

APRIL 2020

first  THE NEWSLETTER FOR FIRST CONGREGATIONAL CHURCH OF GREENWICH

congregational **church Meetinghouse**

of greenwich founded 1665 MONTHLY





Join Us for Easter Sunday

All services are now online.

**Download your bulletin [HERE](#).
Click [HERE](#) to participate.**

Easter Sunrise Service at 6:00 am

Easter Worship Service at 10:00 am

Ministers:

The Members of FCCOG

Senior Pastor:

Reverend Patrick Collins, patrickc@fccog.org

Associate Pastor for Pastoral Care:

Reverend Avery C. Manchester, averycoe@aol.com

Minister of Music:

Dr. Craig Scott Symons, craigs@fccog.org

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Director of Membership:

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Melanie Garnett, melanieg@fccog.org

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Dalinda Rioseco, dalindar@fccog.org

Database Administrative Assistant:

Sue Wilder, susanw@fccog.org

Pastors Emeriti:

Reverend Dr. Thomas L. Stiers

Reverend Sally Colegrove

GETTING OUTDOORS NOT CANCELLED

MUSIC NOT CANCELLED

FAMILY NOT CANCELLED

READING NOT CANCELLED

SINGING NOT CANCELLED

LAUGHING NOT CANCELLED

HOPE NOT CANCELLED

LET'S EMBRACE WHAT WE HAVE.

WORSHIP WITH US

Every Sunday at 10:00 am

FCCOG declares itself to be open and affirming: open to all for participation, membership, leadership, and employment, and affirming of all who wish to join us as children of God. We continue to give thanks for God's guidance in our journey of faith.



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Patrick's Ponderings

Dear Church,

In the midst of this challenging time, we are seeking ways to provide some new, engaging and hopeful messages during Holy Week. I hope you can join us for some of these services on the interweb.

Maundy Thursday 7:00-8:00pm

Join us on Facebook Live and YouTube for a special fun and educational program about the last supper with a surprise special guest.

Good Friday 12:00-3:00pm

You are invited to tune into the Facebook Page or YouTube from the hours of Noon to 3:00pm to meditate and pray as the passion story is read from inside the Meetinghouse.

Easter Sunrise 6:00am

Join us on Facebook Live and YouTube for a special message from Patrick and music from the Youth Choir. Even though we cannot gather on the beach, we can still celebrate the new things God is doing in our midst.

Easter Worship Service 10:00am

Join us on Facebook Live and YouTube as we seek to connect spiritually and consider what it means to be a people of the resurrection during a time of crisis.

VIRTUAL COMMUNITY HOUR INFORMATION

In an effort to remain spiritually and socially connected during this time of physical isolation you are invited to join us for virtual community hour via Zoom. To join the community hour, click [HERE](#) or

navigate to Zoom.com on your internet web browser or in the Zoom App on your computer, laptop or phone. Enter the meeting **ID: 909 415 108 and the password: 003930**

A SPECIAL PRAYER TO YOU FROM AVERY

O Great Love, thank you for living and loving in us and through us. May all that we do flow from our deep connection with you and all beings. Help us become a community that vulnerably shares each other's burdens and the weight of glory. Listen to our hearts' longings for the healing of our world. [Please add your own intentions.] . . . Knowing you are hearing us better than we are speaking, we offer these prayers in all the holy names of God, amen.

– Written by Richard Rohr

Women's Fellowship

First and Second Congregational Women's Fellowship Board members met to enjoy the Lenten Organ Concert on February 27th. Our guests commented that they were very impressed with Craig Symons' talent and commentary about the musical selections

and the organ. They also admired our beautiful Meetinghouse and stained-glass windows. During lunch conversation, the two groups had a chance to visit and to exchange ideas for Women's Fellowship activities.



Many have noticed digging recently done on the front lawn of the Church and have commented asking what was happening. In late February, we received an anonymous tip that there was a buried treasure under the front lawn of the Church. After much deliberation and metal detector findings, we began digging. On February 20th, we found a treasure chest and brought it inside to open up. When opened, inside was a note written on thick old paper that read "April Fools!".

