

Dear members of the Wesley Community,

The fall is finally here with us in New England: cool air, colorful leaves, pumpkins, and apples. We were busy these last two weeks at home, canning tomatoes and apples to eat later this winter, when the food will be a delicious reminder of warmer, sunnier days. It's also a small comfort now to partake in such ancient customs as preparing food for the winter in a world that seems to change so quickly and so violently.

In his sermon yesterday, Pastor Shandi preached that we are deeply connected to one another, and what we do impacts those around us. He reminded us of the scary truth that climate change is here because of our collective actions and something we need to solve together.

Fortunately, I have a solution. Okay, it's not The Solution to Solve It All, but it is one solution along the necessary pathway of many creative solutions. And it has to do with food. If we bought more organic dried food in bulk, using reusable containers, we would be making many small steps towards a healthier, more sustainable planet. We waste time, energy, money, and resources processing all the plastic and cardboard in grocery store food. We also hurt the world through eating food produced with large levels of pesticides that poison our bodies and farming practices that lead to global warming. (Did you know that eating beef contributes more towards global warming than driving an SUV? Our food connections are deep and complicated.)

So here's what I'm offering as my little way to help in this global catastrophe: right now, in my office, are the humble beginnings of an envisioned Wesley Coop. Twenty buckets of all organic bulk foods line the wall: oats, popcorn, millet, rice, beans, lentils, raisins, almonds, quinoa, chickpeas... (see the article "The Wesley Bulk Pantry is here!" for more info on items and costs). I also have a great big stack of quart-sized mason jars to help people get started. In acquiring food in bulk, we get a much cheaper cost than the grocery store, avoid all the waste and cost of packaging, and feel good about buying food that was grown with compassion for the planet as a goal.

To help learn about new foods, my partner and I are at work on a website devoted to using pantry staples – a few techniques and recipes can make a huge difference. We'll soon have up online a glossary of pantry items, containing nutrition information, basic cooking techniques, our recipes, and links to outside recipes. We could bridge community divides through sharing our knowledge of food traditions: the sky is the limit in the world of food.

Maybe you've never thought of yourself as a "coop person" or a bulk foods person, but I invite you to try it out. A jar of oats is only a buck, and that's enough breakfast for a week! (Okay, you might want some flavor, too...) Send me an e-mail at climbingorganist@gmail.com if you want to know more, and stay posted for an information session coming soon.

Please find the time to enjoy some fresh air wherever you are – these are some of the most precious days in New England!

In peace,

Brett Maguire, Director of Music

LIGHTINGS AND ALTAR FLOWERS

The October Tower lighting is given in loving memory of Esther and Stanley Salme and Susan Salme Keith by Ruth and Fred Austin and family.

The October Rose window lighting is given in loving memory of Heik P. & Irene B. Garabedian, Robert Demers and my grandson Jason Sullivan by Shirley and family.

The altar flowers on Sunday, October 22nd are given in loving memory of Diane Kane with love from Ken Hedenburg, and The Kane, Bak and Harmen families.

The altar flowers on Sunday, October 29th are given in honor and celebration to the glory of God and in celebration of the 27th Anniversary of James & Judy Hoffman.

WE LIFT UP IN PRAYER THIS WEEK

- ✠ Steve and Shawn, Ken, Steve and Polly, all who have experienced or are facing the loss of a parent.
- ✠ Evette Walters as she is going through serious heart problems.
- ✠ The families who have lost pregnancies and children. You and your loved ones aren't forgotten. We remember them with you today.
- ✠ Dorothy Norcross home after a brief stay in the hospital.
- ✠ Nancy Duxbury as she transitions into a new living situation at New Horizons, 400 Hemenway Street, Apt. 274, Marlborough, MA 01752.
- ✠ Enid Holmberg who is at Holy Trinity Nursing Care Center.
- ✠ Jane Borthwick as she settles into a new living situation at Brookdale Eddy Pond East, 667 Washington Street, Apt. 135, Auburn, MA 01501.
- ✠ John Hansen as he continues with his struggle with cancer.

