



March 2017

A Word from the Pastor

What would you say are core Christian spiritual disciplines? List the ones you know. How much do you practice them? It has long been curious to me that, for so many Christians, we have collectively over the centuries become disconnected from the richness of historic spiritual practice, many that date to the beginning of the faith. Even for prayer and reading scripture, many report wanting to know how to do them or wishing there was more time for them.

Did you have fasting on your list? Fasting, the intentional abstaining from or reducing what one eats or drinks, is an ancient practice. The practice is so old, in fact, that no one can really say when or where it began. Although fasting is used in a wide variety of ways including, for example, for medical or political reasons, fasting for spiritual purposes is a part of nearly every major religion and in most cases has been part of them from their beginnings.

Methodists, too, had an emphasis on fasting from the beginning of the movement with the Wesleys. John Wesley would regularly fast and asked that people in the Methodist societies do so as well. Still today, one of the historic questions asked of all candidates for ordination in the United Methodist Church is, “Will you recommend fasting or abstinence, both by precept and example?” While I have taught about fasting on occasion, I have only fasted for faith-related reasons a handful of times over the years. I haven't tried for an entire season. This year during Lent, I am going to select one day each week to fast between breakfast to dinner. By fasting standards, this isn't a long time. However, short times are recommended for beginners. I will also be doing a liquid fast, primarily water, during this time. I would encourage you to consider trying a fast one day during Lent (note: if for medical reasons, you shouldn't fast, follow the directions of your doctor). I find that when I do fast it helps me to focus on what is most important, whether it is with what I consume or with my relationship with God. For more information, there is plenty of information available online (search for fasting) or I am happy to talk with you. Try a fast this year...even if it is for a short time. If you want, you can join me on one of my fast days and we can support each other. Let me know if you want to try something like what I have described. Above all, this Lent, have one or two regular (daily as much as you can) spiritual practices that you use throughout the season. They include reading scripture (again, see me for a wide variety of scripture reading techniques), prayer, worship, fasting, meditation, spiritual support, walking a labyrinth, spiritual retreat, worship, and service in the community.

Blessed Lent,

Rev. Tim



Caribou Clock

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Greetings from the Church Office!

Finally – a little “spring” weather after weeks of cold, snowy weather! The calendar is getting pretty busy and a few groups are starting up again after their “winter break”! Make sure you don’t miss something, especially as we begin to schedule annual and very popular dinners! ☺

We only received 8 responses to the following comment in last month’s Newsletter: “We would like to have a better idea how many people read the *Caribou Clock*. If you are reading these words, please send an email to graymemorial@outlook.com or call the church office at 498-2103.” It doesn’t sound right to me – perhaps you skim through the pages and selectively read things but not everything. **IF YOU ARE READING THIS NOW, PLEASE LET ME KNOW!** A lot of effort goes into creating this Newsletter every month, so I would like to know that more people are reading it!

If any of your information changes (mailing and/or physical address, phone number, email address, etc.) **PLEASE** contact the church office so we can update our records!

Until next month.....

Bobbi Pelletier
Church Secretary



January 29th & February Prayer Concerns

Prayer Concerns: Debbie & Lu Sharp, Judi McKee, Ann Sinclair, Jeff Wright, Emily Stuart, Phyllis Sykes, Larry Beaupre, Sheila Belyea, Robert Cashman, Don & Ron Nadeau, Dale Henderson, Shirley Thompson, Jennie Turner Burnette, Marilyn Langley, Ruth Casteel, Madison Necevski, Ken Urquhart, Alden Wilcox, Debbie Jordan, CarriAnn & Noah Coventry, Bob Thompson, Edwina Vincent, Nicole Bernier, Doug Brown, Margaret Cyr, Janet, Gary Churchill, Phil Grant, Marie Jackson, Gwen Ferguson, Phyllis Billing, Shirley Thompson, Marjorie Bell

On Family Death: The family of Dorothy Matson; family of David Espling Sr.; family of Tammie Ennis; family of Thelma Mockler; family of Ted Tornquist; family of Adrian LaPointe; extended family of Heidi Michaud; family of Dr. Wakana

Other: Nations of Israel, Palestine, Syria; All who serve in harm's way; prayers of thanks for our First Responders!; prayers of joy for Denise & Scott Witmer on the birth of granddaughter Sura, born to Gigi Witmer; prayers of thanksgiving for Bob Locke's 90th birthday!

