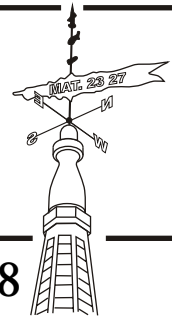


The Weathervane

RAYMOND VILLAGE COMMUNITY CHURCH, United Church of Christ Newsletter



August 2008



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The Dog Days of Summer

We are right in the midst of them now that it is August, the Dog Days of Summer, that is. The phrase, “dog days”, refers to the hottest and most sultry days of the year, and they are a phenomenon of the Northern Hemisphere. According to the 1552 Book of Common Prayer, the “dog daies” begin in July and end on August 17th. The Old Farmer’s Almanac has them going strong for 40 days ending on August 11th.

The origin of “dog days” is found in ancient astronomy in the midst of the constellation, Canis Major, or “big dog”. The brightest star in the constellation is Sirius, the so-called dog star. Coincidentally, Sirius is also the brightest star in the entire summer night sky. Additionally, in the summer, Sirius rises and sets with the sun. During late July, when Sirius was in conjunction with the sun, the ancient astronomers believed that its heat added to the heat of the sun, creating a stretch of hot and sultry weather. Thus, the “dog days of summer.”

Perhaps because most of us find ourselves on those hot and humid days just sitting around not doing much of anything except trying to keep cool, over time “dog days” has come to refer to any period of stagnation, inactivity, or marked by a dull lack of progress (Wikipedia).

As I look around RVCC and our church family in the summer months, I am pleased that we experience nothing like the dog days. We do not suffer from stagnation, inactivity, and we are certainly not marked by a dull lack of progress. We continue to move and stretch and challenge ourselves as Jesus’ disciples. In big and small ways, the tendrils of our community continue to reach out with the Good News of Jesus.

Our worship remains vital, especially with the return of our summer people. Local musicians as well as our choir continue bring God’s promises to us in song.

Our educational opportunities stay in full swing. Adults have an opportunity to reflect upon God’s word together in a summer Bible study. Our children continue to learn about the goodness of God in our Vacation Bible School format summer Sunday program.

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The Weathervane is published monthly for distribution at the first of each month. Articles may be submitted as paper copy, electronically via disk or email by the 20th of each month preceding the issue for it to be included in. Computer files should be submitted as MSWord (.doc) or rich text format (.rtf) and clipart/photos as jpg or tif. Hand written articles may be submitted as well. If you have a computer/email question or problem contact John Hanley.

Articles can be dropped off at the church office, mailed or emailed to: Raymond Village Community Church, P.O. Box 285 (Main St.), Raymond, ME 04071 - office@rvccme.org or to John Hanley, 221 Valley Rd, Raymond, ME 04071 - weathervane@rvccme.org - Thank you for reading our newsletter!

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Our missions work continues to be strong. We share our garden produce and commit to buying local products. We work in the Wayside Soup Kitchen. We send a Mission Team to represent us and do hands-on mission work in Appalachia.

We continue to knit ourselves into the fabric of the Raymond community, so that people will know who we are and what we are about. We build community with pot roast suppers and flea markets. We sponsor an outdoor family movie night for everyone - and just for the fun of it.

I hope that all of us will have a chance on some of these warm summer nights to go into our back yards or down by the water, look up at the stars, and find the brightest one, Sirius, the dog star. And when we do, may we thank God for the energy of our little church family and pray that it grows ever more in the months ahead.

Bible Reflection

The following is a Still Speaking Devotional, one of the UCC's daily e-mail meditations. If you are interested in learning more, go to <http://i.ucc.org>. This interactive website has forums and blogs, a daily Bible study, prayer list, etc.

“Jacob dreamed of a ladder set up on the earth, the top of it reaching to heaven; and the angels of God were ascending and descending on it. In the dream, God stood beside Jacob and spoke to him saying that all the families of the earth would be blessed by Jacob and his offspring. God also told Jacob that God would be with him wherever Jacob went. It was quite a dream, which Jacob realized when he awoke in the morning. So he took his stone pillow and set it up as a marker that God was indeed in this place. This was a place where Jacob experienced God's “night school.”

