



# **E-Tidings**

## **Avon Congregational Church**

**avon-church.org**

**September 25, 2024**

“All problems fade out in proportion as you develop this ability to be quiet, to behold and to witness divine harmony unfold.”

-Joel S. Goldsmith



Ahh, the turn of seasons. While we may be encouraged to focus on the refreshing crispness in the air, the crunch of a tasty freshly picked apple and the impending showers of crimson and golden autumnal leaves, there is also the increasing darkness with which to contend.

Cozy fires, hot mugs of your favorite beverage with a book and brisk walks may certainly help assuage the depressing melancholy that could accompany less sunlight. But, being aware of your feelings and any changes in your regular mood patterns is definitely worthwhile. If you have noticed significant changes in your mood and behavior when the seasons change, you may be experiencing seasonal affective disorder (SAD).

Determining the difference between a bit of melancholy you overcome, and a more significant depression based upon SAD may require a chat with your doctor or trusted professional. Yet, for those who feel a little boost from God partnering with your faith family may fill this ‘emptying cup,’ I hope you’ll consider what Avon Congregational Church can offer you.

Take a good look at the many offerings of mission-related ministries as well as the opportunities for fellowship and community. Preparing meals for inner-city soup kitchens and/or the scores of neighbors and surrounding communities for our First Friday Dinners provide a practical roll-up-your-sleeves option to add joy to your life while living into the call of Jesus’ Gospel. Ask me about getting you a partner to teach you how to crochet and make a prayer shawl for someone who is healing or grieving. (Who knows, maybe you’ll learn to make scarves for all your friends while at it!) And if you want to add another handcraft, get involved with our Sew Thankful Quilters. Ring bells or sing with our choir.

Mentor children in reading with the small yet mighty team that provides this wonderful service at a nearby school. Volunteer to be a storybook reader for our own Avon Nursery School. Clip a few spent perennials in our Memorial Garden (a great solo activity!) ...or let me know if you'd like to help straighten up prayer cards/offering envelopes in our church pews or polish here and there in our beloved Sanctuary. Join our Spiritual and Bible Studies. Share a hot coffee or tea with church friends at Coffee with the Pastor on Wednesdays.

There are many ways Avon Congregational Church could be that special ingredient in your recipe to thwart the doldrums of the impending shorter days. Giving yourself permission to be still long enough to notice what you are feeling is the start. Answering God's call to you to be part of what your church is offering may very well be what you need right now. And in being about what God calls you to be here at your church, you are sure "to behold and to witness divine harmony unfold." That's a promise!

Blessings In and Through any Diminishing Light in Your Life,  
Pastor Chris

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**Worship and Hospitality Volunteers for Sunday, September 29<sup>th</sup>** - Trustee – Jim Reed, Reader – Merissa Dandeneau - Conlon, Usher – Barbara Ruppert, Videographer – Donna Lynn Young, Prayer Partner – Dick Lytle, Host & Hospitality – Beth Ferrari and Susan and Bruce Elliott



**We are looking for volunteers to provide flowers** for the sanctuary on the following Sundays in 2024: **This Sunday, September 29**, October 15, November 10 and December 8. If interested, please contact Trudy Desmangles at [Trudy.desmangles@gmail.com](mailto:Trudy.desmangles@gmail.com).

**Sign up today** to volunteer to do coffee hour – Better "latte" than never!! We are looking for people for the following dates: March 30, April 13 and June 1. For more information, contact Beth Ferrari at [BethFerrari@comcast.net](mailto:BethFerrari@comcast.net).



**Coffee with the Pastor, Wednesdays at 10:00 AM** at the Coffee Trade (21 West Main St.) Come by for conversation and fellowship. Pop in or stay for the hour. See you there!

**Learn how to prepare and serve Communion at Avon Congregational Church, Sunday, Oct. 6<sup>th</sup> at 8:45 AM** - If you have ever been interested in helping serve communion, Barbara Ruppert will be demonstrating what is involved starting at 8:45 am. in the church kitchen on Sun., Oct. 6.

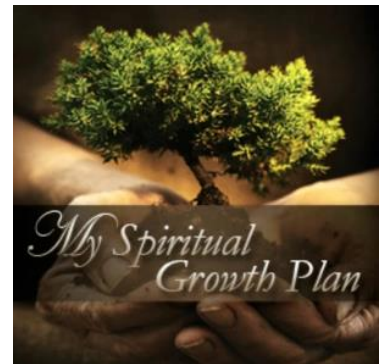


**Blessing of the Animals, Sunday, October 6<sup>th</sup> at 3 PM** - All creatures great and small, along with their owners, are welcome to gather in Fellowship Hall to receive a special blessing. Remembering our furry and feathered saints, who are no longer with us, bring a photo or keepsake along with a story of fond remembrance, which we'll weave into our service.

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**Your Spiritual Journey Now! September 26 and October 3. 10:30 am in Fellowship Hall: *When Bad Things Happen, The Power of Now***

Using the abstracts (or summary notes) from three well-known spirituality writers, Pastor Chris invites us to delve into deeper meaning to be made in the power of this moment to transform your life. Sign up on the main hall bulletin board or contact Pastor Chris at [pastor@avon-church.org](mailto:pastor@avon-church.org) if interested in attending.



