20 TRUMPET DEADLINE!	21
22 9:00 am Worship (EWCC)	23 7:00 pm Book Discussion	24 9:00 am Tai Chi 7:00 pm Tuesdays at Twilight (Roseland Park)	25	26 9:00 am Tai Chi	27	28
29 9:00 am Worship (EWCC)	30	31 9:00 am Tai Chi 7:00 pm Tuesdays at Twilight (Roseland Park)				

PRAYER PAGE

When we are apart from one another, we can be united in prayer...

Prayer for Justice

Grant us, Lord God, a vision
of your world as your love would have it:
a world where the weak are
protected, and none go hungry or poor;
a world where the riches of
creation are shared, and everyone can enjoy them;
a world where different races
and cultures live in harmony and mutual respect;
a world where peace is built
with justice, and justice is guided by love.
Give us the inspiration and
courage to build it, through Jesus Christ our Lord.
Amen.



Morning Prayer

Dear Lord, so far today I have done all right. I haven't gossiped, haven't been greedy, grumpy, nasty, selfish or over-indulgent. I'm very thankful for that... however, in just a few minutes, I'm going to get out of bed. From then on, I'm going to need a lot more help. Amen.

Mealtime Prayers

Thank you for the world so sweet,
Thank you for the food we eat,
Thank you for the birds that sing,
Thank you God for everything.
Amen.

For food in a world where many walk in
hunger
For friends in a world where many walk
alone
For faith in a world where many walk in
fear
We give you thanks, O Lord.

