



April 29, 2020

## STAYING CONNECTED TO YOUR CHURCH COMMUNITY

### WANT TO SEND A CARD OR A NOTE TO ANOTHER MEMBER? JUST MISSING THEIR ADDRESS?

Here's an easy way to use the church website to look up the address of another church member:

1. Go to the church website, hillschurch.org
2. Click on "Welcome" on the left-hand side of the navigation bar at the top of the Home page.
3. Click on "Database and Documents Login" (at the bottom of the drop down menu)
4. Click on "Database Login"
5. Enter your e-mail address – and password – and YOU'RE IN! (If you can't remember your password – or need a login – click where indicated.)
6. Click on "Directories" on the navigation bar at the top of this page.
7. Click on "Locate Individual" (on the drop down menu.)
8. Enter the name of the person whose address you want – and HIT "Run Search"
9. And there you go! The address of the person you want to write to is right there on your screen.

And while you're in the church database, do take a minute to explore it. Just click away – watch what happens – and don't worry. You can't break anything.

In the alternative, you could, of course, just e-mail Cynthia in the Church Office – but the website/database approach definitely provides faster responses – particularly in the middle of the night!

### ATTEND WORSHIP BY VIDEO

Worship services have moved online during the building closure, with worship leaders recording their parts from different locations.

Beginning last Sunday, we are inviting members of the church to submit a short video for use during the Passing of the Peace.

Going forward, worship services will be available on the website early Sunday mornings. The services will also premiere on Facebook beginning at 10:00 every Sunday morning, so that people can worship together at the usual time.

[CLICK HERE TO WATCH ON THE CHURCH WEBSITE](#)

[CLICK HERE TO GO TO THE CHURCH'S FACEBOOK PAGE](#)

Also, visiting the church website will allow you to access the Order of Worship for each Sunday morning's 10:00 a.m. Worship Service.

## **FRAUDULENT EMAIL ALERT**

Please be aware of fraudulent schemes to impersonate ministers by email. This past week, a series of email messages was sent from a false email address, claiming to be from Rev. Matt Wooster – and using his name and the name and address of our church. Unfortunately, many congregations are experiencing this kind of scam. Typically, the false email will ask for help, in the form of sending gift card information by email.

1. Always be sure that email messages from the ministers or other church staff are from a legitimate email address, ending with @hillschurch.org.
2. We will never ask you to share financial information or personal details by email. Remember that email is an unsecure communication.

For more information, read this alert from the Federal Trade Commission.

<https://www.consumer.ftc.gov/blog/2019/07/worshippers-targeted-gift-card-scam>

## **NOON PRAYERS FROM THE HILLS**

Did you know you can tune into the church Facebook page at noon on Tuesdays, Wednesdays, and Thursdays for a brief time (5-15 minutes) of reflection and prayer with one of the ministers. These prayers are accessible for viewing later as well.

Tuesdays: Anne Marie Holloway

Wednesdays: Matt Wooster

Thursdays: Judy Swahnberg

## **CONTACT YOUR MINISTERS**

Although we are not regularly in our offices at the church these days, you can still reach your ministers by phone and email. Please use the contact information below to be in touch with any of your ministers and know that they will be there for you if you want to:

- Share a prayer request,
- Have a conversation for pastoral care, or
- Simply share updates and receive a prayerful blessing by phone.

Rev. Anne Marie Holloway: [annemarie@hillschurch.org](mailto:annemarie@hillschurch.org)

Judy Swahnberg: [judy@hillschurch.org](mailto:judy@hillschurch.org)

Rev. Matt Wooster: [mattw@hillschurch.org](mailto:mattw@hillschurch.org)

## **VIRTUAL MEETINGS FOR SMALL GROUPS**

Confirmation Class, church support boards, WHCC ministry teams, and other small group meetings will be held “virtually” – using Zoom, teleconferences, and other online platforms - until further notice.

Information for joining these virtual meeting will be shared directly with meeting participants.

## **VIRTUAL MEDITATION OR "MORNING MEDITATING ON ZOOM"**

### **TUESDAY MORNINGS FROM 9:30 - 10:30**

During this unusual period in which we are all living, we have been gathering together for "Tuesday Morning Meditation via Zoom."

Zoom is a service that enables groups to connect either by video using your computer or by audio using your phone. And it is VERY easy to use. And so, we will meet once again next Tuesday morning on Zoom - and we hope you can join us from wherever you are.

Whether you are new to meditation or practice it daily, help us sustain a sense of community together in the midst of being apart.

To participate, just e-mail Mary Hill Canaan (see below) and she will send you an official Zoom "invite" and tell you how to CLICK and Zoom in! (And if you have been meditating via Zoom for a while now, there is no need to e-mail Mary - as she will automatically send you a Zoom invite weekly!)

