

## **A Message from our Senior Minister Emeritus**

**Rev. Dennis Knight**

Dear Friends,

The church I grew up is located in the heart of the downtown Providence. The building is large and was snugly fit into the parcel of land on which it was built. In the 1960's the church embarked upon two major expansion efforts that changed the landscape around the building. One project involved removing a number of dilapidated buildings that occupied the corner of the block on which the church is located, and replacing it with a parking lot. The second effort involved the demolition of a whole block of buildings across the street from the church. These were replaced with a high rise apartment building.

This two block area experiences a lot of foot traffic, as it is nearby to an industrial and warehouse district, most of which has now been occupied by Johnson & Wales University and its large body of students. At certain times of the day, there are virtual surges of pedestrians populating the sidewalks and cross streets as those adjoining buildings empty out of hundreds of occupants all at once.

Pedestrians soon found themselves about and around the newly established apartment building and parking lot, and not in a way that the planners of those projects anticipated. The parking lot became an unexpected pathway for persons who realized they could save steps by following the diagonal across the open pavement, rather than following the right angle formed by the adjoining sidewalks. The same thing happened across the street where the apartment building was located. Newly planted shrubbery was no obstacle for pedestrians who actually trampled down the greenery in angling across the corner.

This pattern was observed over time and addressed. Since it was clear that it was dangerous for people to walk among moving cars, the church erected a fence to block the way into the parking lot. A different sensibility prevailed at the apartment building, where people cutting the corner was of no consequence. With no safety issues to worry about, the trodden path was paved and "rechristened" as a formal walkway to serve as a safe shortcut.

Our lives present us with various pathways to follow. Some of those paths are analogous to the one leading through the parking lot, and are laden with danger and not in our best interests to follow. Other paths, like the one at the apartment house, are useful and lead us safely and directly to ends that are enriching for our lives.

The season of Lent is a time set aside in the Christian calendar when we are beckoned to contemplate the direction we are taking ourselves, and evaluate how substantive and meaningful our practices are, and where they are leading us. We can use these days to assess various habits we engage in for their value and worthiness. Those that we determine are of negative value and potentially hazardous to our well-being, we can separate ourselves from, the way the church fenced off the parking lot to keep pedestrians out of harm's way. Those habits and practices that contribute to our betterment, we can strengthen and fortify, the way the apartment building management paved a path better to accommodate passersby.

Life is replete with choices. Pathways of all sorts lie before us. It is part of a directed and focused life to be about discerning the ways that lead to the most productive, healthy, and ennobling outcomes, and following them to the best of our ability.



### **MARCH BIRTHDAYS**

Jeff LaBonte	2
Ava Daley Harte	9
Linnea Eldridge	12
Greg Kozicz	12
Sharon Nelson	20
Mathew Coté	24
Madeline Seaman	28

**CALL TO THE ANNUAL MEETING**  
**Sunday, March 22, 2009**

To All Members of Pakachoag Church, UCC:

Pursuant to Article X, Section 1, of the Bylaws of Pakachoag Church, you are hereby called to the Annual Meeting on **Sunday, March 22, 2009**, immediately following morning worship.

On the agenda:

- Minutes from the last Annual Meeting, May 4, 2008
- Report on the Membership
- Slate of officers and board members
- Proposed 2009 Budget

Twenty voting members constitute a quorum.

*Mary Ann Wilson*  
Clerk



## **What's cookin' Pakachoag?**

**We are ... and we need your recipes.** We need those recipes by **March 15** to beat the price increase for printing.

To share you recipes, log on to:  
[www.gandrpublishing.com](http://www.gandrpublishing.com)

In the upper right hand corner of their home page enter:  
**Username: pakachoag**  
**Password: church**

or bring them to church and give them to Lynn or Cathy Blanchard.