WESLEY'S THIRTEENTH ANNUAL HARVEST ~ SUNDAY, NOVEMBER 12, 2017

Our Congregation is of Many Nations But We Will Praise His Bountiful Harvest As One

- SILENT AUCTION BEGINNING AT 9:30 am
- SANCTUARY SERVICE AT **10:00 am**
 - ★ KOFI AND AMA EVENT - Celebrate the day of your birth
 - ★ PRAISE AND CELEBRATION MUSIC
 - ★ HARVEST AUCTION
 - ★ APPEAL FOR FUNDS
- FOOD AND FELLOWSHIP IN BREWER HALL FOLLOWING SERVICE
 - ★ LUNCHEON – prepared by our Ghanaian Community

FROM THE PASTOR'S DESK

In the last Herald, I shared with you about the United Methodist's strategic campaign to grow vital congregations. Studies have shown that vital congregations exhibit six signs of vitality. Vital congregations have: (a) Inviting and inspiring worship; (b) Engaged disciples in mission and outreach; (c) Gifted, empowered and equipped lay leadership; (d) Effective, equipped and inspired clergy leadership; (e) Small Group ministries; and (f) Strong children's & youth ministries

The most significant lesson in the studies conducted on vital congregations is that, vital congregations are large and small. A congregation can have 20 people but still be a vital congregation. This says to me that vitality is not so much about quantity but quality. Vitality has to do with the quality of our faith and spiritual life.

Here at Wesley we're experiencing an opportunity to dream and envision who we want to be as a church. A most common refrain I hear is that we want to grow. Many of us want to see more people in the pews of our congregation. Many want to see our giving grow, etc. And these things are not bad to desire. After all, they can provide some help in measuring how well we are doing.

Consider the times you go to see your doctor. Usually, the nurse or doctor measures some vital signs in your body: blood pressure, heart rate, weight changes, temperature, etc. By themselves, these things don't tell us too much. But they signal to us whether we may need to pay attention to more signs and symptoms in our body. A high temperature can tell us that we may have a fever, but that fever can be a symptom of a viral infection. To lower the temperature, one would have to get to the root of the problem: the virus. Membership, attendance, money raised, these are only signs of something deeper. To address them, we need to look deeper.

As a church, we are being invited to look at the vital signs of our congregation and discern what root issues we may need to address. This diagnostic work can be challenging because there can be many opinions. But, with discernment it is possible. If we turn to God and keep our focus on God's guidance, I believe we can be led to deeper wisdom and understanding. Prayer—prayerful listening, prayerful conversations, prayerful action—can therefore be a way to discern what it is God needs us to know. So, let us not grow weary in praying for God's guidance in this.

With hope and faith,
Pastor Shandi

DRIVERS NEEDED FOR TRANSPORTATION MINISTRY...

We have two church families with children that need rides to and from church on Sunday. We have a church van but no drivers. (We have many drivers but no one who can do this on Sundays) If you are able and willing to volunteer one Sunday a month to be part of our transportation ministry, please see Pastor Shandi or Brent Drajesk. Thank you.

RAISING PEACEFUL CHILDREN IN A VIOLENT WORLD--A NEW CLASS FOR PARENTS...

A new Adult Sunday School Class is beginning on October 22nd. Meeting at 9:30 in the old Prayers and Squares room (on the second floor right above the dish room), the class is open to parents and grandparents who have children living with them. Our first primary text will be the book "Raising Peaceful Children in a Violent World."

"Raising Peaceful Children in a Violent World" is an action book for parents who want to end violence and create a safe, peaceful environment for children – in the home, in school, and in the community. It is brimming with creative suggestions and down-to-earth examples for teaching children to become peacemakers.

The text includes such things as: 10 key responses to potentially violent situations; peaceful ways to resolve conflict; peace-compatible strategies for discipline; suggestions for peaceful books, toys and games; as well as family activities that promote peace.

If you are interested in being a part of this new class, please contact Lisa Fagerstrom (508-799-4191, ext. 106) and let her know so that we can have enough books for everyone. We look forward to working and learning together, the ways to peace.

Judy Hoffman (860-965-2573) & Jim Hoffman (jhoffman24661@yahoo.com)

CARTY CUPBOARD FOOD PANTRY

At this time we are in desperate need of plastic grocery bags. If you have some to donate, please bring them to church and put them in the Carty basket in Brewer Hall.

The Items of the month for October are: Turkey Gravy, Turkey Stuffing, Cranberry Sauce, and Bread Mixes. Please bring all Thanksgiving donations to Church no later than Sunday November 5 th. **We need your help to fill our Thanksgiving Boxes.**

The items of the month for November are diapers sizes 2-5.

I would like to thank everyone who continues to support our mission to help feed those in need. *Thank You! ~ Nancy*

WESLEY'S CHILDREN'S CHOIR

Meets at 9:30 am on Sunday Mornings

In Wesley Children's Choir, Singers from 8-14 years old:

- ♪ Learn confidence, listening, attention and social skills in a natural and enjoyable way.
- ♪ Practice hymns and songs of the faith while developing a beautiful singing voice.
- ♪ Discover a broad range of musical styles and learn to read music.
- ♪ Memorize scripture by singing it.
- ♪ Experience a love for and an understanding of worship through active meaningful participation.
- ♪ Enjoy fellowship with choir friends along their faith journey.
- ♪ Become a part of a worshipping community regularly participating in both weekly worship and special events through the church year.
- ♪ Gain a firm foundation that can lead to a lifetime of faith.

