

WLCC Weekly Newsletter 4.21.23

Dear Beloved community,

It is time to clean up the yard and get the gardens started. Growing our own organic food makes such good sense. Earth day is Saturday, and we will celebrate this amazing part of God's creation on Sunday. One day each year is set aside to honor our earth and to focus on caring for and respecting this planet that we call home. I know a lot of people who take caring for the environment very seriously and others...well, there are others. There are so many ways we could improve our care for this earth, and I am impressed that so many of you are aware and try hard to be good stewards, even if it is not always the most convenient. Maybe you noticed I usually carry a metal water bottle.

Did you know Americans used about *50 billion plastic bottles of water* last year. Less than one third to one fourth were recycled. Recycled plastic bottles don't become new plastic bottles; they can only be "down-cycled" into lower-quality materials. The rest ended up in landfills or as litter. An estimated 10 million tons of plastic enter the oceans every year. By the year 2050, by weight, there may be more plastic in the ocean than fish. That is disturbing. And it isn't just in the ocean. Tests on major brands of bottled water have found that nearly all of them contained tiny particles of plastic and it is in our tap water too.

Although plastic is only one of our earth's problems, it is one we can all see, and it is pretty hard to deny that it is out of control. The first letter of John 3:18 (NRSV) says, "Little children, let us love, not in word or speech, but in truth and action." I think we can all take action to help preserve our planet for future generations, our children and grandchildren, whom we love. We will talk about God's covenant to preserve creation that was marked with a rainbow in the sky when Noah found dry land. Perhaps we can consider creating our own covenant with God's creation. Let's talk more about this on Sunday.

In the meantime you might want to take a look at the following web site to learn some new ways to show your love for our earth and all the life that is on it.

<https://myplasticfreelife.com/plasticfreeguide/>

Hope to see you in Worship!

Amanda

Information sources: maritimeaquarium.org and <https://extension.psu.edu/microplastics-in-our-waters-an-unquestionable-concern>

Reminders: Masking is optional. We recommend wearing a mask. If you are entering the sanctuary, we ask you to practice physical distancing, use good hand hygiene and stay home if you are not feeling well. We thank you for your cooperation.

Upcoming Events

April 25- *Zoom Bible Study* 6:30 PM

April 26- *Game Night* 5:30 PM

April 27- *Women's Fellowship* 9:00 AM

Online Bible Study

Information for Tuesday April 25

focus on the scriptures in bold

Fourth Sunday of Easter - April 30, 2023

- **Acts 2:42-47**

- Psalm 23

- 1 Peter 2:19-25

- **John 10:1-10**

Grief Group

There has been some interest in starting a grief group; day and time will be determined by those who are interested.

Pastor Amanda will have drop-in office hours at the church Thursdays from 9am to 1pm or other times at church, or at your home, by appointment.

WLCC Church Parsonage Information

Since Pastor Amanda will continue to live in her Cornish NH residence, to help begin the WLCC's discussion on how to best use the parsonage the attached memo summarizes information gathered by the Trustees.

Please contact any Trustee or Pastor Amanda with your questions, ideas, and opinions. Please provide your input by Sunday May 7th so that we can discuss them at the next Trustee meeting on May 11th.

Your Trustees,

Chair Amy Stebbins, Peter Bickford, Tracy Bickford, Dave Donley, Phil Gomez, Tom Kahl, Linda Maynard, Dana Michalovic,

Chicken & Biscuits Dinner

We will be having a takeout Chicken & Biscuits Supper with homemade pies on Saturday April 22, from 5pm-6:30pm (or until sold out).

Come and Enjoy

Chicken and Biscuit Dinner With Homemade Pies

Saturday, April 22, 2023
5:00pm to 6:30pm -or sold out!
Only \$15 per meal

TAKE OUT ONLY
PAY & PICK UP IN PARKING LOT



West Lebanon Congregational Church
18 Maple St, W Lebanon, NH

No Reservations
Come close to 5pm to ensure a meal

Save the Date: The 2023 Annual Gravitz Lecture Sunday, April 23rd at 1:00 PM in-person & Zoom.

Betty Lauer, a Holocaust survivor, will speak about her book "Hiding in Plain Sight". It is available for purchase from Amazon or to lend from the Synagogue office (first-come, first-served basis). Reading her book before the lecture is highly recommended.

There will be a reception following the lecture. Please join us for a memorable afternoon.

Zoom Instructions:
Join by Computer
<https://us02web.zoom.us/j/2199028045>
Meeting ID: 219 902 8045
Passcode: Dg8WLC

WLCC Cover Project

As a follow-up to Jeff Dumont's Sunday service Cover presentation in January, we have been asked if the WLCC would help with a Cover Home Repair Project. As Jeff explained, Cover uses volunteer effort to help our fellow community members make

housing improvements that they are unable to do by themselves. It's a hands-on opportunity to personally help and make a positive difference in others' lives.

