

Dear members of the Wesley Community,

I hope you enjoyed the long weekend, with yesterday's holiday in memory of Martin Luther King, Jr. It was a peaceful day at home for me, celebrated with extra family time and leisure. To commemorate the holiday, I reread MLK's *Letter from a Birmingham Jail*, along with some writings on non-violence by Ghandi.

What giants of prophetic voice! Their words sear off the pages with an intense heat that still burns with relevance today. It is powerful to hear the similarities in the two men's words, writing from different worlds yet speaking from the same fount of limitless love. If you aren't familiar with MLK's letter, I urge you to search for it (it's readily available online) and spend an hour reading it. "Injustice anywhere is a threat to justice everywhere," comes from this letter; the rest is no less powerful.

We think often of MLK's dream for a better world, and I wonder what the best way is to go about creating this vision. Some carry on his legacy of non-violent protest by marches and demonstrations, and I am so proud of Lisa Fagerstrom and others from this church participating in the marches for women's rights taking place this weekend.

My work here at Wesley is as a musician. I strive to bring forth music that reflects the diversity of this church's membership, that creates a space for deep prayer and healing, and that delivers messages of joy, hope, peace, love, and understanding. It is my hope that at least some part of the music stays with you during the week and pulls you back into the awareness of kinship that we create here each Sunday.

As it is still the first month of a new year, I extend a reminder that the choirs and bell ringers would love some new company. Even if you are brand new to the church, know that you can join one of our groups at any time of the year. Being in a choir isn't just about presenting music for the congregation on Sunday; it's also about enjoying the life-affirming practice of being with others in harmony on a ritualistic basis, rehearsing every week. You will make friends for life with the people you make music with, and you may likely find that your overall mental health and happiness get a boost as a free side effect. Gathering regularly with others in peaceful presence is a fantastic way to build a better world.

Continued on page 3...

LIGHTINGS AND ALTAR FLOWERS

The Rose window lighting for January is given in loving memory of Mrs. William B. Smith by the United Methodist Women.

The Tower lighting for January is given in loving memory of my mother, Mary Fletcher and my brother, David Fletcher by Barbara Fletcher.

WE LIFT UP IN PRAYER THIS WEEK

- ✠ New brother and new blessings.
- ✠ Katefreda Omoah in her process to come to the United States.
- ✠ Deb Kilmer's friend, Angel, who is beginning her fight against cancer.
- ✠ Afua Henaku, who celebrates her 50th birthday on Friday January 13th. May God protect her and guide her throughout her life.
- ✠ The family of Bev Strong as they grieve her death. May she rest in peace.
- ✠ Dee I, whose father is very ill, and as she travels to Iowa. May she travel safely.
- ✠ Paul Keister who is back in the hospital finding an infection.
- ✠ Caroline Sherman as she continues her healing.
- ✠ Anne Burrows as she continues her healing.
- ✠ Pricilla O'Connor who is struggling with her health and is at Fairlawn Rehab.
- ✠ Daniel Ankrah as he continues to heal.
- ✠ A friend going through a divorce. May her strength stay solid during this trying time.

2017 ALTAR FLOWER CALENDAR is now available in the Welcome Office to sign up for altar flowers on that special Sunday in honor, celebration or in memory of a loved one or friend. Stop by the office and reserve the date in the Altar Flower book. You can reserve the chapel or the sanctuary. After church you are welcome to take the flowers home to enjoy or you may leave them to be delivered to a shut-in or member/friend in the hospital or in rehab. The cost for the two arrangements in either the chapel or sanctuary is \$50. Please be sure to complete a form with the dedication and return it to Debi with the payment as soon as you are able.

Cover article continued...

But if you're not musically inclined, I'd like to challenge you anyway to take a part in building a more harmonious world. Making music is about shaping the sonic space around you. It's about humming a lullaby to a crying baby or singing songs of protest when marching in Washington. We also do this all the time with our spoken words. We can speak words that create atmospheres of peace and healing at any moment. We can commit to never saying a harmful thing, either in person or online. It's not as hard as you might think to make such a commitment, and you may also find that with practice, you get better at it. You may even find that you get to the point where you want to start adding more harmony by volunteering random praise of someone; perhaps you listen more carefully to subtle cues so you can remember to give encouragement when a colleague is worried; perhaps you call a loved one and tell them you're grateful for something they taught you that made your day a bit more awesome than it would have otherwise been.

