

# CONWAY VILLAGE CONGREGATIONAL CHURCH THE GOOD NEWS

March 2023



Volume 12, Issue 3

## Mediterranean Meal

### Be Humble, Get Healthy, Eat Hearty

On **Friday, March 10<sup>th</sup>**, a Lenten meal, popularly called a “**Mediterranean Meal**” will be served “sit down” style from **5 to 6:30 p.m.** The meal allows us 3-Lenten requirements,

- 1) humbly offering your life to God,
- 2) fasting to free yourself from the sins of extravagance, and
- 3) giving money to foster an abundant life for those in need.

For the price of **\$15.00** you can do it all! (Children 12 & under, meal price only **\$8**.) You get a hearty, healthy meal and you support the varied food programs and personal support groups who use the Brown Church. These groups continue to serve the health and well-being of the Mount Washington Valley area.



### Menu

**Minestrone Soup,  
Mediterranean Chicken,  
Rice, vegetables, and  
A Mouth-Watering Dessert.**

Lent is a season of fasting, which never meant “**starving**” or “**depriving**”, but did ask people to alter their regular diet. **Shrove Tuesday**, the day before Lent begins, allows Christians a way to empty their homes of eggs, fats, butter, and unhealthy oils, to be griddled up as pancakes. (**This was the original “Spring Cleaning”!**).

The **40-days** of Lent offered diets from countries around the Mediterranean Sea, diets which were considered “**simpler**” yet hearty and satisfying. The practice of eating “**humbler foods**”, i.e., fruits, vegetables, whole grains, legumes, nuts, seeds, healthy oils, fish, seafood, and chicken was a way to cleanse people from heavier fats which weighed down the body and spirit. Recent scientific studies have shown that the **Mediterranean way of eating** works to prevent strokes, heart-disease, diabetes, inflammation, and premature death. In other words,

**Your Medical Doctor is going to Love You  
for Buying this Meal!**

In advance of your generous support of our missions,

Thank you,

Join us at the Brown Church  
for a Healthy Lenten

# Mediterranean Chicken Dinner

Friday March 10<sup>th</sup>



Dine-in 5:00-6:30 at the  
**Conway Village Church**

**Adults: \$15.00 Children under age 12: \$8.00**

Dinners may be ordered online at <https://www.thebrownchurch.org/shop/>  
or call the church at 603.447.3851. Orders are limited to the first 100 dinners.



*Proceeds benefit The Brown Church's work to support the  
health and wellbeing of the Mount Washington Valley area.*

132 Main St. P.O. Box 333 Conway NH 03818 603-447-3851 [info@thebrownchurch.org](mailto:info@thebrownchurch.org)



## TRUSTEES' MESSAGE

Spring "might" almost be here? Thunderstorms and warmer days and the clocks get changed (March 12th). The Brown Church is also preparing for Lent.

A big thank you to Wally and Beth Campbell for a wonderful ham dinner at the church on February 10th. More people reserved sit down meals than take out. Many have commented on how nice it was to hear all the chatter and laughter in Fellowship Hall.



We are passionate about our food, service & local community!

With events and activities increasing, we also bring more volunteers together, some for the first time. Thank you to all those who volunteer each week on a regular basis and to those who help with our many events. We would love to see new people in the future. We all have a good time working together and it is a good way to get to know each other a little better.

Looking for a way to get involved, to meet more people, to share your talents, gifts and love while having fun? We can connect you to an activity.

We have a number of event opportunities coming up.