We would help with a low to the ground project that would probably be either adding insulated skirting to a trailer or building an outdoor access ramp for folks unable to climb stairs. No previous experience or building skills is needed as the work is organized into simple tasks. Cover provides all materials, tools, and expertise. Work occurs between 9am to 4pm, and tasks, work durations, and exertion levels are adjusted to an individual's abilities.

Cover does projects on Thursdays thru Saturdays and we can select a day in May or June that best fits folks schedules. We are thinking of the Saturdays of either May 20th or June 3rd.

Neighborhood Party

Growth, Amanda and Missions Committees held a meeting to collaborate on the June 10th event. It will be called a Community Fair. Hours will be 10am to 3pm. Thank you Amanda and Missions!

It will include a carry in, carry out yard sale where church members can rent a table for \$20 to sell their own goods. This will help Growth Committee offset event costs.

There will be lawn games, Mac's Maple Creamees, the Gerrymanders, musical duo, lunch prepared by Missions, face painting and (hopefully) historical tours of the church and/or parsonage.

Over the next couple of weeks, there will be sign ups on the bulletin board. Thank you, in advance, for your participation!

Growth Committee

Women's Fellowship

Women's Fellowship meets at 9 AM on Thursday mornings. . Come join us for coffee and conversation! Save **October 21, 2023** for our Christmas Bazaar!

Little Food Pantry

Thank you to all who have contributed food, but we are still in urgent need of food for our pantry! Some items that go quickly are peanut butter, cereal, ramen noodles and coffee, also shelf stable milk. As spring is here we can again bring can and jar food for our outside food pantry. Food can also be put inside the Food Bin in the sanctuary which is taken to the Haven or LISTEN. Thank you to all who have contributed. Please pass the word on about the availability of food in the Little Food Pantry.

WLCC Giving Options

We have instituted several new electronic (credit/debit/ACH) giving options. Note that these are in addition to the conventional giving methods. **If you are comfortable with the giving method you currently use there is no need to change.** The intent of adding these electronic options is to make giving more convenient, which will hopefully increase our revenue. Note that the church is charged a nominal processing fee with each electronic transaction, so please consider covering that fee if you use an electronic option. The electronic options will allow you to specify where you would like your gift to go (e.g. general fund, memorial gift, missions, etc.). You can access these options by going to the WLCC home webpage (<https://westlebcc.org/> and clicking on the "Give" tab along the top, or go directly to the Giving page <https://westlebcc.org/give/>. If you have any questions or problems, please see Aaron in the WLCC office or our co-collectors Christine Kidd or Sharron Smardon.

HELPFUL INFORMATION FOR OUR AREA

Information for lunches, fitness and activities for seniors: <https://www.bugbeecenter.org/>
<https://www.gcsc.org/upper-valley>

***DHMC Aging Resources Center** offers many courses relevant to Seniors and Caregivers- virtual now- check them out - <https://events.dartmouth-hitchcock.org/>*

HELPFUL Covid19 INFORMATION: To stay up to date on information and recommendations regarding the coronavirus:<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

Food

The Upper Valley Haven Food Shelf is open to anyone in need of groceries. It doesn't matter where you live or how much money your household earns. It is available as a one-time resource or for longer periods of time.

Transportation

Local Bus schedule: <https://advancetransit.com/routes/red/>

Other info:

- **Turning Point Recovery Center Wilder 802-295-5206 Springfield 802-885-4678**
- **VT Recovery Telephone Support Service (VTRSS) 802-888-8077**
- **Women's Informational Services (WISE) Tel: 603-448-5922, Domestic and sexual abuse 24 hour crisis line: 866-348-9473**

National Suicide Prevention Lifeline, Call (800) 273-8255, Chat with Lifeline

Disaster Distress Helpline, Call (800) 985-5990, Text TalkWithUs to 66746

- **National Domestic Violence Hotline: Call (800) 799-7233**
- **StrongHearts Native Helpline: Call 1-844-7NATIVE (762-8483)**
- **Veteran's Hotline: Call (800) 273-8255 or text to 838255**

- **Crisis Text line to talk in any crisis- Text TALK to 741741**
- **NAMI, The National Alliance on Mental Health has a 24-hour helpline: 1-800-950-6264.**

* **Call the local mental health crisis line. Details at**

<http://www.claramartin.org> or <https://www.hcrs.org/crisis-services.php>

* **Health Care and Rehabilitation Services: (HCRS) <https://www.hcrs.org/crisis-services.php> and 1-800-622-4235**

* **Text VT to 741741 to talk with someone at the Crisis Text Line**

* **For local providers**

visit <https://www.mtascutneyhospital.org/sites/default/files/2020-12/mah21-mental-health-directory.pdf>

Faithfully
Nancy Simpson
for WLCC