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Think back with me to an earlier time in 2020 – March 15th, to be exact. We were beginning our time of worship together and I took a few minutes during our announcement time to say that, with the recent declaration of a pandemic in our country, it was certain that our worship would be a little different for a time. That, we all know now, was a huge understatement for, in fact, we haven't even been in our sanctuary since that day! So many words describe our feelings in these months that have followed: anxiety, sadness, unsettledness, and fatigue – to name a few. We have joined our fellow Mainers to embrace social-distancing, wear face coverings, and make good use of the modern technology of Zoom and Facebook live streaming. Now, it's time to think about our return to the sanctuary and in-person worship once again. So, two days shy of six months since we were together, you will have that opportunity beginning on Sunday, September 13.

That said, I think we all understand that it will not be worship as usual. There will be vast changes for the time being. And that's the key: for now. These changes will not be forever but, I am confident, that we will all adhere to them for the safety of those we love in the church family. Also, we know that our in-person worship will be on a week-by-week basis; if conditions worsen – and we pray that they will not – we will need to reconsider being in the sanctuary.

Please allow me to share just a few of the changes so that you will be aware of the expectations for all of us. This list has been prepared by our re-launch team (Debbie Greim, Dean Logan, Shane Soiett, Sue White, and the pastor) based on guidelines from our annual conference and the State of Maine.

- 1.) Everyone will be asked to park in the back parking lot and use the door nearest the kitchen. An usher will be there to assist you with directions. Please use the hand sanitizer that will be available in the entryway. The upstairs rest room will also be available for hand washing. Masks will be available if you forget yours that day.
- 2.) There will be ushers at the top of the stairs and in the Narthex so that we don't all crowd together in the hallway or in the Narthex. The sanctuary will be cordoned off to create the necessary social-distancing and you will be ushered to your seat. We will all be dismissed in a like manner. Face coverings will be mandatory **throughout** the worship time. We must be diligent about the face coverings while in the building where the air is not circulated as much as outdoors.
- 3.) The elevator will be available for those who need it. Those using it will be asked to maintain distance if you need to wait downstairs; please ride only with family members.

There are enough keys available for all of our users to have their own for use each week.

4.) We will worship using the projected service that Verne prepares for us and shows on the “screen.” There will be no worship bulletins (unless you request one from Pastor Elizabeth ahead of time); you will be given our usual insert with the prayer list and any announcements. Bibles or hymnals will not be available in the pews.

5.) Unfortunately, we will not be able to sing while we worship together as germs are spread longer distances by singing. For the present time we will not be inviting individuals to participate as lay readers.

6.) We won’t be able to share the microphone for joys and concerns but our team will devise a way for you to write them down so that they can be given to Pastor Elizabeth prior to the beginning of worship.

7.) The offering plates will be available in the Narthex for us to leave our offering envelopes/checks/cash in while either entering or leaving the sanctuary. We have had a good response to our online giving through the link available on our website (www.lisbonumchurch.org) and encourage you to begin or continue to use that. Please contact Monica McCusker if you have questions or concerns about it.

8.) The sanctuary will be cleaned and sanitized after each worship service; we are requesting that no one enter the sanctuary during the week.

9.) Our coffee fellowship will not be held as long as the pandemic continues. We pray for beautiful autumn Sundays so that we may safely visit out in the parking lot, if you wish.

We recognize that these are a LOT of “dos and don’ts” but we pray that you will embrace them all for the sake of being together in our sanctuary for the worship of our God.

We also recognize that not everyone who was present mid-March will be with us mid-September and beyond. We respect those difficult decisions. I will continue to mail our “at home” worship bulletins to those who wish to have one; in addition, we will continue to live stream our worship service via Facebook even when we return to in-person worship. We will continue to work hard as we have been to keep us all as connected as possible even in the midst of these ongoing challenges.