Well, it would have been a great discovery to find some buried treasure but that wasn't the purpose of the digging. The digging was to replace a drainage system that, after 60 plus years, was no longer performing properly. We discovered water pooling on the floor in the Preschool Administrative office after its rebuild from water damage.

During October 2018, water appeared on the floor in the Preschool administrative offices and parts of the walls and ceiling tiles. There was a water leak issue and it needed to be stopped. The area above the Preschool administrative offices, which was at that time the storage room and side bathroom in the Meetinghouse (now it's the new audio/visual control room), was checked and the carpet was wet. All of the room's contents were emptied and in the back corner, water was leaking from a radiator valve. Bins were placed to catch the water and a repair service was called. A new valve was installed and the leak stopped. However, warm water from the faulty radiator valve had leaked in-between the walls in the Preschool Administrative

offices and a smell developed. An insurance claim was processed and remediation began.

It was a while before an amount was reached for the rebuilding of the Preschool Administrative offices. During the rebuilding, we used the same materials and upgrades that were used in the Education wing during that reconstruction. This included the linoleum floor, which is glued to the concrete floor, and the seams being heat sealed. As we were finalizing the order for replacement cabinets and counters one morning, we discovered pools of water on the floor after a heavy rain from the night before. The cabinet and counter order was put on hold and the search began to find the source of this water leak.

With the help of Joe Faugno from Pimpinella Construction, our General Contractor on most of our past projects, we started to eliminate sources of where this water could be coming from First, we focused on the windows. The Preschool Administrative offices are half underground and the windows are a little below ground level, caulked as a precaution. This was eliminated as the source since there weren't any water marks or peeling paint from the base of the window to the floor. Joe had some plumbers come in to check the radiators, which resulted in those being alright and not leaking water. We continued the investigate to determine if water was coming in

through the floor area where the wall meets. A few facts were considered to make this determination. When the new stairs from the Meetinghouse to the Memory Garden were being excavated for the footings,



From Buildings & Grounds Committee, cont'd

Pimpinella had to dig quite deep to reach solid soil. Upon doing this, the 1895 Meetinghouse foundation, which was made of field stone, was exposed. During the exposure, it rained heavily one day. Water began to leak and puddle on the floor in the Preschool classroom on the other side of that wall. The exposed field stone foundation was sealed and drains installed as well before being backfilled. There hasn't been a water leak issue in that classroom since. The Preschool Administrative offices are also within the 1895 Meetinghouse field stone foundation.

After discussing this possible cause for the water seeping into the building with the Preschool Administration, Darla Steiner and Melanie Garnett, they recalled times where bags left on the floor would be wet on the bottom during rain storms. It was assumed that water leaked in through the window because the window well drain was clogged with debris, which would get cleaned out. The floors were vinyl tile before the linoleum was installed. When water would leak in, it went under the floor tiles and came up through the cracks of the tile unnoticed, except for the occasional wet bottom of a bag. After some discussion with Joe, we came up with a plan to verify this. Throughout this water leak project, Joe provided his assistance as well as the plumbers complimentary to the Church. Thank you Joe Faugno and Pimpinella Construction!

We planned to team up with GroPro and Highland Sewer and Drain. GroPro has built most of our walkways and the Preschools Nature's classroom, and rebuilt the crumbling columbarium walls, the driveway at 106 Sound Beach Avenue, and all the landscaping on our last major projects and more. Highland Sewer and Drain was very helpful with determining the cause of the water leak in the Education Wing in 2015 and other drainage issues with the Church. They documented the drainage pipes from the Preschool

window wells and leaders from the Church. The video showed that the pipes were clogged and broken. The materials used 60 plus years ago had started to crumble and when saturating rain occurred, the water would backup, saturate the ground and leak into the Preschool Administrative office through the fieldstone foundation.

