Barbecue
Flipflops
July
Parade
Sparkler

Buggy
Footprints
Kickthecan
Peaceful
Stories

Campfire
Garden
Kite
Peace
Summer

Chocolate
Ghost
Lobster
Quiet
Sun

Family
Green
Loud
Relax
Swim

Fireworks
Grill
Marshmallow
Singing
Tag

Fishing
Hot
Novel
Sloppy
Wishes

Please join us Sundays for...
Worship Service— 10:00 AM
Website: www.SouthwickUCC.org
**MISSION STATEMENT**

*Southwick Congregational Church is a faithful Christian presence in the community of Southwick since 1773, and we look to the future. We are a diverse and loving congregation, joyfully serving, teaching, and sharing with one another, according to the gifts we have been given.*

**Worship Schedule**

We invite you to join Rev. Susanne on Facebook and YouTube as she leads our worship services.

**Office Hours**

Monday thru Friday: 9:00 AM~12:00 PM

If you need to see Lyn before 9:00 AM or after Noon, please call for an appointment.

**The Church Office will be closed July 3 in observation of Independence Day**

**Special Meetings**

All meetings at this time are announced by email, phone call, or letter. They are held by Zoom, conference call, or some other virtual means.

**Visit Our Facebook Page!**

Our Facebook page is Southwick Congregational Church! Please check it out, “like” us, and follow us!!!

**Check Us Out on YouTube**

Search for Southwick Congregational Church. You can hear Rev. Susanne read the lessons for the week and share her sermon.

**Rev. Susanne’s Share**

We certainly have been going through many unchartered waters since March. And I think the thing that I am most happy about is how well our church has responded to all of the rules and regulations to which we have had to adhere.

I am really proud of all of you, as I see you all listening to what the professionals have to say and following their guidance. And by doing so, thus far all of my phone calls to you have proven to me that you are being careful and smart. I say this because what I am hearing from everyone is that you are healthy and that you have everything that you need to stay in place.

While I know the governor has allowed churches to open, we are only beginning to address how Southwick Congregational Church will safely open its doors on Sunday mornings. When everything has been figured out, we will let you all know when and how that will happen. Our denomination suggests that our churches wait until the end of summer to open, but that is only their opinion.

Meanwhile, I am seeing that we are still an “open” church, as things continue to happen that keep us alive! I see our Missions Committee continuing to do their outreach projects. I see Zoom coffee hours, during which some of us keep personally connected. I see everyone responding to our situation in a loving and caring way, and being there for one another. And I have heard no issues or complaints from anyone wanting to hurry back into the sanctuary! And for the duration, I see all of these great things continuing!

So what does this prove? It proves that Southwick Congregational Church is not a building, but rather is the people! Of
course we knew that already, but now we are proving it! We love our building and will rejoice when we can again use it, but we also love our God so much that we can function as God’s people outside of the building’s doors. And it also proves that our church is full of the love that Jesus taught us to spread throughout the world!

Do any of you watch “America’s Got Talent?” If so, did you recently see the trio singing “What the World Needs Now?” The rendition was simply glorious, and so perfect for our times! And the words reminded me of that love I was just speaking of that our church continues to exude both for our fellow parishioners and for our neighbors.

What the world needs now is love, sweet love.
It's the only thing that there's just too little of.
What the world needs now is love, sweet love,
No not just for some but for everyone.

As the days and weeks go by during this pandemic, please remember that it will eventually end. And while we are waiting, and of course when it is over and we find ourselves in a “new normal,” let us all remember that what the world always needs, both now and for always, is love sweet love! By doing so, God will be pleased.

Godspeed,
Rev. Susanne

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**Pastoral Care:**
Your joys and concerns are of the utmost importance to our community of faith, and pastoral care is offered for any and all personal and spiritual situations that might arise in one’s life. Please call the church office at 413-569-6362 or email southwickucc@gmail.com if you would like to speak to the pastor.