And, yes, these are challenges – but we’re used to that after these six months. However, this is also an opportunity: an opportunity to worship God, to be with those we love in our church family, to find a little bit of “normal” in these trying times. Please join me in looking upon this as an opportunity to get through this together in the name of Jesus, our guide and friend. If you have questions about any of our re-entry plans, please do not hesitate to be in touch with me.

God’s blessings,

Pastor Elizabeth

FROM THE FINANCIAL SECRETARY

Although we haven't been meeting in person for worship services, I wish to commend you all on your dedication and stewardship of the church by sending your generous financial donations and gifts each month.

We're thankful for the CARES Act that allowed us to "borrow" funds for covering payroll for our beloved Pastor, but it's your strong faith and spirit moving you to continue your pledges that help to pay the church's other operational expenses. THANK YOU!! See you soon!

Remember – we have the option of donating through the church website... available to anyone who wants to support our mission and ministries.

Yours truly in faith,

~ Monica McCusker, Financial Secretary

EVENING CIRCLE

We will have a meeting on September 1st at the church starting at 6:30. Following the meeting, if you would like to stay and help, we will be working on cutting out the personal hygiene pads for our mission project. Please bring your own scissors and pins. I hope you can join us!

Carolyn Jones
353-8691

LACO

It has been 5 months since we had a LACO Board meeting. In January we provided food for 782 people. In July we gave food to 2364 people. LACO served over 2000 people for May, June, and July. We only serve food outside in prepacked boxes and bags. The families take their food to their cars in carts and unload their food. The cart is then returned and cleaned before being repacked for another family.

We have purchased a larger, used refrigerator truck which needs some work on it to haul larger and more pallets of food from Good Shepherd, Feeding America, and US Department of Agriculture. Area stores and organizations are also helping with food. They include Acacia Masonic Lodge in Durham, United Way (3 groups), Grant for Good, Town of Lisbon, Standard Insurance, Benevity Community Impact, Androscoggin Bank, Food City, Liberty Mutual, Hannaford, Shaws, Wal-Mart, L & B Electrical, Lisbon Community Credit Union, Dunkin Donuts, our area churches, and grants from groups to Good Shepherd to cover two months of food purchases. Individuals have contributed greatly to the point we have \$8000 more in our accounts than we had in March. Area farms are also providing produce.

The food pantry is serving food on Wednesdays from 4:30-7 and Saturdays from 7:30-10. People who used to have food delivered can come at 3:00 on Wednesdays to get their food or send someone to pick it up for them. Food needed the most are granola bars, cereals, juice, crackers, and soups. They can be left in the bins in front of the registers at Food City.

The clothing bank will not be open until at least January.

Carol and Pastor Elizabeth

FROM YOUR LAY LEADER

Hello to all of you from your lay leader. I can't believe it is September already! Fall is my favorite season. The crisp air and beautiful colors are a wonderful gift from God. This article will have a few shorts bits about what I have been and will be up to.

On August 19th I attended part of a virtual district lay leader meeting. We discussed our roles in our various churches. The beauty of this type of meeting is that we all have different ways of being and our churches are of all sizes and styles. Hearing from a group with many ideas is a great way of learning. Our annual conference will be virtual on October 17th. I will be attending at home. Pray for God to enable my technology ability. Our theme for the conference is Building Beloved Community. Our laity gathering will be September 26th. There will be leadership webinars coming the first Wednesday of each month. More information will be coming from the district office.