This is music making, and it is available as a practice to all of us, anywhere, anytime. I invite you to join me in making it a practice for 2017. Create extra words of love and affirmation every day and watch what happens in your life. It may seem unnatural at first, but the same holds true of water-skiing, bike riding, and playing any new instrument. So why not try? Think upon the words of songwriter Debbie Friedman: "Help us find the courage to make our lives a blessing." Create peace with your words and you can be a blessing to anyone you meet.

I wish you all a harmonious 2017.

Brett Maguire, Director of Music

CARTY CUPBOARD...

Carty Cupboard Food Pantry is in need of 2 volunteers to work Friday mornings.

- ☞ The first one is to do the Friday morning set up. You must be able to lift heavy grocery bags of food. The set up runs about 45 minutes starting at 8:30 AM.
- ☞ The second is for a volunteer to work the Friday morning distribution line. You must be able to lift heavy grocery boxes. The opportunity runs from 9:30 AM to 12:15 PM. It could indeed be the same person to do both if you have Friday mornings free!

Please know that we can not do what we do to feed those in need without additional volunteers. We need your help!!!!!! If you are interested please call Nancy Spencer at 508-887-1481.

You're Invited!

United Methodist Women would like to invite you to an information and sharing event on February 11th from 12:30 p.m. to 2:00 p.m. at Wesley UMC. The mission team that went to Guatemala in the fall to work at a preschool and clinic will be sharing about their experience and UMW will open the floor for other questions about UMW and other mission opportunities.

Esther Circle will be providing soup for this lunch event and kindly asks for people to bring a potluck side dish if possible.

Childcare will be provided for this event as well.

We look forward to sharing with you about Guatemala and mission! Bring a friend!

*UMW & the Guatemala Wesley UMC Mission team
(Gerard Piscitelli, Christian and Jean Grant)*

Earlier this month, as I was walking through Brewer Hall, I glanced at the 5 posters that call us to be aware of the various forms of human trafficking: labor trafficking (in agriculture, restaurants, hotels, etc.) and sex trafficking. Info is provided about emergency hotlines, etc. Those posters have been on display for over a year.

Suddenly I stopped in my tracks; one of the posters had been defaced with an expletive. Beyond that, the perpetrator had gone out of their way to deface not the poster at eye level, but took the extra effort to vandalize the poster of the young woman victimized by sex trafficking. This appallingly vicious act sought to symbolically disfigure and mutilate this young woman and all the women she represents.

January is HUMAN TRAFFICKING AWARENESS MONTH.

Sadly this act in our own church graphically illustrates that we have a long way to go in the fight against this, and all less visible forms, of human trafficking.

Please see another article in this issue of *THE HERALD* for more about the UMW and its special focus in January to RAISE AWARENESS OF HUMAN TRAFFICKING.

Submitted by Barbara Ingrassia



MISSION MATTERS

Wesley's IHN Week is Sunday, February 5 to February 11... Please sign up with Mercy Peacock if you are able to do the evening shift (5:30 to 8:30 pm) or the overnight (8:30 pm to 6:30 am). You could add your name to the sign-up chart on the Mission Spotlight bulletin board. If you wish to split the first shift with someone, or pair up, just let us know that. If you would like an explanation of how to do either shift, please tell Mercy. A written role description is also available.

Each evening volunteer can now choose whether to provide dinner or not. Residents would appreciate our cooking 2 or 3 dinners (or providing takeout), if you're up for that. The Mission Committee will give (Big Y) Hope for Housing cards to pay for the other meals and housing staples during our February 5—11 week. Your donating Big Y cards would be much appreciated.

Jan. 28th Community Supper... UMW is once again in charge of the first supper of the new year. The menu will be beef and vegetable stew over buttered noodles, Italian bread, beverages and dessert. Emily Smith will be the leader, so please call her, UMW members, if you're able to help prepare, set up, serve... the meal. If you prefer to email, please email Allison at achis4788@aol.com.

Any Wesley woman who wants to find out more about UMW and its circles is invited to sit at a special table and get info from UMW members. Our dessert bakers are mostly in UMW.

Habitat for Humanity Build Day is June 3... We hope that many of you will reserve June 3 on your calendars for another Habitat Build Day. This one will be in Northboro, and you could work 8 am to 4 pm, or a half day before or after lunch. You can sign up with Betsy Pennino at any time.

Thank You, THANK YOU, THANK YOU!!!

