

The Messenger

First Congregational Church of Fryeburg September 2021

PASTOR'S MESSAGE: Relax...

"And he said, my presence shall go with you, and I will give you rest."

Exodus 33:14

I am daydreaming about daydreaming and wondering where the summer has gone. This is for me delightful, as I don't have time to daydream anymore. I am a wife, mother, grandmother, pastor, neighbor, and friend. People rely on me for, to narrow it down to the essentials, faith, hope, and love.

There is no time to sit back and allow my mind to float aimlessly from here to there. In this I am not unusual. I am merely modern. I live surrounded by bells, beeps, and buzzes. If I just sit back and stare at the wall, and this is a good thing to do, I might see a crack that reminds me of a river, that reminds me of riding my bike as a little girl through the woods in fall, listening to the crackle of fallen leaves as I weave my way in and out of the trees, which reminds me of the time I climbed so high in a neighborhood tree I got stuck and my brother, Clayton, had to climb up into the tree to free my foot wedged between branches, so I could climb back down, which reminds me...but the reverie is soon interrupted by the ping of my phone telling me someone has sent me a text, or the beep of my laptop telling me I need to walk back to my office and plug it in, or the buzz of our doorbell telling me someone is at the back door, most likely a delivery person with an on line order.

I blame technology, which is supposed to make communication simple and our lives easier, but it has also made itself much more intrusive. How many of you actually sit down to supper as a family, look across the table to one another, and engage in conversation? Or do you find everyone looking down at their smart phones, fingers and eyes moving rapidly through a series of screens, oblivious to everyone and everything around them.

I used to have a dream: I would leave my life and go live deep in the heart of the woods of Maine, accompanied only by the sights and sounds and smells of the woods, alive and at ease in a quieter, gentler place, savoring the silence and solitude of it. I lost this dream when I was out walking our dog, Belle, deep in the heart of the woods of Maine near our old farm and we met a young man in hiking gear, backpack in tow, sitting on a large overgrown rock, balancing his laptop on his knee, his cell phone to one ear, talking loudly as he responded to a conference call. They can find you anywhere.

You may remember all those novels from the 60's about wasted suburban lives, those rich women with nothing to do, no profession, no children at home, no responsibilities, aimlessly wandering through their days, sitting around the country club or pool, eating bon bons and sipping tall, cool drinks with exotic names? I used to think *those poor women*. Now I think, *those were the days!!!* Those women got to daydream. Then, of course, they'd pass out. But still, they got to think about nothing. Which means they got to think about everything.

I worry all this sturdy purposefulness we now have has affected our children. Their lives are so busy they never have time to daydream. When I was a kid, a summer day consisted of two possibilities, going out or coming in. Afternoons were spent lying on my back against the cool of the grass, staring up at the clouds as they gently rolled across the sky, forming a magnificent parade of amazing and fantastical creatures to my surprise and delight, or climbing trees and watching my world from a new perspective, as the chipmunks, squirrels, and birds inhabiting the tree entertained me, or riding my bike around my neighborhood, or through wooded trails, and of course up and down the slope along Portland Street that cuts through the Pines and ends on Oxford Street.

And at night, lying in bed, with just the street lamp for light, making magnificent and bizarre shadow figures with my fingers and hands as they danced across the ceiling of the bedroom I shared with my sister Rose until I finally fell asleep. Or days sitting out on my folks' front porch, legs dangling off the railing, watching pollen pods as they swirled silently against the wind, occasionally urging them on with a puff of my breath in their di-

rection. Or sitting with my sister, Rose, and niece, Wanda, on the swings of the old swing set in our back yard, munching on watermelon to the rhythmic movement of our swings, spitting the seeds into the dirt by our feet. My mind would play as a child plays. And when your mind plays there is always a benefit because your mind is smarter than you are and does more surprising things, such as seeing the connection between the leaves on a tree, the beaded strands of a spider's web, and the pollen pods of a dandelion flower.

Nowadays we don't let our kids waste time. For many reasons, the knowledge that the world is more competitive, a desire to keep them off the streets and out of harm's way, as a way to keep them entertained when we are at work. We schedule our children's lives with such rigor and intensity that they have no time left for idle play. No time to spare for a little bit of nothing. And now that it's fall, and school is back in session, our children's time after school ends is filled with violin lessons, dance classes, hours of homework, and social platforms.

I passed a neighbor's child waiting for the bus on his first day of school. He was sitting on his front steps with his mom. He had ear buds on and was working from an I pad doing word and number games as she was coaching him. He was only five years old and yet he had a demanding life. On days when his mom works, he is up early and off to the sitters till school, then afterschool care till his piano lessons or young readers group at the library then a late supper with his family, homework, then more word and number lessons on his I pad till bed time. Five years old. What will his life look like at forty?