MISSION MATTERS

October Community Supper Begins the 5th Year... Our first Community Supper was in October, 2013. Special thanks again to those who have given their time, effort and generous spirit to lead more than one supper in any of the 4 years-- Linda D'Acri and family, Esther Circle, the Youth Group, Kimberly Lindsey-Amoah and Lisa Fagerstrom. They and others have already signed up to lead 2018 suppers through May!! The suppers are on a roll, so to speak. And Debi Ritacco also deserves much credit for producing all of our signs and flyers for distribution at the suppers, Carty Cupboard, and neighborhood shelters. Thank you, everyone, for doing God's Work in Worcester!

Wesley's IHN Week Starts October 22nd... We are responsible for coverage and some meals at the Interfaith Hospitality Network house, Oct. 22 - 28. The chart showing which shifts are available is posted on the Mission Spotlight bulletin board. To sign up, please contact Mercy Peacock or Betsy Pennino.

If you would like to support IHN but are unable to volunteer at the house, you could donate a Hope for Housing gift card (BigY only) or ask Mercy/Betsy to purchase one with your donation. These cards would contribute to what the Mission Committee gives for breakfasts, lunches and basic supplies during Wesley's IHN week. Donating H for H cards to IHN is a way to give twice in the fight against homelessness.

CHRISTIAN FORMATION OPPORTUNITIES AT WESLEY

Three New Small Group Opportunities for the Fall—

- 1) ***Spiritual Formation : A Wesleyan Paradigm***—Based on a book of the same name by Diane Leclerc and Mark A. Maddix, this group's invitation is to help faithful disciples grow in their relationship with Jesus Christ, while learning more about Wesleyan spiritual practices.
- 2) ***Living in Sacred Balance***—Are you soul-weary? Do you struggle to make time for God in the midst of a packed schedule? In their book *The Cycle of Grace: Living in Sacred Balance*, Trevor Hudson and Jerry P. Haas invite participants to utilize practical spiritual exercises and devotional times to restore/keep balance and to live grace-filled lives.
- 3) How can *we* help transform the world? ***Make a Difference*** draws upon biblical wisdom to provide practical guidance to help people connect their passion with the world's great need. Real stories of how real people found their place to serve will inspire and encourage you to do the same.

Interested in leading or being a part of one of these small groups? Please contact Lisa Fagerstrom or sign-up on the sheets provided in Brewer Hall.

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The **Adult topical Sunday School class** is reading and discussing the book "One Thousand Gifts: A Dare to Live Fully Right Where You Are" by Ann Voskamp. Stop by the John Wesley room on Sundays at 9:30 a.m. if you'd like to be a part of this intriguing and engaging study. All are welcome!

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New Sunday School Class for Families Raising Children...

This new class, led by Judy and Jim Hoffman, is beginning on October 22nd at 9:30 am and is open to parents and grandparents who have children living with them. Our first primary text will be the book "**Raising Peaceful Children in a Violent World.**" Please see the amplified article in this Herald for additional information.

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### **Fall Retreat: *Let Your Life Speak* ~ Saturday, November 4<sup>th</sup> from 12– 4:30 p.m.**

This retreat will encourage participants toward a sense of meaning and purpose in making a difference in the world. With the help of concepts and themes from Parker Palmer's book of the same name, we will explore the gap between "the life I am living and the life that wants to live in me." Sign-up at church on Sunday, or by leaving a message for Lisa Fagerstrom at the church office. A light lunch will be served at noon, with the retreat beginning at 12:30.

## THE WESLEY BULK PANTRY IS HERE!

It's the announcement you've all been waiting for! Below is a list of food items presently available at Wesley, along with the cost. We don't yet have a formal distribution system: e-mail Brett ([climbingorganist@gmail.com](mailto:climbingorganist@gmail.com)) if you would like anything on this list and he will offer you a few possibilities for getting your food. Sunday after church is a great time!

