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U.S. postage
PAID
Springfield,
MA
Permit no
2702

The Federated Courier

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Volume 73 4

April 2020

From the Pastor's Desk

Near the cross of Jesus stood his mother, his mother's sister, Mary the wife of Clopas, and Mary Magdalene. ²⁶ When Jesus saw his mother there, and the disciple whom he loved standing nearby, he said to her, "Woman,^[b] here is your son," ²⁷ and to the disciple, "Here is your mother." John 19:25-27a

Greetings of Grace and Peace!

I love the stories of Jesus! I love how he magnetically drew people to him, how he healed folks in a wide variety of ways, shared wisdom with others from a young age, stood up for those oppressed or overlooked by society, challenged the authorities when he believed they were getting it wrong, and more. However, over the past few years, I have continually been drawn to Jesus's words on the cross. How physically, emotionally, mentally painful his death must have been, yet, he still finds ways to connect and care for those around him, even his tormentors.

To the criminal next to Jesus on the cross, he witnesses and shares a word of hope as he too is about to die. Jesus asks for forgiveness for those who have fought over his clothes, hurled taunts and insults at him, argued for his crucifixion and for those who crucified him.

I love how Jesus cares for his mother and his friend amid his anguish and pain as in the above-referenced scripture. Just as God tells us in Genesis (2:18), it is not good to be alone. We are people made to be in community and care for one another.

The pandemic has made it difficult to be in community; however, we continue to strive to find ways to stay connected. The newsletter will explain some new ways we are trying to stay connected as we also reach out to others and let them know they are loved, even as this horrific disease moves among us. We are called to act as disciples of Jesus, following his ways, including loving and caring for others, despite our fears, anxiety, worries, dismay, grief, and more. Pick up the phone and call a neighbor or church acquaintance. Drop off a simple meal to an elderly person/couple or food to a local food bank. While we do not want to boast, we do want to *spur one another on toward love and good deeds* (Hebrews 10: 24b) so let us know what you are doing to stay connected and care for others during this time by posting it on our Facebook page or sending in a picture to share with the church family.

If you need to talk or have an errand done, please call me and let me know. Either a Deacon or I will try to assist the best we can. I hope you will try some of the new ways we are trying to connect. I miss seeing and being with you. These new ways will give us an opportunity to be socially distanced; yet together.

Stay safe!

In the Love and Light of Christ,

Pastor Pat

***Wash Hands for 20 seconds**

(suggested guideline: sing the Doxology and when finished, 20 seconds is up.)

From the Deacons' Bench

This has been a trying month for your Deacons. The virus and the “Social Distancing” has brought with it a new set of problems in serving the congregation. We have been given the task of keeping in contact with our most at risk congregants but also practicing the appropriate SD. There are times when it can't be done because it may involve transport to a doctor or a shopping trip for food. We have halted our Wednesday church service but the pastor still does the entire Sunday service and puts it live on line. She is assisted by the Deacons and Jack Germain on the video. In the meantime, we are keeping in contact over the phone and with notes and prayers. If you have any needs that we can fill please call the church. Several of the Deacons are available to help with shopping or getting someone to an appointment.



Call even if you just need someone to talk to.

Social distancing can be lonely

Dave Anable, Deacon

***Cough into your elbow &
wear a face covering when you go out.**

Servers for the Month

Deacons

April	Hayden Tibbetts
May	Linda Hornig
June	Carmel Grant

Anniversaries

April & Joshua Gonce	04/06
John & Barbara Panek	04/11
Mitch & Mary Drozdowski	04/21
Matt & Diane Fisher	04/21





Sunday School Birthdays

Abigail	Tulloch	04/08
Annabelle	Tulloch	04/29



April Birthdays

Birthday Greetings to the following adult members of our church who celebrate birthdays in April.

Elizabeth Nelson	04/02
Steven Elliot	04/02
Judith Hatch	04/04
Matthew Fisher	04/06
Richard Patullo	04/07
Gretchen Warner	04/10
Joyce Burt	04/12
Jane Wyman	04/16
Richard Regnier	04/17
David Quill	04/18
Maurice Dezan	04/19
Matthew Doyle	04/19
Brittany Fisher	04/19
Karen Leger	04/19
David Anable	04/20
Hayden Tibbetts Jr	04/21
Marcia Willey	04/22
Melanie Bliss	04/23
Sarah Blain	04/25
Jeanne Westcott	04/27
Kim Cummins	04/28
Alice Wilcox	04/28
Mason Kennedy	04/28
Audrey Burger	04/29
Anne Collins	04/30

Sympathy Extended To...



Jacqueline Prior's youngest son, Robert, died on March 11th in Biddeford, Maine. Please keep the family in your prayers at this time.

FCC longtime beloved musician and friend, Barbara Bennett, died on April 5th. We extend our sympathy to Barbara's family and friends.