**March 10th**, John Hughes will be hosting a Mediterranean Meal. He plans to involve children and families.

**Spring Cleanup**, date to be determined.

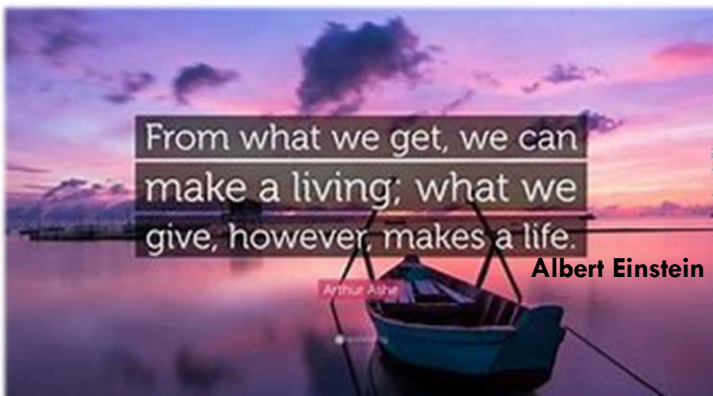
**May 20th**, (tentative) Spring Event. This was a successful event last year, with yard and plant sales, crafts, and lunch. What is your talent?



**SAVE THE DATES!**

If you would like to know how you can help, ask a Trustee. Volunteer signups will be announced and can be done online, in Fellowship Hall or by calling the office.

Trustee Board: Anne Getchell, John Edgerton, Duddie Andrews, Nancy Irving, Nancy Divine, Tom Workman, ex officio member, Treasurer



### TRUSTEE OF THE WEEK

3/5	John Edgerton
3/12	Anne Getchell
3/19	Nancy Irving
3/26	Nancy Divine

# Food Pantry Wish List



- Ramen Noodles-Chicken and or Beef
- Rice-A-Roni-Chicken or Beef
- Ketchup – 20 oz.
- Mustard – 20 oz
- Mayo - small jar
- Stable Milk box – 20 oz.
- Juice - Orange or Apple – 64 oz.
- Small Soup - Chicken Noodle or Tomato
- Jelly - Grape or Strawberry – 16 oz.
- Small canned Chicken or Tuna – 5 oz.
- Baked Beans – 15 oz.
- Tomato Sauce – 15 oz.
- Beef Stew - Canned – 15 oz.
- Boxed Crackers – 1 lb.
- Boxed Spaghetti – 1 lb.
- Canned Veggies - Peas, Carrots – 15 oz.
- Instant Oatmeal – 1 lb.
- Paper Towels
- Toilet paper – individually wrapped
- Shampoo - White Rain or Suave – 24 oz.
- Dawn Dish detergent – small size
- Tide Laundry Detergent – small size
- Large Laundry Detergent
- Hand Soap - Dial 2 or 3 pk bars



## Food Pantry Donations

Please call the office to schedule a drop off time.

Most of these items can be bought at Dollar Tree or any supermarket.

**Thank you for your donations!**



## Conway Village Congregational Church **By Appointment Only**

Tuesdays, 9-11:30 am

Serving Albany, Chatham, Conway, Center  
Conway, East Conway & Eaton

603-447-3851

Callforappointmentorformoreinformation.

## Outreach Committee

Anne Getchell, Sylvia Weld, Charlyne  
Gray, Dawn Vitters, Marilyn Hughes  
& Charles Monaghan

## Food Pantry Statistics

<u>MONTH</u>	<u>Households</u>	<u>People Served</u>	<u>Meals Given</u>	<u>Over 60</u>	<u>Under 18</u>	<u>Walk Ins</u>	<u>New Households</u>
<b>January &amp; February 2023</b> (Excludes February 28)	66	139	5,838	59	29	17	11
<b>January—February 2022</b>	54	117	4,914	58	20	8	2

## OUTREACH

The Officers for the 2023 year:

Sylvia Weld - Chairperson  
Anne Getchell - Treasurer  
Marilyn Hughes - Secretary

Walmart participates in the New Hampshire Food Bank's Fresh Rescue Program and most recently Shaw's has come on board.

The number of clients using the Food Pantry have started to pick-up on Tuesday's. We feel this may be due to Food Stamps which being reduced effective March 1<sup>st</sup> and fuel costs going up.

A special "Shout Out" to Shaw's, we have received the gift cards again this year from their Spirit of Giving program.