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**Finance Committee**

Hello Again from the Finance Committee

Many thanks to everyone who has dropped off or mailed in their pledges and contributions to the church during this Pandemic. They are very much appreciated. The Finance Committee would like you to know you may continue to mail in your pledges to the office or you may prefer to use your bank’s Bill Pay feature to send your contributions through your bank. We currently have several members who do this now. It has proven to be safe, convenient, and saves you on postage too. Some large churches participate in electronic pledging options through services such as Vanco, Tithely, or Paypal, among many others. There are monthly fees to the church involved with using these services as well as fees per pledge sent in, usually a percentage of the amount. If there is interest in investigating these services, please contact me by email.

Enjoy your summer and hope to see everyone soon!

Melanie Nitsch
Finance Committee

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**What to do When Rev. Susanne is Away**

Reverend Susanne will be on vacation **Sunday, July 19, 2020.** She recommends either listening to a past posted Facebook video from Southwick Congregational Church, or, be bold and visit a different online “service.” There are many to choose from on Facebook and YouTube.

If you do visit another church, let us know and we may submit a report in the Gold Dome.
Covid
Clean-up
Collection

Remember that closet or back room we promised we would get to when we had time…
But what do we do with the decent stuff we want to donate?

*Good News!* Southwick Congregational Church will be collecting clothes, linen, towels, shoes, belts, jewelry, stuffed animals, etc.

**SOFT GOODS ONLY PLEASE:**
No Books or Electronics

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<td>Patti P. Wood</td>
<td>July 15</td>
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<td>Date: late August/September</td>
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<td>Time: 9-12</td>
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<td>Location: New Fellowship Hall of Southwick Congregational Church</td>
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<td>Drop off Days/Times: TBA late August or September</td>
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**ALL ITEMS MUST BE IN GOOD, CLEAN, & SELLABLE CONDITION.**

Thank you in advance!!!!  
-Patti Wood

**Happy July/August Birthday**

Faith Carpenter  
July 15  

Dave Gunn  
July 15  

Judy Wheeler  
July 22  

Dawn Turgeon  
Aug 2  

Ted Kowal  
Aug 5  

Charles Rood, Jr  
Aug 5  

Mary Grasso  
Aug 7  

Diane Rood  
Aug 10  

Donna Sullivan  
Aug 13  

Maria Lempke  
Aug 17  

Beth Studer  
Aug 18  

Keith Ireland  
Aug 18  

Sonya Murray  
Aug 20  

Martha Johnson  
Aug 21  

Roberta Kowal  
Aug 30  

If we’ve missed a birthday, please let the church office know!

Our church has been open throughout this pandemic and will remain so. Check out our worship services every Sunday morning on Facebook and YouTube! And call our church office if you are in need of something!
Say your vowels every day:
~Submitted By David Howes

One of my recent favorite authors is Brené Brown who wrote "The Gift of Impeccibility." My goal is to share her story with others as this striving for perfection affects our daily lives.

One of Brené's weaknesses is that she worked her younger life to be perfect. This drove her in several different directions as achieving perfection is impossible. Brené became an over achiever due to the stress of trying to be perfect.

One chapter of this book talks about the vowels we learned in school, A, E, I, O, U and Y. Brené recommends we go over these vowels each night before we go to sleep. Most of what she said is paraphrased here but not completely made up.

Each day we should repeat the vowels one at a time:

A ~ Abstain: In abstain she means if we are trying to quit smoking, smoke ten cigarettes not 15. If we are trying to lose weight, we can begin by leaving a couple bites of food on the plate.

The words we use are important: We don't want to “cut down” because many of us have been cut down by others all our life. Anything we want to improve takes tiny steps. If there is a relapse, no guilt; let's improve the next day.

Each day ask yourself "Have I abstained? " and answer the question.

E ~ Exercise: Have I exercised today? This does not mean 4 hours at the gym. Did I walk around the neighborhood? Did I go to the walking trail? Did I park further from the store and walk a distance. Every little bit helps. Covert Bailey, who wrote "Fit or Fat," recommends 20 minutes of continuous exercise 3 times a week: walking, jogging, biking, swimming, rock climbing, housework, yard work etc... This changes your metabolism and keeps you body healthy and mind alert. Ask yourself "Have I exercised today or 3 out of the last 7?"

