

**Union Church of Biddeford Pool
Biddeford Pool, Maine**

**Newsletter
Spring 2020**

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Notes from Pastor Paula

It has been a time of change at Union Church over recent months as we have said goodbye to some dear members and prepare to welcome new members to our wonderful community. Since December, we have experienced the deaths of Marjorie Jamback, Matt Poftak, Tom Bancroft, and old friend, Vickie Breault. We have grieved along with their families and we will miss them. We look forward to welcoming eight new members this month, including John and Lindy Sciaba, Amy and Jim LaBelle, Sheri Poftack, and Gladdess Pembu and his young daughters York and Houston. And we continue to welcome visitors and regular friends each week at Worship and at social events and other offerings at Union Church.

In February, a small group helped to organize a lovely Service on the theme of Creativity and Spirituality. Many shared their creative works of music, poetry, art, handwork, painting and photography. Eileen Foley graciously assembled a lovely booklet to highlight these creative works and copies may be seen at the church. Brad Coupe offered some reflections on this topic which inspired us to think in new and expansive ways about the definitions of creativity and of spirituality. We do hope to hold a similar Service in the future so that others may share their work.

We are in the Season of Lent as we prepare for the coming of Easter in April.

On Ash Wednesday, we had a quiet, contemplative gathering at the church as we prepared to begin the journey, listening to music and readings, viewing a film called The Examen, and receiving ashes to remind us that we are all God's beloved dust and to dust we shall one day return. Our theme for the Lenten Season is Listen: Finding Your Life: Listening Deeply as we explore ways to listen more closely to the voice of God in our lives each day. We have also shared a lovely booklet at church, Wendell Berry and the Sabbath Poetry of Lent. It includes weekly Scripture selections, poetry from Berry and ideas and practices for Lent.

Our Deacons are planning to offer one or two opportunities for Conversation and Prayer during Lent. I have invited former Pastor Jan Hryniewicz to offer a Lenten Retreat which is planned for Wednesday, March 25th from 10-12 at the BPCC. It will be titled "Treading Mindfully" and is open to all.

Since September, a group has been meeting monthly at the BPCC to share support and stories around Mental Health. The group includes those who have had their own journey with mental health challenges including depression and other concerns as well as family and friends who have accompanied a loved one on the journey. We will continue to meet on the second Wednesday of the month at 10am at the BPCC. For more info, please feel free to contact me.

I am mindful that as we go to print, the news is filled with stories of the Coronavirus. We offer prayers for all those who have been affected, for the medical and other professionals who are

responding, and for families who have already lost loved ones to the virus. At Union Church, we will be reviewing our procedures and will be creating plans for if and when the virus begins to affect the local community.

May you find time during the weeks ahead to Listen to God, to pause in the course of your days and pay attention to that 'still small voice' speaking to you.

Blessings,
Pastor Paula

Important Dates:

- Wednesday, March 11th-10am, BPCC- Mental Health and Wellness Group
- Wednesday, March 25th-10-12, "Treading Mindfully" Lenten Retreat led by Rev. Jan Hryniewicz
- Thursday, April 9th-Maundy Thursday, 6pm Service at Union Church
- Sunday, April 12th -Easter Sunrise Service at Middle Beach, Biddeford Pool
- Sunday, April 12th-Easter Worship, 10am, Union Church

I do hope and pray that you will find time during the weeks of Lent to Listen to the ways in which God speaks to you in your life, in those you meet, and in the silence of the day.

Blessings,
Paula

Lenten Psalm of Longing

I thank you, O God, for the warming of the winds that brings a melting of the snow, for daylight hours that daily grow longer and richer in the aroma of hope. Spring lingers beneath the horizon as approaching echoes of Easter ring in my ears.

I lift up my heart to you, Beloved, in this season of Lent that gently sweeps across my sluggish and sleeping heart, awakening me to a deeper love for you.

May the wind of the Spirit that drove Jesus into the desert, into the furnace of prayer, also drive me with a passion during this Lenten season to enkindle the fire of my devotion in the desert of Lenten love.

Birds above, on migratory wings, signal me to an inner migration, a message that draws me homeward bound on Spirit's wings to the heart of my Beloved.

May I earnestly use this Lenten season to answer the inner urge to return.

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Some Thoughts from the Moderator
By Paul Schlaver

This has been a tough winter for the Union Church family as to illnesses and also some deaths in our midst. We lost Matt Poftak after his struggle with Alzheimer's. Marjorie Jamback was suddenly taken from us as well. Most recently came the passing of Tom Bancroft. Others in our church family have felt the loss of parents and dear friends as well. A person well known in the Biddeford community and from Hattie's Restaurant days as well as Union Church also died at the end of February, Vickie Breault.