There are so many people to list... to say Thank You! to. All the people in the last year that have come to help put the Herald together so it can be mailed out; the people who have help me in the office to get things done or cover me while I'm on vacation; a simple hand helping me to organize files or get something done. The words *Thank You* do not seem enough. So please know, from the bottom of my heart, just how much your help is truly appreciated. I could not get my job done without it!

Many thanks! Debi Ritacco

The Way of Transforming Discipleship

A Worship Series for the Season After Epiphany 2017

“Knowing Who We Are: Our Search for Identity and Belonging”

Epiphany 1, January 8:

Theme: *Hearing The Voice* in Our Search for Identity & Belonging

Scriptural Focus: (Matthew 3:13-17) The Baptism of Jesus

Epiphany 2, January 15:

Theme: *Invitation to Discipleship* for Our Search for Identity & Belonging

Scriptural Focus: (John 1:29-42) The First Disciples of Jesus

Epiphany 3, January 22:

Theme: *Saying Yes to the Invitation* in Our Search for Identity & Belonging

Scriptural Focus: (Matthew 4:12-25) Jesus Begins His Ministry in Galilee

Epiphany 4, January 29:

Theme: Receiving The Blessing

Scriptural Focus: (Matthew 5:1-12) The Beatitudes

Epiphany 5, February 5:

Theme: *Seeing Ourselves Through God's Eyes...*

Scriptural Focus: (Matthew 5:13-20) Salt and Light/ The Law and the Prophets

Epiphany 6, February 12:

Theme: *Living As God's Beloved...*

Scriptural Focus: (Matthew 5:21-37) Concerning Anger, Adultery, Divorce, Oaths

Epiphany 7, February 19:

Theme: *Seeing Others as God's Beloved...*

Scriptural Focus: (Matthew 5:38-48) Concerning Retaliation, Love for Enemies

Transfiguration Sunday, February 26:

Theme: Remembering Who We Are

Scriptural Focus: (Matthew 17:1-9) The Transfiguration of Jesus

We invite you to come worship with us and to invite others to our worship series. You are welcome to use this outline for your weekly devotions during this season.

DID YOU KNOW?

In the last two weeks during worship we have had powerful reminders that we find our identity as Christians in our baptism. On the first Sunday after Epiphany we had the opportunity to remember our baptism in a liturgy of renewal of our baptismal vows; this past Sunday we participated in the baptism of an infant, Noah, the son of Allison and Pastor Shandi.

Water is the primary symbol of Christian baptism. The importance of water as a symbol derives from a variety of Biblical images related to water. The full liturgy of baptism includes an extended prayer “Thanksgiving over the water” (analogous to the “Great Thanksgiving” of our communion liturgy) which captures many of these Biblical images as it includes reference to the waters of creation, of the flood in the story of Noah’s ark, of the sea in the Exodus, of the Jordan River as the Israelites entered the Promised Land, of the waters of the womb that nurtured Jesus, and of Jesus’ own baptism as he was anointed by the Spirit.

Water is of course used during the actual sacrament of baptism, but at all times the presence of the baptismal font at the front of our sanctuary is a visible reminder that we gather as a community of the baptized every time we worship. The English word *font* is from the Latin *fons*, meaning spring of water. The font at Wesley is octagonal in shape. In Christian symbolism the octagon represents the eighth day of the week, that is, the first day of a new week, the day of Christ’s resurrection. Thus an octagonal font emphasizes co-resurrection with Christ in baptism.

Following baptism with water the newly baptized person is also blessed with oil. The liturgical term for this anointing is chrismation, from the Greek word *chrisma* (=anointing), and the oil use is known as chrism. The early church appropriated the use of anointing as a symbol of salvation and the gift of the Holy Spirit. In the liturgical tradition the anointing of the newly baptized is a sign of the seal of the Holy Spirit. According to *The United Methodist Book of Worship*, “Anointing at baptism is a reminder that all Christians are anointed into... royal priesthood.”

Throughout the year the Paschal candle (the large candle in the stand at the front of the sanctuary) serves as a reminder of another important symbol of baptism: light. Our Easter Sunday morning worship includes the lighting the Paschal candle as a symbol of Christ’s resurrection, and it is usually lighted at every service of worship during the Great Fifty Days (Easter through Pentecost). Often during this time it is placed in a more prominent position in the worship space, usually near the altar. For the remainder of the liturgical year it is located near the baptismal font and is lighted for funerals or services of baptism.