Then at 9:30 next Tuesday morning, find a comfortable place to sit with your computer or phone and get ready to meditate with your friends - virtually!

Peace to you all,  
Mary and Judy

P.S. Questions? Just email Mary Hill Canavan at [mhillcanavan@gmail.com](mailto:mhillcanavan@gmail.com) or Rev. Judy Swahnberg at [judy@hillschurch.org](mailto:judy@hillschurch.org)

#### **THE WELLESLEY FOOD PANTRY COULD USE YOUR HELP**



**Wellesley  
Food Pantry**

The Food Pantry is keeping its website updated with items in short supply, but they could definitely use your help now with white and brown rice (preferably 2 pound bags), vegetable oil, dishwashing liquid, and

paper towels. And of course, the Pantry can always use Kleenex, toilet paper, diapers in sizes 5 and 6, shelf-stable almond and soy milks, and jars of jelly/jam.

For more information about how you could help the Food Pantry at this time, you can always go to their website, which they update weekly. Here is the URL - (<http://www.wellesleyfoodpantry.org>).

Please bring your Food Pantry donations to the church on Monday mornings, between 9:00 and 10:30, and leave them in the Food Pantry bin, just outside the west entrance door – or drop them in the collection bins at Roche Bros or Whole Foods.

Anything you can do to help will be greatly appreciated.

#### **IF YOU HAVE EXTRA KITCHEN UTENSILS, THE NEW LIFE FURNITURE BANK COULD USE THEM**

While you are practicing social distancing, this might be a great time to clean out your kitchen drawers and take steps to ensure that any extra kitchen utensils you have make their way to a good home.

As soon as the church reopens, the Christian Service Support Board will be collecting kitchen utensils for the New Life Furniture Bank. [www.nelifeb.org](http://www.nelifeb.org) – and collection bins will appear at each church entrance.

The New Life Furniture Bank provides furniture and household goods to individuals and families who are transitioning from a homeless environment, victims of fire, military veterans and refugees – and here are some things these individuals and families could use:

Potholders	Serving Spoons
Kitchen Towels	Flatware
Can Openers	Measuring Cups & Spoons
Cutting Boards	Metal Flippers
Vegetable Peelers	Rubber Spatulas

Questions? Contact Donna McCabe [dmccabe4@comcast.net](mailto:dmccabe4@comcast.net)

Youth Ministry MAY 2020: Events Newsletter

**BLESSING OUR GRADUATES OF 2020:**

Our hearts go out to all of our graduating High School and College Seniors as they process the news of continued quarantine for the duration of the 2019/2020 school year.

Please know that we continue to hold all of our graduates in prayerful loving care – and so throughout the months ahead we will be celebrating and honoring our Hills Church High School and College graduates!

During worship on Sunday May 24, we would like to include photos of these graduates and offer a special blessing which will include the presentation of the beloved hand-knitted Hills Church “red scarfs” to them. We are hoping to be able to send the scarves out to the homes of our graduates in time for their parents to make a short recording of their child’s red scarf being placed gently on the shoulders of their graduate.

If your teen is graduating from high school this year and you would like to have them honored during our May Worship Service, please reach out by May 10 to Rev. Anne Marie Holloway via email: [annemarie@hillschurch.org](mailto:annemarie@hillschurch.org).

We also invite families with College graduates to send along a photo of their graduates – along with the name of their university. These photos will be featured in our June newsletter so that our church family can prayerfully lift up and celebrate the accomplishments of all our Hills Church graduates!

**2020 CONFIRMATION CLASS ZOOM GATHERINGS:**

This year’s Confirmation Class will officially meet for their last “class” on May 6 – when they will focus on putting the final touches on their written faith statements. Faith statements and confirmation journey reflections will be shared with our community in the Fall, when the entire Hills Church Family will hopefully have the opportunity to celebrate our Confirmands together – in person and in the sanctuary! Our Confirmation Crew will continue to touch base once a month in June, July and August.

**CONTINUED PROGRAMMING FOR YOUTH/FAMILIES IN MAY:**

6,7,8 Church School will continue to gather on ZOOM each Sunday at 11:15 a.m.

Middle School Youth Group will continue to meet via Zoom at 4:30 p.m. on Sunday afternoons!

High School Youth ZOOM Conversation Circles will continue on Wednesday Evenings from 7:00-7:45 p.m., beginning May 13. Conversation Circles will meet twice monthly. Additional information will be available in the Youth Ministry weekly email that goes out each Sunday morning.

