

# TOWER NOTES

Centre Congregational Church (United Church of Christ)

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The Rev. Nancy Rottman, Pastor

The Rev. Mark Freeman Strickland, Pastor Emeritus

Laraine Wilson, Director of Faith Formation

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Leah O'Brien, Director of Tower Day School

Susan Spear & Barbara Langill, Secretaries

*We Welcome Everyone: An "Open and Affirming" Church*

**March 9, 2020**

## Coronavirus and Centre Church

As new cases of the coronavirus (COVID-19) are reported in the United States and around the world, the church is called to education, caution and common sense. Here are a few basic guidelines for us to follow, at church and at home. Good hygiene helps prevent the spread not only of coronavirus but also of colds and flu!

- Members, ministers, ushers - wash your hands frequently – with soap and water and for at least 20 seconds (the length of time it takes to sing *Morning Has Broken, Be Thou My Vision, Great is Thy Faithfulness (refrain), How Great Thou Art (refrain), or Amazing Grace*)
- Sneeze or cough into the crook of your elbow or a tissue, not your hand. Wash immediately after coughing, sneezing or blowing your nose.
- Avoid touching your face, especially your mouth, nose and eyes, with unwashed hands.
- Regularly disinfect surfaces frequently touched including keyboards, desktops, elevator buttons and doorknobs.
- Use hand sanitizer.
- Avoid close contact with someone who is sick.
- Stay home if you are sick.
- Feel free to “bump elbows” or bow to fellow congregants during passing of the peace instead of hugging or shaking hands.

Coronavirus (CoVid-19) is a respiratory illness that causes flu-like symptoms including fever, vomiting and difficulty breathing.

- If you have any of these symptoms, seek medical advice.
- Call ahead before you go to a doctor's office or emergency room. Tell them about any recent travel and your symptoms.
- Stay home. Do not travel while sick. Avoid contact with others.
- Ask to join meetings via video or telephone conference call while you are recovering.
- If you are quarantined with a suspected COVID-19 infection and in need of supplies to get you through your quarantine, reach out to the Centre Church office by phone or email so we can deliver supplies to you.

Helpful links:

- Short educational video on the “5 Things to Know About COVID-19”  
<https://youtu.be/2OKr53uXhS4>
- Latest guidance from the Center for Disease Control (CDC) at:  
<http://cdc.gov/coronavirus/2019-ncov/index.html>
- More resources from UCC Disaster Ministries:  
[ucc.org/disaster\\_coronavirus\\_resource\\_from\\_the\\_ucc](http://ucc.org/disaster_coronavirus_resource_from_the_ucc)

(continued)

As a faith community, we have a special responsibility to care for our fellow congregants and communities. When we are prepared, we are in a better position to help others. Get the facts and restate them accurately. Check in frequently with our fellow congregants.

[This information has been adapted from the UCC Disaster Ministries: [ucc.org/disaster](http://ucc.org/disaster)]

I want to assure you that the Tower Day staff and the Centre Church staff and leadership are keeping up-to-date with the latest information about COVID-19 as well as staying connected to the Lynnfield Board of Health and the Massachusetts Department of Public Health. We are implementing or reinforcing best practices across our facility and encourage you to do the same in your homes and in the other spaces where you have an opportunity to exercise recommended precautions.

Let us join together in prayer for those who have lost their lives to this virus, for those currently sick or quarantined, for all of our health care workers, and for our scientists and researchers working around the clock. Lord, have mercy!

Ever in the hope of the resurrection,  
*Rev. Nancy*

**In the Sanctuary**

**March 15, 2020**

Morning Worship  
Nursery Care  
Church School Classes

**March 22, 2020**

Morning Worship  
Nursery Care  
Church School Classes

**March 29, 2020**

Morning Worship  
Nursery Care  
Church School Classes



**Climate Change Videos and Discussion**

Each Wednesday evening in Lent, you are invited to gather for a simple soup supper, a screening of an environmental film/documentary, and an opportunity to pray with your feet on our labyrinth. You may participate in all three activities or just the one or two that you are interested in or have time for.

Please join us each Wednesday night during Lent as we delve further into our environmental responsibilities and actions.

**Mission & Outreach Ministries**

**Fair Trade Goods**

The Mission and Outreach Team will be selling a limited selection of Equal Exchange coffee, chocolate and tea when hosting fellowship on March 15<sup>th</sup>. These items will be sold at reduced prices (\$3 candy bars, \$4 teas and \$10 coffee). Other items can be ordered at catalog prices.

**Love Packages**

Bibles, other Christian books and Sunday School materials, are being collected for distribution around the globe. Items can be left in the box in the narthex marked for [www.lovepackages.org](http://www.lovepackages.org) until March 31.

**March 22 is World Water Day!**

World Water Day is held annually on March 22, to focus attention on the importance of fresh water and advocating for the sustainable management of freshwater resources. In 2020, the focus of the day is on water and climate change – and how the two are inextricably linked. Find ways YOU can help to preserve the world's water supply here:

[www.worldwaterday.org](http://www.worldwaterday.org) and  
[www.unwater.org/world-water-day-2020](http://www.unwater.org/world-water-day-2020)



Our next **Green Wagon Sunday** will be on **March 22**. We're collecting **pasta, tomatoes and sauce**.