I want to share links to tributes and information about Marjorie and Tom. We had previously posted on the Union Church website a link to the sermon Marjorie gave to us in church in 2016. This was posted here: <http://www.unionchurchme.com/home/union-church-lost-a-family-member/>

On February 22nd many of us attended a very special memorial service for Marjorie and now there is a posting of the program from that service and the tributes spoken during the service. Those of you present that day can relive the spoken thoughts so eloquently offered by Pastor Paula, Pastor Jan and some of Marjorie's family members here: <http://www.unionchurchme.com/home/marjorie-jamback-memorial/>

The memorial service for Tom Bancroft will take place at Union Church on Monday, April 6th. For now though I would point you to the wonderful obituary that has been posted at the Hope Memorial of Biddeford web site. Tom was truly a renaissance man with a long career in the social services in addition to his many other interests and accomplishments. Please read the story here: <https://www.hopememorial.com/obituary/Thomas-Bancroft>

The Service for Matt Poftak will take place on Saturday, April 4th at 11am at Union Church.

Vickie Breault's Service is scheduled for Saturday, March 28th at 11am at Union Church.

I should add that even though you will receive this Spring Newsletter via email, the whole document will also be posted on our website and the weekly sermons can always be found there as well. This website offers a way for those of you that are away or cannot attend Sunday services regularly to stay in touch. The public that might be searching for a church to attend can also certainly find a lot of information on the webpage too: <http://www.unionchurchme.com/home/>

Speaking of Our Moderator

Paul Schlaver Celebrates a Big Birthday!

Two dozen Union Church folk came out to celebrate our dear Moderator Paul's 75th Birthday at Run of the Mill in Saco. During our toast, shouts rang out in appreciation of Paul's:

- Kind, steady hand on the helm of our church leadership
- Timely and caring communications on behalf of Union Church activities
- Devotion and tireless work on behalf of our church
- Fantastic gardening skills, and willingness to share in his garden's bounty
- Support and love of his family and his community.

Some said we should do this "every week" to celebrate the community we have within our amazing church. With another toast to Cris Hudson on her actual birthday, the group enjoyed casting off our cares for a meal of fellowship.



From the Deacons

by Katie Koles

The new Bibles are coming to the pews. I am still working with our vendor to find some large print Bibles which will meet our needs. We appreciate donations "in memory of" and/or "in honor of" and the donation amount will be between \$20.00-\$25.00 per Bible. We need to finalize the cost with Copy-it for the printing of the bookplates.

In the meantime, there will be a sign-up sheet in the back of the church. If you are away, please email me at lassierosy@aol.com if you wish to make a donation.

On a spiritual note, there is a line from a Meryl Streep movie as follows: “In the very worst of times, we see the very best in people.” To say our church community has had our share of loss during these past few months, would be an understatement. Yet, we remain so present to one another providing comfort and friendship and solace—the very best in people.

After the Sandy Hook School shootings, news journalist Anne Curry encouraged “28 Random Acts of Kindness” to honor and remember the victims. I undertook that challenge with thousands of others. While it did not bring back those young lives, I DO hope that there was some positive energy which helped the world just a little bit. So, I encourage us to do the same in memory of our church members who have died.

During Lent, I always remember my college friend Denise Ferri who said, “Lent is a time to smooth out the rough edges in our lives.” I encourage all to participate in the Lenten offerings Pastor Paula has planned-to find and renew our spirits and souls and discover the blessings in every day of our journey.

Mission Committee News
Ken Murray



Donations of non-perishable healthy snacks for the children at the Biddeford Primary School have tapered off in recent months. These snacks are still needed so the students, who come from refugee families, do not go hungry. You can drop contributions off to the plastic containers at the front of the church anytime.

At the January Semi-Annual Meeting the congregation approved a budget that included a \$4,000 contribution to the Union Church mission outreach program, up from \$2,000 in previous years. The Mission Committee met recently to discuss how to use these funds, as well as funds from memorial donations and a small carryover from the 2019 budget. We made the following decisions:

- We added \$1,000 to “Local Mission-Individual Assistance” doubling it from \$1,000 to \$2,000. The understanding was that this would be administered by Pastor Paula and would supplement the Pastor’s Discretionary Fund.
- We decided to donate \$500 to the Sam L. Cohen Adult Day Center of Southern Maine Agency on Aging to support their activity program for their members.
- We decided to write in a line for Mission Hill Community Garden in the amount of \$300 to hopefully support three raised beds, as we did last year.
- And we added \$1,386 to \$1,000 already allocated to the “Miscellaneous Missions” line to be used for other causes we might want to support as they come up.