PLEASE REMEMBER TO PROVIDE A MAILING ADDRESS FOR PEOPLE OR FAMILIES YOU PUT ON THE PRAYER LIST SO WE CAN SEND THEM A NOTE FROM REV. TIM. WE OFTEN HEAR FROM RECIPIENTS ON HOW TOUCHED THEY ARE THAT WE OFFERED PRAYERS FOR THEM!

Correspondence received:

Dear Congregation,

We cannot thank-you enough for all the prayers sent our way during Mom's (Arlene Doody) illness and death. The prayers and thoughts certainly helped to ease the pain. As we wrapped the prayer shawl around her we could feel the presence of God through your prayers ... cradled in hope, kept in joy, graced with peace with lots of love.

Peace and friendship - Steve, Deb, Sue, Jeff, Roxanne, Shellie, Kris and our families

REMINDERS

<u>DATE</u>	<u>LITUGIST</u>	<u>GREETERS</u>	<u>COUNTER</u>	<u>COFFEE FELLOWSHIP</u>
March 5	Margaret Cyr	Mary Ouellette & Lisa Wilcox	Elsie Doody	Trustees
March 12	David DeMerchant	Diana Locke & David Wakana	Elsie Doody	Prayer Shawl Ministry
March 19	Bob Ellinwood	Diane & Bruce Fitzpatrick	Elsie Doody	SPRC
March 26	Diane Fitzpatrick	Ruth & Emmett Ross	Diane Fitzpatrick	Worship Committee

Usher Coordinator: Andrew Craig
Communion Stewardess: Mary Theriault

Acolytes: Mar 5-Friedrich & Alden Wilcox; Mar 12-Darrell Adams; Mar 19-Lauren Craig; Mar 26-Alden Wilcox

Child Care Volunteers: Mar 5-Meagan Irving; Mar 12-Diana Locke; Mar 19-Samuella Manages; Mar 26-Debbie Barnes

Each individual or committee is responsible to make arrangements for changes to these various calendars.

Please contact the church office if any changes to these lists are made so the weekly bulletins are correct!

* * March Birthdays & Anniversaries * *

Birthdays and Anniversaries are celebrated on the first Sunday during Coffee Fellowship.

Remember your birthday & anniversary by making a special offering each year.



- | | | | |
|----|--|----|--|
| 1 | Adam Lombard | 15 | Deanna Rice |
| 2 | Bobbi Pelletier | 16 | Beth Alden, Danyl Frost, Judi McKee,
Bob Thompson |
| 4 | Kent Forbes | 19 | Alyson Michaud, Debbie Stallings |
| 5 | Robert Kieffer | 22 | Monica Belyea, Emily Staples,
Briana Witmer |
| 6 | Duska Franklin, Jase Stallings, Roberta Walton | 23 | Peggy Bailey |
| 8 | Ken Doody, Emerson Langworthy, Allie Sholder | 25 | Michelle Felix |
| 10 | Ryan Genz, Jeanette Peters, Debbie Sharp | 26 | Roy Alden, Eugenia Gardner |
| 11 | Heather Botterill | | |
| 13 | Danielle Harrington, Linda Norsworthy | | |
| 14 | Jana Davenport, Florence Gallagher, Elsie Locke,
Jackie Mayhew, Tamara Wilcox | | |



- | | | | |
|----|------------------------|----|---------------------|
| 10 | Barbara & Steven Scott | 26 | Betty & Dale Fowler |
|----|------------------------|----|---------------------|

If your name or the name of someone in the Gray Memorial Family does not appear on this list and you would like to add it, please contact the church office, 498-2103.

Corrections are ALWAYS appreciated!!! If you know someone whose last name has changed, please let Bobbi know so she can update the database.



**STEWARDSHIP/
FINANCE
COMMITTEE**

Worship Attendance and General Fund Offerings:

<u>Date</u>	<u>Attendance</u>	<u>Operating Fund Offering</u>
January 29	100	\$2,199.00
February 5	89	\$4,209.00
February 12	71	\$3,485.74
February 19	87	\$2,802.25
February 26	80	\$2,403.00

Needed to meet 2017 Budget: \$3,770.20 weekly

Capital Account Seed Money:

We continue to receive donations for the "Capital Account Seed Money" account and as of February 26th, our account balance is \$30,882.47. Even though our original Capital Campaign ended in March 2014 when all the expenses related to the church's restoration effort were paid, many devoted members continue to contribute to the account for the NEXT phase of our church's restoration or a new building.