## Centre Church Green Team

If you're passionate about recycling, composting, switching to sustainable sources of energy, etc. and would like to share your ideas on these topics, please contact Linda Ladd by emailing [green@centre-church.org](mailto:green@centre-church.org). We are forming a congregational "Green Team". This group will work towards eliminating our church's impact on the environment and educating our congregation and community on how to do the same as individuals.

## Stewardship



Stewardship Ministries wishes to thank everyone who has submitted their pledge. If you have not yet turned in your pledge card, please do so as soon as possible. Our financial support is vital to the ministry of Centre Church. And, it's important to return your pledge soon because we need accurate pledge data to develop the budget for our new fiscal year, which begins on July 1.

If you have misplaced your pledge card, just call the church office and a new card will be mailed to you.

With appreciation for your generosity,  
Debbie Cotting



## Faith Formation

### **Heifer Muffins**

All 5 Sundays in March!

Each Sunday during Lent, the church school children will be selling muffins after worship to help raise funds for Heifer International.

## Upcoming Sundays

### **Remaining March Sundays**

- 3/15: Church School/Godly Play Lenten Muffins
- 3/22: Church School/Godly Play Lenten Muffins
- 3/29 – Service Sunday, Lenten Muffins for Heifer
- We raised \$114 for Heifer on our first Sunday!! Thank you to all who contributed to the cause!

## Looking Ahead:

**Autism Awareness Event:** April 4, 2020 at Centre Church, time is 1-3 p.m.

## **April Sundays:**

- 4/5: Palm Sunday, Procession from the Common and Children in Church
- 4/12: Easter Sunday, Children in Service, Nursery Open
- 4/19: Church School, April Vacation Week
- 4/26: Church School, Last Day of April Vacation

## Volunteer Needs:

- Nursery (0-3) OR Footprints (Pre-K/K)
- We are looking for volunteers to help us run stations at our Autism Awareness Event on Saturday April 4th.

**Children's Sunday:** We will hold Children's Sunday on **June 7, 2020** and the theme will be "Caring for Creation".

## Middle School Youth Group

Our February Meeting was a success! What fun we had with our rock activity and deciding to explore our support of the Service Dog Project in Ipswich. More information at: <https://www.servicedogproject.com>. On March 22nd, we will visit during their Open House from 1-4 p.m.

On April 18<sup>th</sup>, from 11-1 Centre Church will participate with our Wakefield-Lynnfield UMC siblings in "Build-A-Bed" in honor of a young person, Alyssa Conte, a member of their congregation who passed away in 2018 at the age of 29. Alyssa was a strong young woman who lived with multiple disabilities and was full of life. Her family wants to honor her memory by hosting a "build-a-bed" event through "A Bed For Every Child". This non-profit provides a free twin bed to children in need. This gives them a place to sleep and a place to dream, something every child deserves. Join us for the fun - this event is open to all! More information can be found at [www.FACEBOOK.com/methodistchurchwakefield](http://www.FACEBOOK.com/methodistchurchwakefield) and <https://www.abedforeverychild.org>. We want to thank our Mission and Outreach Team who is sponsoring this event!



## Easter Plant Order

I would like to order for \$8.50 each

\_\_\_lilies \_\_\_red tulips \_\_\_daffodils \_\_\_hyacinths \_\_\_kalanchoe

Enclosed is my check for \$\_\_\_\_\_ made payable to Centre Congregational Church.

These flowers have been given by \_\_\_\_\_

in **memory** or **honor** (*please circle one*) of \_\_\_\_\_

PLEASE CHECK ONE OF THE FOLLOWING:

\_\_\_ I will take my plant(s) home after the 10 a.m. Easter Service on April 12.

\_\_\_ I wish to donate my plant(s) to the hospitalized, bereaved or shut-in.

*Plants will be displayed in the sanctuary, and donors printed in the bulletin, on Easter, April 12.*

**Thursday, April 2 is the deadline for placing orders.**

### *Our Opportunities*

<b>Sun. March 15</b>	<b>10:00 am</b>  11:00 am 11:30 am	<b>Morning Worship– Sanctuary</b> Nursery – Room 10, Church School Heifer Muffins after Church Craft Fair Meeting
Mon. March 16	7:30 pm	Choir Rehearsal – Choir Room
Wed. March 18	6:30 pm 7:00 pm 7-8:30 pm	Soup Supper-Kitchen Film/documentary-Theater Labyrinth - Narthex
Thurs. March 19	1:00 pm	Bible Study - Fireside Room
<b>Sun. March 22</b>  <i>Green Wagon Sunday</i>	<b>10:00 am</b>  1-4 pm	<b>Morning Worship – Sanctuary</b> Nursery - Room 10, Church School Heifer Muffins after Church Youth Group in Ipswich
Mon. March 23	3:00 pm	Serve at Haven from Hunger
Wed. March 25	6:30 pm 7:00 pm 7-8:30 pm	Soup Supper-Kitchen Film/documentary-Theater Labyrinth - Narthex
Thurs. March 26	1:00 pm 7:30 pm	Bible Study – Fireside Room Choir Rehearsal – Choir Room
<b>Sun. March 29</b>	<b>10:00 am</b>	<b>Morning Worship - Sanctuary</b> Nursery – Room 10, Church School Heifer Muffins after Church

**Church Office Hours – 9am – 3pm**

**The next issue of Tower Notes will be March 23, 2020**