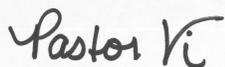
We left the fast-paced life in a southern city in Florida to come back home to Maine. Our lives are still busy, but not at the rabid pace they were before we moved. Our son, Jeb, and his wife, Morgan, have very busy lives too. And yet they, too, chose the slower, gentler paced life of living in Maine to raise their children and make a new life together. Although they have a lot going on in their lives with two grown sons, two teen age daughters, and an almost daughter-in-law, they still take time to watch the sun slowly set on a lazy summer evening out on their deck, or to admire the beauty of our rugged mountains and rockbound coast, or indulging in an afternoon nap on their days off together. And I think this is good. With their busy lives and schedules, taking time to slow things down once in a while, will make their lives less exhausting and more playful and creative, a worthwhile step for any of us to take.

Now I am working on me. I love our old farm out here on the coast but since Covid-19 in which I was mostly housebound, I accelerated the pace at which I had been working on our farmhouse and grounds. I explained to a fellow Master Gardener and friend recently that I have no time to think about nothing because of all the work I have been doing outside on our lawn and grounds trying to get much of it done before winter and snow fall. She suggested yoga. She goes to the clean, sparse studio of her yoga instructor who teaches her to empty her mind and stretch her body and mind and soul.

Do I need to pay someone to help me do what I used to do easily and effortlessly for free? Sure I do. Like a purposeful woman of the 21st century, I think, *if I schedule daydreaming and pay for it, maybe I will do it. I will sit in a lotus position and stare at a wall and notice a crack that reminds me of a river that reminds me of riding my bike as a little girl through the woods in fall, listening to the crackle of fallen leaves as I weave my way in and out of the trees, which reminds me of the time I climbed... Buzz, Buzz, Beep, Beep, Bing, Bing.* Sorry, can't finish that thought, I've got some texts I need to respond to, gotta go.

Praying that you will find ways this fall to slow time enough to do absolutely nothing for at least a little while.

Love and Blessings,

A handwritten signature in black ink that reads "Pastor Vi". The signature is written in a cursive, flowing style. The word "Pastor" is written in a larger, more prominent script, and "Vi" is written in a smaller, simpler script to the right.

Covid-19 Statistics – Active Cases (as of August 27th)

Positive Cases

Maine	The United States	Around the World
74,699	38.6 million	215,543,606

Deaths

Maine	The United States	Around the World
926	635,000	4,490, 961

Do you still need to get vaccinated? <https://www.maine.gov/covid19/vaccines>

All people twelve and over, now including nursing mothers, qualify and are encouraged to get vaccinated. Our country has had its first child death from Covid-19 of a child with no underlying health issues.

Please mask indoors, wash your hands repeatedly, and socially distance.

Maine statistics on Covid-19 vaccinations – Total Vaccinations – 1.83 million

First Dose 953,657 **Final Dose** – 879,281

What We Need to Know

August 9th – Governor Mills announced that over 80% eligible Mainers have received at least one dose.

August 10th –The latest data regarding Covid-19 transmission impacts 14 Maine counties. These areas are under a face covering recommendation from the CDC for indoor public settings. Aroostook, Androscoggin, Franklin, Hancock, Kennebec, Knox, Lincoln, **Oxford**, Penobscot, Piscataquis, Somerset, Waldo, Washington, and York.

August 12th – Healthcare Workers in Maine must be vaccinated against Covid-19.

August 23rd Food and Drug Administration granted full approval to the Pfizer Covid-19 vaccine.

Supporting Maine People and Families–

Manage unemployment benefits <https://reemploy.me.maine.gov/accessme/faces/login/login.xhtml>

Workforce training and resources. <https://www.maine.gov/covid19/workforce-resources>

Help paying for childcare <https://www.maine.gov/dhhs/ocfs/support-for-families/child-care/paying-for-child-care>

General Assistance for Mainers harmed by Covid-19 – food insecurity, health care, emergency benefits and more <https://apps1.web.maine.gov/benefits/account/login.html>

Support for Maine Employers

Supporting Maine Businesses <https://apps1.web.maine.gov/benefits/account/login.html>

University of Maine is updating policies, operations, resources. <https://www.maine.edu/together/>

Maine Jobs and Recovery Plan t <https://www.maine.gov/governor/mills/news/governor-mills-unveils-transformative-plan-spur-economic-recovery-achieve-long-term-economic>

Need Help?

If you or your loved ones need assistance, please call 211, search for resources on <https://211maine.org/> or email info@211maine.org. All inquiries are free and confidential.

For Pledges, Donations, Gifts from the Heart – THANK YOU!!



We have been open for worship since May 9th and we are grateful to each and every one of you who continued to support our church and church missions throughout our closure and for your continued support now that we are open. Thank you!