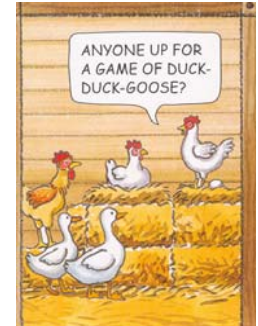
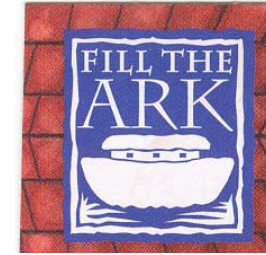
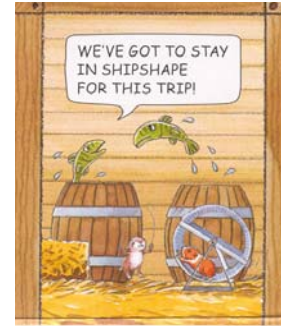
**Here's a peek at one of the recipes from our upcoming recipe book ...**

### **Mom's Quick Bean Soup**

by Pat Blanchard

3 cans beans, drained into bowl, save liquid  
3 carrots, cubed  
1 pkg. gravy mix or 2 bouillon cubes  
1 tsp. chili powder  
1 tsp. garlic  
1 bay leaf (optional)  
Dash oregano  
Dash thyme  
Olive oil as desired  
Link sausage (such as kielbasa)  
Salt and pepper to taste

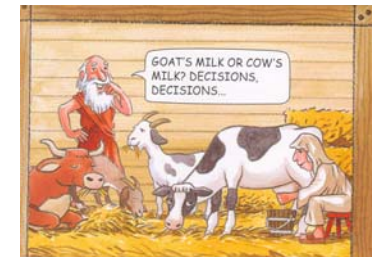
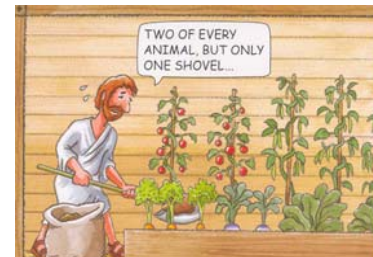
Peel, cube and cook carrots. Open cans, reserve liquid after draining, leaving most of the dark liquid in beans. Place beans in a large mixing bowl. Season with garlic olive oil, oregano, thyme, and chili powder. Mix thoroughly. Cut and cube sausage, add to carrots; add to carrots just before end of cooking (5-10 minutes) 1/2 link of kielbasa. Add gravy mix, cook 1-2 minutes. Add beans and heat through. Add reserved liquid. Note: Use black, red, pinto, pink, black eyed peas, etc.



We are starting our **Heifer Project** on **Sunday, March 1**. We invite all families to take home a bank and fill it with coins during this Lenten season. Feel free to take more than one bank. Our animals this year are a ram and a ewe. We will need to raise \$240.

Our country of focus this year will be Poland in that there are three different sheep projects in that country. Look for more information on our display board by the Hex Room.

Banks need to be returned by Sunday, May 3.



➔ Web-site to check out. ⬅  
**MilitaryPetsFOSTER Project**



A Nation Wide & Global network of Individual Foster Homes that will house, nurture and care for the dogs, cats, birds, horses and all other pets for all the Military personnel *Only*.

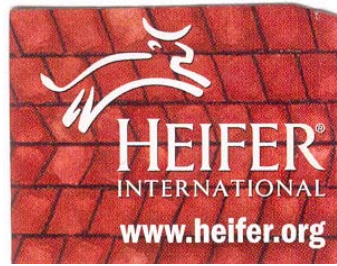


**SAVE THE DATE**

“Ewe II Kids Fest on Sunday, May 3. More information to follow.

## THE HISTORY OF HEIFER INTERNATIONAL

A Midwestern farmer named Dan West was ladling out rations of milk to hungry children during the Spanish Civil War when it hit him. "These children don't need a cup, they need a cow."



