



February 2014

Church of the New Jerusalem

# Monthly Newsletter

A community united by faith in God and love to the neighbor

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## February greetings, dear readers!

The New Year is well under way, and we find ourselves heading into the land of the Olympics, Valentine's Day, and an upcoming winter break for local students; even the beginning of Lent is just weeks away. The world doesn't slow down, does it!

Keeping up with the news of the world can be a full time job in itself – and certainly an overwhelming one as technology makes it possible to hear the most recent (and often tragic) news everywhere all at once. I did read some advice on this that I thought was helpful – it comes from a Swedenborgian author E. Kent Rogers, who wrote a wonderful book called *12 Miracles of Spiritual Growth*. He offered the advice to read only a few stories in the news, and before we become overwhelmed with problems that feel too large for us to make a difference – pick one and do something. Maybe it is simply a donation of \$5 to a cause. Just do something, and move forward with your day in a positive way.

I found one of those stories I wish I could help with – or maybe I should say, I could find a way to help. When we recently received a *Moose Prints* paper, one of the headlines caught my attention - “**Maine Youth Report Healthier Habits, Struggles with Depression.**”

The good news? Maine youth are smoking and drinking less. The bad news? Students admit

they are increasingly struggling with feelings of sadness and hopelessness. At the high school level, some 14% of students said they have seriously considered attempting suicide; almost 17% of seventh and eighth graders said the same! The numbers of those who report they feel bullied also continues to climb. How disturbing and sad!

In our attempts to understand depression, this might be something important to consider – “Society still places a stigma on mental illness, but Christians can make it worse, by “over-spiritualizing” depression and other disorders – dismissing them as a lack of faith or as a sign of weakness” (*Mental Health Grace Alliance*). No doubt all of our earthly realities have a connection with the spiritual world...nothing can exist without some relationship to our Source. But let us be aware of how we think and speak about these very real struggles. I can only imagine that what some might long for is to hear us (as a church) both speak and listen to the honest experience, strength and hopes of those struggling with depression and other diseases.

I know many of you care deeply about our children's education and their well being at school – whether they are struggling with sadness, loneliness, bullying, poverty or any other number of issues. Is there anything we can do as a church community to help? Is there one small step we could take to show we care?

**The Fryeburg New Church aka The Church of the New Jerusalem**

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Office Hours: Pastor ~ Tues thru Thurs 8:30 a.m. – 12:30 p.m., Fridays by appointment

Secretary ~ Wed thru Friday 9:00 a.m. – 1:00 p.m.

A few of these ideas appeared in my inbox one day – let us prayerfully consider them:

1. Set up a meeting with the school Principal, to find out areas of need that your church may be able to help with.
2. Establish a Prayer Group, to pray for the children and teachers.
3. In September, organize a Back to School Barbecue. Hand out backpacks filled with school supplies.
4. Have members of your church tutor in school, or arrange to have tutoring at church.
5. Offer to cater lunch or breakfast for the school staff – (FYI- the idea had been proposed at one of our Thursday morning Bible classes to have the children invite their teachers for a meal at the church as a way to say “Thank you!” with the children helping to serve. This is something we would definitely like to do near the end of the school year!)

These are just a few ideas! Please prayerfully consider our relationship with local schools and our children.

*“Jesus said, Let the little children come to me”*  
Matthew 19:14

**Blessings to you and yours  
this winter season!**

*~ Rev. Alison*

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**Fryeburg New Church 2014**



## *Worship Schedule*

Sunday School 9:00 AM

Family Worship 10:00 AM

**February 2, 2014** ~ David the Stone Thrower –  
1 Samuel 17

*We've spent part of January and first of February focusing on some of the greater athletic feats of the Bible! I think we are “strong and fit” and ready to head to the Olympics!*

**February 9, 2014** ~ Celebrating the Olympics: Going for the Gold! (Communion served)

**February 16, 2014** ~ Listening is an Act of Love –  
inspired by StoryCorp.org

**February 23, 2014** ~ Jesus Calls the Disciples

**March 2, 2014:** Jane Fullerton on “Sacrifice”

## *Youth Group*

Youth Group met on January 5th after the Epiphany Pageant to celebrate our second annual Very Cheesy Christmas! And a cheesy time was had by all. We ate broccoli with cheese sauce, cheese pinwheels, cheesy pizzas, cheese puffs and mozzarella sticks. Wow. That was a lot of cheese. And, of course, cheesy gifts were exchanged too. I must admit, my snowman picture frame was more cheese than I could allow into my life ;-). We also played ping pong in the dark and Sardines. It was a fun party.

Next youth group is a special lunch date. We will meet at the church on Feb 9th at 11:30 pm after the Worship Service, do our wacky Bible story discussion, then go to lunch at a Thai restaurant in North Conway! We will return to the church for pickup at 2:00 pm. Looking forward to seeing all of you there. This is a great youth group to bring a friend!

*~Kurt*

## Valentine's Day isn't too far away!!!

Looking for a great gift for your partner and relationship?



**Join me for a Couple's Checkup! Couples complete an online questionnaire; the assessment will identify relationship strengths and growth areas across key areas (including communication, conflict resolution, flexibility and more).** The "Couple's Checkup" is based on the work of David H. Olsen Amy K. Olson-Sigg, and Peter J. Larson.

