

CHURCH AT THE CENTER

FEBRUARY 2017



FIRST CONGREGATIONAL CHURCH "CENTER CHURCH"

United Church of Christ

One Church Street

South Hadley, Massachusetts 01075

(413) 532-2262

email: centerchurch@verizon.net

website: centerchurchsouthhadley.org

Welcome to Center Church where we roll up our sleeves to deepen our faith, extend God's abundant love and justice, and where laughter and tears are sacred.

The time sped by last Sunday (Jan 22) as we were making chicken, a rice, bean, corn, and cheese entrée, and over a 100 sandwiches for Cathedral in the Night (a ministry with the temporarily homeless people in the Northampton area).

Seventeen volunteers assisted, 9 of who were youth.

What did we learn?

- ❖ Don't put condiments on the sandwiches....makes them mushy.
- ❖ Those who were served raved about both main dishes.
- ❖ Those who are temporarily homeless want to have a conversation, share some jokes, and be heard.
- ❖ Cathy Irish knows how to multiply a serving of four into feeding 100 (maybe Jesus asked Cathy when he had to feed 5,000?)
- ❖ The youth worked hard preparing the food, cleaning up and serving.
- ❖ We grow when we are a bit uncomfortable.
- ❖ Wear thick socks on colder nights.
- ❖ It feels not only good but it is the right thing to do to volunteer.

The last lesson got me thinking. About a year ago I asked what you do outside the church in a volunteer capacity. I received one response. So maybe I didn't ask in the correct way.

I want to know what you do in a volunteer capacity outside the church. Shop for a neighbor, lead the girl scouts, oversee the Loomis Library, work in your political party, drive for FFF (Food for Friends). I will comprise a volunteer sheet and will ask you to fill it out during the 40 days of Lent. Record what you do or begin considering what you want to do as a volunteer during Lent.

Lent begins March 1 on Ash Wednesday. Many give up something for Lent. How about this year consider how can you volunteer for the 40 days? Then we will talk about the lessons learned.

"Wherever you turn, you can find someone who needs you. Even if it is a little thing, do something for which there is no pay but the privilege of doing it. Remember, you don't live in the world all of your own." ~Albert Schweitzer

"Everybody can be great. Because anybody can serve. You don't have to have a college degree to serve. You don't have to make your subject and your verb agree to serve.... You don't have to know the second theory of thermodynamics in physics to serve. You only need a heart full of grace. A soul generated by love." ~Martin Luther King, Jr.

Blessings, Lori

~~~~~  
Food for Thought....An updated version (December 2016) The Beatitudes, written by one of my (Lori) Graduate School professors. Rev. Heyward was in the first group of women to be ordained in the Episcopal Church in 1974.

### **Christmas Beatitudes 2016**

*Blessed are those who are kind, especially when it's hard  
Blessed are those angry for justice in situations of unfairness and oppression,  
Blessed are the compassionate in times of hatred,  
Blessed are those who speak honestly when pummeled by lies -- and who seek truth when confronted by fake news,  
Blessed are those who keep their courage in the face of belligerent bullies,  
Blessed are women who stand up to abusive men -- and men who stand with, not on, women,  
Blessed are the queer who do not walk straight and narrow paths,  
Blessed are black lives -- and white lives who know that black lives matter,  
Blessed are the earth and animals among those indifferent to their well-being,  
Blessed are non-violent resisters whose enemies hope you will pick up guns,  
Blessed are you when people shake their heads because you refuse to accept authoritarian rulers as "normal,"  
Blessed are you peacemakers who refuse cheap grace,  
You are daughters and sons of the Sacred,  
brothers and sisters of Jesus,  
friends of the Spirit,  
Salaam. Shalom. Peace. Carter Heyward*

~~~~~  
My Land...or My Jesus!

Winston and I appreciated/loved the celebration last Friday night. We were expecting a simple potluck with a few members/friends. Instead there were almost 100 people who attended...thanks to the Activities Team and a few others.

It will remain for us a special evening, an evening of positive-good cheer, an evening of cobalt blue, an evening of beautiful white lights, decorations and flowers.

The lemon chicken was delicious and all your potluck additions were incredible (not sure we tasted all of them since there were so many).

Eliot Chartrand served as an Emcee of the evening (could be part work elsewhere?) and Lorain Giles blessed the evening. Thank you all.

We were astonished over the cards (there and mailed), gifts and check. We are humbled by it all.

Blessings to all with love,
Lori and Winston...or Lori J. Souder and M. Winston Baldwin (Winston chose not to take my name)

Call to the Annual Meeting - February 5, 2017



This is a call to the Annual Meeting of the First Congregational (Center Church) Church of South Hadley, Massachusetts that will be held on **Sunday, February 5, 2017 at approximately 11:30 A.M. in the Fellowship Hall of the church.** Business shall include, but not be limited to, the hearing and acting upon reports of appropriate church committees and teams; hearing and determining the budget for 2017; and voting upon agenda items of approving the revised mission statement and logo, accepting the Safe Church document, and voting on the proposal relative to the study of the use of alcohol in the church. All members of the church are encouraged to attend this meeting.

A light lunch will precede the meeting and child care will be available.

Copies of the **Annual Report with the 2017 Proposed Budget and the Safe Church Policy are available for your review.** Copies may be found on the table in the Office foyer and on the table at the foot of the stairs to Fellowship Hall. Please bring your copies with you to Annual Meeting.

