

E-Tidings

Avon Congregational Church

avon-church.org

July 24, 2024

Worship and Hospitality Volunteers for Sunday, July 28th - Trustee – Jim Reed, Reader – Don Del Cegno, Usher – Terry DiRusso, Videographer – Tom Transue, Prayer Partner – Peruse Khachoyan, Hospitality – Jane Keeney and Brenda Transue



Summer Church Office Hours: During the months of July and August the Avon Congregational Church office will be open **Tuesday – Thursday, 9:00 a.m.-1:00 p.m.** Please continue to leave voice mail messages or send emails, and we will respond as soon as possible.

YOU Choose the Summer Sermon Topics - What have you always wanted your church pastor to preach about? Typically, we follow the lectionary, not always, but typically. The lectionary is a collection of preselected bible texts from both the Hebrew bible and New Testament. Most Protestants and Roman Catholics use the lectionary, set up in years A, B and C to make sure of both variety and breadth of theological concepts are covered over the course of a three-year period.



Using summer as a recess from 'typical,' Pastor Chris invites you to email him your ideas for a sermon. Go ahead. Ask the toughies: Meaning of life? Why does God 'appear' to let bad things happen to good people? Ask for a sermon on your favorite bible story. Pastor Chris may not be an expert on your idea, but he'll attempt a thoughtful reflection on those sermon topics that you want to hear. And together we'll become more informed about your spiritual and religious wonderings! Email Pastor@Avon-Church.org



Fellowship Opportunity – Let's go to the movies! All are invited to the **Plainville AMC Theater on Tuesday, July 30 @ 1:30 pm** for a showing of "The Fabulous Four", starring Bette Midler, Megan Mullally, Sheryl Lee Ralph, and Susan Sarandon. The movie is a comedy about 4 older women, three of whom travel to Key West to be bridesmaids in the surprise wedding of the fourth woman, a college girlfriend. Contact Sue Crowther, Chair of Extra All-Church Events, at sdcrowther@aol.com if you're interested in attending the movie.



JULY 31

6:00-8:00 P.M.

ISLAND OF INSECTS

Spread the word! Avon Nursery School Open House, Wednesday, July 31 at 6:00 – 8:00 PM - Come and experience how young children learn in our NAEYC - accredited preschool and pre-kindergarten environment. Our open house theme is "Island of Insects", and the Nursery School will be set up for everyone to investigate, discover, and learn all about insects. Children will have loads of fun, while parents will have a front row seat to how children learn at our learning stations and classroom centers.

There will be plenty of activities, information about our program, and people to speak with about how Avon Nursery School would be a good fit for your child's early educational experience. This program is free and open to the public. No sign-up necessary. Registrations is still open for the 2024 – 2025 school year.

**A Special Invitation from Nora Howard:
Monarch Nursery Open Porch, at Roger & Nora Howard's
2 - 4 p.m on Thurs. August 1 & Sat. Aug. 10.**

Drop in to see the life cycle of Monarch Butterflies, a fascinating topic that Pastor Chris has preached on in the past! Depending on the luck of the day, you may see eggs, caterpillars in various stages of growth, chrysalises, and perhaps an emerging butterfly.



Lemonade and fellowship too! Please send an email to say if you hope to come (no commitment!) and that helps me plan. Roger and Nora Howard, 215 Cider Brook Road, Avon. (near the Fisher Meadows bridge), oakeshoward@gmail.com

Picnic at the Parsonage, Wednesday, August 14th at noon.

Pastor Chris welcomes one and all to the church parsonage for a midweek picnic on the lawn. This monthly gathering gives the 'Coffee with the Pastor' folks a summer rest as well as encouraging all ages to join us for fellowship and shared picnicking. Bring a chair and your own favorite picnic lunch. Is it raining or oppressively hot? No problem. We'll crank on the AC and picnic in Fellowship Hall. Call Kathy in the office at 860-678-0488 if unsure.



Summer Coffee Hour Volunteers Needed - If you would like to host a summer "Slimmed Down and Simpler" coffee hour, there is one date still available: **August 18**. Please contact Beth Ferrari at (860)675-8246 if you have questions. There's a sign-up sheet by the office with additional information.