On February 6th, Kristi Harris, Branch Manager of Northway Bank in Conway, dropped off food and a check for \$200 to the Food Pantry.

We would also like to extend thanks to the Community for the support we receive. We still partner with Conway Elementary, aka 68 Hours of Hunger program.

We are always looking for volunteers to help at the Pantry on Mondays, Tuesdays and some Thursdays. Anyone interested please call the office and leave your name and number and we will contact you.

As always, a "HUGE" THANK-YOU to all the Volunteers, whether it is helping in the pantry or serving on the Outreach Board. God Bless to all.

Anne Getchell, Dawn Vitters, Marilyn Hughes, Charlyne Gray, Charles Monaghan, and Sylvia Weld



Pictured are Paul Weld, Kristi Harris, & Sylvia Weld.

A SPECIAL  
**THANK YOU**  
FOR YOUR GENEROUS DONATIONS

## Join Us For Coffee Fellowship Following Sunday Morning Worship Services

We are slowly returning to pre-pandemic Sunday mornings. The chairs are fuller than they have been, with more people returning to in person worship and less people attending via Zoom. We are now able to sing familiar hymns from the hymnals accompanied by Stephanie on the keyboard. The music committee and tech team are working with Stephanie to find which “voices” on the keyboard sound best in church and on zoom. Please be patient as we work through this process. Post service coffee fellowship is back! It is great to be able to catch up with all that has happened in each others lives these past few years. Coffee fellowship consists of light snacks, such as pastries or cookies and coffee and juice. There is a sign up sheet available if you would like to provide the light snacks for any given Sunday.



Conway Village Church would like to thank the **Conway American Legion Post 46** for their gracious donation of a United States Flag! Thank you for your kindness.

Thank you for your service!



## Have You Ever Wondered . . . ?

Have you ever wondered why blue is the sky,  
The extent of it's vastness, how wide and how high?  
And why the earth makes the sky it's dome  
As it circles the sun in a path all it's own?

Have you ever wondered why snow is so white,  
Why grass is so green, why wolves howl at night?  
Why a brook meanders and babbles along  
And why the birds each sing their own song?

Have you wondered why people are all so unique,  
Some are accessible - some have secrets to keep;  
Some are reserved, some have need for great power  
And some seek attention each minute, each hour.

Have you wondered why we need money to live,  
Why folks strive to keep it while others will give?  
Why a seed can grow to a statuesque pine,  
If trees talk to each other as do you and I?

Have you wondered where the wind was first born,  
Where did it come from, where is it going?  
Does it like to tumble clouds hither and yon,  
Make everything tremble then swiftly move on?

Do you ever wonder what God wants of you,  
Is he really pleased in all that you do?  
Or is he waiting for more greater things  
Before he gives you your crown and your wings?

These are childlike queries, but really not so  
Answer them all - yeah, give it a go!

Mary Russo

## From the Deacon's Bench

Changes. They are constant. We should expect them and be flexible with addressing them. Ha Ha, that sounds easy, right?

Not always so, to be sure. Some changes are planned and expected where other changes sneak up on you leaving you unprepared. Revelations – “Behold I make all things new”. So much can be said about “newness”. What this means to me is that God makes a new day, every day. How we deal with this daily “newness” is our own to define and learn from.

We are changing things in our church by adding new approaches to collective goals. Some of the changes may or may not work and time will tell. We will collectively work and support each other through these changes. It is what Jesus asks us to do.

