



May 2019

**ALL ARE
WELCOME!
(Open and Affirming,
Reconciling
Statement) :**

We, the Williston Federated Church, declare ourselves to be an Open and Affirming, Reconciling congregation. With God's grace, we seek to be a congregation that includes all persons, embracing differences of sexual orientation, gender, marital status, age, mental and physical ability, as well as racial, ethnic, or social-economic background. We welcome all to share in the life and leadership, ministry, and fellowship, worship, sacraments, responsibilities and blessings of participation in our congregation. (Adopted and embraced by the WFC congregation in February, 2006.)

Message from Pastor Paul

“BEYOND THE WALLS”

**A Message from Pastor Paul Eyer
thE-Steeple
May 2019**

...and you will be my witnesses in Jerusalem, in all Judea and Samaria, and to the ends of the earth. Acts 1:8 (New Revised Standard Version--NRSV)

The congregation of Williston Federated Church (WFC) is extraordinary. When other clergy ask me about WFC, I describe this congregation as people who are willing to “walk the walk”. This congregation has a history of reaching out to do what it takes to assist those in need. Helping out after hurricanes, floods, and other natural disasters, feeding people through the Williston Food Shelf, or (just weeks ago) responding enthusiastically to a myriad of ministry opportunities on March Madness Sunday (to name just a few

examples), this congregation is committed to making a difference for our neighbors both nearby and far away.

And then this past Sunday, during a brief presentation in our worship service, Richard Gagne from Dismas House asked for a show of hands of people in our congregation who had helped provide and share a meal with former inmates in that meaningful ministry setting. In response, the sanctuary was filled with upraised arms. The commitment of this congregation to helping others is utterly inspiring.

What happens at Williston Federated Church—the ministry carried forward by this congregation—is a story that the world needs to know. This congregation is a bright light, and our world is in need of brightness right now.

We have a story to tell. We have a faith to share. But how do we go about that?

Earlier this year,

many of us traveled to a workshop entitled “How to Reach New People.” Convened by the Vermont Conference of the United Church of Christ, this workshop featured Rev. Paul Nickerson, a highly-regarded church growth consultant.

Rev. Paul Nickerson has worked with congregations all over the country—congregations from many different denominations. And among these congregations are some that have shown real growth as a result of the coaching and consulting that Paul Nickerson has provided.

As an outgrowth of this workshop earlier in the year, a Vitality Team has been constituted here at Williston Federated Church (and you are welcome to join that effort). In collaboration with some other churches in the Vermont Conference, we have continued to benefit from the coaching/consulting that Rev. Paul Nickerson offers.



The Pastor's Message—continued

Our Vitality Team is meeting on a regular basis, with their next meeting scheduled for May 9.

Following the advice of consultant Paul Nickerson, this Vitality Team has begun to hold their meetings in settings outside the church—most often in a coffee shop.

Perhaps some other committees and small groups from the church might want to consider holding some of their meetings offsite, in a local restaurant or coffee shop instead of in the church every time.

The idea, as Paul Nickerson explains, is that meeting outside the church affords opportunities to connect with people in the community. And in doing so, you can begin to build relationships that might open doors to conversation about church and faith. You can begin to share the stories and allow the Light within you to shine.

And Paul Nickerson encourages the pas-

tor to step outside the church walls as well. Now to be sure, in the time that I have been here so far, I have endeavored to engage the community in lots of ways, on the recreational trail, through Rotary, and through an array of informal interactions, greeting people wherever I can.

And then recently I received an invitation from Fire Chief Ken Morton to spend some time at the Williston Fire Department to get to know some of the firefighters and emergency medical professionals.

As a result of these meetings, I am pleased to report that I have been invited to serve as Chaplain of the Fire Department. This means that on a volunteer basis I will devote a few hours a week to providing ministry to the firefighters and the emergency medical staff, and—when the need arises—I will be poised to provide ministry to fire victims as well.

I am profoundly

honored by this volunteer opportunity which offers a wonderful way to connect even more meaningfully with the community around us. And connecting with those around us is what Christ calls us to do. In engaging with the community, we can give evidence of that light that shines within us—the Light of the World that transforms our lives and brings hope to the world.

May we look for ways to let that Light shine!

Inspired by the
Light,
Rev. Paul Eyer,
Pastor

From Your Finance Committee

Community Happens Here is the theme of our spring Stewardship Campaign. This is the time of year when we are asked to reflect on what WFC does for us, our families, our community and the wider world, and then prayerfully consider our financial commitment to the church for the year beginning July 1.