The Thrift Store is getting ready for a presentation of fall clothing and household goods.

September 1st 9am – 12 pm free clothing for the community!
September 4th Closed for Labor Day.
September 7th – in need of volunteers to help switch to the new fall line of clothing and goods.

We still need volunteers too. If you'd like to volunteer or would like more information, please be in touch with our manager, Ingrid, by emailing her, Thank you again for supporting this vital mission for our church!

gardener@smallfryfarm.com You can also visit the Thrift Shop web site to learn more, fryeburghrift.com.



First Kids News

This month we will be spending as much time as possible outside. And on hot days we will cool off in the sprinkler. We are learning about bubbles, mermaids, rainbows, and construction.

We are also welcoming back Kerri, our Head Teacher, from post op and recovery!!! It is so exciting to be starting a new school year!

For information on enrolling your child or children, please contact Kerri at 207-935-3276 or by a message on the FirstKids Children's Learning Center Facebook page or email.

firstkidsoffryeburg@yahoo.com



Muriel Rochussen, Ruth Fisher, Sue Koch's sister, Ellen, John Beebe's niece, Cynthia, Laura Smith, Shelly Hibbert, Barbara Lawrence's granddaughter, Ellie, Brian Pipe, Jack Gordon, Cynthia Thebault, Norene Hastings, Harvey's sister in law, Kathleen & daughter, Gail, Carlene, Henry and Barbara in the nursing home, Penny Sue Munz, Jean Hubbard, Arlin Bigelow, Carlton and Karen Pipe, brother, Chris, his wife, Ginny, and wisdom and discernment for Kitty and Missie and all our family and friends who are traveling this month.

Update on the Curbing/Parking Concerns and the Fryeburg Selectmen August 26th Meeting.

10 members and friends were present. We had 204 signatures on our petition. The selectmen were gracious and all 10 had a chance to speak. They agreed and voted on writing a letter to Gov. Mills requesting a reconsideration of our request. The consensus of the selectmen was that we need as many people as possible to write personal letters to Gov. Mills requesting further action.

Office of Gov. Janet T. Mills
210 State Street
Augusta, ME 04333



The Dairy Bar will be open for the fair!!!

We need a full roster of volunteers all eight days of the fair, October 3-10. We open around 5am for hot drinks and donuts and begin getting busy for ice cream orders by 10 am. until we close at 9pm. Please be in touch with Linda if you'd like to volunteer some of your time to this tasty and fun mission. Let her know soon, please! And thank you!!!

Email: lindarussell2972@gmail.com

Gotta a favorite Joke? These are some great one liners sent to Vi recently. *Har-dee- har- har!!!*

*What did the tree say to autumn?
Leave me alone!!!*

What did one autumn leaf say to another autumn leaf? I'm falling for you.

Why did summer catch autumn? Because autumn is fall.

What Our Church is All About



Our Mission

We encourage all to live and grow as disciples of Christ in service to God and the World.

Our Minister

Rev. Dr. Violet Eastman
(Pastor Vi)

Email: ourpastorvi@gmail.com

Phone or Text:
239-595-4569

Pastor Vi's home address
93 Harding Rd
Brunswick, Maine
04011



Music Director, John Waldie
Pianojaw2@gmail.com



Christian Ed Director,
Linda Russell.

Lindarussell2972@gmail.com



Church Office

Office Phone: 207-935-3227

Please be advised our office phone number is are not monitored daily.

Church website:

www.fryeburgucc.org

Our Physical Address:

655 Main Street
Fryeburg, Maine 04037



Kerri McCormack, Head Teacher

Hours: Monday - Friday

7:30 am - 5:30 pm

Phone: 207-935-3276

We are still asking members and friends NOT to come to the church building during this time of Covid-19 unless it is absolutely necessary.

We are working to keep our learning center children and teachers healthy and safe.



679 Main Street
(just down the street from our beautiful church)

Store Hours

Wed. and Sat. 10am-2pm or by appointment.

Ingrid Kellas, Manager

gardener@smallfryfarm.com

www.fryeburgthrift.com

Phone: 207-935-2329

Our church is on Facebook!



You can find us at

Fryeburg Congregational Church
The Little Church with a Big Heart

Pastor Vi will continue to make worship services available on our FB page even though we open for public worship.

Have a great month everyone!!!

Letter from Katie Hayley, Town Manager to the Maine DOT

The Town of Fryeburg

Settled 1762 - Incorporated 1777

Municipal Office

16 Lovewell Pond Road

Fryeburg, ME 04037

207-935-2805 telephone

207-935-6008 fax

Maine Department of Transportation

Attn: Bruce Van Note, Commissioner

16 State House Station

Augusta, ME 04333

Dear Commissioner Van Note:

I have been asked by the Fryeburg Select Board to contact you regarding their serious concerns related to the design of two specific areas of the Route 302 road reconstruction project in Fryeburg (WIN # 17280.01).