Prayer Corner



Evie Meacham

Joyce Libby

Peg Stearns

Dennis

Julia Winetrout

Gail Banning

Judy Ingle

Otto Kern

Audrey Burger

Christopher

Friends & family of Barbara
Bennett

Carol Darnley

Richard Grant

Gwen Wills

Janet Brehaut

Lelum

Dave Cummins

Winnie

Hayden Tibbetts

Jackie Prior

Benjamin Blain

Beverly Pease

John (Jack) Bennett

Protection for first responders, including Lori Beth, Joshua, Matt, Meghan, Brendan, care givers, community workers, and governing officials trying to deal with all of this.

Worship

Pastor Pat continues to have a condensed worship service on Sundays which is taped and aired on local television as well as on our Facebook page and website. We are seeking someone who might tape the service with their cell phone so we can post it on Facebook Live. If you are interested and willing, please speak with Pastor Pat.

Beginning on Easter (April 12th) and through the season to Pentecost (May 31st) we will be having a communion liturgy in the service. We do know we will be holed up until the end of May, so I invite you to bring a meal or snack with you as you prepare to engage in worship together as well as a candle or light to symbolize coming before Christ. Hopefully, we will be back together soon and share communion in person, but for now, we will share distancing, yet together at the Table the Lord hosts.

Bible Study

On Wednesdays at 10:30 am, beginning April 15th, we will hold Bible study via Zoom. Those who have participated in Bible study previously, will receive an invitation through e-mail with a code to connect on your computer. If you would like to connect by phone, for whatever reason, there will be a number you can dial. You will put in the same code to connect.

Please be patient with me and one another as this is something new. It will also be a great opportunity for others to join the study. You can stay in the comfort of your own home and connect. If you would like to participate in the Bible Study and have not participated in the study, previously, please call the office and let us know.

Prayer Hour Beginning April 9th at 7:00 PM

Pastor Pat is going to try holding a Taize style prayer time via Zoom on Thursday evenings at 7:00 pm. The previous week's MailChimp, weekly news, will include an invitation to connect by computer or phone. You will need the code which will be with the invitation. You may enter and leave as desired. Taize does sing simple songs over and over, a scripture is read, then silence to pray or meditate (listen to God's voice). The sequence is repeated a few times, and then community prayer will be held. Please join us.

Remembering our Community

To reach to our neighbors, we would like to send Easter cards to the residence of *Vero Health & Rehab of Hampden and Life Care Center of Wilbraham*. Due to the virus, visitation is restricted. Our cards will let them know they are not forgotten. The cards can be simple or extravagant. They can be store bought or home -made (what a great way to get our children involved) Please drop them off in the box near the church back door or mailed to church PO Box 246 by April 13th, so they can be delivered near the beginning of the Easter season. If you would like them to be picked up, please give the church a call.

***Please remember to stay 6 feet apart
if near other people.**

Prayer

When we aren't sure, God,
help us be calm;
when information comes
from all sides, correct and not,
help us to discern;
when fear makes it hard to breathe,
and anxiety seems to be the order of the day,
slow us down, God;
help us to reach out with our hearts,
when we can't touch with our hands;
help us to be socially connected,
when we have to be socially distant;
help us to love as perfectly as we can,
knowing that "perfect love casts out all fear."
Help us, O God,
that we might help each other.
In the love of the Creator,
in the name of the Healer,
in the life of the Holy Spirit that is in all and with all,
we pray. Amen.

*Part of a prayer by the Right Rev. Richard Bott, originally posted on Facebook
Offered by William V. Burnside II, Conference Treasurer/Director of
Administrative Services*

**The New England United Methodist Conference is
offering a daily prayer during our quarantined
time. It can be found on the website:**

neumc.org.

*** Please stay at home as much as
possible during this time.**

Women's Fellowship

Meetings and activities are suspended until COVID-19 restrictions are lifted. I regret to say this includes plans for a Kids' Event on April 4th. Last year we had such a wonderful time baking, crafting, coloring eggs and making Easter Baskets to share.



But there is a way for you to participate in a Women's Fellowship project while at home. At our last meeting, we discussed an article in the Methodist Women monthly magazine concerning their efforts to curb pollution. On a national level, this group is working with Chevron to transition to fuels with lower pollutants and to transition to renewable energy where possible. Efforts to increase recycling efforts and reduce use of chemicals and plastics.

As a group, we felt we couldn't take on Chevron. **BUT**, we can definitely work on recycling and reducing use of plastics and harmful chemicals. This is where all of you come in. Are there things that you do or products that you use to be kind to our Earth??

Are there places where items such as Styrofoam and other difficult to dispose of items are accepted for recycling??

We want to hear from you!! Write your ideas on a slip of paper and mail to Karen Anable, 424 Lower Hampden Rd., Monson, MA 01057 OR call 413-267-3377 OR email Kanable58@yahoo.com.