It is interesting to note throughout the Bible how often the still speaking God speaks to people of faith during the night in dreams. The psalmist declares in Psalm 16, “I bless the Lord who gives me counsel; in the night also my heart instructs me.” Perhaps God talks to us in the night because that's a time God can get our attention.

I have learned during evenings when my pillow feels like a stone to stop fretting about my sleeplessness and instead ask what message the still speaking God might have for me. You, too, may want to enroll in God's night school.”

(by David Shoen)

PRAYER CONCERNS

Our prayers of concern go out to:

Those in our Church Family

Kathleen Bent, Jane Jordan, and Al & Charlotte Rowe.

In our Extended Family

Sue Barter, Darlene and Howard Dodge, Paula Legg,

Hal Maker, Harry McKenna, and Dan Sullivan.

In our Community

Dora and Bobby Durgin, Frances and Hazel Hinds, Dana Reed, Sandy Salmonson, all of our service men and women, and all others near and far who are sick or in need.

Lectionary Lessons for August

If you are looking for a foundation for personal devotions during the week, you might want to begin by reading the lectionary lessons. At least one of these Scripture readings will be used each Sunday as the focus of our worship.



August 3rd
Genesis 32:22-31
Psalm 17:1-7, 15
Romans 9:1-5
Matthew 14:13-21

August 10th
Genesis 37:1-4, 12-28
Psalm 105:1-6, 16-22, 45
Romans 10:5-15
Matthew 14:22-33



August 17th
Genesis 45:1-15
Psalm 133
Romans 11:1-2, 29-32
Matthew 15:21-28

August 24th
Exodus 1:8-2:10
Psalm 124
Romans 12:1-8
Matthew 16:13-20

August 31st
Exodus 3:1-15
Psalm 105:1-6, 23-26, 45
Romans 12:9-21
Matthew 16:21-28



Summary of July 10, 2008 Coordinating Council Meeting

The meeting was called to order at 7:00 PM, on Thursday July 10th.

Present were: Nancy Y., Dick, Lori, Fran, Nancy F. and Rolf

Absent: Brian, Caryl

Nancy Yates offered the opening prayer to begin our meeting.

Minutes from our June 12th Council Meeting were unanimously approved, as amended.

Pastoral Reflection: Nancy prefaced her reflection with some details from the Summer Collegium she attended by thanking those who worked on the application process, as well as the council and congregation for supporting her desire to attend, and by telling us how AWESOME the experience was. She described how it was particularly inspiring to spend time with other clergy and their spouses who were specifically dedicated to small church ministry. The keynote speakers were outstanding, and they spoke on a variety of topics of interest to small church ministry including but not limited to: preaching, use of drama and choral readings, finances, and stewardship. There were evening chapel services and the music program was also great! All of the speakers and the music director were available and accessible to everyone during meals which were shared together. A particularly enjoyable event was going to the National Theater to see a live production of "Mama Mia". As with the entire collegium, this was also covered fully by the Lily Foundation.

Pastoral Reflection Question: Nancy then asked the council to ponder this question. *How would you describe RVCC, when someone who knows nothing about this church asks about us?* We all gave this some thought and these are some of the responses that were given.

1. I felt a sense of feeling at home right away.
2. Belonging here helped with the feeling of home-sickness I had.
3. We do such a large variety of mission work.
4. We make it possible for everyone to get involved in mission projects whether on the mission committee or not.
5. The church is there for you "the people" there is meaning in what we do, not just ceremony.

6. There is a closeness between age groups I hadn't experienced in my other church.

In concluding her reflection, Nancy gave us all an assignment for the next meeting as a follow up to tonight's discussion. It is to talk with three people who do not come to RVCC and ask them this question.

What do you know about that church on Main St. in Raymond? We will bring our answers to the next council meeting so that we can compare what we in the church know about ourselves with what those out of the church know about us.

Update of action items from the Leaders Retreat

Brian and Marilee's team: Raymond Village Community Church Family Film Night is an event designed to involve families in a fun, community-building event. It is not a fundraising event, but designed to be a fun and engaging community experience. Planned film: *Ratatouille* will be held on Friday August 22nd with a rain date of the 23rd. Gates will open at 7:00 p.m. Film will start at 7:30 and end at approx. 9:20. The team continues to work on final details to ensure a successful event.