Now that we had the definite explanation for the water leaking into the building, GroPro needed to come up with a plan to fix this problem. Near the end of February they started some exploratory digging to get a better look of the conditions and to provide a proposal. It was discovered that the leader discharge and footing drains and piping needed to be replaced. Over time, pipes had become clogged, punctured and broken. All needed to be replaced and tied into the existing catch basin near Sound Beach Avenue. The foundation needed to be waterproofed as well. GroPro's proposal was reviewed by the Building and Grounds Committee and sent to the Church Council for approval.

The Building and Grounds Committee was very pleased with the thorough proposal and very fair pricing. The Committee suggested to use larger piping than proposed, which was incorporated into the final plan. The Church Council voted to approve GroPro's proposal and use funds from the Operating Reverse Fund to pay for this unanticipated repair project. The installed waterproofing is a high quality, 2-part membrane system, which will last a very long time. The final cost was \$24,497.30, which included many discounts and credits from GroPro. We are very grateful and appreciative for all the work GroPro has completed on our campus at prices well below market. Thank you Peter Grunow, Ed Fitzwillian and Tom Homicki!

Unfortunately, we didn't find any buried treasure with all the digging. However, there has not been any water leaking into the building during saturating rains since the completion of this project. The cabinets and counters have been ordered for the Preschool administrative office and they will be able to move into water-free office when we return to normalcy.



We would like to provide you with a summary of what we would have reported at the Quarterly Information Meeting, previously scheduled for March 22, 2020. The work of the Church continues, even though we can't be physically together. The Church Council held its March meeting virtually for the first time, and a number of committees are doing the same.

The Nominating Committee has begun work to staff committees for the start of our new year on July 1st. If you are interested in serving on one of the committees that help the church achieve its mission, please contact Mary-Ann Assing, Chair (203 532-0082 or maryannassing@gmail.com) or Ginny Breismeister (203 637-1791 ext 826 or ginnyb@fccog.org). Additional information will be provided soon. Our committees bind us together as we further God's love in our church and communities.

The Stewardship Committee wants to thank everyone who has made a Pledge for 2020! 269 wonderful members of our community have pledged \$730,020 to support the life and mission of our church. With the pledges we have now, we are well short of our target of \$820,000. Unfortunately, we lost several large pledges from last year for a variety of reasons, including folks moving away or a change in health or financial situation. When we lose large givers, it is difficult to replace this giving. While we will have to find ways to close this gap once some normalcy returns, for now we feel this is not the time to make any major changes in our church's programs or operations. As we have done for the last 355 years, First Church will be a resource for our members and the community. If you have not pledged, please consider doing so. If you have pledged, thank you.

The Budget Committee reports that the finances of the church were in good shape for the first eight months of the fiscal year through February 2020. At that point, expenses were slightly lower than budget. However, we all know that in March life has changed in so many ways that it makes it very difficult to forecast how the last four months of the fiscal year will come in. Currently all church employees, including in the Preschool, are continuing to be paid. They are working from home and continue to provide remotely as much service and connection to our members, students and community as they can.

The Building & Grounds Committee successfully completed one project and is preparing for another. In March, as a result of clogged leaders, the drainage along the north wall of the Preschool (Undercroft) was replaced and upgraded, and the foundation was thoroughly waterproofed. The cost of \$24,500 came from the Operating Reserve. The project addressed

the problem of water coming into the Preschool office during hard rains, which had forced the Preschool to use the Orange Door classroom as the office for many months. Now that classroom can be used for an additional class in the Fall.

Meanwhile, Buildings & Grounds has been getting multiple quotes on replacing the heating system, which is more than 20 years old and in poor shape. The system includes two boilers and two pumps, plus controls, etc. One boiler and one pump have been out of service this winter leaving us at only 50% of capacity. Luckily, we have had a warm winter. The system needs to be replaced, or at least major components need to be replaced, before next winter. Although we are still waiting for quotes, it looks like this project may cost in the neighborhood of \$150,000. The Council will have to develop a plan for financing this large capital repair. We will keep you informed as we learn more about this project and welcome any input on creative ways to cover the costs.

