

APRIL 2024

# FRYEBURG NEW CHURCH

12 Oxford St. Fryeburg, Maine 04037



## Greetings dear Readers!

by Rev. Catherine

### **Being In Balance**

It's been a week since the power went out and I'm reflecting on how destabilizing it was, even though I didn't want to feel negatively impacted by the effect of no electricity. But it threw me out of balance and that was uncomfortable.

Swedenborg talks about the balance that exists throughout creation. That all things are kept in equilibrium by the Lord, and that is what holds all of creation together. Too little or too much of something on one side or the other disrupts the balance.

The recent snowstorm and power outage was an example of "too much".

Too much snow on the branches caused them to break.

Too many broken branches on the power lines caused them to short out.

Too many shortages in the lines had the whole electrical system down.

The emergence of too much brought about a shut down of the electrical system throughout the State. And that caused a lot of disruption in our outer lives.

Our inner lives operate like that as well. Too much stress, too much to do, too much thinking distressing thoughts can move us out of balance and lead to a breakdown of our inner world. But, just like a weather forecast, there are signals that can tell us we're moving out of balance so we can adjust. And when we don't, like my microphone on Sunday, that tried to give me clues that it was about to run out of power, we sometimes miss the signals. And then... we're out of power.

Luckily there are people who there who can help us anytime we feel out of balance. Noticing the signals gives us a chance to pause, to pray, and to reach out for help. The Lord is always there to bring things back into balance, and the sooner we catch the signals, the sooner we will be back feeling balanced, steady and strong. May the month ahead be a balancing one for us all.

~ Rev. Catherine

## NEW SCHEDULE FOR SOUND BATH MEDITATIONS



Join online at **7:30 pm**  
2nd and 4th Wednesday  
Regular Zoom link

## CHURCH OFFICE

12 Oxford Street  
Fryeburg, Maine 04037  
[fryeburgnewchurch@gmail.com](mailto:fryeburgnewchurch@gmail.com)  
207-935-3413

### **Secretary hours:**

Wednesday 9 - 1 (except vacation week)

Thursday 9 - 1

Friday 9 - 1

*subject to change without notice*

### **Pastor:**

Wed. & Thursday 9:30 - 1:00

Friday, Sat. & Sun. By appointment  
[fryeburgnewchurchpastor@gmail.com](mailto:fryeburgnewchurchpastor@gmail.com)

## Contact People

**Chair of Trustees:** Lee Dyer

**Vice Chair of Trustees:** Susan Logan

**Secretary of Trustees:** Greg Huang-Dale

**Treasurer:** Jim Dutton

**Trustee:** Alexis Miranda

**Trustee:** Terrie Carlson-Rideout

**Trustee:** Ellen Schwindt

**Music Director:** Greg Huang-Dale

**Office Secretary:** Dawn Crowe

**Childcare coordinator:** Dede Frost

**Pastor:** Rev. Catherine Lauber

*To reach any of the members above, please call or email our office, and your message will be forwarded.*



## CALENDAR

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- **Family Worship** ~ Sundays HYBRID @ 10:00 a.m.
- **Coffee Hour** ~ Volunteers needed, thanks!
- **Prayer Shawl group** ~ First Sunday of the month
- **Fryeburg Fair committee mtg.** ~ April 14 after Church
- **Worship Committee mtg.** ~ April 17 hybrid @ 6:30 pm
- **Trustees meeting** ~ May 14 hybrid @ 6:30 p.m.
- **Tai Chi** ~ Saturdays @ 8:30 - 10:00 am (contact Greg Huang-Dale)
- **Dinner Bell at St. Elizabeth Ann Seton Church in Fryeburg** ~ Wednesdays 5 p.m. - 6 p.m. drive through pick-up.  
*(No Dinner Bell during school vacations.)*
- **Game Night at FNC** ~ every 2nd & 4th Weds. 5:30 to 7:30 p.m.
- **Sound Bath Meditations** ~ Sound bath meditation every 2nd and 4th Wednesday of the month, on Zoom. On the 4th Wednesday, you can also join in-person at the church.
- **Have an event to list here? Please let the office know.**
- **FNC Secretary hours flexible vacation week, ask Dawn if you need anything. Thanks!**
- **MSAD #72 April Vacation** ~ April 15- 19
- **Patriot's Day** - third Monday of the month
- **Earth Day** ~ April 22
- **Passover begins at sundown** ~ April 22
- **Administrative Professionals Day** ~ April 24
- **Arbor Day** ~ April 26
- **National Day of Prayer** ~ May 2
- **Mother's Day** ~ May 12
- **Memorial Day** ~ May 27

*Please contact the office if you have an addition for the newsletter.*

“Springing into April with  
gratitude and love”