July is Disability Pride Month!



“**Disability Pride Month** is inspired by the Americans with Disabilities Act (ADA) anniversary, which was signed into law on July 26, 1990. The month serves as an opportunity to raise awareness about disability rights, challenge stigma and discrimination, and promote inclusivity and acceptance. This year’s theme is “We want a Life Like Yours.” It reflects the disability community’s dreams for life experiences that they are too often denied.”

~ Bob’s Diversity, Equality, Inclusion and Belonging Newsletter July 2024

As a person with invisible and chronic illness, this month is incredibly important to me. As many of you know, I have Fibromyalgia. However, many of you don’t know that I have something called Postural Orthostatic Tachycardia Syndrome, or POTS. The basics of this condition are that I get dizzy when I stand, my heart frequently races, and I have a severe electrolyte imbalance. Slightly more specifically, when I stand, my heart rate raises 30 beats per minute, and my blood pressure drops; I get dizzy, and sometimes pass out; my electrolyte imbalance can cause brain fog, fatigue, and disorientation; I get overheated or have hot flashes; and my heartrate will randomly spike over 100 bpm, even at rest.

Many disabled people, myself included, use something called Spoon Theory to explain how they are able to function, as well as their limitations. Imagine you’re someone who has a condition that others neither see, nor understand. Imagine that that illness gives you parameters on how much you can do in your day, how and what you must eat and drink, what activities are possible for you, etc. Now imagine that each day you have a collection of spoons, a finite amount. Each spoon represents an expense of energy. Each thing you do from the moment you open your eyes costs you at least one spoon. This includes getting out of bed, brushing your teeth, going to the bathroom, choosing what to wear, getting dressed; and that’s just your everyday, immediate needs. You’re now down five spoons, and you haven’t even had breakfast. This is how the rest of your day goes. When you are out of spoons, you are out of spoons. There are no more, and you are basically dead on your feet. You can sometimes borrow from tomorrow’s spoons, but then you’ll be down a few spoons tomorrow. When you overdo it, or use more spoons than you have, you may not have enough spoons to do more than get out of bed and feed yourself the following day, and even that may be pushing it. Those of us living with chronic illness, disabilities, or invisible illness are only able to expend a finite amount of energy each day before it lays us out, potentially for days at a time. This is why you’ll hear me talk about “not having enough spoons,” and why I have a spoon tattoo on my wrist (so that I’ll always have an extra on hand).

~ By Carly Henderson, member of the Social and Environmental Justice Ministry at ACC

For more information about spoon – theory and non-apparent disabilities, see link below and/or contact Carly at c.m.henders@gmail.com.

- <https://butyoudontlooksick.com/articles/written-by-christine/the-spoon-theory/>

Photo of the parishioners who attended the dinner at Gather 55 on June 27th



Milkweed & Monarch Butterflies - We have quite a few milkweed plants popping up around the east side of the sanctuary. It's tempting to want to remove them but this time of year is when Monarch butterflies are laying tiny eggs. The hatching caterpillars will feed on the leaves of the milkweed and eventually make their cocoon or chrysalis to transform into a butterfly. Did you know that the milky sap is toxic to all creatures except the Monarchs?

ACC member, Nora Howard has been keeping an eye on the plants and carefully transfers leaves with eggs on them to her Monarch butterfly nursery. Last year she found three eggs.

So please be patient and let nature's wonders proceed.

~ Beth Ferrari





JULY 31

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We invite you to come and experience how children learn in our preschool environment. Our open house will be set up for everyone to investigate, discover, and learn all about insects.

The children will have loads of fun, while parents will have a front row seat to how children learn at our learning stations and classroom centers.

An open invitation for families to come and see what Avon Nursery School can offer for a preschool environment. There will be plenty of activities, information about our program, and people to speak with about how A.N.S would be a good fit for your child's early educational experience.

NAEYC Accred.
Preschool &
prekindergarten
programs

Bring the kids and let
them play, explore &
create


Be able to tour our
center and play areas
at your leisure.