As we enter a new Lenten season, may you look at how you recognize and address changes in your own life. Prayerfully consider your reactions to how others deal with changes. Every day is anew. Blessings to all,

Louise Saxby

*Deaconess of  
the Month*  
*Louise Saxby*

*Diaconate Meeting*  
*March 1, 2023*  
*Wednesday, 4 PM*

### *Diaconate*

*Judy Workman & Dawn Vitters—Co-chairs,  
Beth Campbell, Nancy Divine  
and Louise Saxby*



### Join us in person

Sunday Worship via Zoom  
To access Zoom meeting by Phone

Phone Number: 1 646 558 8656

(for audio only)

Meeting ID: 832 6656 0783

Password: 074610

Sundays 10:00 AM

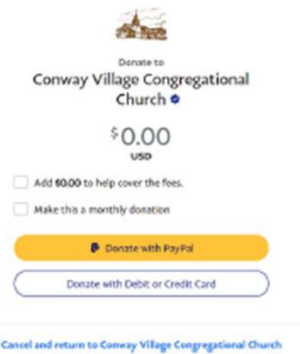




Please visit our website or email us to sign up for our email mailing list. Let us know which types of emails you are interested in, weekly worship, monthly newsletters, special events & volunteer opportunities, website:  
[thebrowchurch.org](http://thebrowchurch.org)


To contact the web/tech team email  
[cvccwebteam@gmail.com](mailto:cvccwebteam@gmail.com)

You will soon see Quick Response (QR) codes on church print materials including our bulletins, pew cards, newsletters, and event flyers. QR codes are a type of barcode that is typically linked to a website or an application. A QR code provides easy access to our website when scanned with a mobile device (phone) camera. The two QR codes below are different they both have a small image of our church in the center. The QR code on the left when scanned takes the user to our donation page. The QR code on the right goes to the home page of our website. There are many potential designs and uses for QR codes but these are two that we will be using for now.



The primary reason we have decided to begin using these QR codes is to provide an easy way for people to make donations and to learn more about our church. A lot of people no longer carry much cash with them. This has been evident in our plate donations when we have visitors who would have gladly made a donation, or perhaps given a larger donation but were not carrying cash.

In the future we will likely use QR codes for the Capital Campaign or other specifically targeted donations such as to the Food Pantry.

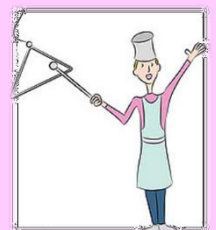
Come Join Our  
**BIBLE**  
  
**STUDY**

~Women's Bible Study ~  
**Thursdays 9:30am**  
 Conference Room &/or Sanctuary  
 ~ Men's Bible Study ~  
**Fridays 9:00am**  
 Conference Room  
 Also available on Zoom.

If you would like to join a group, please contact the Church office at 603-447-3851 or email [info@thebrowchurch.org](mailto:info@thebrowchurch.org)

**The Dinner Bell**  
**FREE COMMUNITY DINNER**

**Fresh Homestyle Meal**  
**Everyone Is Welcome!!**  
**Mondays 4-5 pm**



Call the Church office on Mondays for that days menu!  
 603-447-3851

**Take Out Only!**

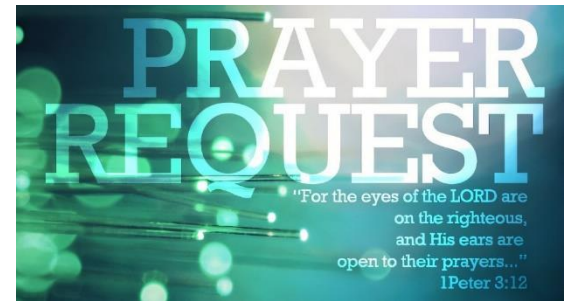
These services continue to operate while taking recommended safety precautions and practicing social distancing.

## February Worship Service

Date	In Church	On Zoom	Special Day/Sermon Title
2/5	38	15	Communion Sunday "God's Inspirational Values"
2/12	33	21	"Life's Everyday Realities"
2/19	26	26	"What's Coming?"
2/22	15	12	Ash Wednesday "Beginning Again"
2/26			First Sunday of Lent "Starting in the Wastelands"

### To add someone to the Prayer List

Please call 603-447-3851  
or email us at  
[info@thebrownchurch.org](mailto:info@thebrownchurch.org)  
Also, please provide the  
person's mailing address  
so we may send cards.  
Thank you