In February, the Council had approved the investment of \$110,000 to divide the Red Door classroom in the Preschool, so it could accommodate two classes of two-year olds (instead of one class currently) to meet growing demand. This project was approved using Preschool funds accumulated through the years, not Church funds. However, in March the Preschool put this project on hold temporarily due to the uncertainties of the times.

As you know, the **Outreach Committee** had to postpone our Lenten projects and the Service Sunday event with *Rise Against Hunger* on April 19th. While volunteer opportunities are difficult in these times of physical distancing, they hope you might be able to financially support our monthly lunch at New Covenant Center and/or supporting Greenwich Hospital health care workers and other partner agencies (Inspirica, Building One Community, Meals on Wheels, etc.) that support low income families in these difficult times. Details are outlined elsewhere in this newsletter.

Our staff is providing a number of virtual spiritual opportunities throughout the week, and we hope that everyone is taking advantage of these remote offerings. During this period of "social distancing", we look for new ways to connect. Elsewhere in this newsletter you will find information on how to access these offerings.

We will do our best to keep you informed during this time when we can't meet in person. Please reach out to me with any concerns.

Rick Derr
Chair, Church Council



UPDATE ON SERVICE SUNDAY 2020

Our food-packaging event with Rise Against Hunger to provide 14,256 meals on Service Sunday, April 19, 2020 is postponed.

Below are some creative and safe ways we can be a supportive and generous community of faith:

Support Greenwich Hospital Emergency Room Staff
Looking for a way to support our local healthcare workers on the front lines? Consider donating an Uber Eats gift certificate to the emergency staff at Greenwich Hospital. Assistant to the ER Chairman, Teresa Delpeschio, is coordinating Uber Eats donations to support the Greenwich ER staff. If you want to help, consider purchasing an Uber Eats gift certificate of any denomination and send it to **TERESA**. Click [HERE](#) for the link. She'll make sure it gets to the right place!

NEW COVENANT HOUSE SOUP KITCHEN

NCC needs our support more than ever with increasing demand. Help us continue our long-standing service to our neighbors in Stamford while also supporting our local food suppliers.

Due to new hygiene guidelines, we are no longer allowed to bring in homemade chili to serve for our date at the NCH Soup Kitchen. In order to uphold our promise to provide a lunch on the first Monday of

the month, we have arranged for prepared bagged lunches using one of our local food shops. This is a more expensive option than the chili, so we are asking for donations to add to the monthly budget to keep this commitment going.

Click [HERE](#) for more information about New Covenant House. Click [HERE](#) to support the Soup Kitchen Fund or text "FCCOG Donate" to 73256.

INSPIRICA (STAMFORD)

It is more important than ever to provide the much-needed services to reach and care for our most vulnerable populations.

Arrange for a take out dinner delivery from a local restaurant to the Inspirica shelter:

1. Sign up for a date on Sign Up Genius (click [HERE](#), password is cpg2020).
2. Select your menu from these participating restaurant options (click [HERE](#)).
3. Or, select your own favorite restaurant and tell them to deliver to 141 Franklin Street, between 5pm and 6pm.
4. Gather a group of friends to organize together and split the cost if you wish.

QUESTIONS OR NEED HELP SIGNING UP?

Click [HERE](#) for more information about Inspirica. Call 203-561-0838 or email [LAUREN GHAFFARI](#)

Associate Pastor Search Committee

The committee completed the associate pastor job description and updated church profile, and posted the opening with the UCC in March. The posting can be found on the UCC website (click [HERE](#) to view). The position has also been posted to several Seminary schools.

Candidates have already responded to the job listing and the committee has begun the initial review process with interviews starting soon.

The committee meets weekly, and encourages everyone to share their thoughts and questions with any of us: Gordon Assing, Patrick Collins, Connie Kurczewski, Jim Shattuck (chair), Pam Speer, Philip Wentworth.



Avery's Book Corner

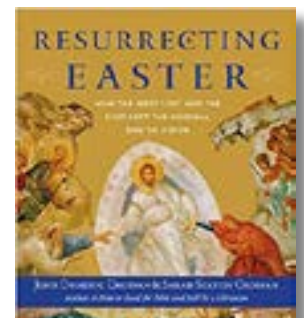
For April,
Avery's book of choice is...