Our Campaign kicked off on April 14 with a lovely presentation by our neighbors, Paul Dickin and Susie Posner-Jones, who spoke of the important presence of the church in the center of Williston. On April 28 we heard from Richard Gagne of Dismas House, which has been one of our church's specific local ministries for decades. On May 5, Bill Skiff will make an informative (and, no doubt, entertaining) presentation on the history of WFC; and a special surprise presentation is being planned for May 12. On May 19 ("Consecration Sunday") we will receive the good-faith commitments of financial support during the morning service.

Early in May, all mem-

bers and friends will receive a mailing and commitment card. We ask that these be returned on or before May 19 so we can finalize the church budget for the coming year. If you have any questions about the current status of your giving, please contact Barb Bristol, Financial Secretary (fbbristol@gmail.com).



Why is it important to make a financial commitment in advance to WFC? The church membership must approve a budget at the Annual Meeting in June for the upcoming fiscal year (July-June). Advance commitments (also called pledges) provide the largest source of revenue to the church, by far. In order to plan expenses, we must be able to have a good idea of the projected revenue (just as we all do with our household budgets).

Just as VPR encourages "sustaining memberships" (monthly giving),

we ask you to make a good-faith financial commitment to the church for the coming twelve months. This is not a "contract," and we recognize that circumstances may change, and individuals may have to revise their giving plan. But we need the planned support of more members and friends to ensure that we can complete the many important ministries that make WFC such a great place.

Thank you in advance for your prayerful consideration, and for your response on May 19!

Your Finance and Stewardship Committee,
 Pastor Paul Eyer
 Barb Bristol
 Donna Goodheart
 Donna-Sue Hain
 Mike Moran
 Amy Vaughan
 Bruce Wyatt



The Sower's Faith

The Sower's Faith Journey

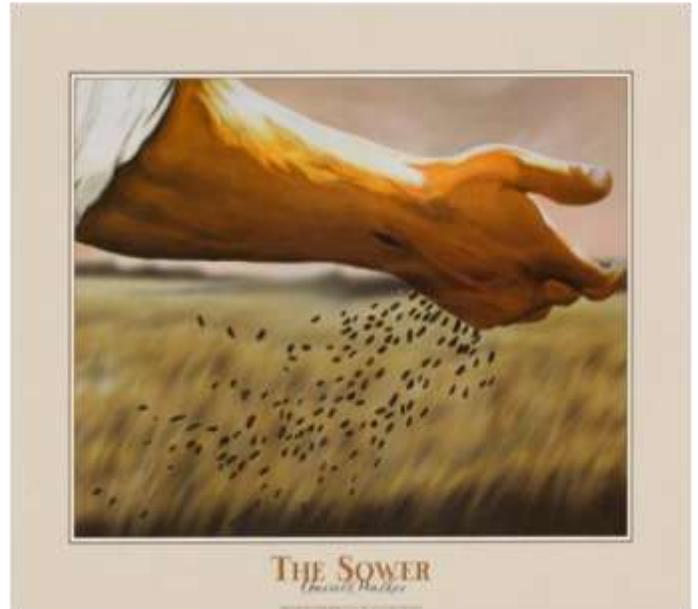
As I scurry with my bag of seeds,
in my haste, some seeds scatter on the path;
but I don't stop to gather them in,
and they are lost.

Where is my path?

More seeds scatter into the rocky cran-
nies,
And in my need to hurry,
I neglect to retrieve them.
They wither as they grow-unnourished,
neglected.

Slow down; slow down.

I broadcast seeds on earth I did not tend well. And now weeds sprout amongst them.
But I am too busy and do not weed.
The crop is over-come.



Breathe.
Slow down.

Take time to prepare the land.
Feel the warm sun,
the soothing rain.
Trust in the soil and work in the seed.

Be present to remove the menacing weeds.

Breathe and believe;
Listen and hear
Look and see
the Harvest.

Courtesy of Sara Moran April 2017 Bible Study

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Williston Federated Church Needs Your Smiling Face for a New Pictorial Directory

Eli Thurston has generously offered his time and talent to take individual photos of our church families for a new pictorial directory. Photo dates are set for May 12th & 19th as well as June 2nd & 9th before and after worship. For those who may not know Eli, he grew up in this church and is currently a professional photogra-

pher with [Vintage Photography](#) in Burlington. His specialty is portraits and he did a wonderful job with our last directory in 2012. Call Carol Bouchard at 862-7400 to sign up for a specific date and time for your photo session or you can sign up at church on Sundays beginning May 5th. Photo sessions will take about 10-15 min-

utes. If you already have a photo that you would like to use, please email it to [Carol Bouchard](mailto:CarolBouchard@gmail.com) at carolbouchard@gmail.com. Our directory won't be complete without you, so please sign up.

