



May 7, 2020

STAYING CONNECTED TO YOUR CHURCH COMMUNITY

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

In a recent Voices piece, Matt writes that this crisis has changed our perceptions about our neighbors. It has also made the loss of our church neighbors and friends that much more painful. While we cannot be together to offer our condolences to those who have lost loved ones, we can reach out the old fashioned way, with notes and letters.

And if you would like to do that – and the only thing you are missing is an address – here's an easy way to use the church website to fix that problem:

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.

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

Judy Swahnberg: judy@hillschurch.org

Rev. Matt Wooster: 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 or Rev. Judy Swahnberg at judy@hillschurch.org

MEDITATING THE REST OF THE WEEK:

If you can't make Tuesday Morning Meditation but would like to practice on your own, the following poem can serve as a helpful way to settle in to a time of stillness and quiet. Read it slowly – twice – and then let yourself rest for ten to fifteen minutes in the presence of God's love...

Right Here (author unknown)
Stop moving. Stand in
one place – this place.
Breath slowly; in, then out. Repeat.

Repeat again. Let your
shoulders sink and relax. Unclench
your jaw; slowly close your eyes.

Listen for your heartbeat; really
listen. Feel it pulse in
your fingertips.

Lessen expectations. Under-do all your
efforts. Requisition the time
for your soul

to catch up. Lean
into the wind; feel it
like a tree and test the ground.

Learn to trust the resilience.
It would be treason
to move quickly – left or right –
from this place. It is alright to be exactly
what you are, who you are, where you are.
Right here, right now.

THE WELLESLEY FOOD PANTRY COULD USE YOUR HELP



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 – 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

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.

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:

Our Confirmation Crew will continue to touch base on the second Wednesday of each month in June, July and August. We look forward to the Fall when we can celebrate their confirmation journey -- in person and in our sanctuary!

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 30, 2020 Gathering

O God,

The signs of Spring and new life surround us and continue to fill us with a renewed hope.

We are thankful for the gifts found in this new season because we are tired. We are worried. We are overwhelmed.

We miss the tangible presence of one another -- of being able to reach out to those we love with a hug. We miss being able to gather in person with those we love for meals, activities, church and birthday parties.

Our children are asking us profound questions about life and death, about viruses and immunity. We do not have answers for our children when they ask what we think will happen next. Help us to remain patient and persistent, hopeful and helpful. It is amazing how much you learn from your children when you are given the space to truly listen to them and be in conversation with them. Thank you for the gift of our children and their tender, wisdom filled hearts.

Help us to simply take one day at a time. Help us to keep our focus on using this time to connect with our children, and perhaps to something deeply buried within us. Something that we seem to notice now that everything has come to a crashing halt. Something we have been yet to quite identify or name. What is this stirring in our hearts? Is it loneliness? Is it longing? Is it sadness? Is it peace? Is it hope? Is it You?

Help us to be kind and gentle with ourselves and with those around us.

Help us to do what we can, when we can and if we can. And when we simply can't -- help us to reach out for support.

Help our world -- help us find the answers to the questions our children seek.

Fill us... Surround us... Use us... Heal us... Guide us... Sustain us...

Amen.

HILLS CHURCH CALENDAR

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](#)

FRIDAY, May 8

- 7:30 p.m. AA Meeting

SATURDAY, May 9

SUNDAY, May 10 – Mothers' Day

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

This Sunday's Scripture Readings John 14:1-14
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MONDAY, May 11

TUESDAY, May 12

- 12:00 p.m. Noon Prayers - Rev. Holloway*** - [On FB](#)
- 1:00 p.m. Clergy Pastoral Care Meeting - Virtual
- 7:00 p.m. Church Council

WEDNESDAY, May 13

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

THURSDAY, May 14

- 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 Parents Check-Ins