Changes to new November 2016 Church Directory:

Conrad, Larry: new email address – lconrad641@aol.com

Josselyn, Lynne: new email address – ljosselyn39@aol.com

Packard, Catherine: change last name to Brewer; new mailing address – P. O. Box 402, Ashland ME 04732-0402

Mockler, Thelma: deceased, February 8, 2017

Home Communion

Gray Memorial United Methodist Church offers Communion to those who are unable to attend our regularly scheduled Communion Service that is usually held on the first Sunday of the month. If you are homebound, have difficulty getting around, are a resident of a nursing home or assisted living center, are receiving rehab in a local facility or have concerns with being out during winter months, our Communion Servers would be honored to bring this service to your residence. We have been trained to provide this service and will visit you after church services on Communion Sundays. If you would like to participate in this service, please contact the church office (498-2103) before noon the Friday before Communion. You can set up a regular schedule or you can call each month that you would like this service.

SPECIAL LENTEN SERVICES:

Ash Wednesday – March 1st; Services at noon and 7:00pm

Holy Week Noontime Services: April 10 – 14

Holy Thursday Evening Service: April 13, 7:00pm



Lenten Study

The division of the world's peoples into distinct groups - "red," "black," "white" or "yellow" peoples - has become so deeply imbedded in our psyches, so widely accepted, many would promptly dismiss as crazy any suggestion of its falsity. Yet, that's exactly what this provocative, three-hour series by California Newsreel claims. **Race - The Power of an Illusion** questions the very idea of race as biology, suggesting that a belief in race is no more sound than believing that the sun revolves around the earth. Yet race still matters. Just because race doesn't exist in biology doesn't mean it isn't very real, helping shape life chances and opportunities. The implications for Christians are also quite significant. Join us for this ground-breaking look at a topic that continues to reverberate in our country and world.

Rev. Tim will offer this class at three different times:

- 1) for four Wednesdays: March 15, 29 and April 5 & 12, 1:30 - 3:00 pm
- 2) during the 6 Sundays in Lent: March 5, 12, 19, 26, April 2 & 9 from 8:45 - 9:45 am
- 3) two Wednesday nights: March 15 & 29, 6:35 – 8:55 pm

UMW BOILED HAM DINNER - SATURDAY, MARCH 11TH!



4:30pm - 6:00pm

Adults \$10; Children 12 & under \$5

Tickets available in church office & at the door

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Tamara Wilcox leads the handbell choir during the January 29th service – they played “Simple Gifts”, a Shaker Melody.

Jan 29th - Rev. Tim talks to the children during the “Children’s Time”. His topic was about people who might have physical challenges.



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Rev. Tim asked the children to “try out” some of the tools people with injuries or handicaps use to allow mobility.

The children seemed to enjoy trying out the various tools (walker, cane, crutches and wheelchair).



Jan 29th – First Responders from the Warden Service, Police Department and the Red Cross were honored during our Worship Service.



Dave Belyea and Alden Wilcox on Boy Scout Sunday, February 12th.



Feb 19th: Prayer Shawl Dedication – many new prayer shawls, baby blankets & hats, and pocket prayer shawls were dedicated. Rev. Tim asked the Prayer Shawl Ministry members to come forward for the dedication.





Feb 26 - Tamara Wilcox directs the Handbell Choir performing "Seek Ye First" with "Pachelbel's Canon"



Feb 26 – Rev. Tim had the children perform a reading about the Transfiguration.
(Diane Fitzpatrick [assisting Aurora Pethick], Tyra Sterner, Noah Coventry & Althea Wilcox)

Maine Preservation Award Announcement – Sunday, February 26th. Here is Bobbi Pelletier’s script from that announcement:

I am here to announce that Gray Memorial recently received an honor award from Maine Preservation.

I would like to share a little information regarding this organization and then talk a little about the award:

Maine Preservation, founded in 1972, is an independent 501(c)(3) nonprofit member-based statewide historic preservation organization. Their mission is “to promote and preserve historic places, buildings, downtowns and neighborhoods, strengthening the cultural and economic vitality of Maine communities.”