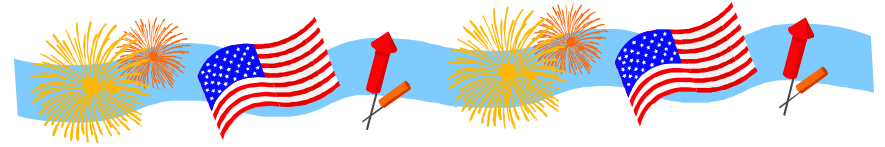
West, who was serving as a Church of the Brethren relief worker, was forced to decide who would receive the limited rations and who wouldn't – literally, who would live and who would die. This kind of aid, he knew, would never be enough.

So West returned home to form Heifers for Relief, dedicated to ending hunger permanently by providing families with livestock and training so that they "could be spared the indignity of depending on others to feed their children."

In 1944, the first shipment of 17 heifers left York, Pennsylvania, for Puerto Rico, going to families whose malnourished children had never even tasted milk.

Why heifers? These are young cows that haven't yet given birth – making them perfect not only for supplying a continued source of milk, but also for supplying a continued source of support. That's because each family receiving a heifer agrees to "pass on the gift" and donate the female offspring to another family, so that the gift of food is never-ending.

This simple idea of giving families a source of food rather than short-term relief caught on and has continued for over 60 years. Since 1944, Heifer has helped 7 million people in more than 125 countries.



## Pakachoag Soldier of the month

This month we are very blessed to not have another soldier serving away from home. Please keep all our men and women in the military, no matter where they serve, or what our feelings are on the war, in our constant prayers. That they may come home to their families and loved ones.

If you do know of someone serving away from home, or soon will be, please contact Lynn Blanchard.

**Thank you to all who serve, and the families who support them.**

I would however like to introduce you to a program, brought to my attention by Beverly Prestwood Taylor.

### *The Brookfield Institute*

The Brookfield Institute is a non-profit organization with sophisticated approaches to help people find peace in themselves, in their homes and families, in their workplaces and communities. The Brookfield Institute is launching its new initiative entitled, "Finding the Calm in the Storm" to provide a variety of programs for local veterans, their families and friends. The development of the program began in October 2007 with a workshop in trauma healing for local service providers such as social workers, pastors and medical personnel, led by professors at Eastern Mennonite University. Eastern Mennonite is a leading research institute in the field of trauma healing for those who have wounds of war.

For more information, please go to: [www.brookfieldinstitute.org](http://www.brookfieldinstitute.org)

## PLANNING AHEAD TO APRIL

April 5 – Palm Sunday, 10:00 AM Service

April 9 – Maundy Thursday Service, 7:00 PM

April 12 – Easter Sunday Service, 10:00 AM

April 19 – Spectrum Music Concert, 3:00 PM

## SPECTRUM SINGERS in CONCERT



From its beginnings, the Spectrum Singers has showcased amateur singers. Today, people from all walks of life sing with The Spectrum Singers, many bringing to the chorus significant experience and skills as choral and solo vocal artists. As a result, the chorus has prospered artistically since 1980, and today is widely regarded as one of the finest choral ensembles in the region.

John W. Ehrlich, the founder and music director of the group, has been active as a singer and conductor in the Boston and Cambridge areas for more than thirty years. He is also known to Worcester area audiences from his eight season tenure as the director of the Master Singers.

Visit the Spectrum website at <http://www.spectrumsingers.org> where you can the singers and even listen to excerpts of performances.

Concert is on **Sunday, April 19** at 3:00 PM at Pakachoag Church. Tickets now available for this pops style event with refreshments.