PLEASE KEEP THE FOLLOWING PEOPLE IN YOUR PRAYERS:

Situational:

Mildred Baldwin

Betsy Bergen

The family of Joy Bock

Ruby Carver

Suzanne Cordes mom, Doris

Muriel Graham, hospitalized

Lou Hamilton

The family of Priscilla Heindel

(Lorain Giles mother)



Kate Hoffman

Eunice Howes son

Lucinda Kidder's son in law with cancer

Bob Merritt following surgery

Janice Nelson

David Ryder Barbara Hubbard's brother with cancer

The family of Barbara Stanley

The family of Marti Watson

Continual:

Emily Bangs-Orsini (at Mt. St. Vincent)

Chuck Blakney

Luke Bradley

Elinor Burnett

Marjorie and Carl Buschner

Wayne Cowan

Tim Garrett's friends David Drummond & Sterling McAndrew

Jane Hazen

Phyllis Lacoste

Red Roberts at Wingate

Anita Sarro's son Michael in need of a transplant

Jill Therrien, Linda Wolf's niece

The Tipton family



We keep all those serving in the military in our prayers

Our Congratulations to Dina and Albert Assaf on the birth of their daughter Mila, born December 21, 2016. Mila has a wonderful older sister Tia.

News from the Trustees for February 2017

The January meeting is always a nail-biter as we hear the final totals for the previous year. Our income came in at 97% of what we had projected, based on \$170,000 pledges. We were extremely fortunate that our "miscellaneous" income, a category over which we really have no control, came in over twice what we had projected in early 2016. And through a variety of savings and "underspending," except on building upkeep, the expenses came in at 99.93%. We ended up with a total deficit of \$7,311.45. By a unanimous vote, we cleared that deficit with monies from the Graham Fund, set up several years ago, by one of our "angels" and specified for use on Building upkeep. So when we come to the 2017 annual meeting, we will start with a clean slate. We spent time fine tuning the new budget, knowing that we still do not have all the 2017 pledges in. At the end of the meeting, it looked like we would have about \$7,300+ deficit for this year also. You are welcome to check out the proposed budget before the annual meeting.

We heard from Lori that our annual Heifer collection on Christmas Eve was more than in previous years. Our various subcommittees reported on building upkeep issues. There are issues with the flat roof over the old coatroom and Fellowship Hall kitchen and we may need to consider having that redone. We have lost one prospective "user" for spring but may have some other new ones coming. We are looking into our website to see if we can promote our facility better. We continue to work on a second lavatory for the ground floor. Our original option has turned out to be unacceptable so we are looking into alternatives. We looked over the revisions to the Safe Church Document and await the discussion at the annual meeting.

Cindy Morrell for the Trustees

Notes from Church Council

At the January meeting council discussed the upcoming agenda for the annual meeting on February 5th. John Hoffman, Treasurer, gave us a financial update of the budget. Members also discussed the proposals relative the Safe Church document and the use of alcohol in the church. A motion was unanimously passed to make available \$150 per person up to a total of \$1050 from undesignated memorial funds for a child in the Sunday School or Youth Group or a church member to attend a church camp.

Church in Transition:

Deaths- January 9th- Marti Watson
January 13th- Joy Bock



"The Springfield Mandolin Orchestra will be performing traditional Irish music in honor of Saint Patrick's Day, as well as original works by Mozart, Bell and Armenti on **Saturday, March 4th, 2017 from 7pm-9pm at the First Congregational Church in South Hadley.** Advance Ticket Purchase – from the church office or online will be \$12 - and \$15 at the door. Children under 12 get in FREE. Learn more about the orchestra at www.MandolinOrchestra.org or by calling 413-224-8600 any time."

CHILDREN'S CHRISTIAN EDUCATION

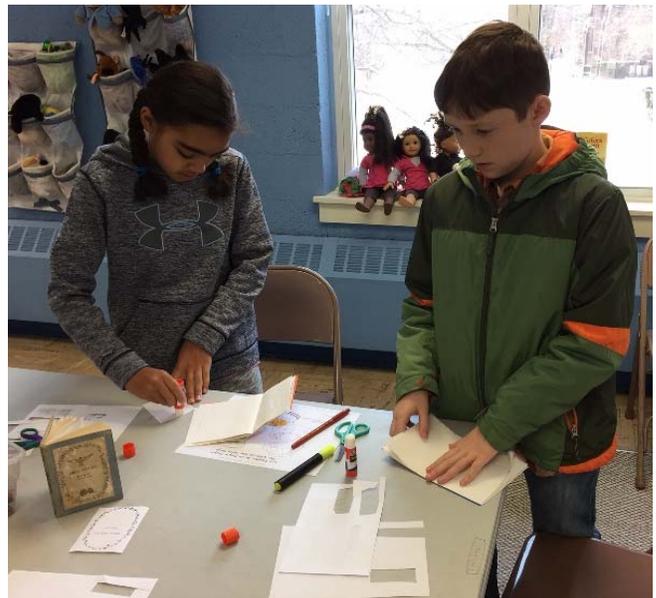
Hello Center Church and Friends and Families of the Promised Land,

In February our focus in Sunday School will be the Great Christians of Black History. On MLK weekend in January, our classrooms talked about Martin Luther King Jr. and his Civil Rights leadership of non-violence. In February, students will learn about more leaders, both quiet and bold, who leaned on the teachings of Jesus for social change. Also, in partnership with the Outreach Committee, the Promised Land will collect school supplies for elementary school kits for refugee children in western Massachusetts. Please send in new school supplies with your student. A complete list of needed supplies will be distributed. As always, thank you for all that you do to support the Promised Land and a special thanks to Kate Hoffman for volunteering her time to teach in the Promised Land in January.