Resurrecting Easter: How the West lost and the East kept the original version

by

John Dominic Crossan and Sarah Sexton Crossan

In this new book, John Dominic Crossan and Sarah Sexton Crossan chronicle their travels as they search for the earliest depictions of Jesus's resurrection - the original Easter vision - as well as the implications of these discoveries.



"WHAT IS THERE LEFT TO BE SAID?" I THOUGHT

Writing a wellness article, I must reference this virus that has changed the way we live every aspect of our lives. Yet, I'm so tired of reading about it, speaking about it, hearing about it, living it. We get bombarded with information about the COVID-19 virus every day. The desire to read more is there because the data is changing, the answers are not all clear, but it's fatiguing. Then it came to me: write about mental health. Fear and anxiety about the pandemic can be overwhelming. Below are some stress-mitigating principles to remind you to take good care of your mind, body, and soul.

TIPS FOR MANAGING STRESS DURING A PANDEMIC

LIMIT SCREEN TIME: Take breaks from watching, reading, or listening to news stories. Hearing about the pandemic repeatedly can increase anxiety.

SMILE: Laughter is great medicine. Share a joke or parody video, or watch a comedy.

TALK: Tell your story and feelings to family and friends. Join a chat group or a video meeting.

BE IN COMMUNITY VIRTUALLY: Try to attend church by YouTube channel, or Friday chats on Facebook. Ask a church staff member or friend to help you get connected.

RELAX: Find a peaceful favorite spot to rest, meditate, pray and contemplate daily.

CREATE: Activities such as gardening, singing, painting or sewing feed our creative spirits. Cleaning closets can be satisfying and you may find a project to rekindle.

EAT HEALTHY: Nutritious eating habits, especially lowering sugar intake, have been proven to reduce stress. Avoid excess alcohol.

EXERCISE: Walk, garden, dance, yoga, Tai Chi, or do just about anything that gets your heart pumping and your lungs breathing deeply.

SLEEP: Ensuring 7-9 hours of sleep each night can make a world of difference.

SEEK HELP: Tell a professional (such as a pastor, nurse, doctor) if you feel overwhelmed with emotions like sadness, depression, or anxiety: Disaster Distress Helpline at 1-800-985-5990.

USEFUL LINKS

Mental Health Resources:
NAMI (Mental Health Advocacy)
mentalhealthfirstaid.org

Local Grocery, Meal & Transportation Services

CONNECTT BY Senior Center & GCDS

Greenwich Commission on Aging

Town of Greenwich COVID-19 Info

CT State COVID19 Info

Center for Disease Control

PREVENT THE SPREAD OF COVID-19

- Wash your hands frequently
- Avoid touching your eyes, nose, and mouth.
- Avoid close contact with others (stay about 6 feet away)
- Stay home as much as possible – especially if you are over 65 or have an underlying health condition
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces

Questions about COVID-19? Call Yale New Haven Health's COVID Line 833-275-9644

Patrick's recent sermon asked "What good can come of even THIS?" I love this because it's not just having us look for silver linings. It goes further to challenge us and empower us to create those silver linings. For example: the way we have gotten to know each other better on Zoom Coffee Hour, or the way volunteers reaching out by phone have made new friendships, or the way my family has connected across the country more frequently than we ever did before. Keep looking for silver linings, and keep playing your part in creating them!

ARE YOU LOOKING FOR A PRESCHOOL EXPERIENCE FOR YOUR CHILD?



Come see us!
Call 203-637-5430 or
email darlak@fccog.org today
for more information and
to schedule a tour.

Visit www.firstchurchpreschool.org for more information on these programs.

It's never too early to think SUMMER!