All your ideas will be put together in a booklet to be shared with the congregation and local community!! We look forward to hearing from you!!

Sincerely,
Karen Anable

Scholarships

Summer camping schedules are out. If you are interested in attending camps this summer, please speak with Kristi or Pastor Pat for suggestions and websites. Partial **Camperships** are available for those attending a Christian camp. Applications are available from the office.

Are you a member of the church? Attending college? We have **College Scholarships** available for members. Please note that you must be present in worship to receive your scholarship. Ask for an application from the church office and see if you qualify. Deadline is April 15th.

Christian Education

We hope everyone is staying well and safe. We miss the youth of the Sunday School and are looking forward to a time when we can be together again.



Proverbs 22: Start children off the way they should go, and even when they are old they will not turn from it.

Please encourage the youth to keep reading their Bibles and work on their acts of kindness during this time.

Blessings,
Kristi and Laurie

How to Sew Medical Face Masks

What fabric should I use?

The best fabric for homemade masks is a **tightly woven, 100% cotton fabric**. Things like denim, bed sheets, and heavyweight shirts are all good options. Avoid knit fabrics (e.g. jersey T-shirts) because they create holes when they stretch, which the virus could get through. Make sure to prewash fabrics using hot water to kill germs and to pre-shrink the material so it doesn't change shape after healthcare workers wash it themselves.

We spoke with several healthcare professionals, and **it's clear that there are no specific guidelines or regulations around making homemade masks at this time**. Still, there are some best practices you can follow if you want to help. On top of a sewing machine and fabric, you'll need a nonwoven filter fabric to help block out particles and a metal piece (like a paper clip) to make it fit snugly around the nose.

If you have clothing or bedding items at home that are in good condition, you can use these instead of having to buy new fabric. On top of that, JOANN stores are donating precut fabric to anyone who wants to make masks. All 860 stores will be offering the materials in their classrooms with sewing machines, which the company says will follow social distancing recommendations. You can also call the store to have the supplies brought out to your car for curbside pickup if you have a sewing machine at home and prefer to not enter the store.

Will hospitals accept homemade masks?

Homemade masks technically are not hospital-approved, so some hospitals won't accept the donations directly.

Check with local hospitals in your area to see if they can use your homemade masks and if so, what their policies are for dropping them off. Because this is a rapidly changing situation, hospitals are continuing to update policies.

Otherwise, healthcare professionals are making requests on social media. MasksForHeroes uses an Instagram account to post PPE requests from healthcare workers. It says some hospitals have given permission to send the requests, but other posts from individual employees may be anonymous. The U.C. Berkeley School of Public Health is also compiling lists of hospitals by state that are accepting homemade masks, including instructions for dropping them off.

Keep in mind: it's not just hospitals that need face masks. Healthcare workers in other facilities like nursing homes and urgent care centers are also dealing with mask shortages while working with COVID-19 patients. Even non-healthcare workers like veterinarians and firefighters are left without face masks and have said they would accept homemade versions.

How do I make a homemade face mask?

Here is **step-by-step guide to sewing medical face masks**, including a template you can print at home:

1. Print pattern
2. Cut pattern out
3. Use pattern to cut 2 cotton fabric pieces
4. Use pattern to cut 2 interfacing pieces (**MUST** be nonwoven)
5. Place cut fabric with front sides together
6. Place both layers of the interfacing together on top of fabric (on the back side of fabric)
7. Sew top 9" seam (2.5-3 stitch length is best) with 1/4" seam allowance

8. Flip open with front side of fabric up
9. Press seam flat to one side
10. Insert metal piece along seam between the 2 pieces of fabric
11. Stitch ½” rectangle that is indicated at top of pattern (with wrong sides together) to secure metal piece
12. Flip back to right sides together, stitch bottom 9” seam
13. Flip back to right side out and press bottom seam
14. Use pattern to help mark pleats. Pleat the 3 pleats all in the same direction, put a pin to keep them in place
15. Cut binding tape at 36” per side
16. Find the center point of the binding and the center point of the mask and pin the binding on the mask with the mask sandwiched between the binding
17. Sew binding
18. Repeat on the other side of the mask
19. Press pleats

20. Finally, pat yourself on the back, because you are making a difference!

*** You can print this mask pattern from:**

<https://www.goodhousekeeping.com/health/a31902442/how-to-make-medical-face-masks/>

As more information about the coronavirus pandemic develops, some of the information in this story may have changed since it was last updated. For the most up-to-date information on COVID-19, please visit the online resources provided by the CDC, WHO, and your local public health department.



Easter Sunrise Service
Cancelled

*Please note that due to social distancing, there will be no
Sunrise Service or Pancake Breakfast on Easter this year.
Please stay safe!*