Registration is still
open for the 2024 -
2025 school year.

Programs for children
Ages 2.9 – 5 years.

**AVON NURSERY
SCHOOL**

6 West Main St.
Avon, Ct.06001
860-678-1267



There are so many events going on in the area this summer! How would you like to attend some together? Members and friends of Avon Congregational Church are invited to check out the list below. Contact Sue Crowther, Chair of Extra All-Church Events, at sdcrowther@aol.com if you're interested in attending an event.

Music on Main, in Collinsville, CT - an outdoor concert series held next to LaSalle's on Main St. on Saturdays from 6-9 pm. Bring a chair and dinner (if you'd like). Check out <https://mainstreetcanton.org/events/>.

Canton's Mills Pond Park's Summer Concert Series is Thursdays, 6:30 – 8:00 PM. See link below:
https://cantonct.myrec.com/info/activities/program_details.aspx?ProgramID=29388

Events at Elizabeth Park Conservancy, 1561 Asylum Avenue, West Hartford, CT. Check out their Wednesday concert series, at 6:30 – 8:00 pm in August: Wednesday, August 14th is *Jazz with Nate Reeves and Friends*. Link to events – <https://elizabethparkct.org/all-park-events/> .

Trinity College, Summer Music Series, 300 Summit St., Hartford, CT. On Wednesday, July 31st at 6:00 pm. the New Haven Quintet will be performing in the chapel. At 7:00 pm there will be a carillon concert in the main quad. Link to events: <https://events.trincoll.edu/event/155746-summer-music-series>

Farmington Public Library Summer Concerts, Thursdays, 6:30 – 8:30 PM.

New Britain Museum of American Art – On September 5th, Mass Conn Fusion Duo is performing.

Tea & Tour at the Wadsworth Mansion in Middletown – Weds., September 18th at 2:00 PM. Cost is \$16.63. If you're interested, contact Sue Crowther right away and give her a check or cash so she can make the reservation by July 21st.

Livestreaming Services and Accessing Church Social Media

Sunday services are accessible on the Avon Congregational Church Facebook page and our YouTube channel. The links for those are below:

<https://www.facebook.com/avoncongregational> or
<https://www.youtube.com/channel/UC9C9s7fZ28HKpSllaoeGZfQ>

For information about Avon Congregational Church, click on the following link:

The Avon Congregational Church Website

www.avon-church.org

Most events and lots of pictures are often posted to our ACC Facebook Page

Our Statement of Inclusion

In keeping with the life and teaching of Christ Jesus, we joyfully and unconditionally welcome all people of any age, gender, sexual orientation, race, culture, ability or social or economic status into our community of faith. We affirm the humanity of all people as unique individuals made in God's image. We also affirm the special gifts that each person has to offer. We invite all to participate in the full life of the church and covenant of our Christian community.

Staff Contact List – Online Church Information

Rev. Chris Solimene, Pastor

pastor@avon-church.org

Rev. Jennifer McCleery, Associate Pastor

pastorj@avon-church.org

Karen Levan, Dir. of Music Ministries/Organist

music@avon-church.org

Jolene Tefoe, Dir. of Avon Nursery School

ANSDirector2@gmail.com

Kathy Smith, Office Manager

secretary@avon-church.org

John Carlson, Finance Administrator

administrator@avon-church.org

Gene Martin, Sexton

Tom Keough, Sexton

Church Address: 6 West Main Street, Avon, CT 06001

Church Phone Number 860-678-0488

Church Website www.avon-church.org

Church Wi-Fi: avonchurch



Scan for giving

Steering Circle 2024 – 2025

Moderator – Susan Elliott; Treasurer – Bob Linderman; Clerk – Jerry Humble;
Worship – Sue Crowther and Laurie Petrin; Nurturing – Donna Lynn Young
and Lee Egan; Outreach – Marcia Cox and Patti Nevin; Support – Beth Ferreri and
Betsy Van Loon; Members – at - Large – Sally Albrecht and Don DelCegno