~ Martha Guild, Children's Christian Education Director



Making Nativity scenes with the Magi for Epiphany



Adding New Year's prayers to prayer books



MLK Jr. quotes



Racial unity hand banner with MLK quotes



Outreach Partners of the Month

"Hearts to Hands to Hope"

Outreach is pleased to name South Hadley's Neighbors Helping Neighbors Food Pantry as our Outreach Partner for February. We are sending the food pantry a check from Center Church in the amount of \$500.

This donation is in honor of Rev. Lori, who was recently named President of the Board of Neighbors Helping Neighbors! We're proud of Rev. Lori, and we feel the Food Pantry's good luck in securing her dedication and vision. Lori notes that our town's food pantry is different from most in that it offers a choice selection of food to its clients. She adds, "The dedicated people who founded it are still donating hours of their time weekly. It gives me great joy to serve among them and the Board to meet a real need in our community. When I walk through the doors at the Methodist Church, my heart swells knowing the ministry is effective and clients are warmly welcomed."

To learn more, visit <http://www.nhnfoodpantry.org/> .



~~~~~  
*Thank you to everyone who contributed on Christmas Eve (and later) to the collection for Heifer Project International. We have sent a donation of \$1837.60 from Center Church.*

Pertinent to the opiate crisis and the public use of our church – **NARCAN** is now available for emergency use.

NARCAN reverses respiratory depression associated with opiate overdose. It is an aerosol administered nasally.

The NARCAN nasal spray is located in the AED box in the Office area foyer.

Plans are pending for a forum to further discuss. Stay tuned.....