| <i>Present Pantry Offerings</i>         |                        |
|-----------------------------------------|------------------------|
| <b>Food<br/>(all certified organic)</b> | <b>Quart Cost (\$)</b> |
| rolled oats                             | 1                      |
| steel cut oats                          | 3                      |
| rice - white basmati                    | 5                      |
| rice - short grain brown                | 4                      |
| millet                                  | 3                      |
| quinoa                                  | 4                      |
| black beans                             | 3                      |
| black eyed peas                         | 4                      |
| red lentils                             | 3                      |
| green lentils                           | 3                      |
| mung beans                              | 4                      |
| white navy beans                        | 4                      |
| chickpeas                               | 3                      |
| shredded coconut                        | 3                      |
| yellow popcorn                          | 4                      |
| almonds                                 | 12                     |
| raisins                                 | variable               |
| quart-sized mason jar                   | 1.5                    |

Some questions and answers are below:

### *What is a food coop?*

A coop – short for cooperative – is a business in which a group of people serves as both members and co-owners. A food coop typically involves buying food in bulk to cut down on packaging and handling costs. Instead of a typical business model, profits generally go back to its members or expanding the offerings. In all cases, they are jointly owned and democratically managed.

*Is the Wesley Bulk Pantry a coop?*

Not yet. The buckets in my office are the hopeful seeds of one. The Wesley Bulk Pantry is a chance to learn about reducing our waste, buying food together in community, and enjoying healthy and organic foods. As interest and involvement grow, it could develop into a coop that reaches beyond Wesley, filling a niche in Worcester, while also linking us to our neighbors in the community.

*Will this generate money?*

At these price points, the profit margin is very small as the purpose is to share awareness and develop bulk food practices within the community. Money that comes in will go to replenishing and expanding the pantry. Should this endeavor grow into a proper coop, initial profits would go to paying back the initial investment.

*What do I need to get started?*

All you need are some standard-sized mason jars, which you likely have at home. You can buy them in many stores, and we have quart-sized jars available for \$1.50 each. Quarts seem to be the most useful size, but other standard sizes are pint, half-pint, and half-gallon. Once you have your jars, they are yours for life – you can keep refilling black-eyed peas into the same jar every Sunday you come to Wesley for decades. A canvas bag to carry them all would help, too!

*Can we ever get other foods?*

Absolutely! We can order any food item we would like, and it doesn't even have to be food: we could get bulk oil, spices, soaps, cleaning supplies... E-mail Brett if there's something you wish we could carry here at Wesley ([climbingorganist@gmail.com](mailto:climbingorganist@gmail.com)).

*Where does the food come from?*

Right now, we are getting the food at a discount through a coop in Boston. If we started to go through enough volume, we could order food directly from the regional supplier and further reduce our costs.

*Are other containers okay?*

For now, I'd like to limit us to mason jars - this makes it fast and efficient to scoop out the right amount. Once we get into weighing old spaghetti jars and yogurt containers, it becomes a more time-consuming and messy process.

*Are there recipes available?*

We are presently at work developing a website that contains a glossary of all the items we carry. Each item will have its own page with nutrition information, cooking techniques, and recipes. Sharing food recipes and culture are both great ways of building community.

## *YOU'RE INVITED TO A*

### **POT-LUCK BRUNCH AND A MOVIE ON SATURDAY, OCTOBER 28<sup>TH</sup>**

Rebecca's Circle would like to invite you to a pot-luck brunch and a really fun musical docu-drama about the life of Circuit Riders in early North America.

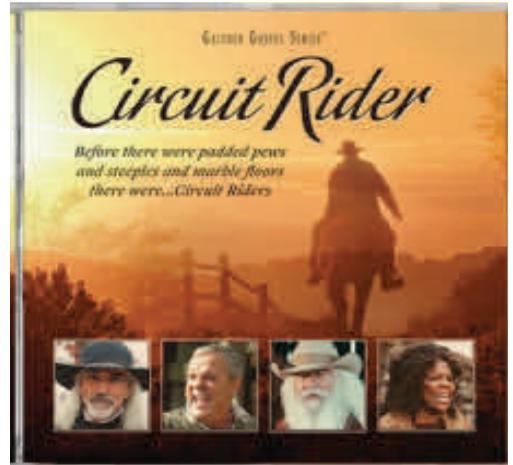
Circuit Rider, a historical documentary featuring well-loved Homecoming artists, is a real-life account of the brave men and women who blazed the trail in the early days of America, sharing the gospel with people of every race and nationality living in little towns and settlements across the nation. Award-winning artists tell the stories of these saddlebag preachers and the hardships they endured as well as stories about revivals, baptism, sanctification and suffering that set the stage for the church today.

#### *Here's the story behind the DVD...*

It's hard to imagine, sitting in our modern day mega churches, that there was a time when towns had no church buildings. And if they did have a small building for church services, they often had no local pastor to speak of. Enter the Circuit Rider, usually on a weary horse straddling saddlebags that carried his hymnbook, Bible and a few personal items.