Book Club News

The book club met in April to discuss 'The Secret Diary of Hendrick Groen'. If you enjoyed his first book, you may want to find 'On The Bright Side'.

Our choice for May is 'It Ain't So Awful Falafel' by Firoozeh Dumas. It is on Dorothy's List and can be found in the YA section of our local libraries. We are looking for a hostess for that meeting. If interested, call Lois Mason at 879-7263 or loismason418@gmail.com.

We will take a break for the summer when we

can be reading our choices for Sept. and Oct. The Sept choice is 'Educated' by Tara Westover and our book for Oct will be 'Where The Crawdads Sing' by Delia Owens.

We also took a few moments to share book ideas: 'The Alice Network' and 'The Huntress' by Kate Quinn, 'The Last Roses' and 'The Lilac Girls' by Martha Hall Kelly, 'The Great Alone' by Kristin Hannah,

'Clock Dance' by Anne Tyler,

'Island of The Sea' by Lisa See,

'The Only Woman In The Room' by Marie Benedict, '

The Last Romantic' by Tara Conklin,

'Female Persuasion' by Meg Wolitzer,

'Before We Were Yours' by Lisa Wingate.



WFC Needs You

The Nominating Committee has begun the process of filling vacancies on the various church committees for the 2019-2020 fiscal year which begins July 1st. We are asking that you prayerfully consider where God is calling you to serve.

Committees include: Official Board, Trustees, Pastor Staff Relations, Finance, Education, Membership, Music & Worship, Missions & Social Concerns, Youth Ministry, Nominating Committee and Parsonage Committee.

If you have questions, please speak to a member of the Nominating Committee

Rebecca Dubois,
Donna Goodheart,
Sylvia Maloney or
Carol Bouchard



Rummage Sale Results

Many thanks to all who: donated clothing to this year's rummage sale, spent hours sorting, worked during the sale, brought treats for the workers & helped with clean up.



We raised \$1650 which will be used in support of mission outreach.

The clothing that did not sell went to Replays and Goodwill.

Thank you, thank you, thank you!
Carol Bouchard -
Rummage Sale Coordinator



**Many
Thanks**

INTERFAITH SEDER
Thursday, May 23
5:30 - 8:30 pm
 Ohavi Zedek Synagogue

*Celebrating our Shared Goal of
 Freedom from Oppression for All
 Peoples*

*A universalized version of the Passover Seder,
 commemorating liberation*

Please join us as we share stories, songs, prayer and a
 special meal

RSVP by May 16
 802.864.0218 or email
 tari@ohavizedek.org Adults - \$25
 each / Teens - Free

Everyone Welcome
 New Americans will be our guests
 Vegetarian meal with
 Gluten free options available

*Sponsored by Ohavi Zedek Synagogue in
 affiliation with Vermont Interfaith Action*

Proceeds benefit Vermont Interfaith Action

Interfaith Seder

Join Ohavi Zedek Synagogue and Vermont Interfaith Action (VIA) for an Interfaith Seder on Thursday, May 23 from 5:30 to 8:30 pm at Ohavi Zedek, 199 N. Prospect St. in Burlington. This event will celebrate our shared goal of freedom from oppression for all peoples and features a universalized version of the Passover Seder, commemorating liberation. Please join us as we share stories, songs, prayer, and a special vegetarian meal (gluten-free options available). Everyone is welcome. New Americans will be our guests. Adults: \$25; Teens: Free. RSVP by May 16 to 802-864-0218 or tari@ohavizedek.org. Proceeds benefit VIA.

SUMMER SUNDAY SCHOOL

.The summer Sunday School will start June 16.

The *One Room School*

House materials should be here in plenty of time for teachers to prepare, or you may have always wanted to do a

special lesson for the children. Whichever you prefer, please pick a Sunday or two to share you time and effort in teaching the young people.

The sign up sheet in on the bulletin board in the fellowship hall entry.



Faith + Fellowship + Fun

Faith + Fellowship + Fun

Save the date:
Faith, Fellowship
& Fun:

August 11th – 15th.

There's something for everyone - young & young at heart!

Trustee's Spring Clean-Up Day

Please join us on Saturday, May 18th any-time from 8:30 to 12:00 to spruce up the outside of our church

We have lots of work to do: power washing, sweeping, raking and many other tasks. There is a sign-up sheet on the bulletin board.