Lent IS A TIME TO  
GROW  
CLOSER TO JESUS

**Happy  
March  
Birthday**

- 3/1 Faylene Bemis
- 3/3 Susan Klomp
- 3/15 Jennifer Lavigne
- 3/16 Donna West
- 3/17 Jonathan Saxby
- 3/21 Karen MacDonald
- 3/24 Gary MacDonald

- † Alice Clapp
- † Cathy Currier
- † Colleen Albert
- † Elise Keeney Edgerton
- † Linda Frechette
- † Alice Spear
- † Jill & Curt Reynolds
- † Tom Steele
- † Nicole Rabideau & Family
- † Father Paul Familia
- † Carol Baribeau
- † Sandy Stowell, Lisa Horne & Family
- † Mitzi Fitch & Family
- † Cory Smith
- † John Hedden
- † Mark Weld
- † Debbie Kelly
- † Sanphy Family
- † Greg Turgeon
- † Paul Fitzsimmons

## Council Connections

I was hoping to come up with a catchy tag line for the Council newsletter article, but after three days of the stomach flu, my brain is not being very creative. So, I will ask all you readers if you have a good suggestion for a title to the monthly article from the Council. Please submit your title by email to the church and we will decide at our next meeting.

Speaking about the meeting, we had excellent attendance. Our first order of business was to adopt a set of guidelines that the Council and church would operate by. You can read them for yourself on the next page so that you also know them, and how you can submit items to the Council for consideration.

Financials show that our pledging and plate income is up and some of our building use is down, but that is due to the transfer of funds that weren't made until February. January totals show that we were (\$2,782) short of reaching our budgeted income. On the other hand our expense was (\$3,604) less than budgeted expenses. So, we made a dent of \$993.00.

The Council went on to discuss the upcoming events and services for Lent and Easter. It was decided to put up a Lenten banner, (which Nancy Irving was charged with designing). The banner will be over the front of the church depicting our upcoming Lenten services. The banner for the Fryeburg Fair generated a lot of conversation at the booth, so people do look at the church while they are stuck in traffic.

Discussing our building was next. I completed the e-light test and replaced three dead batteries, so now we can get our occupancy permit renewed. Anne Getchell replaced the filters in the sanctuary furnace. The Council voted to have the screen installed over the picture window in the Sanctuary, so that the glare will no longer create problems for the service. Nancy Divine is coordinating that work. I will be working on getting the platform on the right side of Sanctuary for the second television to be set up. This will be a priority as all the music for services will have to be video. The Building Committee is going to get jump started again, since the Capital Campaign has had to be sidelined due to current circumstances.

The Council sadly accepted the resignation letter of our keyboardist Stephanie Miles. We thank her for all her support and music and wish her all the best as she moves back to her family in Massachusetts. It was decided that a new search for a keyboardist won't begin until after Easter.

The Council thanks John Edgerton for providing everybody with a copy of abbreviated Robert's Rules for non-profits. This will be helpful to keep the meeting under control and ensure that everyone that needs to speak will be heard.

Blessings to all,

Carl F. Vitters, Moderator

## Conway Village Congregational Church

### Temporary Council Operating Guidelines for 2023

The following Article VIII will be in effect for a one-year trial period to define the operating process for a CVCC Council in place of a Cabinet as currently outlined in the Church Bylaws. The Bylaws concerning Church Governance have been suspended by vote of the Church Congregation on January 29, 2023 for the purpose of this one-year trial format.

#### **Article VIII. Council**

**Council Purpose:** The purpose of the Council will be to direct and facilitate communication, coordination and planning for the church governance and operation.

## (Council Guidelines cont.)

**Section 1. Membership and Election.** The Council shall consist of 15 members; the 4 elected executive officers of the church, Moderator, Clerk, Treasurer, and Financial Secretary, 2 Trustee representatives, 2 Deaconate representatives, 1 Outreach representative, 1 Christian Education representative, 2 At-Large representatives, 1 Tech Team representative, the Pastor and Administrative Assistant. The Moderator, Pastor and Administrative Assistant have voice but no vote, except for when the Council members end in a tie, then and only then does the Moderator cast the deciding vote. Any member of the church is welcome to attend, they will be granted voice but no vote.