~~~~~  
HELP WANTED.... Do you like to chat? Would you like to help a young man improve his English? Kevin stopped in one day to find out about our Bible Study and to see if we might help him out. He has his Masters Degree and is looking for a job in the US and he would like to improve his English speaking skills. So if you think you might have maybe an hour a week to just sit down with him , maybe over a cup of coffee, and chat about ...well anything...help him understand our culture....learn about his....please speak with Thia in the Church Office and get his contact info.



~~~~~  
Thank you, Outreach team, for being such fine hosts during our January coffee hours!

In February, our hosts will be the Flower and Nominating Teams. The Flower Team provides and coordinates the donation of flowers for Sunday worship services. Following the services, they oversee the distribution of flowers to members who are ill, shut in, and the like. They are also responsible for special flower arrangements at Easter and Christmas. Members of this team are: Karen Sabbs and Jane Ting. The Nominating Team seeks new members for teams and prepares a list of nominations for approval at the annual meeting. Serving on this team are: David Morrell, Kiki Tipton, and Linda Wolf.



# Activities Team

We'd thought it would be a good idea to share with the Congregation just how much our Fundraising Efforts help in the work of the Church. Below is our Annual Report for 2016. Please let us know if you would like to help out at one of our events – we'd love to have you!

During 2016 The Activities Team had 3 events: May Plant Sale, Columbus Day Fair, 3 and the Holiday Bazaar (on going throughout Advent).

With the continued goal of fellowship, then fundraising, we had a great year!. We say this over and over again – we are indeed blessed to have so many members and friends who support these events. Thank you to all, it is very much appreciated. We especially want to recognize the group of women who meet every Tuesday morning for months to sort and price all the donations for the Columbus Day fair.

## Income Report

**Beginning Balance** 3000.00

| <u>Event</u>                 | <u>Net income</u> | <u>to Operating<br/>Income</u> | <u>to Activities Team<br/>funds</u> |
|------------------------------|-------------------|--------------------------------|-------------------------------------|
| <u>Plant Sale</u>            | 1489.41           | 992.00                         | 497.41                              |
| <u>Columbus Day<br/>Fair</u> | 8400.26           | 5524.00                        | 2772.26                             |
| <u>Holiday Bazaar</u>        | <u>2000.45</u>    | <u>1414.00</u>                 | <u>696.45</u>                       |
| <b>Totals</b>                | <b>12000.12</b>   | <b>8034.00</b>                 | <b>3966.12</b>                      |

## Expense Report

|                            |                 |
|----------------------------|-----------------|
| Chairs for Fellowship Hall | (1592.82)       |
| Food Service permit        | <u>(252.00)</u> |
|                            | (1844.82)       |

**Transfer to Operating** **(1121.30)**

**Total** **(2966.12)**

**Ending Balance** **4000.00**

So you can see that the Team raised a total of \$12,000 and over \$9100 went into the operating funds of the Church. We have retained an extra \$1000 in our fund to have some electrical work done in the Fellowship Hall and kitchen.

Hope you'll plan to join us at one of our events – we'd love to have your help!

Our Team: Karen Anderson, Sue Beyer, Del Borah, Corinne Chartrand, David Morrell and Nancy Perman.




---

**Tuesday Club** The potluck supper and Travel presentation by Roger Farnsworth will be April 25<sup>th</sup>. More details in March!

## Tell Me the Stories - February 2017

I was looking for information for this month about *On This Day Earth Shall Ring* (PH 136), which we always sing the Sunday after Christmas but have not been able to find anything yet - I will keep looking. Our first hymn this month is *Brightest and Best* which has also presented an interesting option. If you look closely in the NCH, there are two versions p. 156 and 157 with identical texts but different tunes. Its original title was actually *Brightest and Best of the Sons of the Morning*. We sang the 156 version. The original words are attributed to Reginald Heber, but for our hymnal were set to two different tunes. Heber came from a scholarly and quite wealthy English family and began to write verses and songs when quite young. While a student at Oxford, he received prizes for his writing, both in English and Latin. After school, he served as an Anglican minister in his home town for 16 years. There, he wanted to improve singing in his congregation and so he worked at providing new hymns for them. He was sent to Calcutta as Bishop in 1823, but his district also included Ceylon and Australia! Previous to his posting, he had already written *From Greenland's Icy Mountains* - a well-known missionary hymn. He died at age 42, having written 57 hymns while tending to all his other duties too. "Morning Star" is the tune for 157 (which we did not sing) and was composed by James Harding, an Englishman and written in 1892 as a choral anthem for use in a mission in one of the worst slum districts in London. He actually wrote quite a variety of music and served as an organist (his avocation) and a civil servant. The star was the Epiphany star which the Magi followed to Bethlehem. The 156 tune "Walker" is part of the Southern Harmony collection and is so named for the gentleman who compiled these tunes. They never really knew who the true composer was. Walker was a singing teacher who traveled through the south teaching singing to anyone who wanted to learn.

