



May 14, 2020

## STAYING CONNECTED TO YOUR CHURCH COMMUNITY

### A NEW WAY TO STAY CONNECTED!

### GRAB A CUP OF COFFEE AND COME TO VIRTUAL COMMUNITY HOUR!

### EVERY SUNDAY MORNING AT 9:30 – STARTING THIS SUNDAY!

On Sunday mornings, beginning this Sunday, May 17, you are invited to visit with our clergy and other members and friends in a “Virtual Community Hour” from 9:30 Sunday morning until the virtual worship services begin to stream at 10:00.

Following a brief welcome, separate “breakout rooms” will allow for conversations in small groups which will be randomly generated. The only agenda is to connect with familiar faces and meet new friends, so feel free to bring your coffee and stop in for a quick hello or stay for the full half hour. The dress code is casual. (PJs encouraged!)

Virtual Community Hour will be hosted as a Zoom conference, which can be joined using a computer, a smart phone, or a standard phone. If you’re not already a Zoom veteran – don’t worry. Zoom is very easy to use. (And for more detailed instructions, just refer to the “Instructions for Zoom” notice which follows.)

### INSTRUCTIONS FOR ZOOM

To join Community Hour by computer, click the link in the community hour notice that will arrive by email on Sunday morning. If you do not already have Zoom, your browser will prompt you to download Zoom as a desktop application. Download Zoom. Here are [video instructions](#) for how to download Zoom on different browsers.

Join the meeting using your computer's audio and video. You can opt to join without video.

You will be automatically muted when you join. Click the microphone button to unmute. You may have to tap or hover your mouse over the application in order to view the menu. Please mute yourself when you are not talking. You can also stop your video at any point if you'd like by clicking the stop video button.

To join Community Hour by phone, dial 646/558-8656. The voice will prompt you to enter the meeting ID: 870 5324 9561 Password: 1847 (The year our church was founded.)

The voice will prompt you to enter a participant ID or to press pound. **Press pound.** You will automatically be muted. To unmute yourself, **press \*6**. To re-mute yourself, press \*6 again. Please mute when you are not talking or when your background noise is loud.

*A THANK YOU NOTE FROM CHRISTOPH HOFFMANN TO THE HILLS  
CHURCH FAMILY*

*Dear Church Family,*

*I have been overwhelmed by the outpouring of loving words of remembrance and  
condolence following Susan's death. Your compassion and empathy have  
cushioned the blow of losing Susan and the loneliness of sequestration.*

*I am grateful for being borne by a faith community that truly reflects God's love. I  
thank all of you and hope we can meet again as a congregation soon.*

*Christoph*

**FAMILY PROMISE UPDATE AND A MESSAGE OF GRATITUDE**



The COVID-19 crisis has placed particular challenges on the work of Family Promise Metrowest (FPM), which has closed its Natick day center and offices. On March 17, the four families who had been in shelter within the congregational rotation moved to an extended-stay hotel, to allow the families and volunteers to observe physical distancing. Since then, one family has moved into an apartment.

The FPM shelter case manager is meeting remotely with all families each week to help them continue to work toward their goals, including managing their fluctuating budgets due to employment changes. When the hosting week at the Hills Church was canceled, a number of Hills Church members came forward to make special donations to help FPM adapt to new practices.

Following which, FPM sent the following Message to our church.

*Family Promise Metrowest (FPM) offers its deepest gratitude to Wellesley Hills Congregational Church for your generosity. Your congregation, which regularly assists our shelter families with host and volunteer support, has also provided much-needed financial funding.*

*That support has become even more important to FPM's ability to provide for vulnerable families in the time of COVID-19. Our member congregations are the foundation of Family Promise, and you contribute to our success year after year in countless ways. We are ever grateful.*

**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](http://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.

All members of the church are invited to submit a short video for use during the Passing of the Peace.

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](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)

### **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



**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 24 Worship Service, please reach out now 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:**

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!

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

**HIGH SCHOOL YOUTH DISCUSSION GROUP – FAITH IN UNCERTAIN TIMES**

Beginning next Wednesday evening, May 20, at 7:00, our youth will be invited to attend a four week small group ZOOM gathering which will invite our high school aged teens into conversations about fear, doubt and hope.

Rev. Anne Marie Holloway and Mimi D'Angelo will explore ways in which our Faith can serve both as a compass and a guide as we continue to journey through this time of COVID-19 together.

Please be on the lookout for more information in a separate email.

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



Composed during their May 7, 2020 Gathering

*God of hope,*

*God we are thankful for the ways people continue to creatively and thoughtfully reach out to one another. We are thankful for our families and for the resiliency of our kids.*

*We turn to you as we find ourselves desperately searching for truth, for concrete data and timelines, for goodness and hope. We keep looking for those beacons of light -- for those people who don't waiver, who stay positive, who continue to shine a light in the darkness. We need these people -- help us to BE these people.*

*It feels as if we have hit a threshold. Our own "people" are antsy... restless... worried...*

*We have been coping really well, but our energy seems to be waning. Help us stay the course.*

*There is nothing else to do... but wait - and breathe...*

*So we ask you to help us to be patient with all this waiting and to remember to breathe...*

*Breathing is good.*

*We are thankful as we watch our neighborhoods coming together during this time. We celebrate as we watch everyone pull together to bring glimmers of joy and hope. We find ourselves overwhelmed with gratitude as we have the gift of participating in birthday parades, number hunts, mask making, food delivering, and sidewalk art messages of love... When all goes back to normal -- if all goes back to normal -- we will cherish our neighbors more than before.*

*We pray, O God, for those who are sick, homeless, scared. We pray for a world so in need of your healing presence.*

*We pray for those working on the frontlines, those essential workers who look so tired. We pray for those who are alone and who are struggling with being isolated from others.*

*Help us to not make assumptions, to remain calm and to try not to take anything personally. For our hearts are raw -- we are feeling it all and our hearts are holding it all.*

*Help us to trust in you, O God, and to remember to listen for your voice, to look for the ways that you are working in and through this time.*

*We lift all of this up to you, in the name of the one who came to be with us in the name of love, and who remains with us now and forever. In the name of Jesus Christ we pray.*

*Amen.*

## HILLS CHURCH CALENDAR

### 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](#)

### FRIDAY, May 15

- 7:30 p.m. AA Meeting

### SATURDAY, May 16

### SUNDAY, May 17

- 9:30 a.m. Virtual Community Hour - Zoom
- 10:00 a.m. Worship Service\*\*\* - [Online](#)
- 11:00 a.m. Church School
- 11:15 a.m. 6, 7, 8 Church School
- 4:30 p.m. Middle School Youth Group
- 7:30 p.m. AA Meeting

This Sunday's Scripture Readings John 14:15-21
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### MONDAY, May 18

### TUESDAY, May 19

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

### WEDNESDAY, May 20

- 12:00 p.m. Noon Prayers - Rev. Wooster\*\*\* - [On FB](#)
- 7:00 p.m. High School Youth Discussion Group – Faith in Uncertain Times - Virtual

### THURSDAY, May 21

- 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