**The Federated Church of Charlton**

**August 2024 On The Green Pastor’s Message**

The dog days of August are here. It’s an odd phrase, dog days, formally defined as “the hot, sultry period of summer between early July and early September.” True statement on this afternoon. But there is this bit of information tucked in brackets in the dictionary that resonates with me: the translation of Late Latin *dies caniculares* is ‘Dog Star Days’ because Sirius, the Dog Star, rises and sets with the sun during this time. A little astronomy lesson on a hot summer night is a delight to ponder.

However, my American Heritage dictionary’s second definition of *dog days* is “a period of stagnation.” Maybe not so true. The Church recognizes the long stretch of Ordinary Time as a season of spiritual growth and maturation. Like treasures in a perennial garden, a new insight gained during Lent’s focused reflection needs the gift of time to fully flower. A new spiritual practice requires time to settle in and make a home in our daily lives. To send out roots and develop buds that flower and bloom in our spirits, Faith needs space in our hearts and minds. This journey with the One whose life teaches us how to be God’s beloved stretches across high days of celebration ~ Christmas and Easter; low days of sorrow ~ Lent; and the dog days of summer in which the Spirit’s growth in us and in our lives unfolds quietly and for the long haul.

May these August days bring opportunities for rest and for contemplation for you. God is still speaking, sometimes in the faintest whistle of an August breeze.

Blessings and peace ~ Pastor Shannan

1.

**Prayer List**

We pray for the world and this community:

* for Marge Jalbert as she faces new health challenges
* for Dave & Sue Hardies and their family following the death of Elenor Hardies July 19, 2024
* for the joy of church suppers & the Auclair-Lamprey Band
* for everyone and all creatures in the path of the Stone Canyon fire in Colorado and the Park fire in California
* for all God’s beloved humanity caught in war zones and regions of conflict: Ukraine, the Sudan, Russia, Israel, Palestine, Gaza, Lebanon, Egypt, Syria, Haiti, and Venezuela
* for first responders who run toward chaos to protect us
* for the 9,600 people who have died from gunfire in the US since Jan. 1, 2024
* for peace in the world
* for those who keep being the Church
* for our precious democracy
* for the bounty of the earth emerging in beauty and wonder
* for every one of our church members residing at The Overlook
* for the commitment and efforts of our committee members as they prepare for the Fall
* for Bruce Tomasko, Laura’s brother-in-law, for continued recovery
* for Sue Pelletier in her continued recovery
* for 6-year-old Miles, grandson of Linda and Dick Lambrecht, son of Kim, whose port was removed
* for Mary Jackson, friend of Pam Ekman, in her continuing recovery
* for Diane Tomasko, Laura’s sister-in-law, and her serious health challenges
* for Gary in his continued treatments, Nancy Chalk’s niece’s husband
* for Janet Russell, sister of Donald Dunham, and her health issues
* for Daryl Kay, Nancy Chalk’s cousin, in his continued recovery and health challenges

2.

.Thank Yous

July 16, 2024

Dear Federated Church Family, I would like to sincerely thank you for your kindness in honoring me with such an incredible gift last month. It has been a blessing and a privilege to have served as your music director for so many years. I have been humbled and overwhelmed by your generosity and thank you all for your love and support. With love and gratitude, Marge Jalbert

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The Federated Church’s Prayer Shawl Ministry has already proved the blessing and worth of its gathering in a few short weeks. Two shawls have blessed recipients, along with the prayers worked into every stitch. The group meets the last Sunday of every month after coffee hour. Experience not required ~ only a loving heart.

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Worcester Fellowship sent the Church a heartfelt thank you note for our donation in May. In her letter, Susan Pellerin, Administrative Director, announced that “effective September 1st, Rev. Aaron Payson will be serving as our full-time pastor with Rev. Laura Goodwin, Pastor Emeritus providing pastoral coverage once a month for Sunday worship.”

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The Pension Boards of the United Church of Christ sent their thanks for our contribution to The Christmas Fund. Those monies “help the UCC Board for Ministerial Assistance multiply the light of God’s love into the lives of our active and retired ministers, church workers, and their families.” This gift is deeply appreciated.

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At the August 25th worship service, the last one of the month, we will bless backpacks for all our students heading to class for the 2024-2025 school year. Charlton schools begin Tuesday, August 27th and we will send our children and youth into this fall’s new year with our love and our prayers.

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Jim Wood and his crew from Green Day Recycling gathered quite the haul of electronics on Saturday, July 27th! The Federated Church received $250 for hosting them. And we thank Regina Aldahondo for being on site during the collection hours.

3.

Dr. Andrew Budson: Why We Forget and Steps to Managing Memory, Alzheimer’s Disease, and Dementia

**TUESDAY, AUGUST 136:00—7:30 PM Dexter Hall Charlton Public Library 40 Main St., Charlton, MA, 01507**

Dr. Andrew Budson will discuss his guide for families, "Six Steps to Managing Alzheimer’s Disease and Dementia", including managing issues with memory, language, vision, behavior, driving, incontinence, sleep, and more. Based on the 2nd edition of his award-winning book, "Seven Steps to Managing Your Aging Memory", he will also explain how individuals can distinguish changes in memory due to Alzheimer's versus normal aging, what medications, diets, and exercise regimes can help, and the best habits, strategies, and memory aids to use, in seven simple steps. Lastly, he will share some tricks and techniques that everyone, young and old, can use to improve their memory, based on his 2023 book, "Why We Forget and How to Remember Better".

Educated at Haverford College and Harvard Medical School, Dr. Budson is Chief of Cognitive Behavioral Neurology at the VA Boston Healthcare System, Associate Director of the Boston University Alzheimer’s Disease Research Center, Professor of Neurology at Boston University, and Lecturer in Neurology at Harvard Medical School.

This talk is part of the Dementia Friendly Charlton initiative, a local initiative that is part of Dementia Friendly Massachusetts. Registration is requested.

[**REGISTER HERE**](https://charltonlibrary.assabetinteractive.com/calendar/dr-andrew-budson-why-we-forget-and-how-to-remember-better-the-science-behind-memory/)

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**Deacons of the Month for August are:**

Billye Auclair – 860-573-2433 Bob Lamprey – 508-277-6846

**Flower Person for August is:** Ruth Duhamel – 508 248-5325

4.

August 2024



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| **CHILDREN**  Jarrod Di Masi  Daniel Chatham  Phineas Carlson  Spencer Avoglia  Wyatt Foskett    **ADULTS**  Christopher Kaseta  Randy Wilbur  Pat Wilson  Renee Gaylord  Shannan Hudgins  Sharon Duhamel  Ruth Duhamel  Tyson Garcia | 5  8  10  13  15  2  4  6  7  8  11  18  19 |  | Nathaniel Chute  Samantha Bassan  Emily Riopel  Lily Wall  Andrew Howard    Jill Clough  Renee Stone  Priscilla Dunham  Michelle Gaudet  Mary Ann Abasciano  Marion Reynolds  Steve Abasciano | 15  20  24  26  28  19  19  23  25  26  27  30 |

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| Rachel & Bill Foskett | 18 |