*O Morning Star, How Clear and Bright* (NCH 158) was written by Philipp Nicolai, a German who was an outstanding Lutheran preacher of his time, late 1500s. It was based on Psalm 45. The original was seven ten-line stanzas and it is said that the first letter of each stanza "formed an acrostic" which referred to one of his students. It was translated from German by Catherine Winkworth. Philipp also composed the tune "Wie schön leuchtet," during his second pastorate while there was a plague going on in Germany. Back then, it was actually used on many occasions, including weddings. Philipp was ordained when he was only 20, but he'd been "playing church" for many years.

The final hymn I'd like to focus on is *For the Healing of the Nations* (NCH 576). This was written by a pastor in 1965 for a Human Rights Day service at his church in Plymouth, England. Fred Kaan, born in The Netherlands, was a minister in the Congregational Church Union of England and Wales which became the United Reformed Church and was serving the Plymouth church at that time. Of his over 200 hymns, this one is the most widely sung and it was used for the 25<sup>th</sup> anniversary of the United Nations. A number of his hymns focus on ecumenism and concern for the powerless. The sentiments expressed in this hymn's stanzas serve us well in these difficult times and ask for God's help both in taking care of this earth which was given to us and all the people who live on it. Henry Purcell was a well-known Englishman, considered "one of England's greatest composers," who wrote this hymn tune as an anthem in the 17<sup>th</sup> century. The tune was adapted by Sydney Nicholson who titled it "Westminster Abbey" because that is where Purcell served as an organist from 1679-1695. I originally wrote about this hymn for the CAC way back in October 2007. I encourage everyone to take the time to read its words and take the sentiments expressed to heart in 2017.

Cindy Morrell, Associate in Music

Resources used: Robert McCutchan's [Our Hymnody](#) (1937); Robert J. Morgan's [Then Sings My Soul](#) (2003) and [Then Sings My Soul Book 2](#) (2004); Kenneth W. Osbeck's [Amazing Grace](#) (1990); Cecilia Rudin's [Stories of the Hymns We Love](#) (1934); Jane Stuart Smith and Betty Carlson's [Great Christian Hymn Writers](#) (1997); and [The New Century Hymnal Companion](#), ed. Kristen Forman (1998).

# HOTEL WOODBRIDGE

## 1899-1935

While researching for information about how many historical taverns, inns and hotels were in South Hadley, a name appeared. The Hotel Woodbridge was listed along with many others. The first inn was opened by Samuel Smith in 1729 and operated until 1731. After that, one was opened in 1733 until 1740 and after that another in 1750, with another in 1759 until 1771. These taverns/inns came about to accommodate those connected with the shad fisheries. They sprung up along the "Springfield" road which is now Route 116. Most of the early "inns" were located in Falls Woods or "Canal Village" due to access to the Connecticut River and the first navigable canal (1795) in the United States. The canal brought commerce and industry to South Hadley.

With the founding and opening of Mount Holyoke Female Seminary in 1837, the "Center" area became a thriving educational community. Rooming houses and other accommodations became a necessity. By the late-1800s, a group of investors and Mount Holyoke College officials came together to discuss the need for a "proper" hotel. It was to be a place where visiting families and dignitaries could be housed.

A site was chosen north of today's common. The first school for the village was built on the site in 1754. The location just east of today's Yarde Tavern (the first meeting house, 1733) and south of Benjamin Ruggles Woodbridge's homestead the "Sycamores" on the main roadway became the spot. It was named the Hotel Woodbridge after one of the most prominent families in South Hadley history and Center Church. It was a large three-story structure with many rooms and windows with wrap-around verandas on each story. It is believed that President McKinley had rooms reserved for him whenever he visited Mount Holyoke College.

In September of 1896, a devastating fire consumed the old seminary building of Mount Holyoke College. Many of the students were housed in the hotel until a new dormitory was built. In 1908, Mount Holyoke College took over the full ownership of the hotel and converted it into a dormitory. It was then called Judson Hall for Judson Smith, a Mount Holyoke College trustee from 1892 until 1906. It remained a dorm and space for social events for the ever-growing female student body until 1932. The College sold it to the Town of South Hadley and it was torn down in 1935. A new central post office (combining the Center and the Falls) was erected shortly there after. It was a WPA project during the Great Depression.

**David Morrell**, Center Church historian





- 02 Holly Huebner
- 03 Kate Hoffman
- 04 Ryan Gage
- 05 Bill Giles
- 11 Judy Hemingway
- 20 Kiki Tipton
- 24 Suzanne Cordes  
McAllan Craig
- 26 Aaron Sabbs



## FELLOWSHIP HALL STORE...

OPEN YEAR ROUND FOR YOUR SHOPPING  
CONVENIENCE

CHECK OUT OUR GENTLY USED ITEMS FOR SALE

WE HAVE AN ASSORTMENT OF WONDERFUL  
TREASURES AWAITING YOU NOW.



**Center Church Annual Meeting  
will be held on February 5<sup>th</sup> 2017**



at approximately 11:30 AM.

An after worship, soup and hot dog luncheon will  
precede the meeting. **Please plan to attend.**

**Childcare will be available.**

**On the first Sunday of each month,  
please bring any of the following items to worship:**

Canned vegetables

Canned fruits

Cereals

Soups

Dried Pastas

Rice

Canned beans

Tuna Fish

Peanut Butter

Jam/Jelly