## Yes Equals Success!

### An Introduction to the work of Dr. Norberto Keppe by Moneen Daley Harte

Can success be guaranteed? Pretty much. In fact, there are two questions to ask and if you answer those questions honestly and affirmatively, you can be nearly assured of success. Seems simple, doesn't it? So, why do we fail so much of the time? Brazilian Social Psychologist Dr. Norberto Keppe points to envy and has some revolutionary answers based on 30 years of clinical research. Dr. Keppe believes we are created from God's essence of Goodness, Truth and Beauty. However, our blinding drive to create and control in a godlike fashion (theomania) limits our experiences. Dr. Keppe has written over 30 books on the subject of hope based on the concepts of accepting reality and has created an internationally recognized school of thought called Analytical Trilogy.

We'll get to those two intriguing questions in a moment but first I'd like to further explain Keppe's definition of envy. Envy comes from the Latin word *invidere* meaning "not to see". This unwillingness to see often keeps us somotized and keeps us from the loving paradise God has created for us. For the past three years I have benefited greatly from studying Dr. Keppe's work in an effort to be a better mother, wife, daughter, friend, business owner and concerned citizen of the planet. While I have not been an active member of Pakachoag Church for some time, I care deeply about our community and have something to share...including my own failings.

Dr. Keppe teaches we are what we don't know about ourselves and outlines the antagonistic forces in our psychological lives that battle continuously: conscious vs. unconscious, good vs. evil, accomplisher vs. destroyer, friend vs. enemy. These attitudes seem black and white and easily understood. However, if we sincerely shine a light on how we are using our free will, we can see where we may be in the dark or suffering from envy.

I've discovered that while I have countless blessings--a loving marriage, beautiful and intelligent children, a creative and rewarding career and rich personal life--I am capable of setting a match to it all because of my arrogance and envy.

Here are some specific examples. When I nitpick at my husband for things he has not done, rather than appreciate his goodness, I am envious or blind to the fact that he is the strong moral compass for our family. When I censor my children and their expressions, I am envious of their natural closeness to God and their spiritual lives. When I display anger or frustration over caring for my ailing mother, I am envious that she is truly deserving of loving care. When I limit plans with friends or family, I am blind to the joy community celebration brings. When I sabotage a collaborative creative endeavor, I display arrogance by not sharing in the transcendence of creation and down grade spiritual and professional success which brings me back to those two questions on how to determine success.

When making a decision, please ask yourself:

- 1) Does your reason (inner love and ethics) approve of what you want to do?
- 2) Is what you are thinking about doing in accordance with the feelings of affection and goodness?

If you answer yes to both these questions, it's a good sign you will be successful in your venture, whatever that may be. And if you answer no, ask yourself what is your true motivation. Analytical Trilogy offers a unique spin on psychological analysis through interiorization. This dialogue between patient and therapist opens the door to hidden fears in our subconscious and frees us to make better conscious decisions.

These concepts from Dr. Norberto Keppe are strong and complicated and I am not an expert. I am a passionate student and eager to share more if you are interested. To learn more about Dr. Keppe and his work, please visit <http://www.trilogia.ws>. I welcome your comments as well. If you would care to join a study group to learn more, please write me anytime at [Moneen@MoVibe.com](mailto:Moneen@MoVibe.com). Thank you for your time and open mind!

Health, Happiness and Hope to you and yours!

## THIS IS MY SONG

Pakachoag Community Music School presents its 21<sup>st</sup> annual Cabaret fundraiser "This Is My Song" – join local legend Sue Natoli singing an eclectic selection of serenades with family and friends.



Sue has sung alongside Tony Bennett, Natalie Cole and Frank Sinatra in venues across the country.

Join us for beautiful music, complimentary refreshments, and win great raffle and silent auction items. Check the school's web site at [www.pakmusic.org](http://www.pakmusic.org) beginning March 2<sup>nd</sup> for a listing of silent auction items. Bidding begins one hour prior to show times.