I am participating in a book study sponsored by the Katahdin district. A few people from the Many Waters district (that's us) have joined in. The book is *White Fragility; Why it's so Hard for White People to Talk About Racism* by Robin Diangelo. This is a challenging book that looks at racism from a sociological viewpoint. It deals with systemic racism and how we, as white people, contribute to it by taking advantage of our white privilege. The author reminds the reader of the history of economic privilege that started with slavery. The white fragility term refers to how discussing our own racism causes discomfort and anxiety, especially when it threatened our role in society. We believe that only bad people are racist, therefore it does not feel good when we find that some of the things we say and do can feel racist to people of color. Even if we as individuals are against racism, we still benefit from white privilege. Basically white people make the major decisions in our world when it comes to politics, the economy, and the media. Watching a movie such as *The Blind Side* with a different lens can be eye opening. In this movie most of the roles and places reflect stereotypes. The film industry is changing slowly with people of color receiving more and more recognition, but we have a long way to go. If you want to challenge yourself, ask yourself the hard questions. When were you aware of other races? How did this happen and what were you taught? What did your parents or others in your life tell you? Did their actions reflect their words? I know my parents taught me with words that God loves all people equally, however my father participated in minstrel shows in blackface! Talk about a mixed message! This book is not a devotional or religious study, so I find a lot of prayer and reflection about what we believe and are taught is helpful. I know that our founder, John Wesley, was against slavery and oppression. I know that we are all beloved children of God. I also know that Jesus was born in the middle east, so he may not have been the white man we imagine. God loves you!

On a lighter note, I found some fun facts in the August/September AARP magazine. What's for dinner? Here are some foods and the dates they hit the market. Happy reminiscing!

1934 Campbell's Cream of Mushroom Soup

1953 Tater Tots

1956 Electric Can Opener

FROM YOUR LAY LEADER, CONT.

- 1958 Jiffy Pop
- 1959 Tang
- 1964 Electric Knife
- Pop Tarts
- 1965 Shake and Bake
- Spaghetios
- 1966 Cool Whip
- 1971 Hamburger Helper
- Crock Pot
- 1972 Celestial Seasonings
- 1975 Famous Amos
- 1976 California Cooler
- 1981 Lean Cuisine
- 1989 Electric Juicer
- 2006 Avocado Toast
- 2010 Instant Pot
- 2011 Meal Kits



I look forward to seeing those of you who are comfortable with worshipping together in our sanctuary. I'll see the rest of you on Facebook.

God's peace be with you all,

Sue White

Cell 577-8921

Email sdwhite071154@gmail.com

BIRTHDAY WISHES

Happy Birthday to the following church members celebrating a birthday in September!!

(f you know someone to be added to our list please Erica Soiett know)



- | | |
|-------------------------|----------------------|
| 1st- Barbara Grinder | 21st- Emily White |
| 7th- Verne Smith | 24th- Sylvia Doughty |
| 10th- Mary Duley | 25th- Stacey Strople |
| 11th- Barbara Underwood | 27th- Jane Wile |
| 19th- Sylvia White | 28th- Denise Knight |
| | Peggy Shaw |

CREATING A SPIRITUAL LEGACY

What needs do you see in your family?

Who are some people who could benefit from your wisdom and life experiences?

The author of the book, *Aging and Ministry*, currently being studied by the members of the Discovering the Possibility Team (DTP), offers many important insights into the aging process and how the “elderly” may be perceived. Last month’s article focused on aging faithfully. The author, Richard H. Gentzler, Jr., goes on to talk about creating a **Spiritual Legacy**. As one ages, perspective changes and the importance of life accomplishments begins to weigh in, and some may realize they have more questions than answers about their “value”, their faith, their blessings and ambitions.

My father, despite his advancing dementia, talks all the time and has often asked, “Aren’t we supposed to talk about our lives to pass on our knowledge and history?” He’ll then relate stories from his past that have been very interesting. We have recorded many of them and will figure out a way to get them saved for future generations. His stories have become a bit more jumbled lately so we’re glad we started paying attention early.

How do you want to be remembered?

What does society or your church need to hear from you?

A friend of mine has been working on personal history books for each of her parents and in-laws, siblings and others in her family who are “up there” in age or have moved on to the next life. The books include personal narratives and/or stories about the person recounted by relatives and friends, lists of their favorite things (color, songs, cars, etc.), passions, hobbies, travel experiences, recipes for their favorite foods and, of course, pictures. She is creating a legacy for each person to keep their memory alive for the next generations who may want to know things about their ancestor/relative, thus, giving their life “value.”