I ~ What have I done for me today? Read a book, walked, went to Stanley park etc.. Each day it helps to do something for ourselves. It isn't always a trip to Italy, it could be simply to buy some flowers for yourself.

O ~ What did I do for others today? It is always good to help others in small ways. Did I call a sick friend? Did I pass by a parking place to let someone more needy have it?

Did I drop food off at the food pantry? Did I pray for a situation that needed guidance in the world. Many times when someone is taking a family picture, I offer to take a picture for them so they can all be in it together. (Not so much during the Corona Virus era.) A quick Thank you to workers during this time makes a big difference. Did I do something for others today?

U ~ Unaddressed issues. This is a tough one as at the end of the day we all have unaddressed issues. It could be worry over something out of our control. It could be stress over some other things going on. What Brené recommends is to write this on a note pad next to the bed and say, "I will address that in the morning, now I am going to sleep." For after a night’s sleep we may have a more refreshed brain and can look at these issues differently.

Y ~ Yeaaa!! What good things do I have in my life, am I grateful for? My Mom? Dad? Wife? Husband? Children? Grandchildren? Best friend? Flowers? Church? Health? Home? Food?? Neighbors? Community? Heritage? Sun? Rain? Seasons? Peace? Travel to look forward to, visitations coming up etc.. We all have many things to be grateful for, any of these items could be first on the list, specific names or other items. You get to make your own list and it changes each day. We are blessed.
Connie Johnson found a picture from the 1976 parade (below) with a large replica of our church on a float. While it does rather look like Walfrid Anderson may have made it, it is much larger than any we have in found in the church thus far this spring.

Personally, I love the children playing in costume in the background.

I also found an article Connie wrote for the August 2015 Gold Dome that had a picture of the model she has in her home. We may worship in a one-of-a-kind church, but there are many Anderson Models out there for those fortunate enough to own one.

“The church models in the library and conference room were all made by Walfrid Anderson, twin brother of Walter D. Anderson (parent of David Anderson, Historical Society benefactor and charter member, who is the one we would visit in the old hometown New Sweden, ME where all that Anderson family came from to Southwick.) Walfrid and Walter were first cousins of Eldon's mother. The models are the twins of those that had been sent to the Historic Commission. Walfrid made several, and gave one to Eldon's mother, which I now have and bring out every year at Christmas.—— Connie Johnson”

(From Gold Dome Aug 2015)

SHOW YOUR CHURCH SPIRIT ~ JULY 15
The Missions/Outreach committee is suggesting that as a reminder to our community, the Southwick Congregational Church is ever present and active. We can do this by all wearing our church T shirts, wherever the day takes us, on Wednesday, **July 15th**. If you would like to participate, but do not own a T shirt, please email me, Donna, at djsullivan135@hotmail.com. I do have several in a variety of sizes and we can work out a delivery.

MARK YOUR CALENDARS!

The M/O Committee received a nice thank you card from Diana at Little Red Robin Hood for helping them with their outreach last month.

FROM THE OFFICE
If you have not received an Email invitation to the Zoom Virtual Coffee Hours, that means the office does not have your correct email. Please email Lyn at SouthwickUCC@gmail.com to let her know.
The summer of ’65, in the Month of June, a new fund-raiser was introduced to the membership. This three-month long initiative focused on concerns about the condition of the church property. Review suggests that the principal concern was the condition of floors and rungs. It could be this was the impetus that installed the existing blue wool rug in the sanctuary. Typical one-time contributions ranged from $5 to $500, which in today’s dollars would be $40 to $4000.

A battered and aged brown newspaper clipping fell to view from among these records; the clipping listed Ann Lander’s “Rules for Raising Children.” Her advice was to treat children as a gift from God, to uphold their spirit, teach them the dignity of work, avoid spoiling them, guide them to socially acceptable outlets for feelings of anger or hostility, and to love God. To a child, Ann advises, the purest and healthiest love expresses itself in day-in, day-out training which breeds self-confidence and independence.