**Summer Program at First Church Preschool Runs June 22nd - August 7th
REGISTER NOW!**

Arts & Crafts * Water Play * Sports * Music * Critter Caravan

Science * Ice Cream Truck * Bouncy Houses * Yoga



Children spend time daily on our certified Nature Classroom



Don't miss out on the fun – and bring a friend or two!
To participate, children must be at least 3 years of age by 12/31/20 and not yet started Kindergarten and be TOILET TRAINED



Sign Up Soon!
Early bird rates thru 4/10

CHURCH SCHOOL CALENDAR

Depending on when we can resume our programming, we will plan to reschedule those activities that we can.

In the meantime, there is a weekly Faith Formation Newsletter emailed on Thursdays with an emphasis on info for children and families.

There will always be a Children's Message as a part of the live streamed Sunday service.

Additional resources will be shared via email.

REV. MOLLY BASKETTE & DR. ELLEN O'DONNELL, AUTHORS OF "BLESS THIS MESS"

We are hopeful to be able to reschedule a presentation by two writers of a book that addresses "faith and parenting in a chaotic world." Our last similar presentation was in January 2017 by Dr. Lisa Miller, author of "The Spiritual Child", who Baskette and O'Donnell cited in their discussion of "raising a spiritually grounded child without the heavy baggage of religion." With real life examples, relatable personal stories, and strategies tailored to the toddler, preteen or teenager, this presentation will have a wide appeal so join us for what promises to be encouraging and educational for parents, grandparents, caregivers and friends.



Top photo:
Dr. Ellen O'Donnell



Right photo:
Molly Baskette.



FAITH FORMATION FOR ADULTS

On several Sundays during February, more than 20 women and men met in the Lounge after church to discuss a book written by Joan Chittister titled "**The Gift of Years: Growing Older Gracefully.**" Topics ranged from loneliness, joy, lifestyles and how to discuss controversial issues in a way to learn from each other without judging each other. There was a great deal of interest in pursuing this possibility and we will.

We also learned that several folks are writing their memoirs as a gift to their families and as a cathartic process. So the group agreed to invite Rabbi Daniel Cohen return for a follow-up discussion of his book, "**What Will They Say About You When You're Gone?: Creating a Life of Legacy.**" The group discussed several other authors and books they are interested in exploring including more Joan Chittister and David Brooks among others.

"RESILIENCE: THE BIOLOGY OF STRESS AND THE SCIENCE OF HOPE": A RECAP

On March 9, the First Church Preschool and the church co-sponsored a screening of the documentary "Resilience." Teachers and staff, church staff and parents and community mental health practitioners attended the event. Following the film, Dr. Alice Forrester, CEO at Clifford Beers Clinic in New Haven, CT and David Rabin, President and CEO of Greenwich United Way both answered questions. Dr. Forrester elaborated on statewide initiatives to address the issue as well as experiences her agency has had treating families. David Rabin discussed the several programs the United Way supports in our own town and the initiatives they are planning. Resilience more broadly explores how treating those suffering from stress caused by Adverse Childhood Experiences (ACEs) can improve kids' lives, especially in poorer communities. ACEs caused by abuse and neglect during childhood can wreak havoc on the brains and bodies of children, putting them at greater risk for disease, homelessness, prison time and early death. While the broader impacts of poverty worsen the risk, no segment of society is immune. The film reveals the depths of childhood traumas and the heights of successful treatment for families. Some of the statistics are staggering but the best news is in that there is hope.