On Tuesday, July 19th, I received an email in the church office from Maine Preservation reminding everyone about the deadline for submitting award nominations. The deadline was the very next day!

This was the first I heard about this award, so I sent an email to the organization’s email address and asked if I could have a couple extra days to submit an award nomination and if our restoration project in 2012-2013 was eligible. I soon got a response stating that, even though the typical timeframe is 3 years, the Executive Director remembered their participation in our restoration project and waived that criteria. He also remembered that one of their field advisors actually visited the church before the project was started and they also helped with the steeple assessment done by Ames Associates that needed to be completed prior to applying for grants from the Maine Community Foundation. We received two grants from them – one to offset the cost of the architect’s assessment and the larger grant of \$40,000 to help restore the church’s steeple.

Long story short - I was granted a few days extension to submit a nomination and was told our project was certainly worthy of being considered.

I put together the written nomination which required a description of the project – the history of the building, the condition and aspects of the restoration project, etc. I also had to submit many pictures that demonstrated the condition of the building before the project started and the ultimate results.

I did receive confirmation that the nomination and related pictures were received and we would be considered for the award. However, it would take several months until award recipients were announced.

On October 21st, we were notified that our nomination and project team was selected to receive an award. We were invited to attend their award dinner & ceremony on Wednesday, November 16th at the Portland Country Club in Falmouth. After much thought, Mary Lou Brown and I decided to attend this award ceremony. We left about 11:00am, attended the event and came home that same evening, arriving home about 1:30AM.

The award dinner and ceremony were very elegant and we thoroughly enjoyed meeting many of the other award recipients. When our particular award was announced, the attendees were amazed that we traveled all the way from Caribou to attend the event and even more surprised when they found out we were driving home that evening!

With Mary Lou’s assistance, I am here to present the award certificates to our project partners that we received that evening in November:

Our church members
David Belyea, Project Architect
J. P. Martin, General Contractor (J. P. Martin & Sons Construction Corp.)
Scott Branscom, Special Craftsman

Certificates for the following project partners will be mailed:

On the Maine Preservation website, there is the news release regarding the award recipients. I will put this information in the March Newsletter that I will publish tomorrow. Just copy & paste the following website link into your web browser:

<http://mainepreservation.org/2016-maine-preservation-honor-awards>



Bobbi Pelletier, Greg Paxton (Executive Director of Maine Preservation) and Mary Lou Brown during Award Ceremony on November 16, 2016.



Mary Lou Brown presents David Belyea with his certificate for the Maine Preservation Award. Rev. Tim accepted the certificate on behalf of the "Church Members".

OTHER "KODAK MOMENTS"



Jan 29th – Special Cake for First Responders!



Feb 5th – Special Cake for Birthdays & Anniversaries



Althea Wilcox & Rev. Tim Wilcox watch Tyra Sterner making pancakes (Pat Dobson & Noah Coventry look on)



Special "Mardi Gras" cake for Sunday, February 26th
Pat Dobson was the lucky one to receive the piece with the baby in it!

Pictures taken on Saturday, January 25th – UMM Breakfast, Special Presentation & Meeting
(photos taken by Neal Genz)



Several of the men chat after breakfast – Del Ramey, Bob Ellinwood, Dave Belyea, Al Akeley and Conrad Walton

Ken Peters, Dale Sharp, Bill Thomas, Bob Locke and Peter Edgecomb share a table during the UMM breakfast!



Dave DeMerchant, Bobbi Pelletier, Richard Clark and Steve Cashman chat after breakfast.



Bobbi Pelletier shared the pictures she'd taken during her trip to Seattle and Alaska last summer!



Dave DeMerchant, UMM President, conducted the monthly meeting.

UMM Meeting on Saturday, February 26th



LOOK WHAT'S HAPPENING IN MARCH!!!