~ Virgil
A Church That’s All It Ought To Be
~submitted by Robert Bates

I think that I shall never see
A church that’s all it ought to be;
A church whose members never stray
Beyond the straight and narrow way;
A church that has no empty pews,
Whose pastor never has the blues,
A church whose deacons always "deak,"
And none are proud, and all are meek.

Where gossips never peddle lies,
Or make complaints or criticize;
Where all are always sweet and kind
And all to others’ faults are blind.
Such perfect churches there may be,
But none of them are known to me.
But still, I’ll work and pray and plan
To make my own the best I can.

~Anonymous

Our Search Committee
Eleanor Bates
Richard Pearlstein
George Wheeler
Mary Goodwin
Susanne Hayes
Roxanne Cook
Janice Hall
Angelo Castagna
Gerry & Chris Assard; friends of Lorraine & Bob Bates
Ben Ingalls; Flo’s nephew
Hetti Thompson; friend of Mary G
Jamie Poston; Terry Putnam’s nephew
Virginia; Mary’s mother
Hannah; Roxanne’s granddaughter
Judy; Patti’s Sister
Travis P.; Ben’s friend
George Webster; Roxanne Cook’s & Patty Banasik’s uncle
People at the American Inn
Irene; Mary’s friend whose mom is going through cancer
Dawn’s Sister-in-law, Julie, and niece, Emilie
Ginny Typrowicz; Diane Orson’s friend
Frances Hurley, Patty Banasik’s Mother-in-law
Jim Rundall; Eric Nitsch’s friend
Patti Wood’s nephew, Matthew & co-worker’s son, Jack

Nursing Homes/Assisted Living:
Louise Tagliavini Barbara Machietto
Jean Lamoureaux Elsie Gosselin

Serving in our Military at home and abroad:
Andrew DeWinkeleer Robert Goodman, III Nicholas Potts
Tyler Arnold Nolan Kononitz Jody Miller Josh Davis

Please also pray for all those unnamed who are suffering or in need of prayer in our community and worldwide.
We offer our prayers to all who are affected by the coronavirus, especially the healthcare workers, first responders, grocery store workers, cleaners, and all who serve others. Thank you.

"I am careful not to confuse excellence with perfection. Excellence, I can reach for; perfection is God's business." - Michael J. Fox

Southern New England Conference
United Church of Christ
Living the Love & Justice of Jesus

5 THINGS TO KNOW AND SHARE!

1. Clergy Work Together on Online Worship
2. Empathy
3. SPOTLIGHT: How to Stay Calm and “Be Not Afraid” During Pandemic
4. Keeping Connected with Church Families This Summer
5. Upcoming Online Events: Virtual Choir

If you would like to receive this email, please let Lyn know at Southwickucc@gmail.com

Southern New England Conference, United Church of Christ
Framingham, MA office: 508-875-5233;
Hartford, CT office: 866-367-2822
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No outside groups will be meeting in the halls until worship is again held. Our Facebook page and Website will continue to be updated.

1. **Church Office Open 9-12**
2. **Church Office Open 9-12**
3. **Church Office Closed**
4. Independence Day (4th July)

5. **Rev Susanne On Facebook and YouTube**
6. Church Office Open 9-12
7. Church Office Open 9-12
8. Church Office Open 9-12
9. Church Office Open 9-12
10. Church Office Open 9-12
11. Church Office Open 9-12
12. **Rev Susanne On Facebook and YouTube**
13. Church Office Open 9-12
14. Church Office Open 9-12
15. **Church Office Open 9-12 WEAR YOUR SCC T-SHIRT DAY**
16. Church Office Open 9-12
17. **Gold Dome Articles Due**
18. Church Office Open 9-12
19. **Rev. Susanne Away (Attend another online service)**
20. Church Office Open 9-12
21. Church Office Open 9-12
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23. Church Office Open 9-12
24. Church Office Open 9-12
25. Church Office Open 9-12
26. **Rev Susanne On Facebook and YouTube**
27. Church Office Open 9-12
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