Union Church Program Committee

Plans are underway for the 2020 Summer Speaker Series. We have confirmed four authors to speak in this year’s program. They are...

- Ann Hood on July 9th
- Michael Koryta on July 23rd
- Abdi Nor Iftin on August 6th
- Colin Woodard on August 20th

The Summer Speaker Planning Group met at the end of February. Soon a Constant Contact email will go out to start the ticket sales and reservations process.

Also, this spring we will start the process of approaching local businesses and others to purchase advertisements in the Summer Speaker Series Program Book. The ticket sales and the Program Book advertisements are what generate the proceeds, all of which go to fund the many Union Church charitable outreach programs. If you can help with the process of selling advertisements for the Program Book, please let Ken Murray or Doug McCrae know.

Union Church held a successful Mardi Gras celebration in late February. Plans are underway for the Cinco de Mayo event which will be held on Saturday, May 2. See the poster below.

**Celebrate Cinco de Mayo
Saturday May 2nd**

5:30 – appetizers / 6:15 – dinner

Bring your Muchachos! Wear A Sombrero, por favor!

Chefs: Peter & Eve McPheeters

Guacamole, chips & salsa, Chicken Enchiladas

Choose: Medium, Mild or Vegetarian

Pinto Beans/Green Rice

and Chocolate Bread Pudding

BYO Beverage



\$ 15.00

RSVP - Cynthia @ 286-7776 ASAP

charchibald@me.com

Please specify number attending AND regular or mild or vegetarian

Fire Barn, Biddeford Pool

Sponsored by Union Church

Letter of Thanks and Tribute from the Alternative Pathways Center

As you may remember, our Union Church Knit Wits group has had an important ministry to the students and staff at The Alternative Pathways Center, the alternative high school program of the Biddeford School Department. Recently, the Director of Alternative Pathways, Martha Jacques, wrote a "mid-year report" and sent it to the Union Church volunteers who take part. It is a powerful testimony to the good work these women do and the effect they have on the students. The letter follows...

Hello, Knit Wits-

Well here we are more than halfway through the school year already.

It is hard to believe that in under 4 months we will have a new set of graduates and another school year to be thankful for.

I wanted to take a minute to look at the first half of the year and share some thoughts.

I was at a conference in Atlanta last week that looked at the importance of having Trauma Sensitive Schools, helping with the science behind, implementation and next steps. The great news is that APC is way ahead of the curve and I was not afraid to celebrate that. When others asked what I attribute that to I had the same answer each time. We take the time to build relationships with our students. The science that was presented, the student panels that were held and the experts and my mentors in the field of building Trauma Sensitive Schools all go back to the principle that ONE caring adult relationship can change the path that a student may choose.

The Knit Wits are such a big part of that. You may not see it as much as the staff, students and I do but each of you make a difference. Since the beginning of the year we have baked pies to donate to a community event, taught kids how to write thank you notes, played bingo and worked on our French language skills, carved pumpkins, baked and decorated cookies that the kids could take and give to others, made blankets and toys for the animal welfare society and even learned some Chinese!

In just 10 visits from you, we have given back to our community, given the kids skills that are transferable and have helped our students realize that they always have something to give to someone else, no matter how small it may seem.

I know that at times it can be frustrating that not all of our students are participating, or some seem to have a cookie and run, but for the ones that we are building relationships with or teaching skills that they may someday need, it means the world.

Of the students that do participate regularly we have several that are homeless and have dealt with a life of neglect, some whose social anxiety is so bad that they have not attended school in 2+ years, one trying to stay sober on a daily basis, two taking care of their mentally ill parents

and siblings while working full time and trying to graduate from high school, and two who have been hospitalized more times that they can count but always make sure they are here for the Knit Wits. So, while it may seem on the surface that we gather every other week to have a little snack or celebrating, we are reaching these kids on a much deeper level than that.

Thank you for the good work that you do with our students, thank you for building the relationships that you are and as always, if at any point I can help with anything or support you in a way different than I am, please do not hesitate to reach out.