**Food Pantry  
Ministry**

Juices

Crackers

Spaghetti sauce

Meals in a can

The monthly offering is used for direct appeals to Center Church  
and for donation to local food pantries.

Our gifts are extended to the hungry and the poor - those who need them most!  
Food offerings may be left inside the Church Street entrance at other times.

**Thank you for your compassionate response!**

## THE MINISTRY AT CENTER CHURCH

Ministers:  
Senior Minister  
Minister Emeritus:

All Church Members  
Rev. Lori J. Souder  
Rev. Charles P. Blakney

### Christian Education Program

Children: Martha Guild  
Youth: Claire Houston  
Adult: Randy Purinton and  
Betsy Bergen, Team Chairs

### Music Program

Organist: Larry Schipull  
Choir Director: Cheryl Cobb  
Associate in Music: Cynthia Morrell

Office Administrator:  
Sexton:

Cynthia H. Jubinville  
Robert Farman

Hampshire Association  
of the  
Massachusetts Conference  
United Church of Christ

**Invites you to the installation of**

**Rev. Dr. William Wright**

**Church of Christ Congregational, UCC  
235 State Street  
Granby, MA 01033**

**Sunday, February 5, 2017 at 3 PM**

**UNITED CHURCH  
OF CHRIST**



**Have you experienced Silver Lake?**  
*Summer Camp for grades 4 through 12*

**Summer 2017  
Conference Dates:**  
PreCamp: June 18-24  
Week 1: June 25-July 1  
Week 2: July 2-8  
Week 3: July 9-15  
Week 4: July 16-22  
Week 5: July 23-29  
Week 6: July 30-Aug. 5  
Week 7: Aug. 6-12

**Registration Is  
Now Open Online!**

**SAVE \$50!** Register  
by Jan. 31 and use code  
EARLY17 at checkout.



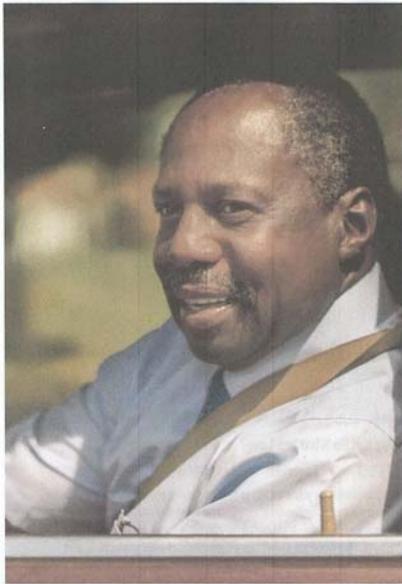
[facebook.com/SilverLakeCT](https://www.facebook.com/SilverLakeCT)



[@silverlakeconfcenter](https://www.instagram.com/silverlakeconfcenter)

**silverlakect.org**

Friendship Leadership Independence Deepening of Faith



As a 55+ year old professional, there are many new questions about the path forward...and no roadmap. Unlike our younger years with a well-established trajectory, the new longevity granted us at 55 brings both opportunity and confusion. How will you live fully during this uncharted next chapter of life? Still creative and active, how will you handle the inevitable dilemmas that accompany this new stage? This series of programs provides guidance, options, resources and the opportunity to meet others just like you who are seeking answers.

## Living Fully at 55+ Registration Form

Mail, email or fax the completed Registration Form or call HCC Community Services at 413.552.2123. Check, money order, credit/debit card accepted.

- |                                                                        |                                                          |
|------------------------------------------------------------------------|----------------------------------------------------------|
| <input type="checkbox"/> Everything You Wanted to Know About Music ... | <input type="checkbox"/> Memory, Dementia ...            |
| <input type="checkbox"/> Social Security Income ...                    | <input type="checkbox"/> Aging-in-Place                  |
| <input type="checkbox"/> Exploring Your Legacy                         | <input type="checkbox"/> Why Not Do What You Love?       |
| <input type="checkbox"/> Hearing Loss ...                              | <input type="checkbox"/> Elder Law & Estate Planning ... |
| <input type="checkbox"/> Don't Downsize Your Life ...                  | <input type="checkbox"/> Advance Directives              |

Upon registration, you will receive program confirmation via mail.

Date \_\_\_\_\_  
 Name: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 City: \_\_\_\_\_ Zip: \_\_\_\_\_  
 E-mail: \_\_\_\_\_  
 Home/Cell: \_\_\_\_\_  
 VISA  MASTERCARD  DISCOVER   
 Expiration Date \_\_\_\_\_  
 Card Number \_\_\_\_\_

Mail to:  
 HCC Community Services  
 Kittredge Center, Room 221  
 303 Homestead Avenue, Holyoke, MA 01040  
 Fax to: 413.552.2745  
 For more information call 413.552.2123 or email  
 vsemyrog@hcc.edu

HCC reserves the right to make changes to programs as circumstances dictate.

**HOLYOKE  
 COMMUNITY  
 COLLEGE**

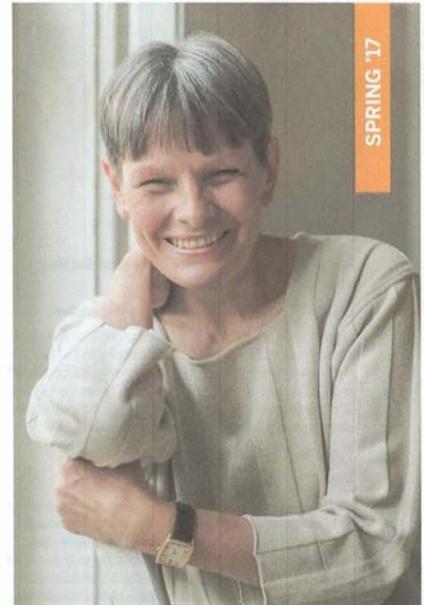
**THE KITTREDGE  
 CENTER**  
 For Business and  
 Workplace Development  
 HOLYOKE COMMUNITY COLLEGE

# Living Fully at 55+

**HOLYOKE  
 COMMUNITY  
 COLLEGE**

**COURSES**

SPRING '17



## Living Fully at 55+

### Everything You Wanted to Know About Music But Were Afraid to Ask

LIFE 025 1 session Feb. 25 9 a.m. - Noon

Everyone listens to music, but why? What attracts us? What makes some pieces of music wildly popular and others forgettable? We'll explore rhythm, melody, harmony, meter, dynamics and tempo. Musical styles will be discussed including classical, pop, rock, and jazz. Learn how songs are written and recorded, how musical instruments work, and why your voice seems to sound better in the shower. Instructor Rick Marcell. \$19

### Social Security Income Enhancing Strategies

MONY 062 1 session Feb. 27 6-8 p.m.

When should you start taking Social Security? Learn how to maximize your social security and survivor benefits. Strategies for those who are single, married, divorced and widowed will be discussed. Cost of living adjustments, taxation of benefits and working while collecting social security will be explained. Coordinating other retirement accounts with social security distributions and required minimum distribution rules will be explained to assist you in making informed decisions. Instructor Susan Allen. \$49

### Exploring Your Legacy

LIFE 010 1 session Mar. 21 1-4 p.m.

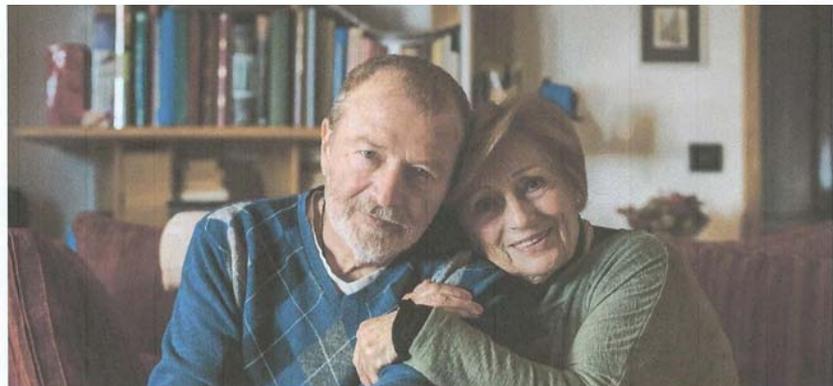