These musical performances and readings, sung and read by some of the most well-loved gospel artists, tell the story of these preachers who blazed the trail to share the gospel of Jesus with people of every race and nationality living in little towns and settlements across the nation.

These brave men and women, from every denomination and creed, understood the meaning of perseverance and sacrifice. Their stories are not often told, but they are as much a part of the American landscape as Mt. Rushmore and the Grand Canyon. The spiritual formation of a nation and the church we have today was shaped in part by their dedication and vision. Their legacy cannot be underestimated. Their spirits cannot be forgotten.



*Before there were padded pews and steeples and marble floors there were...  
Circuit Riders*

Please bring a dish to share and join us for a pot-luck brunch beginning at 9 AM in East Hall. We will then move to the Chapel at 10 AM to watch the movie. If you have any questions, feel free to contact Chris Flagg at 508-414-1696.

## DID YOU KNOW?

This year the end of October marks the 500<sup>th</sup> anniversary of the beginning of the Protestant Reformation, recalling Martin Luther's nailing his 95 theses to the door of the church in Wittenberg on October 31, 1517. Did you know that Martin Luther was responsible for a musical reform as well as a theological one? Luther was not only a preacher but a skilled amateur musician. His reforming ideas included encouraging the laity to participate actively in worship; one of the ways that he promoted congregational involvement was through the use of new forms of congregational singing. He essentially created the chorale, writing hymns in his vernacular language of German. The word *chorale* derives from the German *Choral* (plainsong) which in turn comes from Latin *cantus choralis*, referring to unison unaccompanied song. It was not until the 17<sup>th</sup> century that the word *chorale* was actually used to denote the tune and text. As the original term suggests, in the beginning these songs were sung by the congregation in unison and unaccompanied, sometimes alternating stanzas with a choir singing in parts. It was only later that organ accompaniment became common.

In the process of revising the Mass, Luther adapted many texts and tunes to the new chorale format comprising strophic, metrical vernacular song. Although Luther wrote some original texts and tunes, (most famously *A Mighty Fortress is Our God*, UMH 110) overall most of the texts and tunes came from a variety of pre-existing sources. Luther adapted texts from Psalms, Gregorian hymns, antiphons, German sacred song, and even from the mass itself. Musical sources included previously existing sacred music such as melodies used in the Latin mass as well as pre-Reformation German folk hymns. In some cases he also set his sacred texts to secular melodies.

Chorales were central to the worship of the early German Protestant churches and spawned other forms of music based on the chorale, including more elaborate vocal works such as chorale cantatas as well as instrumental works (especially for organ) such as chorale preludes, chorale fugues, and chorale variations to name a few. Such pieces are often still used as service music (prelude, postlude, offertory, etc.).

In the years following Luther many other composers and theologians began writing chorales, and it has been estimated that by the end of the 19<sup>th</sup> century there were more than 100,000 of these German hymns! Martin Luther's previously mentioned *A Mighty Fortress is Our God* surely is one that most people would recognize. Not surprisingly the *United Methodist Hymnal* includes many hymns that reflect this rich tradition which is a significant part of our musical heritage. A few other examples of hymns based on German chorales include *Now Thank We All Our God*, *Praise to the Lord the Almighty*, *O Sacred Head Now Wounded* and *Ah Holy Jesus*.

*Submitted by, Deborah O'Driscoll*

## 2017 HERALD SCHEDULE

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

| <b>Article Deadline<br/>Date</b> | <b>Herald Mailing<br/>Date</b> |
|----------------------------------|--------------------------------|
| Mon., Oct. 30                    | Wed., Nov. 1                   |
| Mon., Nov. 13                    | Wed., Nov. 15                  |

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

**office@wesleyworc.org**

## ALTAR FLOWERS

On Sundays altar flowers 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 \$60. Please be sure to complete a form with the dedication and return it to Debi with the payment as soon as you are able.



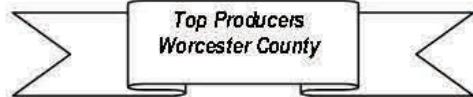
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**WESLEY HERALD**  
**OCTOBER 18, 2017**

***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 Music Ministries Brett Maguire
- Director of Children's Music Nan Gibbons
- Asst. Director of Ghanaian Choir Wesley Hall
- Music Assistant & Layleader Deborah O'Driscoll
- Building Superintendent Tim Murphy
- Business Administrator Lorna Mattus-Merrill
- Church Secretary Debi Ritacco
- Custodians April Dylewicz  
Tom Friend  
Gerard Piscitelli
- Security Steve Boyns
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- Carty Cupboard Food Pantry Nancy Spencer
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