Any help is appreciated. We will provide snacks, juice and coffee. Also, if you have rakes, shovels and other tools that you think would be useful, please bring them. Thank



On May 5, there are two wonderful opportunities to support worthwhile mission projects in the community.



The 30th Annual COTS Walk takes place at Battery Park in Burlington - May 5.

and support for people who are homeless or at risk of becoming homeless in the community.

All money raised by walkers goes directly to services. You can register online at cotsonline.org.

This event is held to raise money for year-round services

34th Annual Community Celebration

From 4-7:30 PM Dismas House will hold its 34th Annual Community Celebration at the UVM Alumni House, 61 Summit Street in Burlington. Featured speaker, Cynthia Shank, the subject of the HBO documentary

film, The Sentence, will talk about her own personal experience of incarceration as well as her work today as a criminal justice advocate. A silent auction, community awards, and refreshments will also be part of the afternoon's activities.

Tickets are available online at: www.burlingtondismas.org or by calling 802-658-0381.



Navigating the Medical System

Health Care: happening on the second Sunday of every month Sally Metro and Toby Rockwood will hold a meeting at 11am after church in the Sitting Room to talk about how to navi-

gate the medical system, how to communicate with your doctor/PA/NP, how to participate in your health care, and to answer any questions you have about your health needs. Deb

Beckett will also be available to answer questions about the VA system.





We invite you to join us for our annual Pathways to Wellness Conference

Wednesday, May 15, 2019
8:00 am to 4:15 pm
at Champlain College Conference and Event Center
375 Maple Street, Burlington, VT

This annual educational conference offers the opportunity for peers, family members and mental health professionals to gather together to network, to discuss resources and services available, and to help fight the stigma surrounding mental illness.

Registration is now open!

Registration fees, which include lunch, are:

- **NAMI Member registration rate:** \$45 for each attendee
 - **Regular (non-member) registration rate:** \$80 for each attendee
 - **Group registration rate:** \$60 per attendee in **groups of 10** or more from the same organization.
 - **CEUs:** Add \$10 to each registration counted toward CEU hours
- Scholarships** will be available for individuals with limited income.

Workshops and Presenters

Our conference also features two sessions of workshops. The morning workshops include:

- *Collaborative Networks Approach: Vermont's Journey with Open Dialogue Informed Approaches* – a panel discussion led by **Sandra Steingard, MD**, Chief Medical Officer at Howard Center, and **Zelda Alpern, LICSW**, Open Dialogue Coordinator at Counseling Service of Addison County.
 - *Building Flourishing Communities: Understanding the Impacts of Trauma, N.E.A.R. Science, and Vermont's Resiliency Movement* – presented by **Matt Wolf**, Building Flourishing Communities Master Trainer and Youth in Transition (YIT) Program Director at the Vermont Federation of Families for Children's Mental Health (VFFCMH)
 - *Empowering Empathy* – presented by **Sarah Lipton**, Founder and Leadership Mentor, The Presence Point, LLC.
- The afternoon workshops include:

- *Mindfulness Meditation for High-Stress Situations* – presented by **Dr. Steve Taubman**
- *Zero Suicide: Lamoille County Mental Health's Journey in Suicide Prevention* – presented by **Michael Hartman, MSW**, Behavioral Health Director, and **Monique Reil, BA**, Mobile Crisis Team Manager, both of Lamoille County Mental Health Services
- *Metabolizing Trauma, Panel by Panel: Reconciling Mental Illness and Reclaiming Personal Narrative Via the Comics Form* – presented by **Rachel Lindsay**, Author/Cartoonist of "RX: A Graphic Memoir."
Full descriptions and bios of our workshop presenters will be available soon.

If you have any questions, please contact aperry@namivt.org.

2019 Keynote Speakers

We will feature two thought-provoking keynote presenters

Martha B. Straus, PhD

Dr. Steve Taubman

HISTORY OF THE CHURCH

Flashlights of the Past

The 150th Committee meets once a month to discuss ways in which we can celebrate the church's 150th Anniversary this year. Several ideas have been discussed and some are happening now in our monthly newsletter such as historical photos, stories and remembrance of specific people past and present.

Another monthly event will be "Flashlights of the Past". This is a 5-minute talk given at the end of the service by a member or past member of our church about our church history, perhaps a specific happening or person they remember. The first "Flashlight of the Past" will be on Sunday, May 5, 2019 given by Bill Skiff. All future ones will happen the second Sunday of each month until our final church wide celebration on October 27, 2019.

Other ideas discussed: a picture puzzle of the church, a Scavenger Hunt, Historic

old-fashion hymn sing, line-singing, old-time recipes for snack time after church, hats and costumes at a special service, and a float.