Warmly,
Martha

"Be the One"

Martha Jacques, LMSW, M.S.Ed.
Director, Alternative Pathways Center
Biddeford School Department
73 Bacon Street
Biddeford, Maine 04005
207-494-8964
Mjacques@biddefordschools.me



Warm Hands, Warm Hearts

I want to thank you all for the generous and kind donations to this year's Warm Hands, Warm Hearts project. We had a tough year with collections. However, Union Church, as always, came through with flying colors. UC was easily our biggest donor and accounted for a good portion of our overall collection. With some let arrivals, we collected, in total, approximately 400 items -- more than 100 hats; nearly 100 socks, and 63 gloves. We made donations to Saco elementary schools, Seeds of Hope, two nursing facilities, three cancer centers and the English Language Learning program. At one cancer center, I took the lid off the bin of donations so the workers there could see the fuzzy socks, and the hand-made hats and scarves we'd brought. One worker cried and said how much it would mean to people going through such a hard time.... Thank you for helping us do this

-- Sharon Gaudin

How About a Sunday Drive?

by Jenny Comeau

Remember Sunday drives? I remember my father and mother piling all eight of us kids into our bright blue Chevy station wagon from time to time on a Sunday. We moaned about doing so, certain we had better things to do than sit crowded together going nowhere down country roads. Yet during that forced intimacy, something indescribable happened. We connected in a shared experience -- just living. We stared out our windows at the sky and sometimes there was a rainbow! We watched farmers working their tractors and stopped at their farm stands for fresh corn and homemade jam. We sang songs and heard stories about Mom's family in Ireland. We stopped at hobby shops -- Dad loved trains! And sometimes (no, really, every time) we found a mom-and-pop ice cream stand. I got to order my favorite -- butterscotch ripple. It was Dad's favorite too.



Out on a country drive. 7 of us 8 kids & Dad. Mom took the photo.

On Sunday March 22nd, from 3:30-5:30PM I am hosting another climate conversation. This time it's up in Belfast, and I confess to being a bit nervous because I will know *no one* in the room. (Let's face it, holding space for conversations about climate is scary even when I know *everyone* in the room.) I'd love to see a couple of friendly Union Church faces in the audience that afternoon. So perhaps I've tempted you to go out for a Sunday drive on March 22nd after church. Perhaps you'll stop for ice cream.

Perhaps you might head up to Belfast and be my friendly faces. If it doesn't work in your plans, I hope you'll take up the delicious habit of Sunday drives anyway.

STRONG HOPE, DEEP COURAGE, BIG LOVE

~ A Climate Conversation with Jennifer Comeau

Sunday March 22, 3:30 – 5:30PM

Hosted by Unitarian Universalist Church

37 Miller Street, Belfast Maine

From Our Choir Director



Our Union Church Choir Director, Patricia Mulholland, is sharing the following information about two community events that she is leading in the near future, as well as a haiku.

First Event

“SONATA FOR PIANO: A STROKE SURVIVOR’S STORY”

SAT., MARCH 14 – 1 PM

**McARTHUR PUBLIC LIBRARY
270 MAIN STREET
BIDDEFORD**

Sonata for Piano is an original composition created by stroke survivor Tina Callahan and Music Therapist, Patricia Mulholland. The piece consists of ten short compositions

within five movements and is performed live as a duet on two pianos by Ms. Callahan and Ms. Mulholland. Tom Callahan, husband of Tina, provides brief narration between the movements.

The Sonata chronicles Ms. Callahan's experience of stroke from the onset to her current state of recovery. The piece charts her journey from Darkness to Awakening, Curiosity, Acceptance and Joy. The program is facilitated by Ms. Mulholland and includes time for questions and discussion as well as a description of the process of creating the composition.

The piece was presented last fall as the Beverly Bryant Memorial Lecture at the Maine Brain Injury Conference. Other presentations of the Sonata include, the Aphasia Foundation, Boston University Aphasia Group, and University of New England.