According to Laurence Stookey in *Calendar: Christ's Time for the Church*, "These uses outside the Easter season remind us that baptism is our enlightenment and promise of resurrection, and that Christ, our Light, precedes us in death to show the way to eternal life." In a custom that dates back to the eleventh century, a candle lighted from the Paschal candle is often given to the newly baptized.

The celebration of baptism is observed in the context of Sunday morning worship because it is not just for those being baptized and their families—in the liturgy for baptism we are nourished for our own spiritual journey as we recall God's mighty acts not only in salvation history but in our own lives. Baptism recalls the past, but it also affirms God's power in the present, and offers us sustenance for our continued pilgrimage in the future. The various symbols of baptism—water, oil, light—together powerfully embody the meaning of the Resurrection faith in which we live.

Submitted by, Deborah A. O'Driscoll

January is HUMAN TRAFFICKING AWARENESS MONTH

While trafficking in humans is a daily scourge, it is especially likely to take place around large gatherings, e.g. conventions and sporting events. Because the Super Bowl commands so much attention, the UMW takes this opportunity to draw awareness to this exploitation through its annual INTERCEPT HUMAN TRAFFICKING campaign. This year's football-related theme is BOX 'EM UP: to put up a defensive barrier to stop the Traffickers in their tracks. "Traffickers run a game on the vulnerable, and the UMW aims to stack the box against them, to intercept their game and to box 'em up for prosecution."

Likewise, those victimized by human trafficking can feel as though they are in a box, with the fear "I might be stuck in here forever." While we work to intercept the traffickers, "we can also stop the treatment of people as cargo or commodities. Boxes can be opened. We can be the hands that lift the trafficked out of the box of their oppressors into a place where souls are fed and new life exists. God is omnipresent, providing protection always to those at-risk. We are called to action as co-laborers, committed to helping the vulnerable...to act out the command to love one another."

SOURCE: **Let's Box 'Em Up and Stack 'Em Up!** www.Unitedmethodistwomen.org/human-trafficking

Cardinal Virtues in a Gospel Context. Prudence.

In the Gospel of Matthew, Jesus offers the following advice to his disciples before sending them out to spread the gospel at the beginning of his ministry: “Behold, I send you forth as sheep in [the] midst of wolves; therefore be prudent as serpents and harmless as doves.” (Matthew 10:16; RSV Interlinear Greek – English New Testament).

The Greek *phrónēmoi* (“prudent”) in this verse is usually translated into English as “wise” (*sophōs* in Greek). But prudence is active – wisdom is passive. Prudence can be thought of as applied wisdom. Prudence is one of Plato’s four ancient cardinal virtues (<L. *cardo*, “hinge”; so named later because they are regarded as the hinge virtues for a virtuous life): *prudence*, *justice*, *temperance*, and *courage*. They predate by at least two hundred years the same list in the deuterocanonical book Wisdom of Solomon, and all but *temperance* are mentioned by Jesus in different contexts.

On the other hand, the Greek *akéraiōi* (“harmless”) literally translates as “unmixed” or “unadulterated” (i.e., “pure”), but in this context (“harmless” doves) signifies simplicity of character, as in “pure in heart” (Matthew 5:8).

A “prudent” serpent likely reflects that most snakes are opportunistic predators, taking prey when available to ensure they don’t go without, and will avoid contact with humans unless startled or injured. They are unequaled in the speed and skill with which they escape danger. And while some wouldn’t hesitate to foolishly destroy a snake – no matter how harmless, few would be so cold-hearted as to kill a harmless dove.

In their witness, Jesus is advising his followers to merge the qualities of prudence and purity of intent (guided by the Holy Spirit; Matthew 10:19-20). Prudence – in recognizing danger (e.g., those hostile to Christianity), the means to counteract it, and maintaining their demeanor in the midst of it. Purity of intent – in maintaining at all times a holy simplicity of soul and not letting their prudence degenerate into craftiness or deception. Be quick to listen and slow to speak. Approach with gentleness and love.

- Charles Kiefer

Plato. *The Republic*. c. 380 BC.

Spence, HDM and Exell, JS (eds). *The Pulpit Commentary*. 1890. Matthew, verses 16-23.

Barnes, A. *Notes on the Bible*. 1834. Matthew 10:16.

Meyer, HAW. *Exegetical Commentary on the New Testament*. 1832-59. Matthew 10:16.