Ideas and participation are welcomed!

Deb Beckett, Pastor Paul, Ginger Isham, Tony Lamb, Bill Skiff, Carmyn Stanko

Down Memory Lane

As we celebrate the 150th Anniversary of the beginning of Williston Federated Church we think of those who came before us, joining others at worship, contributing to the mission and life of the church just as we try to do today.

One of those people was Cathy Yandell. In 1947, according to her son David, Cathy and her husband moved to a farmhouse on Oak Hill Road. They started attending Williston Federated and Cathy regularly provided the flowers for the altar.

. Many times Cathy used the "weeds" from the land and flowers from her beautiful flower garden, her arrangements were greatly admired.

Cathy sang alto in the Senior Choir for many years and with Terry Carpenter started the Junior Choir Festival in 1959. Many years ago, Cathy made the wooden angels which were used as decorations on the tables at the Festival. She supported the church in many ways.

Just as our church family is active in our Williston Community now, so was Cathy in past years. Restoring the Old Brick Church was one of her main projects and she worked with others in town for several years, according to David, obtaining historic grants for the project. She also was passionate about conserving the Mud Pond area and was involved with Library projects.

Sadly she passed away on December 22, 2013, leaving a history of good works for her community and Williston Federated Church.

Gratitude to her son David for sharing some of this information.





Family to Family Class March 6—May 22 6:00-8:30

The National Alliance on Mental Illness Vermont (NAMIVT) is once again offering its Family-to-Family Education Program in Williston.

This **free** 12-week evidenced based course is structured to help families of individuals with a mental health condition understand and support their loved ones while maintaining their own well-being.

The course is designed specifically for parents, siblings, spouses, teenage and adult children and significant others.

If you are interested, please contact NAMI Vermont at (802) 876-7949 or email nickmartin@nami.vt.org.



Silence With God

Solitude and silence are not, in the end, about success or failure. They are about showing up and letting God do the rest. They are not an end in themselves;

they are merely a means through which we regularly make ourselves available to God for the intimacy of relationship and for the work of transformation that only God can accomplish.



Centering Prayer, Silent Prayer and Bible Reflection

The Thursday morning group encounters faith journey, moments of learning and moments of spiritual connections. This group meets 8am-9am. The group begins with 20 minutes of silence, followed by a sharing of responses to a few

Bible verses. The method, called Centering Prayer, will be practiced by some in the group, others will practice whatever form of silent prayer or meditation they choose.

Information about Centering prayer is available. Anyone is welcome to

come once a month, once a year, or once.

If you would like to join the group and are not on the email list, please contact Donna Fellingner—donnafellin-gervt@gmail.com 802-355-1700.

ALL ARE WELCOME HERE

Being a full member of the church is not a requirement for participation in all aspects of worship, serving on committees or providing outreach and service to others. It is an opportunity to make a public statement of Christian witness and a com-

mitment to Williston Federated Church. If you are new to the church community, or have been worshipping at WFC for years, and are interested in joining the church, please speak to Pastor Paul.



Composting

There is a green composting bucket and there are compostable plastic bags in the kitchen. Hopefully we can reduce our church's load on the landfill by separating things that can be turned into useful soil from things that are buried forever.

In general, things that have once been alive can be composted.

Paper, from trees, and bones, from animals, are examples. But petrified wood, coal, and diamonds are exceptions.

Most paper cups and expensive paper plates have a plastic coating that prevents their being composted; it is possible to buy cups and utensils that are

made from corn, cane, or grass that can be **composted**. **Don't put** anything in the green bucket you are not sure about, but strive to get and use things that can be reused, recycled, or composted. Inexpensive paper plates and used paper napkins can be composted.

Do Compost: table scraps, coffee filters and grounds, paper tea bags, shells, rinds, meat, bones & fish, shellfish, dairy products, fats & cooking oils. paper napkins & paper towels, uncoated paper plates, oily take-out pizza boxes, wet or soiled paper bags & wet newspaper, unlined

flour & sugar bags, uncoated butcher paper.

Do Not Compost:

plastic, glass, condiment packets or cups, waxed paper, metal, foil, straws or swizzle sticks, produce stickers, glossy or plastic-coated paper, twist ties, rubber bands, human or pet waste, dryer lint, coal, diamonds.

Compost, up to 30 pounds, can be dropped off free at the CSWD composting site on Redmond Road. If each of us take a turn, composting should be easy, good for the environment, and reduce the use of the land fill.



Williston Federated Church
MAY 2019