Prayerful Parent Group meets weekly – via Zoom – on Thursday evenings, beginning at 7:30.

## A PRAYER FROM THE PRAYERFUL PARENTS OF THE HILLS CHURCH

Composed during their April 23, 2020 Gathering

*God of loving kindness,*

*With humor we have adapted your words written in the Gospel of Matthew to read, "Where two or three gather in Christ's name on ZOOM and Facebook Live, there Christ is also." For you are definitely with us in our virtual world -- we can feel your presence in the joy of our shared laughter and in the tears of our shared sorrows.*

*Life as we knew it, is different. We are not sure what life will look like in the months ahead. Go easy on us O' God as we work to remain positive, to keep our focus on you, and on helping those around us to get through this time too. We keep wondering if there is a lesson we are to learn in this experience as we hear reports of clean air, and wildlife emerging in once heavily populated places. We ourselves seem to hear the sounds of birds more abundantly and notice that the air we breathe deeply seems -- different. Were the birds always that loud? Was the air always that crisp and clean?*

*We carefully watch and pray for our world as selfishness, racism, assumption, blame and fear seem to bubble up all around us. We weep as we realize that we are not alone in our grief and acknowledge the ways in which people all over the world are experiencing great loss. These times are scary. These times are difficult.*

*So Lord, it is in this moment that we come before you -- our hearts broken wide open, our prayers written all over them. If you would so kindly decipher all the jumbled up mess of emotion and hope and heartbreak and longing on our hearts and form those things as our prayer this day, we would be grateful. We believe that with our hearts opened up to you that the prayers that you will find there -- will be powerful ones. We know you will read them, you will hold them, you will hear them, you will make sense of them, and you will use them in the name of love.*

*We pray all this in the name of your son Jesus the Christ.*

*Amen.*



## AND HERE IS A VERY HELPFUL GUIDE TO MEDITATING – IN YOUR LIVING ROOM FROM MARY HILL CANAVAN AND JUDY SWAHNBERG

### 1. Set aside thirty minutes or so – and settle into your time of Meditation:

Settle into a comfortable chair, close your eyes, and take three long, slow breaths focusing on "breath in...breath out."

Allow yourself to grow still.

Let go of any distracting thoughts.

Become aware of God's unconditional love for you.

**2. Open in prayer:**

Gracious God, we are grateful for this time “together” even as we are apart this morning. In the midst of the uncertainty of these days, help us to pause and let go for these next few moments; to lay our burdens down and give our souls rest, so that we may then live out this day renewed with hope and faith, reminded that you are ever with us on this journey. Amen.

**3. Choose either a sacred reading or a simple centering prayer to meditate on:**

A Sacred Reading: Read aloud – and slowly - Psalm 121 three times. Do not stop to analyze the meaning. Do not rush through it. Pause between each reading.

-or-

A Centering Prayer: Read the following verse one time slowly:

“Be still and know that I am God.”

“Be still and know that I am.”

“Be still and know.”

“Be still.”

“Be.”

**4. Meditate for 15 minutes, resting in stillness:**

If thoughts begin to enter in, gently return to a sacred word or phrase to center yourself again.

**5. Close by praying the Lord’s Prayer and then give yourself a few minutes to reflect.**

## HILLS CHURCH CALENDAR

**THURSDAY, April 30**

- 10:00 a.m. Clergy Worship Planning - Virtual
- 10:30 a.m. Church Staff Meeting - Virtual
- 12:00 p.m. Noon Prayers - Rev. Swahnberg\*\*\* - [On FB](#)

**FRIDAY, May 1**

- 7:30 p.m. AA Meeting

**SATURDAY, May 2**

**SUNDAY, May 3**

- 10:00 a.m. Worship Service\*\*\* - [Online](#)
- 7:30 p.m. AA Meeting

This Sunday’s Scripture Readings  
 Acts 2:42-47  
 Psalm 23

**MONDAY, May 4**

- 7:00 p.m. Board of Deacons

**TUESDAY, May 5**

- 12:00 p.m. Noon Prayers - Rev. Holloway\*\*\* - [On FB](#)
- 1:00 p.m. Clergy Pastoral Care Meeting - Virtual

**WEDNESDAY, May 6**

- 12:00 p.m. Noon Prayers - Rev. Wooster\*\*\* - [On FB](#)
- 6:45 p.m. Confirmation Class - Virtual

**THURSDAY, May 7**

- 10:00 a.m. Clergy Worship Planning - Virtual
- 10:30 a.m. Church Staff Meeting - Virtual
- 12:00 p.m. Noon Prayers - Rev. Swahnberg\*\*\* - [On FB](#)
- 7:30 p.m. Prayerful Check-Ins