April 2020 Church Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3 Balance & Focus Tai Chi with Will Morrison 8:30-9:30 am (see below) Fridays by the Fireplace with Rev. Patrick Collins (Click HERE to join) 3:00 pm	4 AL-ANON Virtual Meeting 10:00-11:30 am (To join our, click HERE Meeting ID: 971 319 608 or contact KAREN for more information)
5 PALM SUNDAY Online Worship Service (Click HERE to view) 10:00-11:00 am Virtual Community Hour 11:00 am-12:00 (see page 3 for more info)	6	7 Balance & Focus Tai Chi with Will Morrison 8:30-9:30 am (see below) FCCOG Staff Zoom Meeting 10:00-11:00 am	8	9 MAUNDY THURSDAY Maundy Thursday Online Service (Click HERE to view) 7:00-8:00 pm	10 GOOD FRIDAY Good Friday Online Service (Click HERE to view) 12:00-3:00 pm	11 EASTER SATURDAY AL-ANON Virtual Meeting 10:00-11:30 am (To join our, click HERE Meeting ID: 971 319 608 or contact KAREN for more information)
12 EASTER SUNDAY All services online: Sunrise Service (Click HERE to view) 6:00 am Easter Worship Service (Click HERE to view) 10:00 am	13	14 Balance & Focus Tai Chi with Will Morrison 8:30-9:30 am (see below) FCCOG Staff Zoom Meeting 10:00-11:00 am	15 Church Council Zoom Meeting 7:00-9:00 pm	16	17 Balance & Focus Tai Chi with Will Morrison 8:30-9:30 am (see below) Fridays by the Fireplace with Rev. Patrick Collins (Click HERE to join) 3:00 pm	18 AL-ANON Virtual Meeting 10:00-11:30 am (To join our, click HERE Meeting ID: 971 319 608 or contact KAREN for more information)
19 Online Worship Service (Click HERE to view) 10:00-11:00 am Virtual Community Hour 11:00 am-12:00 pm (see page 3 for more info)	20	21 Balance & Focus Tai Chi with Will Morrison 8:30-9:30 am (see below) FCCOG Staff Zoom Meeting 10:00-11:00 am	22 EARTH DAY	23	24 Balance & Focus Tai Chi with Will Morrison 8:30-9:30 am (see below) Fridays by the Fireplace with Rev. Patrick Collins (Click HERE to join) 3:00 pm	25 AL-ANON Virtual Meeting 10:00-11:30 am (To join our, click HERE Meeting ID: 971 319 608 or contact KAREN for more information)
26 Online Worship Service (Click HERE to view) 10:00-11:00 am Virtual Community Hour 11:00 am-12:00 pm (see page 3 for more info)	27	28 Balance & Focus Tai Chi with Will Morrison 8:30-9:30 am (see below) FCCOG Staff Zoom Meeting 10:00-11:00 am	29	30		

BALANCE & FOCUS THROUGH TAI CHI @ FCCOG

Because using online video conferencing has proven effective, let's continue! Feel free to invite others!

We are using Zoom Meetings:

The Zoom app, available for all device types is available for download [HERE](#).

A word about online browsers for using this app: Chrome is best, Safari on an iPhone is the worst.

Click [HERE](#) to join the meeting. Input the following Meeting ID: **611 450 5034**

Let's support charities in this time of need:

Please seriously consider donating \$10/class to one of these non-profits:

- For First Congregational Church of Old Greenwich, click [HERE](#) or text message FCCOG TaiChi to 73265

- For Riverhouse, an adult day care center for those with dementia, click [HERE](#).

Some Zoom tips:

You can participate with your camera on or off. While having it on gives me an idea of your posture, having it off gives you privacy. Press the camera icon at the top of the screen to turn off the camera once you have joined in the meeting.

Use the device that has the largest screen. It will make it easier to see the movements. If you have an Apple set-up, you can mirror to your Apple TV and large monitor.



108 Sound Beach Avenue
Old Greenwich CT 06870
203-637-1791 • www.fccog.org

Nonprofit Organization
U.S. Postage PAID
Stamford, CT
Permit No. 7017



We are broadcasting online. Click on links below.

Download our [SUNDAY BULLETIN](#) and live-stream Sunday's worship service at 10:00 am by clicking [HERE](#) or listen to the radio broadcast online at [WGCH](#) (or tune to AM1490 or FM105.5).

Please make sure you are on our e-mail list to receive all of our publications. Email [DALINDA](#) if you are not signed up. Thanks!

FIRST CHURCH CONNECTS WITH YOU DURING THE WEEK

Monday: Music on Mondays
(sent by Craig Symons)

Wednesday: Wisdom on Wednesdays
(sent by Rev. Patrick Collins)

Thursday: Faith Formation at Home for All
(sent by Rosemary Lamie)

Friday: [FRIDAYS BY THE FIREPLACE](#)
(live with Rev. Patrick Collins)