Elisabeth Kübler-Ross, a renowned psychiatrist and author, presents *Life Lessons*, practical and spiritual lessons that urge us not to wait until the end of our lives, to learn lessons that we can learn now. She shares ideas to help us find greater peace and understanding.

Tragedy and loss are certainties. As we try to make sense of what's happened, we usually have a torrent of questions and emotions. Rabbi Harold S. Kushner presents *When Bad Things Happen to Good People*. Here we find a pragmatic approach to dealing with feelings and questions around grief and loss as well as a new understanding of how can God allow such suffering.

Eckart Tolle, a renowned spiritual teacher and author, presents his central teaching in *The Power of Now*. We are wired to fret about the past or the future, and these negative feelings and often false beliefs pull us out of living in the present. Hence, we waste precious time, and squander potential moments of joy and wonder. This reading can help us reclaim a deep sense of peace and well-being.



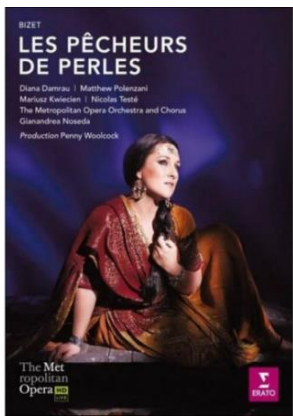


**Classic Movie Night here at Avon Congregational Church, Friday, September 27<sup>th</sup> at 6:00pm.** All are welcome. No sign-ups. Admission is free. Join us for light refreshments and coffee, along with a showing of “**Kiss Me, Kate**”. In this 1953 movie, divorced Broadway stars Fred Graham (Howard Keel) and Lilli Vanessi (Kathryn Grayson) agree to star in a musical adaptation of William Shakespeare's "Taming of the Shrew" alongside rising young actors Lois Lane (Ann Miller) and Bill Calhoun (Tommy Rall). Questions? Contact the Church Office at 860-678-0488.

**First Friday Dinner at Avon Congregational Church, 6 West Main St., on October 4<sup>th</sup> at 5:30 – 7:00 PM.** Join us for a family favorite, **Rigatoni Meatball and Sausage Casserole!** (Vegetarian option available) This month's entrée is served with Tossed Salad, Italian Bread and our popular “Dessert Buffet”, which includes coffee and tea to complete your dining experience. Take-out is available. For more information, call the church office at 860-678-0488, or email [secretary@avon-church.org](mailto:secretary@avon-church.org). No reservations necessary.



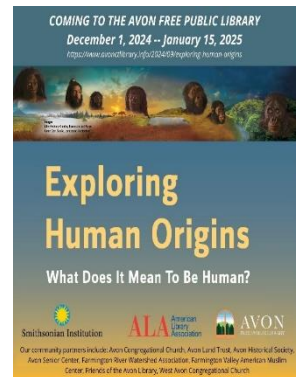
**Sign up on the main hall bulletin board** if you'd like to help cook, set-up, serve or clean-up at the First Friday Dinner on October 4<sup>th</sup>, or make a delicious dessert for our famous “Dessert Buffet”.



**A Day at the Opera featuring Georges Bizet’s “Les Pêcheurs de Perles” (The Pearl Fishers), Sunday, October 20<sup>th</sup>, 11:45 PM –** All are invited to the viewing of “the Pearl Fishers”, an opera in three acts by the French composer Georges Bizet. It was first performed on September 30, 1863 in Paris, and was given 18 performances in its initial run. Set in ancient times on the island of Ceylon, the opera tells the story of how two men’s vow of eternal friendship is threatened by their love for the same woman, whose own dilemma is the conflict between secular love and her sacred oath as a priestess. Sign up on the main hall bulletin board. Questions? Contact Leslie Desmangles at [ldesmangles@gmail.com](mailto:ldesmangles@gmail.com).

**Around Town** - The Avon Library will be hosting an ALA Traveling Exhibit in the community room on the first floor, from December 1, 2024-Jan. 15, 2025, on the origins of humanity. There will be programming on science, history, and faith, exploring all of the themes of the exhibit.

Our partners for this project include: Avon Congregational Church, Avon Land Trust, Avon Historical Society, Avon Senior Center, Farmington River Watershed Association, Farmington Valley American Muslim Center, Friends of the Avon Library, West Avon Congregational Church.



The Avon Library's Art Gallery will feature a companion exhibit from December 1, 2024-January 31, 2025. <https://www.avonctlibrary.info/2024/09/exploring-human-origins/>

## 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/UC9C9s7fZ28HKpSllaogGzfQ>

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

### **The Avon Congregational Church Website**

[www.avon-church.org](http://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	<a href="mailto:pastor@avon-church.org">pastor@avon-church.org</a>
Rev. Jennifer McCleery, Associate Pastor	<a href="mailto:pastorj@avon-church.org">pastorj@avon-church.org</a>
Karen Levan, Dir. of Music Ministries/Organist	<a href="mailto:music@avon-church.org">music@avon-church.org</a>
Jolene Tefoe, Dir. of Avon Nursery School	<a href="mailto:ans@avon-church.org">ans@avon-church.org</a>
Kathy Smith, Office Manager	<a href="mailto:secretary@avon-church.org">secretary@avon-church.org</a>
John Carlson, Finance Administrator	<a href="mailto:administrator@avon-church.org">administrator@avon-church.org</a>
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](http://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 Ferrari and  
Betsy Van Loon; Members – at - Large – Sally Albrecht and Don DelCegno