Second Event

You are invited to WIONN's:

Spring Into Song

***Singing Together To Build Community –
Facilitated by Patricia Mulholland***

:

Multi-cultural, Multi-lingual Celebration

**When: Saturday, March 28 1 – 3 PM Where: UU Church 60 School St. Saco RSVP:
WIONN4B@gmail.com by Mar 21**

Family-friendly * Childcare provided

Arabic: WIONN tadeuk: *Aihtifal ghina' alrbye*

Altaeadudiat althaqafia,, mutaedid aliughat Mataa:

RSVP: WIONN4B@gmail.com 21 maris *Rieayat altifl almutaha*

alsabt, 28 maris 1 – 3 PM 'Ayn: UU Church 60 School St. Saco

FRENCH: WIONN vous invite `a: *Une Fête Printanierede la Chason Multicultural,
Multilingue*

Quand: Samedi 28 mars 1 – 3 PM Oû: UU Church 60 School St. Saco RSVP:
WIONN4B@gmail.com le 21 mars *Tous ages, Garde d'enfants disponible*

Portuguese: WIONN vous invite `a: *Cantando na primavera*
Multicultural, Multilingue

Quando: Sabado 28 de março 1 – 3 PM Ondo: UU Church 60 School St. Saco RSVP:
WIONN4B@gmail.com 21 de março *Todos bem-vindos, Crèche disponivel*

Swahili: WIONN inakualika: *Kuimba Katika Chemchemi*
Sherehe ya kitamaduni, na lugha nyingi

Lini: Jumamosi, Machi 28 1 – 3 PM Wapi: UU Church 60 School St. Saco RSVP:
WIONN4B@gmail.com Machi 21 *Huduma ya watoto inayoptikana*

Welcoming Immigrants Our New Neighbors (WIONN) creating community in Biddeford, Saco and surrounding communities

Information on More Music from Nancy Bernier



Fiddle-icious Musical Weekend - April 17 - 19, Lewiston Auburn College of USM

Check out this short video with clips from the 2019 event:

<https://youtu.be/7Jfu8UsdfhE>

The weekend runs from Friday evening 4/17/20 through Sunday late afternoon 4/19/20. A tremendous value for the price with group rates and scholarships available.

This year there will be more classes, workshops, instructors, variety of instruments, great food, an amazing jam with Seamus Connolly, two contra bands for the Saturday night dance, many jams, lectures and theory classes, and a wonderful final instructor concert that will inspire you for months to come. We will be at the same great location: USM Lewiston Auburn with plenty of hotels and restaurants close by.

Check out all the workshop descriptions: <https://fiddleicioustraditions.com/classes/>

Register online: <https://fiddleicioustraditions.com/product/registration/>

If you have any questions, please complete our contact form online.

A Haiku from Patricia Mulholland

Illness receding for now,
Breathing in and out,
I taste the impermanence

Of all things, beings -- wonders!
I walk in the sun
To the brown mailbox -- still there.



**Advice Concerning the Coronavirus
From an Experienced Researcher
To His Colleagues
From a Friend and Former Colleague of Erv Davis**

Subject: What I am doing for the upcoming COVID-19 (coronavirus) pandemic

Dear Colleagues,

As some of you may recall, when I was a professor of pathology at the University of California San Diego, I was one of the first molecular virologists in the world to work on coronaviruses (the 1970s). I was the first to demonstrate the number of genes the virus contained. Since then, I have kept up with the coronavirus field and its multiple clinical transfers into the human population (e.g., SARS, MERS), from different animal sources. The current projections for its expansion in the US are only probable, due to continued insufficient worldwide data, but it is most likely to be widespread in the US by mid to late March and April.

Here is what I have done and the precautions that I take and will take. These are the same precautions I currently use during our influenza seasons, except for the mask and gloves.:

- 1) NO HANDSHAKING! Use a fist bump, slight bow, elbow bump, etc.
- 2) Use ONLY your knuckle to touch light switches, elevator buttons, etc. Lift the gasoline dispenser with a paper towel or use a disposable glove.
- 3) Open doors with your closed fist or hip - do not grasp the handle with your hand, unless there is no other way to open the door. Especially important on bathroom and post office/commercial doors.
- 4) Use disinfectant wipes at the stores when they are available, including wiping the handle and child seat in grocery carts.
- 5) Wash your hands with soap for 10-20 seconds and/or use a greater than 60% alcohol-based hand sanitizer whenever you return home from ANY activity that involves locations where other people have been.
- 6) Keep a bottle of sanitizer available at each of your home's entrances. AND in your car for use after getting gas or touching other contaminated objects when you can't immediately wash your hands.
- 7) If possible, cough or sneeze into a disposable tissue and discard. Use your elbow only if you have to. The clothing on your elbow will contain infectious virus that can be passed on for up to a week or more!

What I have stocked in preparation for the pandemic spread to the US:

1) Latex or nitrile latex disposable gloves for use when going shopping, using the gasoline pump, and all other outside activity when you come in contact with contaminated areas.