Andy Morrison is researching ideas to improve upon our summer flea market.

Research by the trustees is continuing on what can be done to improve the current conditions in the kitchen. Possible areas of improvement include: stove, and counter tops.

Reports of the Coordinators

Treasurer: (Caryl - absent) Caryl will e-mail the current statements to council when ready.

Church Clerk: (Lori) Nothing new to report this month.

Trustee: (Dick) The Annual maintenance on the three furnaces will be done on July 17.

It will be very difficult, probably impossible, to convert the two vestry toilets into a handicap accessible restroom. The space is simply too narrow.

Estimates from different suppliers on a "stair chair" for the vestry/sanctuary stairway run from \$6,800 to \$8,400. A used chair was available earlier in the month for \$3,800.

The estimate to replace the kitchen counters is a little over \$1,400.

We have renewed the lease on the parsonage (after the tenants cleaned up the grounds and mowed the lawn).

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I walked through the house and was embarrassed to see the condition of the shower/tub and enclosure. The enclosure panels are rotted beyond repair. I have asked Bath Fitters to give us an estimate on refitting the tub and surround.

We received our annual ant treatment on July 1st from Atlantic Exterminators. The exterminator didn't have to treat inside.

The closest dealer for our Vulcan stove is in Portland. Their charge is \$75 for their technician to come to the church, then \$70 per hour, plus parts, for the repairs and replacements.

The trustees walked through the church and noted several windows in the Sunday school wing that needed caulking, doors that should be weather stripped, and one (the door leading into the office hallway) that should be replaced. We can do the caulking and weather stripping. We also believe we can reduce our fuel consumption by using rooms which are on a single zone (the rooms at the end of the upstairs and downstairs halls in the Sunday school wing), by lowering the default thermostat settings, and perhaps by charging outside groups for winter use during the winter heating season.

In view of the anticipated heating expense and the unbudgeted cost of the bi-weekly cleaning service, I don't believe this is the year to do what admittedly needs to be done in many areas. However, we need to keep the parsonage livable if we continue to rent it, and replacing the door may pay for itself in the next couple years.

Missions Committee: (Brian – e-mailed the mission report to the council) Summer focus is on two local food oriented efforts and getting Mission Team ready for trip.

Be a Good Apple is the program to help people support locally grown foods, both for benefit of local farmers, as well as being ecologically sound (less transportation means less energy consumed).

Share Your Wealth is the program to have people bring in extra fruits and vegetables out of their garden and share with their church family.

Both of these programs are simple, but are designed to help people become more aware of food and its importance, lovingly share and, in so doing, appreciate God's gifts just a bit more.

Any help Council members can provide in modeling

participation in the programs would be appreciated as people see others doing it, it will become more top-of-mind for everyone.

Christian Ed Committee: (Rev. Nancy) The C.E. Task Force met on July 8th to discuss learning objectives for the coming year. A one room Sunday School will be used with different models being explored for interactive learning. More detailed information will be provided when the task force has completed its research and decided on a plan.

The Adult Summer Study has started with our first organizational meeting. Books were distributed and a schedule set up. Our first study session will be held on July 17th.

Stewardship: (Rev. Nancy) Rev. Nancy will meet with Walt Read soon to discuss ideas for a fall stewardship campaign. Walt expressed an interest in leading a team for this important process.

At this time we have no Stewardship Coordinator. This position is vital to the council, so please, if your talents may lie in this area we'd love to have you onboard.

Deacons: (Fran) The Deacons didn't meet in July so no report this month.

Moderator: (Rolf) Business has been covered in other reports..

Pastor: (Rev. Nancy) Rev. Nancy will be gone from August 3rd to the 9th with the mission team in Appalachia, and then from August 12th to September 2nd on vacation. The deacons have arranged for Pastoral coverage.

Nickelodeons segment called "Nick News" is exploring activities that youth are involved in over the summer. They may be interested in interviewing one of our youth who are participating in the mission trip. More on this if it develops further.

The team that is going to Appalachia will be commissioned on Sunday July 13th.