Situated on Main Street (Route 302) is the First Congregational Church of Fryeburg (FCC). This church was built in 1850 and has been used for worship and special events since construction. It is one of the larger gathering spaces in Fryeburg with an occupancy capacity of approximately 300 people. Situated a few properties away is the Vestry, which was constructed in 1837 and is now the home to a thrift store which serves as the primary funding source for the church's operational expenses.

The road design in front of both the FCC and the thrift store is not conducive to their successful operations and presents major safety concerns for patrons. **We are formally asking you to push the curbing back in those two blocks to allow for adequate parking and the safe loading and of vehicles as has existed for over 50 years.**

Please refer to a separately attached document showing pictures of the situation with demarcations of what the Board requests. The FCC Deacons and Board of Trustees, along with many other constituents, have reached out to the Select Board to make this request and there is a petition at several businesses currently being signed by Fryeburg residents demanding action. I have highlighted the two primary concerns that have been conveyed below:

First Congregational Church:

The new road layout does not include any formal parking in front of the FCC as the curbing has been pushed out into the roadway creating an unsafe condition. This curbing needs to be moved back towards the church to the level of the block that precedes it to allow for in front of church parking, a safe drop off area and access to the handicap ramp entrance at the front of the church.

I, in my capacity as Town Manager, met with MDOT representatives and learned that the design did not include parking because there were historically no formal parking spaces in that vicinity. In fact churchgoers have been using the shoulder area with no curbing to safely park and access the church for over 50 years. This is especially true for the elderly and handicap patrons who need to use the ADA compliant ramp at the church entrance. The lack of such a loading and unloading zone creates a major safety hazard and the Town, via the Select Board, requests that this be revised by moving the curbing back so that there is a safe area to park and load, within reasonable distance of the church walkway and handicap access.

Vestry/Thrift Store:

Similarly, there is no formal parking in front of the thrift store, yet historically patrons have been able to park on the shoulder to access the thrift store. In addition, large trucks from companies like the Salvation Army pick up there by pulling in front of the building as there is no access driveway. The curbing needs to be pushed back to allow for safe access to the building, loading and unloading of vehicles and parking in front of the building.

Unfortunately, the negative ramifications of the design were not recognized until the layout became physically evident. The Town understands that the project is nearing completion and as such is immediately requesting that the MDOT push back the curbing on those two blocks to allow for parking and loading and unloading in front of both businesses.

Sincerely,

Katie Haley, Town Manager

This is the response letter from the Maine DOT

August 20, 2021

Katie Haley, Town Manager
Town of Fryeburg
16 Lovewell Pond Road
Fryeburg, ME 04037

Dear Ms. Haley,

Thank you for your recent letter outlining the concerns of the Fryeburg Select Board regarding the Route 302 reconstruction project, a \$5.65 million upgrade to this Priority 1 highway. I understand the Board is conveying concerns they have heard from area residents and their constituents. Although I understand that change is often unsettling, please know that we work hard to preserve the village character of gorgeous places like Fryeburg.

Further, we hope that the Board agrees that this project represents a huge improvement to mobility and safety for all users, both vehicular and pedestrian. More specifically, after careful review of the matter, I have concluded that the parking needs of the church are being reasonably met. Therefore, as explained in more detail below, I must respectfully deny the request of the Board to redesign the project and alter the curbing in front of the First Congregational Church.

As you state, this project is nearing completion. I understand that MaineDOT Project Manager, Ernie Martin, who is one of our very best, has been in contact with you and area legislators to discuss various concerns with parking in front of the First Congregational Church of Fryeburg and Vestry.

Prior to this project there was no demarcated parking spots at either location. This project includes the construction of a 10' wide shoulder which will accommodate the parking needs of both locations and it is my understanding that the town, while deciding not to stripe these spots, has agreed to allow on-street parking as needed. MaineDOT is providing curb cut openings at each location to provide access to the walking path located in front of each property. This will continue to allow access to the handicap ramp at the church.

This project, once complete, will provide much needed improvement to the roadway and improve drainage within the area. Granite curbing has been installed to contain water and move it underground and away from the roadway. Without the curbing, the drainage plan as designed will be affected. As you are aware the church and Vestry are located within the designated historic district. Any alterations in these areas could prove to have an adverse effect and impact on the environmental permit for the project, therefore jeopardizing the project's federal funding.

Again, thank you for sharing your thoughts and concerns.

Respectfully,

Bruce A. Van Note, Commissioner
MaineDOT

Cc: Senator Rick Bennett
Representative Nate Wadsworth
Ernie Martin, Senior Project Manager, MaineDOT