How would you describe the purpose of your life? What have been those turning points that changed either your life path, or your sense of who you were becoming? What were the hard choices, the synchronicities, and the losses that shaped the course of your life? Share these stories, and explore the many ways you can pass them on, including writing a memoir, making a DVD, or writing an ethical will. \$19

### Hearing Loss:

#### What You Need to Know Regarding Treatment Options

LIFE 024 1 session Mar. 29 9 a.m. - Noon

Audiologist Janice Walker, explains and reviews common causes of hearing loss, prevention, on-going research, and current treatment options. Included is a handout entitled "10 Tips Consumers Should Know Before Purchasing Hearing Aids." Time will be allowed for your questions and answers. \$19



### Don't Downsize Your Life. Right Size It!

LIFE 011 1 session May 2 1-4 p.m.

How would I actually begin to make plans to move toward a new stage of life? Is staying in my current home a good plan? Could I even think about living somewhere else when I have so much stuff? Come learn about the concept of rightsizing and how it can be a key to informing, renewing, reframing and invigorating your life. Barbara Perman is founder of Moving Mentor, Inc. and a noted author. \$29

### Memory, Dementia & Alzheimer's

LIFE 012 1 session Apr. 18 1-4 p.m.

Gain an understanding from many different angles through discussion, case studies, and film clips. Learn about: the different types, warning signs, treatment and caregiving, the role of mental stimulation, dealing with mild-impairment, and the difference between dementia and normal aging. Become more relaxed as you encounter these diseases in friends and loved ones. Instructor Beth Cardillo is a pioneer in developing a dementia friendly communities. \$29

### Aging-in-Place

LIFE 016 1 session Apr. 19 1-4 p.m.

There are many options for places to live out your senior years with comfort and safety. Learn how to assess your needs, or those of your loved ones, with a practical check list, taking into all critical factors. Find out about your options: co-housing, intergenerational communities, assisted living, retirement communities and staying at home. Instructor Suzanne McElroy is Executive Director of Home Instead. \$29

### Why Not Do What You Love?

LIFE 019 3 sessions Apr. 25-May 9 1-3:30 p.m.

Are you stuck? Do you want life to be more joyful and fulfilling? Invest in yourself by taking the time to reflect on what you want, and plan the actions you can take. Join Martha Johnson, life coach and author of "Why Not Do What You Love?" for a program of clarifying exercises and discussion on what matters to you, and how it can be more central to your life. Each participant will receive a copy of the book. \$83

### Elder Law & Estate Planning: What You Need to Know

LEGL 004 3 sessions May 15-Jun. 5 6-8 p.m.

Elder law attorney Karen Jackson will explain the importance of each major document in the basic estate plan: The Will, Health Care Proxy, Advance Directive, Durable Power of Attorney, and Homestead Declaration. Covers the guardianship and conservatorship process, different types of trusts, and probate courts. Skilled nursing care, long term care insurance, life estate deeds, and Medicaid planning and applications will also be discussed. No class May 29. \$85

### Being Mortal: Talking About Your Advance Directives

LIFE 015 1 session May 23 1-4 p.m.

No matter your age or health status, end of life issues can pose challenging conversations. Explore the what, why, who, when, and how of the Medical Orders for Life Sustaining Treatment (MOLST) now required by the state of Massachusetts. How do you translate your values and priorities into instructions for your doctors and for your family? Raise your questions with Lisa Ahbel, RN, an expert in hospice and palliative care. \$29



# Heart Disease Awareness



**If you think you are having a heart attack,  
Call 911 and chew a 325 mg aspirin. Time is critical!!**

**Heart disease** is the #1 cause of death in the U.S. It is responsible for 1 in 4 deaths in this country. For some ethnic groups, the burden is even greater

## **What are the risks?**

**Inactivity** ♥ 40% of Americans are at risk for heart disease due to inactivity.

- ♥ Get active. Recommendation: 30 minutes moderate level aerobic activity 5 days/week.
- ♥ If not active, start doing something for 5 minutes every day and increase 5 min each wk.



**Obesity** ♥ 34% of Americans are at risk for heart disease due to obesity. People who have excess body fat, especially if most of it is at the waist, are more likely to develop heart disease and stroke even if they have no other risk factors.



♥ Eat healthy and include:

fruits and vegetables

skinless poultry and fish

whole grains

nuts and legumes

low-fat dairy products

olive, canola, and non-tropical oils

Limit saturated fat, trans fat, sodium, red meat, sweets, and sugar-sweetened beverages.

**High Blood Pressure** ♥ High blood pressure is a leading cause of heart disease.

- ♥ If BP is high, take steps to reduce it: Get active, eat healthy, reduce salt intake.
- ♥ Follow your health care provider's advice for taking blood pressure medication and measuring your blood pressure at home.

**High Cholesterol** ♥ A high cholesterol level is one of the leading causes of heart disease.

- ♥ See your health care provider to get your levels checked.
- ♥ If cholesterol level is high, take steps to reduce it: Get active, eat healthy.
- ♥ Follow your health care provider's advice for taking cholesterol medication.

**Smoking** ♥ Smoking cigarettes greatly increases your risk for heart disease.

- ♥ **If you don't smoke, DON'T START!!**
- ♥ If you are a smoker, quit as soon as possible.
- ♥ Speak to your health care provider, call 1-800-QUITNOW or go to Smokefree.gov.