### **Section 2. Organization.**

**a.** The Moderator shall determine a time and place for the regular monthly meeting, to be held no later than the third Wednesday of the month.

**b.** A quorum of the Council shall consist of 6 members, not including the Moderator, Pastor and Administrative Assistant.

**c.** Meetings shall be conducted according to *Robert's Rules of Order*.

**d.** A summary of the meeting shall be written by the Moderator and submitted for inclusion in the monthly church newsletter. Minutes taken at the meeting shall be available within two weeks and presented for approval at the next meeting. A summary list of action items shall be e-mailed to Council members after each meeting.

### **Section 3. Duties.**

**a. Policy and Management.** The Council will conduct all operations and functions of the church. Those responsibilities include, but are not limited to: **Financial:** The Council in conjunction with the Trustees will manage all funds of the church. **Maintenance** The Council in conjunction with the Trustees will see to all repairs and maintenance of the church structures, grounds, equipment and vehicles. **Worship** The Council in conjunction with the Deaconate and Pastor will plan, coordinate and implement all services of the church. **Missions** The Council in conjunction with the Board of Outreach and Pastor will plan, coordinate and implement all mission projects of the church. **Education** The Council in conjunction with the Board of Christian Education and Pastor will plan and facilitate Sunday school, Bible study groups, Confirmation and Youth groups. **Calendar coordination** The Council will plan out in advance all events and functions of the church to allow for proper time to advertise and promote. **Personnel/Staff** The Trustees and Deacons will oversee the evaluation, hiring or dismissal of staff, and provide support for all staff, including the Pastor. The Council will act as the appeal process.

**b. Ad Hoc Committees.** The Council may appoint *ad hoc* committees and designate their duties. All such committees shall continue until completion of their responsibilities unless discharged by the Council.

**c. Vacancies in Offices.** When a vacancy occurs in an elective office, a nominating committee will be appointed to recommend one or more names for the Council to approve to complete the term of office until the Annual Meeting of the Church.

### **Section 4. Voting.**

All members of the Council shall have voice and vote, except for the Moderator who shall have voice, but no vote, unless a motion ends in a tie, then and only then will the Moderator be able to cast the deciding vote.

### **Section 5. Procedural Policy.**

**a.** The Congregation determines all actions of the Church at Annual Meeting or special called meetings. The Council is authorized to act in their behalf between meetings. If a question or event arises that needs to be decided by a body larger than the Council then a special meeting shall be called by the Moderator.

**b.** Any member wishing to have input in the Council may do so by one of two methods: Attend a Council meeting and present the article in person, or submit a written and signed proposal to the church office for inclusion at the next scheduled meeting.

**c. Grievances.** Any member that submits a written and signed letter, outlining their grievance with the Church or Staff member will be entitled to a hearing. The Council will appoint an *ad hoc committee* to investigate the allegation and present a recommendation to the Council for approval and implementation.

## Conway Village Congregational Church

### Mission Statement

*"We are a community of faith in Jesus Christ, open to all, and by following His teachings we willingly serve God, our neighbors and each other, through worship, fellowship and ministry."*

## Conway Village Congregational Church

United Church of Christ

**PO Box 333,  
132 Main Street  
Conway, NH 03818**

Email  
[info@thebrowchurch.org](mailto:info@thebrowchurch.org)

Website  
[www.thebrowchurch.org](http://www.thebrowchurch.org)

Phone: 603-447-3851

Rev. John G. Hughes  
Minister

Music Accompanist  
Stephanie Miles Vacchino

Moderator  
Carl Vitters

Admin. Asst./Bookkeeper  
Melody Bergman

Sunday Worship via Zoom

### NEW ZOOM ID & PASSWORD

Website [zoom.us/join](https://zoom.us/join)

To access Zoom meeting by Phone

Phone Number: 1 646 558 8656

(for audio only)

Meeting ID: 832 6656 0783

Password: 074610

April  
Newsletter  
Articles  
Due



### CVCC Office Hours

Monday 8:00 am-4:00 pm

Tuesday 8:00 am-4:00 pm

Wednesday 8:00 am-4:00 pm

Thursday 8:00 am-4:00 pm

CLOSED FRIDAYS

facebook

Email or Phone Password Log In

Forgot account?