Wednesday	01	6am-noon	Ash Wednesday Prayer Vigil in Chapel
		12:00pm	Ash Wednesday Noon Service
		12:30-6pm	Ash Wednesday Prayer Vigil in Chapel
		1:30pm	Adult Book Study "John" led by Richard Clark (final session)
		4:30pm	Barbershop Group Practice
		6:00pm	Handbell Choir Practice
		6:30pm	Senior Choir Practice
		7:00pm	Ash Wednesday Evening Service
Thursday	02	10:00am	Aroostook Cluster Meeting in Mars Hill
		6:30pm	Worship Committee Meeting at Church
Friday	03	1:00pm	Disciple II Bible Study at Church
Saturday	04	8:30-9:30am	Moms in Prayer Meeting in the Library

Sunday	05	8:30am	Lenten Study: "Race - The Power of an Illusion"
		8:45am	Sunday School
		10:00am	Worship - First Sunday in Lent
Monday	06	9:30am	UMW Meeting at Church
		6:30-7:30pm	Girl Scout Troop in Fellowship Hall & Kitchen
Tuesday	07	6:30pm	"Terrific Tuesdays Ministry" with Michele
		6:30pm	Prayer Shawl Ministry Meeting in Library
Wednesday	08	12:00pm	Jennie Lyon Circle Potluck Luncheon & Meeting
		4:30pm	Barbershop Group Practice
		6:00pm	Handbell Choir Practice
		6:30pm	Senior Choir Practice
		6:30pm	Northern Maine Quilters at Mapleton UMC, Mapleton
Friday	10	1:00pm	Disciple II Bible Study at Church
Saturday	11	8:30-9:30am	Moms in Prayer Meeting in the Library
		4:30-6:00pm	UMW Ham Dinner

DAYLIGHT SAVINGS TIME BEGINS ON SUNDAY, MARCH 12TH - TURN CLOCKS AHEAD ONE HOUR BEFORE YOU GO TO BED ON SATURDAY, MARCH 11TH!!



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LOOK WHAT'S HAPPENING IN MARCH!!! (Continued)

Sunday	12	8:30am	Lenten Study: "Race - The Power of an Illusion"
		8:45am	Sunday School
		10:00am	Worship - Second Sunday in Lent; Girl Scout Sunday; Taize style worship
		11:30am	Education Committee Meeting in Library
		4:00pm	Aroostook Cluster Lenten Service, Hodgdon UMC; (potluck meal to follow service)
Monday	13	6:30-7:30pm	Girl Scout Troop in Fellowship Hall & Kitchen
Tuesday	14	6:00pm	Caribou Ecumenical Food Pantry Board Meeting at Pantry
		6:30pm	"Terrific Tuesdays Ministry" with Michele
Wednesday	15	1:30pm	Lenten Study: "Race - The Power of an Illusion"
		4:30pm	Barbershop Group Practice
		6:00pm	Handbell Choir Practice
		6:30pm	Senior Choir Practice
Friday	17	1:00pm	Disciple II Bible Study at Church
Saturday	18	8:30-9:30am	Moms in Prayer Meeting in the Library

Sunday	19	8:30am	Lenten Study: "Race - The Power of an Illusion"
		8:45am	Sunday School
		10:00am	Worship - Third Sunday in Lent
Monday	20		FIRST DAY OF SPRING!!!
Tuesday	21	1:00pm	Alzheimer's Support Group in Fellowship Hall
		6:00pm	Trustee Meeting at Church
		6:00pm	Caribou Ecumenical Food Pantry Meeting at Pantry (<u>date change</u>)
		6:30pm	"Terrific Tuesdays Ministry" with Michele
Wednesday	22		<u>DEADLINE FOR APRIL NEWSLETTER INPUT!!!</u>
		4:30pm	Barbershop Group Practice
		6:00pm	Handbell Practice
		6:30pm	Senior Choir Practice
Thursday	23	6:00pm	Finance/Stewardship Committee Meeting at Church
		6:30pm	Church Council Meeting at Church
Friday	24	1:00pm	Disciple II Bible Study at Church
Saturday	25	8:00am	UMM Breakfast & Meeting at Church
		8:30-9:30am	Moms in Prayer Meeting in the Library

Sunday	26	8:30am	Lenten Study: "Race - The Power of an Illusion"
		8:45am	Sunday School
		10:00am	Worship - Fourth Sunday in Lent; Norm Thombs, Director of Camp Mechuwana, will be our special guest
		3:00pm	District Lenten Service, Grant Memorial, Presque Isle (potluck meal to follow service)
Monday	27	6:30-7:30pm	Girl Scout Troop in Fellowship Hall & Kitchen
Wednesday	29	1:30pm	Lenten Study "Race - The Power of an Illusion"
		4:30pm	Barbershop Group Practice
		6:00pm	Handbell Practice
		6:30pm	Senior Choir Practice
Friday	31	1:00pm	Disciple II Bible Study at Church