**February 3, 2017 is National Wear Red Day to raise heart health awareness.**





## Holyoke VNA Hospice Life Care

**Hospice Life Care** is pleased to be offering a new support group for those who have experienced the death of someone close. We will be meeting for 10 successive weeks combining talk therapy with art therapy.

Bereavement counselor Cary Quigley M. Ed. will be leading the group. She will be bringing her expertise on dealing with loss and her enthusiasm for creating healing art. (no art skills needed!)

**When: Thursday afternoons at 2:00pm, starting Feb 2, 2017**

**Where: The South Hadley Senior Center/COA**

Ms. Quigley will lead the group through:

Conversations examining common responses to grief such as confusion, loss of concentration, fatigue, irritability, fear, or relief.

Discussions about handling new and unfamiliar responsibilities; such as maintaining a home, handling the family finances, caring for a family member, or learning how to shop for one.

Sharing stories with others in similar circumstances.

As well as some Mandala drawing, a little beading, and some decoupage.

Call Cary at 413-887-5552, to register.

575 Beech Street, Holyoke, MA 01040 HVNA (413) 534-5691 HLC (413) 533-3923 [www.HolyokeVNA.org](http://www.HolyokeVNA.org)  
Serving Hampden & Hampshire Counties - A member of Valley Health Systems, Inc.

Cathedral in the Night  
867 North Pleasant Street  
Amherst, Massachusetts 01002

[www.cathedralinthenight.org](http://www.cathedralinthenight.org)  
[info@cathedralinthenight.org](mailto:info@cathedralinthenight.org)



January 5, 2017

First Congregational Church  
One Church Street  
South Hadley, MA 01075

Dear friends,

Thank you for your contribution of \$600 in 2016 including \$500 received in the fourth quarter.

Cathedral in the Night continues to grow in ministry and community in Northampton where we began. In addition, last Fall we launched an outdoor worship and meal service in Greenfield. Since it meets on Sunday afternoon, we are calling it "Cathedral in the Light".

In Northampton we continue to have weekly coffee hour for informal discussion on spirituality, faith and life. We have also started a weekly Bible study to provide more focused opportunities for our community to deepen their faith or just learn more of Jesus' teachings. Of course, on Sunday evenings the community gathers for worship and a meal on Main Street in Northampton.

We extend a special invitation for you to join us any Sunday for worship and fellowship.

God's Peace be with you !

  
Nat Larson  
Cathedral in the Night Ministry, Treasurer  
[Treasurer@cathedralinthenight.org](mailto:Treasurer@cathedralinthenight.org)

[www.cathedralinthenight.org](http://www.cathedralinthenight.org)  
Mailing address: 867 N. Pleasant St., Amherst, MA 01002  
Pastor Stephanie Smith cell: 413-575-0845 email: [pastorstephsmith@gmail.com](mailto:pastorstephsmith@gmail.com)

Pursuant to Internal Revenue Service requirements for substantiation of charitable contributions, no goods or services were provided in return for these contributions.



## Daily Lectionary Scripture References February 2017 (Year A)

**Wed., Feb. 1**

Psalm 37:1-17  
Ruth 3:1-13; 4:13-22  
Luke 6:17-26  
Matthew 25:31-46

**Thurs., Feb. 2**

Psalm 112:1-9 [10]  
Deuteronomy 4:1-14  
1 John 5:1-5

**Fri., Feb. 3**

Psalm 112:1-9 [10]  
Isaiah 29:1-12  
James 3:13-18

**Sat., Feb. 4**

Psalm 112:1-9 [10]  
Isaiah 29:13-16  
Mark 7:1-8

**Sun., Feb. 5**

*Fifth Sunday after the Epiphany*  
Isaiah 58:1-9a [9b-12]  
Psalm 112:1-9 [10]  
1 Corinthians 2:1-12 [13-16]  
Matthew 5:13-20

**Mon., Feb. 6**

Psalm 119:105-112  
2 Kings 22:3-20  
Romans 11:2-10

**Tues., Feb. 7**

Psalm 119:105-112  
2 Kings 23:1-8, 21-25  
2 Corinthians 4:1-12

**Wed., Feb. 8**

Psalm 119:105-112  
Proverbs 6:6-23  
John 8:12-30

**Thurs., Feb. 9**

Psalm 119:1-8  
Genesis 26:1-5  
James 1:12-16

**Fri., Feb. 10**

Psalm 119:1-8  
Leviticus 26:34-46  
1 John 2:7-17

**Sat., Feb. 11**

Psalm 119:1-8  
Deuteronomy 30:1-9a  
Matthew 15:1-9

**Sun., Feb. 12**

*Sixth Sunday after the Epiphany*  
Deuteronomy 30:15-20 *or*  
Sirach 15:15-20  
Psalm 119:1-8  
1 Corinthians 3:1-9  
Matthew 5:21-37

**Mon., Feb. 13**

Psalm 119:9-16  
Exodus 20:1-21  
James 1:2-8

**Tues., Feb. 14**

Psalm 119:9-16  
Deuteronomy 23:21—24:4, 10-15  
James 2:1-13

**Wed., Feb. 15**

Psalm 119:9-16  
Proverbs 2:1-15  
Matthew 19:1-12

**Thurs., Feb. 16**

Psalm 119:33-40  
Exodus 22:21-27  
1 Corinthians 10:23—11:1

**Fri., Feb. 17**

Psalm 119:33-40  
Leviticus 6:1-7  
Galatians 5:2-6

**Sat., Feb. 18**

Psalm 119:33-40  
Leviticus 24:10-23  
Matthew 7:1-12

**Sun., Feb. 19**

*Seventh Sunday after the Epiphany*  
Leviticus 19:1-2, 9-18  
Psalm 119:33-40  
1 Corinthians 3:10-11, 16-23  
Matthew 5:38-48

**Mon., Feb. 20**

Psalm 119:57-64  
Proverbs 25:11-22  
Romans 12:9-21

**Tues., Feb. 21**

Psalm 119:57-64  
Genesis 31:1-3, 17-50  
Hebrews 12:14-16

**Wed., Feb. 22**

Psalm 119:57-64  
Proverbs 3:27-35  
Luke 18:18-30

**Thurs., Feb. 23**

Psalm 131  
Proverbs 12:22-28  
Philippians 2:19-24

**Fri., Feb. 24**

Psalm 131  
Isaiah 26:1-6  
Philippians 2:25-30

**Sat., Feb. 25**

Psalm 131  
Isaiah 31:1-9  
Luke 11:14-23

**Sun., Feb. 26**

*Eighth Sunday after the Epiphany*  
Isaiah 49:8-16a  
Psalm 131  
1 Corinthians 4:1-5  
Matthew 6:24-34

**Mon., Feb. 27**

Psalm 104  
Deuteronomy 32:1-14  
Hebrews 10:32-39

**Tues., Feb. 28**

Psalm 104  
1 Kings 17:1-16  
1 Corinthians 4:6-21



Revised Common Lectionary Daily Readings, copyright © 2005 Consultation on Common Texts. [commontexts.org](http://commontexts.org). Used by permission. This resource may be reproduced by congregations for their own worship and educational activities. Provided by the Massachusetts Conference, United Church of Christ – made possible by Our Church's Wider Mission Basic Support and Fellowship Dues.