Note: This virus is spread in large droplets by coughing and sneezing. This means that the air will not infect you! BUT all the surfaces where these droplets land are infectious for about a week on average - everything that is associated with infected people will be contaminated and potentially infectious. The virus is on surfaces and you will not be infected unless your unprotected face is directly coughed or sneezed upon.

This virus only has cell receptors for lung cells (it only infects your lungs) The only way for the virus to infect you is through your nose or mouth via your hands or an infected cough or sneeze onto or into your nose or mouth.

2) Stock up now with disposable surgical masks and use them to prevent you from touching your nose and/or mouth (We touch our nose/mouth 90X/day without knowing it!). This is the only way this virus can infect you - it is lung-specific. The mask will not prevent the virus in a direct sneeze from getting into your nose or mouth - it is only to keep you from touching your nose or mouth.

3) Stock up now with hand sanitizers and latex/nitrile gloves (get the appropriate sizes for your family). The hand sanitizers must be alcohol-based and greater than 60% alcohol to be effective.

4) Stock up now with zinc lozenges. These lozenges have been proven to be effective in blocking coronavirus (and most other viruses) from multiplying in your throat and nasopharynx. Use as directed several times each day when you begin to feel ANY "cold-like" symptoms beginning. It is best to lie down and let the lozenge dissolve in the back of your throat and nasopharynx. Cold-Eeze lozenges is one brand available, but there are other brands available.

I, as many others do, hope that this pandemic will be reasonably contained, BUT I personally do not think it will be. Humans have never seen this snake-associated virus before and have no internal defense against it.

Tremendous worldwide efforts are being made to understand the molecular and clinical virology of this virus. Unbelievable molecular knowledge about the genomics, structure, and virulence of this virus has already been achieved. BUT, there will be NO drugs or vaccines available this year to protect us or limit the infection within us. Only symptomatic support is available.

I hope these personal thoughts will be helpful during this potentially catastrophic pandemic. You are welcome to share.

Good luck to all of us! James Robb, MD FCAP

James Robb, M.D., F.C.A.P., is a consulting pathologist to the National Cancer Institute (NCI) and the Office of Biorepositories and Biospecimen Research (OBBR), and is also the Leader of the cancer Human Biobank (caHUB) Biospecimens Subgroup, Latin America Cancer Research Network (LACRN) Pathology Committee, and National Community Cancer Centers Biospecimens (NCCCP) Pillar. He also serves on the Board of Governors of the College of American Pathologists (CAP). Dr. Robb's research interests include molecular oncologic and neurotropic virology.



Some Thoughts from Dick Bennett

Golly! Lent is here already. We haven't, as yet, had much of a 'Wintah' ... but then it could be seeping and sweeping around a wind-blown corner any minute now! But the fact is that **Lent IS here** and while real snowy 'Wintah' is late, 'Lent' comes early and is attached to a Leap Year. I'm actually wondering if by Easter Sunday the ground will be soft and muddy. I'm wondering if we'll have any crocuses colorfully creeping about in blooming bright and joyous resurrection dances.

My dad had an interesting sense of humor. As a life-long Connecticut Yankee, dad had a habit of pushing the absurd to make his point. Every year ... just about Ash Wednesday, with a twinkle in his eye, he'd say ... "Golly! I have such a tough time with Lent. We're

supposed to *'give up'* something but you know how hard it is for me to give up those fresh strawberries and watermelons!" HOHO! Way to go, Dad!

But what dad really was saying in his own way was ... that Lent is NOT a time for giving things up as is the practice/habit/tradition for some folk. No! My dad taught us that Lent is a time to ***'do something extra!'*** Even before we learned it in Sunday school, our dad had us ***'doing something extra'*** in a kindly, generous, thoughtful, welcoming fashion. The idea was to share, in the midst of the sometime wildings of March's later Wintah's, and to lend someone-in-need a kindly and sharing a lift in anticipation of the coming brightness of spring.

My favorites came to be activities that grew within our family practices in answer to dad's yearly Lenten questions: "Who needs thanks? Who needs appreciation? Who needs some extra time with you? Who needs your kindly help? Who needs forgiveness? When times seem hard and tough, what good can you pursue to celebrate God's love?

Please note that I'm sharing Dad's six questions ... there's one for each of Lent's six weeks. I invite you all to join our family in ***'doing something extra.'*** The idea here is to make Lent a time of becoming vibrantly awake to the needs of others and then, with the spiritual generosity of Jesus the Christ, quietly doing a 'good deed' in Christ's Spirit.

Warming Blessings to all ... Dick Bennett