What ways can your church help you create a legacy?

The elders or “wisdom keepers” within cultures and societies have been honored for their life experiences and wisdom since the beginning of mankind. An eloquently written description and plea is found in Psalms: “O God, from my youth you have taught me, and I still proclaim your wondrous deeds. So even to old age and gray hairs, O God, do not forsake me, until I proclaim your might to all the generations to come” (Psalm 71:17-18). God has given his creations an innate sense of curiosity. Their “thirst” for new knowledge moves them to seek the answers to questions and learn new skills to teach the next generations.

Recent trends indicate that many grandparents are finding themselves in situations requiring a leap of faith and fortitude when they must take on the role of “caregiver” – for their grandchildren. The energy and vigilance required can be exhausting emotionally and physically. Prayers asking for strength are probably said frequently yet may not provide the comfort one needs as one must, once again, navigate the digital world and the myriad requirements for school work, and keeping track of the various schedules of grandchildren, in addition to chores and meal preparations. More typically, in the other perspective, aging parent(s) blessed with longer lifespans have increased the need for children to take on extra responsibilities of caring for them: keeping track of medical appointments, prescription dosages and refills, while providing meals, shopping and other chores for them and their own family.

CREATING A SPIRITUAL LEGACY, Cont.

Are there ways the community, namely the church family, can come together to help a fellow community/church member who may be struggling with overwhelming responsibilities?

Are there resources that can be suggested? Are there support groups for caregivers? If there are none locally, could the creation of a group of volunteers who could schedule times to provide respite time or prepare a family meal could be possible? The author suggests that, in keeping with Jesus' ministry to care for others as one's own family, the involvement of the church in caregiver support would be beneficial on multiple levels. Yes, a challenging endeavor, but rewarding, as caregivers and care recipients are given the opportunity to share their faith and their stories.

There are several local resources for aging adults, including the Agency on Aging for Western Maine/ Seniors Plus, Lewiston Veteran Center, Sunshine Hill Seniors (meals & travel), and various specialists for estate and end-of-life planning. What resources are there for "seniors" caring for young people? Or for young people being cared for by non-parents?

In looking for ways to serve our Lord by serving others in the community, we have begun ministries for serving our seniors by providing small meals and visitations, and collecting and distributing cards for those in care facilities. The questions within my narrative are meant to be thought-provoking starters of conversations among us as we wait out the pandemic lockdown.

How do you want to be remembered?

What ways can your church help you create a legacy?

Praying for peace ~

-- Monica McCusker, Member DTPT

SEPTEMBER DATES TO NOTE:

September	1	Evening Circle, 6:30 pm
	2	Finance Committee, 6:30 pm
	3	Memorial service for Dave Clark at the pavilion behind the MTM Center, 2:00 pm
	9	Discovering the Possibilities Team, 6:30 pm
	10	Office hours resume 1:00-3:00 pm
	13	Worship in our sanctuary, 9:30 am
	14	Office Hours, 9:00 am-noon
	17	Office Hours, 1:00-3:00 pm
	20	Worship in our sanctuary, 9:30 am
	21	Office hours, 9:00am-noon
	24	Office hours, 1:00-3:00pm
	27	Worship in our sanctuary, 9:30 am
	28	Office hours, 9:00-noon



(Other times available by appointment)

**Lisbon United
Methodist Church**

14 School Street
Lisbon Falls, Maine 04252
(207)353-4982

Sunday Worship Service

Sunday Worship
9:00 a.m.
9:30 a.m. (starting September 13th)

*Experienced people are ready to provide nursery
care for infants.*

Please speak with a greeter.

Office Hours: Monday 9:00 a.m. to 12:00 p.m.

Thursday 9:00 a.m. to 11:00 a.m.

Other times available by appointment

Friday is the Pastor's Sabbath day

*Office Phone Number: 353-4982
Parsonage Phone Number: 407-4406*

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