### Why "Checkup" a Relationship?

"People and relationships are always changing. Almost all relationships begin happily, but many do not remain so. When couples are first getting to know one another, mutual curiosity creates an atmosphere of sharing and personal reflection. After some time together, there is a tendency to believe they know their partner and conversations shift from each other to events, other people, or ideas. The problem is that, much like a river, a relationship may look relatively stable, but deeper examination reveals undercurrents that change from moment to moment. This explains how a couple can, after many years together feel as though they no longer know one another.

The Couple Checkup generates deep and productive conversations that couples would not otherwise have about their relationship. These conversations restore insight and understanding about one another. The Couple Checkup can help to revive a relationship and increase intimacy."

To learn more, visit: <https://www.couplecheckup.com>

**The online assessment will cost \$35 per couple. We need at least 5 couples to create a group assessment. Please let me know if you are interested!**

**When: February 8<sup>th</sup>, 1-3pm at the church**

**Please register with me by Feb. 4<sup>th</sup>, so that I can get you the online information and you have time to take the questionnaire!**

Thanks! Rev. Alison

# Church Report

# Thank you!

## The Trustees

The Trustees' next meeting is scheduled for **Tuesday, February 4, 2014 at 7:00 pm**. The meetings are open to all, but you should contact the Chair prior to the meeting to get an item on the agenda. Also, please speak to any of the Trustees with your questions, concerns, compliments or complaints. We are here to serve you.

### Currently Serving Trustees

Jon Crowe, <i>Chair</i>	925-1302
Dede Frost, <i>Vice Chair</i>	935-3344
Cindy Priest, <i>Treasurer</i>	935-3360
Jennifer Richardson, <i>Secretary</i>	935-4509
Jane Fullerton	890-9454
Jean Cressy	935-7093
Judy Hatch	935-2223
<i>Women's Alliance Representative:</i> Patty Swett	603-939-2263

## Women's Alliance

The next Women's Alliance meeting will be on **Monday, February 17th** at the FNC. Bring a bag lunch. We meet the third Monday of each month at the Church. All ladies are welcome!!

2014 Officers for the Women's Alliance are:

*President..... Jean Cressy*  
*Vice-President..... TBA*  
*Secretary.... Sally Harnden*  
*Treasurer.... Patty Swett*  
*Chaplain..... Betty Baker*

## Passages

Our beloved friends Gordon Leach and Tommy Hutchins have recently passed into the spiritual world. Sincerest condolences and prayers for their friends and family.

**Dear FNC community,**

We thank you so much for the gifts for our family this Christmas! The children love their new truck and doll, and Adam and I are looking forward to using our gift certificate at Stone Mountain Arts Center! Thank you for your kindness and generosity!

With much gratitude and love,

*The Lane-Olsen's*





### Welcomers for February

Feb 2 *open*  
 Feb 9 Debbie Dolley  
 Feb 16 Martha Richardson  
 Feb 23 *open*

### Ushers for February

Feb 2 Tom Barrett & Sue Davidson  
 Feb 9 Stanley Dolley & Chuck Priest  
 Feb 16 David & Jen Richardson  
 Feb 23 Jean Cressy & Dean Harnden

### Coffee Hour for February

Feb 2 Jane Williams  
 Feb 9 Debbie Urgese  
 Feb 16 Jean Cressy  
 Feb 23 Sally Gibson

WORSHIP SERVICE ATTENDANCE JANUARY 5 - 26, 2014		
Date	Adults	Children
January 5	48	13
January 12	38	2
January 19	--	--
January 26	38	--

As much as we want every Sunday to be bright and sunny, it is winter and sometimes the weather will make it necessary to cancel our classes and worship service. Please check the following stations to see if they have been cancelled before heading out on the road:  
 TV Channels 6, 8, 13 and the following  
 Radio stations: 560AM, 93.1FM, 93.5FM, 100.9FM, 101.9FM, and 104.5FM.  
 It also will be posted on our FNC Sunday school Facebook page. Thank you!

Calendar for February 2014 (held at our Church unless indicated)			
2	Sun	Adult Choir Sunday School Family Worship	8:30 a.m. 9:00 a.m. 10:00 a.m.
4	Tue	<b>Trustees' Meeting</b>	7:00 p.m.
5	Wed	Dinner Bell North @SEAS	5:00 p.m.
6	Thu	<b>Bible study</b>	12 noon
8	Sat	<b>Couples' Checkup</b>	1 - 3 p.m.
9	Sun	<b>Communion Sunday</b> Adult Choir Sunday School Family Worship <b>Youth group</b>	8:30 a.m. 9:00 a.m. 10:00 a.m. 11:30 - 2:00
12	Wed	Rev. Alison @ FHCC Dinner Bell North @SEAS	10:30 a.m. 5:00 p.m.
13	Thu	<b>Bible study</b>	12 noon
14	Fri	Happy Valentine's Day!	
16	Sun	Adult Choir Sunday School Family Worship <b>SS Teacher's meeting</b>	8:30 a.m. 9:00 a.m. 10:00 a.m. after worship
17	Mon	Women's Alliance	12 noon
19	Wed	Dinner Bell North @SEAS <b>Worship Committee</b>	5:00 p.m. 7:00 p.m.
20	Thu	<b>Bible Study</b>	12 noon
23	Sun	<b>Birthday Bank Sunday</b> <b>Food Pantry Sunday</b> Adult Choir Sunday School Family Worship	8:30 a.m. 9:00 a.m. 10:00 a.m.
26	Wed	Dinner Bell North @SEAS	5:00 p.m.
27	Thu	<b>Bible Study</b>	12 noon



February Flowers

Women's Alliance