Benson, J. *Commentary on the Old and New Testaments*. 1857. Matthew 10:16.



**United Methodist
FEDERAL CREDIT UNION**

We Invite You to Become a Member

- + **Share, Certificate, Money Market, and IRA Savings**
- + **Free Checking with Bill Pay**
- + **Nationwide Shared Branching & surcharge-free CO-OP ATMs!**
- + **Internet Banking services with Financial Education**
- + **Mobile Banking with remote deposit**
- + **VISA[®] credit cards for individuals and churches**
- + **Loan Services — automobile, personal, debt consolidation, mortgage and home equity line of credit**

www.umfcu.org

**New England Branch - Westbrook, Maine
Phone: 207-591-6449 Fax: 866-429-9037**

Sandra Moore, Member Services, sandra@umfcu.org

**California Headquarters
800-245-0433**

2017 HERALD SCHEDULE

Below are the next Herald mailing dates along with the deadline dates.

Article Deadline Date	Herald Mailing Date
Mon., Jan. 30	Wed., Feb. 1
Mon., Feb. 13	Wed., Feb. 15

If you have an article, please email it as a Word attachment to:

office@wesleyworc.org

ALTAR FLOWERS on Sundays are available for donation in honor, celebration or in memory of a loved one or friend. Stop by the office and reserve the date in the Altar Flower book. You can reserve the chapel or the sanctuary. After church you are welcome to take the flowers home to enjoy or you may leave them to be delivered to a shut-in or member/friend in the hospital or in rehab. The cost for the two arrangements in either the chapel or sanctuary is \$50. Please be sure to complete a form with the dedication and return it to Debi with the payment as soon as you are able.



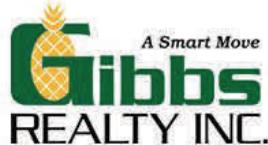
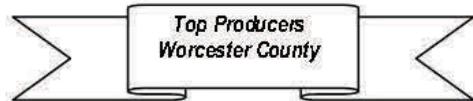
**United Methodist
FEDERAL CREDIT UNION**

Providing full-service financial products
and services to United Methodists

New England Branch
207-591-6449

www.umfcu.org

California Headquarters
toll-free 800-245-0433



Jeffrey Gibbs
Broker/REALTOR®



Christy Gibbs
REALTOR®

Your Wesley Family REALTORS®
Proudly Servicing All of Worcester County

GibbsRealtyInc.com • 508-886-6100



Wesley United Methodist Church
114 Main Street
Worcester, Massachusetts 01608

Church Phone: 508-799-4191
Fax: 508-799-3725
E-Mail: office@wesleyworc.org
Web page: www.wesleyworc.org

RETURN SERVICE REQUESTED

WESLEY HERALD
JANUARY 19, 2017

***DON'T MISS OUT...
READ THE HERALD TODAY!***

WESLEY STAFF & LEADERSHIP TEAM

- Pastor Rev. Shandirai Mawokomatanda
- Director of Christian Formation & Discipleship Lisa Fagerstrom
- Director of Children's Christian Education Jean Grant
- Director of Music Ministries Brett Maguire
- Interim Director of Children's Music Nan Gibbons
- Music Assistant & Layleader Deborah O'Driscoll
- Toddler Care Leader Lori Conlon
- Building Superintendent
- Business Administrator Lorna Mattus-Merrill
- Church Secretary Debi Ritacco
- Custodians April Dylewicz
Tom Friend
Gerard Piscitelli
- Security Steve Boyns
- Head Usher David Dagle
- Church Council Tom Ingrassia
- Board of Trustees Yaw Enyim
Co-Chairs Gary Robinson
- Carty Cupboard Food Pantry Nancy Spencer
- Communion Steward Linda D'Acri
- Finance & Stewardship Co-Chairs Michael Edmunds
William Wong
- Ghanaian Association Paul Hayfron
- Hospitality Co-Chairs Vivian Assie
Kimberly Lindsey-Amoah
- Medical Ministry Ron Ramsay
- Mission Coordinator Betsy Pennino
- Staff-Parish Relations Gifty Bentum-Asante
- Youth Directors Lisa Fagerstrom
Anthony & Adrienne Phillips
- United Methodist Women Co-Chairs Barbara Ingrassia
Allison Hansen

NON-PROFIT ORG.
U.S. POSTAGE
PAID
WORCESTER, MA
PERMIT NO. 236