### Friday, April 3

12 Noon	Raffle/Auction open for bidding
12:30 PM	Boxed Lunch (by reservation)
1:00 PM	Matinee

### Saturday, April 4

1:00 PM	Raffle/Auction open for bidding
1:15 PM	Boxed Lunch (by reservation)
2:00 PM	Matinee

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6:00 PM	Raffle/Auction open for bidding Refreshments available
7:00 PM	Show

**Advance tickets** are \$20/\$15 seniors/students; *special price for PCMS families and for Pakachoag Church members - \$25 (up to 5)*. Tickets purchased at the door, or held & paid at the door are \$25. Boxed lunch is \$10 by reservation only; served 45 minutes prior to show times. Table reservations are available for parties of 8; reserved tables must be secured 30 minutes prior to show.

Proceeds support the music school's by providing financial aid, pursuing outreach and keeping tuition accessible. Help Pakachoag Community Music School remain a valuable community resource and change lives through music.

## **Looking Ahead to Tomorrow** **by Lynn Blanchard**

Just think of the devices out these days to make life easier for us. They save us time and energy with things like garage door openers, snow blowers, remote controls, dishwashers, high speed internet, digital everything, gas powered mowers, online shopping, to name a few. Ah, technology, what will it bring next? And just how much can we have done for us?

What if, maybe ten years ago, someone told you everyone would have cell phones so small they fit in your pocket, we'd have music players that could hold thousands of songs the size of a pack of gum. What if they said we would be able to type a few words into our computer and have the world at our fingertips, would you have believed them?

What else will tomorrow bring? None of us know, we may not even be able imagine the new technologies of tomorrow. The possibilities are things of science fiction. What about in our own lives? Would we believe if we were to have a glimpse at what was to come; what could be? It may be countless blessings with joys untold, or the complete opposite. We don't know for sure, but we have faith that things will work out and in the end, and we'll be in a better place than we are today. It's a simple thing called hope.

But how do we keep that faith? What keeps us on the right path for us, and keep a light shining on our lives? What is it that keeps us from giving up on tomorrow and holding fast to our beliefs? I think it's different for all of us. For me, my family and friends help to keep me on my path. It's a long and difficult lesson for me; and it's taken years for me to get this far; but I know I am a stronger person, when I don't try to do it all on my own. Whatever "it" may be.

When I come to church regularly, and worship with my church family, I am stronger and more active in my faith. I find the strength to carry what I've learned and experienced out into the world, and in my own way, share it with those I encounter. I can offer a smile to a stranger, hold the door for the person behind me, or even offer a helping hand to someone in need.

When I write, I offer my creations to people I love and trust. They give me feedback, and I grow from what they share and offer. It makes me a better writer, a better person, a better member of my community. Maybe I can connect with someone, in a way other haven't, showing them they are not alone. Maybe, just maybe, I am the messenger God had sent at that moment to touch that one soul.

When I share my love; the love of a wife, a daughter, a sister, an aunt, a niece, a friend, and of a Christian, I grow from the love I receive in return. I grow from the experience of loving and of losing and I pray I help those I love to grow as well. I know I love in a way no one else can, because we are all individuals. We are each unique, with our own burdens and exceptional gifts.

Recently, a man I knew only briefly, chose to take his own life. It left me with many questions, some anger, and a great deal of sadness, not only for him, but for the family and friends he left behind. He was a man with an abundance of love in his life, and multitude of talents, and so many things left undone. I wonder what it was in his life that caused him to be without hope, to not be capable of seeing tomorrow. I pray for him, and his family to find peace. I pray for their comfort of mind, even when there are no answers.

So I now look to tomorrow, and dream of what could be. Remembering change is possible as long as we keep fighting for it. None of us know what tomorrow will bring, the path God will lead us down, or the wonders that await us at the end of our road. So I ask you to stop for even a moment, and thank God for all the blessings you have today. Let your imagination fly free like when we were kids. Stop and listen to the sweet whisper of God speaking in your life, and let us all dream of tomorrow

***"Let us be silent that we may hear the whisper of God."***

***~Ralph Waldo Emerson~***