~ Charmaine J. Forde ~

# FNC NEWS

Written by Claire Kiesman and Martha Richardson

Welcome to April, We thought April showers meant it would be warm with nice light rain, not heavy cold snow. We thought wrong because we got 12 inches of the heaviest snow that put us all in the dark. Fryeburg lost power for 36 hours and East Fryeburg for 60 hours. Some of our church members for even longer. Thank goodness for generators and good neighbors. \* Jane Dutton was back in the hospital for a few days and Rev. Ken is still there receiving therapy and learning some important life skills. Our prayers are with both these families. \* Our sympathies go out to Scott and Dawn Ferguson in the loss of her mother, Debbie Dolley and Jane Dutton in the loss of their aunt, Chris and Emily Teragliafera in the loss of her brother, Nancy Little and Trevor Woofenden in the loss of his nephew, and Terrie Rideout in the loss of her aunt. Our prayers are with all these families. \* I (Claire) am so pleased to announce that my granddaughter Ashley Henschel was engaged to Nathan Shink In December and is planning a wedding that will take place on August 31st at the Poland Spring Resorts. Ashley is a Dental Hygienist and has been practicing for the last 8 years at Bethel Family Dentistry. Nathan is a full-time firefighter and EMT for Portland and Poland fire companies. They reside in Bethel with their 3 dogs, 2 cats, and 23 chickens! Another joy of mine is my granddaughter Brianna's little boy, my great-grandson Cameron. He will be turning one in June. He has already had so much fun and adventures in the first nine months of his life. He's been to Maine twice, and enjoyed Apple picking, the Fryeburg Fair, and a sled ride this winter. In Florida, he has been to parades, and carnivals, and has been camping. We all wish that he lived in Maine with us, however right now his grandparents Lisa and Joe are visiting him in Florida. \* Have a great rest of your April, and maybe enjoy some warm weather, and those flowers that have already been buried by snow twice, they sure are hardy. *We're always looking for news, you can call Claire at 935-2200 or Martha at 935-1217. Thank you.*



## ANNOUNCEMENTS

- **Have an announcement?** Let the office know and we'll get it in the newsletter.
- **Prayer shawls** will be knit/crocheted on the first Sunday of the Month after worship.
- **The Fryeburg Fair committee** will meet the second Sunday of the month after worship.
- **Reiki at FNC** ~ Terrie will be offering reiki at the church. Donations will go to the church. Call her at (207) 890-5415 for more information and an appointment.
- **Would you like to read the Bible** scriptures for the day? How about leading a children's message? And yes, you can volunteer to do either of those while being online! Please contact Rev. Catherine at: [fryeburgnewchurchpastor@gmail.com](mailto:fryeburgnewchurchpastor@gmail.com) if you would like to contribute to our worship life in any of these ways.

# Important Information

April 2024  
Monthly news



## Giving to the Church

Ongoing General support is needed for everything from paying the Church staff's salaries to keeping the lights on at the church to buying music for our choir. We depend on donations from our congregation to help off-set all of our expenses. Donations may be made by check mailed to FNC, 12 Oxford Street, Fryeburg, ME 04037, or by donating through PayPal, <https://fryeburgnewchurch.org/giving> PayPal is an online financial service that allows you to pay for items using a secure internet account. You simply choose the bank account, credit card or debit card that you want to use when making a donation.

The Trustees chose PayPal because of its name-brand recognition and its excellent reputation for security. Plus, you don't have to have an account with PayPal; you can use it as a guest.

Donations in any amount are always welcomed and very much appreciated.

Thank you for your support!

### Ways to give to the Church:

Checks can be mailed:  
12 Oxford Street,  
Fryeburg, ME 04037

### PayPal:

<https://www.fryeburgnewchurch.org/donate>

**Drop off at the church office**  
or in the front door mail slot.

*Thank you, donations are appreciated.*



**Zoom Link:** <https://us02web.zoom.us/j/85357860199>

Dial by your phone 1 929 205 6099

Meeting ID: 853 5786 0199 There is no password.



# FNCA Seeks Assistant Cook

The Fryeburg New Church Assembly is looking for a resident Assistant Cook for July 26-August 3.

(Local applicants need not live on site.)


Duties include but are not limited to:

- Assist the Head Cook in preparing 3 meals a day for 40-80 people
- Assist Head Cook with bringing in and putting away orders
- Be able to lift 35 lbs
- Work in an organized and safe manner
- Be able to take direction from the Head Cook

Work well independently in the following tasks:

- Stock and maintain salad bar
- Stock and maintain water/coffee/tea area
- Other normal kitchen prep as assigned by the Head Cook

Experience necessary with small scale commercial cooking or similar meal prep for groups. ServSafe or similar certification a plus. Room and board provided. Salary commensurate with experience. If interested, contact [headcook@fryeburg.org](mailto:headcook@fryeburg.org) by 5/24/24.

A photograph of a white rectangular sign with a black border hanging from a tree. The sign reads "Fryeburg NEW CHURCH ASSEMBLY" in bold, black, sans-serif capital letters. The background shows green foliage and tree trunks.

**Fryeburg  
NEW CHURCH  
ASSEMBLY**