Brown Church  
Conway Village  
@TheBrownChurchConwa  
YNH

Home

Email Signup



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Our Facebook page is <https://www.facebook.com/TheBrownChurchConwayNH/> You can find it by searching in Facebook for the "Brown Church Conway NH" If you use Facebook please "LIKE" our Facebook Page by clicking the "Like" button at the top of the page.

By liking our page peo-



ple will see our church know that we are well liked within the community. You will be notified on your Facebook notifications when we post something new.

You in turn, if you choose to, can share that post on your page, which is very helpful in promoting the church, particularly for promoting our events. Thank you & God Bless

# March 2023

## A Season of Lent



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1  4pm Diaconate	2 9:30 Women's Bible Study  7 pm AA Big Book	3 9:00 Men's Bible Study  <u>Office Closed</u>	4 9 am AA Good Morning Group
5 10 AM Worship Second Sunday in Lent  6:30-7:30 pm AA Fire Pit	6 Dinner Bell 4-5 pm Take out only	7 Food Pantry 9-11:30 am By Appt	8	9 9:30 Women's Bible Study  7 pm AA Big Book	10 9:00 Men's Bible Study   Dine-In 5-6pm <u>Office Closed</u>	11 9 am AA Good Morning G
12 10 AM Worship Third Sunday in Lent  6:30-7:30 pm AA Fire Pit	13 Dinner Bell 4-5 pm Take out Only	14 Food Pantry 9-11:30 am By Appt	15  4:30 Council Meeting	16 9:30 Women's Bible Study  7 pm AA Big Book	17 9:00 Men's Bible Study   <u>Office Closed</u>	18 9 AM AA Good Morning
19 10 AM Worship Fourth Sunday in Lent  6:30-7:30 pm AA Fire Pit	20 Dinner Bell 4-5 pm Take out Only	21 Food Pantry 9-11:30 am By Appt	22	23 9:30 Women's Bible Study  7 pm AA Big Book	24 9:00 Men's Bible Study  <u>Office Closed</u>	25 9 AM AA Good Morning Group
26 10 AM Worship Fifth Sunday in Lent	27 Dinner Bell 4-5 pm Take out Only	28 Food Pantry 9-11:30 am By Appt	29  4pm Diaconate (April Meeting)	30	31	

The header features the word "March" in a large, green, serif font. Below it is the year "2023" in a smaller, green, sans-serif font. Underneath the year is the title "Worship Schedule" in a large, green, sans-serif font. The text is surrounded by several colorful butterflies (blue, purple, pink, and yellow) and a green vine with small leaves.

**Sunday, March 5, 2023 – 2<sup>nd</sup> Lent, Communion**

Psalm 121

Scripture: Genesis 4:1-4a

John 3:1-17

Sermon: “*Looking Beyond the Obvious*”

**Sunday, March 12, 2023 – 3<sup>rd</sup> Lent**

Psalm 95

Scripture: Exodus 17:1-7

John 4:7-14

Sermon: “*The Scandal of Living Water*”

**Sunday, March 19, 2023 – 4<sup>th</sup> Lent – Rose Sunday**

Psalm 23

Scripture: Ephesians 5:8-14

John 9:1-12

Sermon: “*Can This Really Be True?*”

**Sunday, March 26, 2023 – 5<sup>th</sup> Lent**

Psalm 130

Scripture: Romans 8:6-11

John 11:17-37

Sermon: “*Was Jesus a Dawdler?*”