

WLCC Weekly Newsletter 4.28.23

Dear beloved community,

There is still a bit of a chill in the air, but it is definitely spring. The grass is getting green, and the leaves are popping out! Tiny shoots are popping up and it is time for a little foraging if you like dandelion greens, ramps or fiddleheads. Do your homework so you know what is safe to eat and harvest them responsibly, only taking a portion, so they will return next year. When we had to stay at home with our safe bubble of people many planted gardens and learned more about growing and finding their own food. It is very satisfying as you gardeners know. More people now understand the time and effort it takes to grow fruits and vegetables for food and some of the challenges to get a good harvest.

Our gospel reading this week talks about a good shepherd. This was written in a time and place where people could look to the hillsides and see sheep. They knew what a good shepherd was and what happened if the sheep did not have a good shepherd to care for them. Let's talk more about this on Sunday.

Our new Grief Support Group will meet Wednesdays at 4:30 pm at the church. Please invite others who might be interested. Grief is a normal response when dealing with loss or trauma, the death of a loved one, divorce, loss of a job, a terrible diagnosis and many other things that can weigh heavily upon us. We may not even realize what is happening when we begin to struggle to do normal things in life, or feel sad, or angry at what might seem like little things. Grief presents in different ways at different times. Some reasons for our grief are obvious, others more subtle. We have several copies of the book, *On Grief and Grieving Finding the Meaning of Grief Through the Five Stages of Loss* by Elisabeth Kübler-Ross and David Kessler, if you would like to pick one up at the church office.

Following our earth day worship service some of you asked where to get earth friendly products. First, I would suggest you check your local coop. You will probably find several earth friendly products there. One of my favorite companies is Zero Waste Cartel. They have gone to great lengths to provide earth friendly products and to not use plastic at all, even in shipping. It can be done!

<https://betterworldshopper.org/> for information from 30 years of research regarding which companies are most and least conscious of Environment, Human rights, Animal protection, Community involvement, Social justice. <https://zerowastecartel.com/> a small business that has gone to great lengths to provide access to environmentally friendly products and uses NO plastic even in shipping. <https://Humbyorganics.com/> Shampoo and conditioner bars (also found at Zero Waste) <https://jrliggett.com/>

shampoo and conditioner bars made in Cornish, NH. Also sold at local Coops and West Lebanon Feed and Supply... www.beeswrap.com/ the reusable substitute for plastic wrap, made in Vermont. www.to-goware.com/ the portable bamboo flatware set in a canvas carrying case <https://thelastplasticstraw.org/resources/> <https://www.betterworldbooks.com/> to purchase used books- recycle! <https://myplasticfreelife.com/plasticfreeguide/>

If you have more information about your favorite earth friendly products and places to purchase them please share!

Hope to see you in Worship!

Amanda

Dear fellow travelers,

Here we are at the beginning of May. Where does the time go? It seems that we do not notice time passing as much as when we were young. We wanted it to pass faster, now we can't believe how much time has passed since the pandemic started. Just a reminder that God is in charge and we are on God's time, not ours!

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.

Contact Information

To contact Reverend Amanda, please call the office or email Reverend Amanda at a_swoyer@yahoo.com. In case of emergency, please contact one of the deacons: Diane Adam, Nan Reed, Linda Oidtmann, Susan Schwarz, Laurie Tostenson, Judi or Sam Strong, Nancy or Peter Simpson, Molly Bonhag or Earle Woodward.

Upcoming Events

April 30- *Worship* 10 AM

May 2- *Zoom Bible Study* 6:30 PM (link & info in newsletter)

May 3- *Grief Group in the Kilton Room* 4:30 PM

May 4- *Women's Fellowship* 9:00 AM

May 8- *Game Night* 5:30 PM

The **Chapman/Whitney Scholarship Application** is attached to this email and will be available starting May 2, 2023 from the Church office. The Chapman/Whitney Scholarship is awarded to someone who is seeking to further his/her secondary education, either at a two-year or four-year college, vocational school, or graduate program, and one who has been actively involved in the life of the church. The Trustees will be accepting Applications during the month of May. Please submit your completed Application no later than **May 28, 2023**. The lucky recipient(s) will be recognized and awarded on Church School Sunday in June, date to be announced. If you have any questions, please feel free to speak to one of the Trustees.

Online Bible Study

Information for the study on Tuesday May 2nd at 6:30pm

focus on the scriptures in bold

Acts 7:55-60

Psalm 31:1-5,15-16

1 Peter 2:2-10

John 14:1-14

Grief Group

Our Grief group is now on Wednesdays at 4:30pm in the Kilton Room.

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,

WLCC Cover Project Day

Based upon interest from several males and females we committed to a **Cover Home Repair Project on Saturday May 20**. It will be installing insulation and new skirting around the bottom of a trailer in Lebanon. It's low skill on the ground work that does not involve any heavy lifting, and is close by. Some of the work does involve bending and getting on your knees similar to gardening. The work day will begin at 9 am, lunch at noon for 45 minutes or so, then cleanup and finish around 3-4pm. This will be the second of a two day project, so it may not take the entire day. If you are unable to help the entire day a couple of hours would be appreciated. Cover provides all materials, tools, and expertise, and exertion levels will be adjusted to an individual's abilities.

Similar to previous WLCC Cover Projects, if we want we could also provide lunch for probably about a dozen people. Let us know if you are interested in helping this way. Helping our fellow community members make needed energy savings housing improvements that they are unable to do by themselves or afford to hire done is a hands-on opportunity to personally help and make a positive difference in others' lives.

Community Fair

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. We will be doing a bake sale during the Community Fair from 10- noon. 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