Rev. Larry Greer and the group Hospice of Southern Maine will be using space at RVCC for training sessions during October and November. A flyer with dates and times will be posted on a bulletin board in the vestry. Watch for details. Also, check the many programs they offer by following the Hospice of Southern Maine link on the links page of our web-site.

Old Business: None

New Business: Dick will get two additional vestry

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keys made for use when groups or individuals using our space need one temporarily.

Lori will be working from home on Tuesday July 29th, therefore the church office will be closed.

In an effort to think of ways for conserving on oil this winter Rev. Nancy and Lori have come up with this suggestion. Nancy will work from home on Mondays and Lori on Tuesdays. They will open the office only on Thursdays for finalizing and printing bulletins, inserts and Weathervanes. This, as well as ideas on winterizing our facilities from the trustees will be on the agenda of our September meeting. The council is hoping for a good deal of input from the entire congregation and especially from all of our snow birds who are unable to attend the annual meeting each year in January.

Next Council meeting will be Thursday September 11, 2008; at 7:00 p.m. Prayer will be offered done as a group.

Respectfully submitted,
Lori Lambert, Church Clerk

College Corner

Congratulations to Tim Foran for receiving a Lion Club Scholarship! The scholarship was awarded by the Cumberland-North Yarmouth Lions Club.

Thoughts on Stewardship....Disciples' Questions

“Disciples of Jesus are called to ask and respond to questions philanthropists (and others) do not necessarily choose to raise:

What does the Bible say about sharing, money, and justice for the poor? How much is enough? How much do I really need to keep for myself and my family? Do my children really need the money (they ask for)? Do others need it more? What is the spirit in which I give? Do I give as God gives or according to my culture's values?

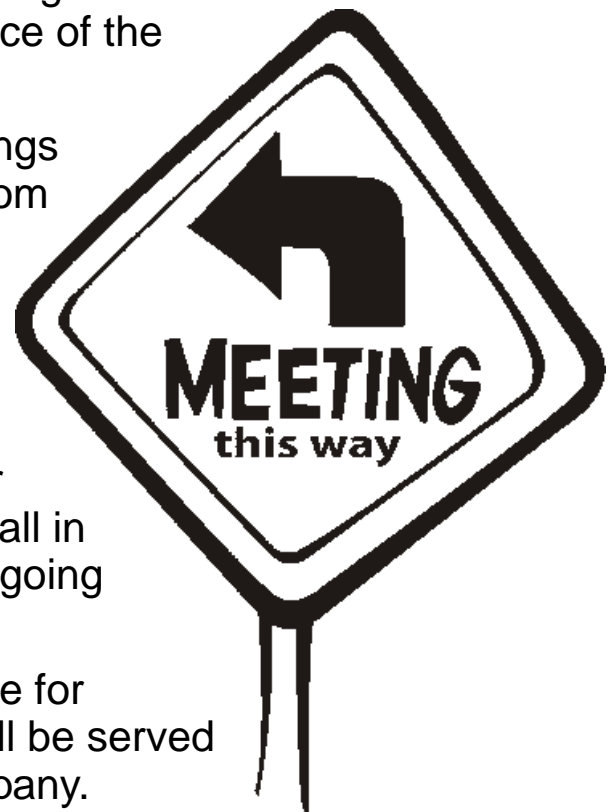
*(from Giving: Growing Joyful
Stewards in Your Congregation)*

Mark Your Calendars for September 14th

On September 14th we will be have a gathering after the church service for all to attend. The gathering will be an opportunity for various groups to bring all up to date on what has been going on this year and things to come through the balance of the year.

We will be hearing from Rev. Nancy on things she learned at the Summer Colloquium, from Missions on the mission trip to Appalachia as well as updates from Christian Education, the trustees and others. This is a good chance for the “snow birds” to get first hand information that generally only gets covered in the annual meeting or the *Weathervane* and for them, as well as all in attendance, to weigh in on how things are going and things we can do to improve etc.

Come one come all, this will be a good time for fellowship and sharing. A pot luck lunch will be served so come for the fun, the food and the company.



From The Deacons Table

A full schedule of events for the summer of 2008 at the Raymond Village Community Church, has kept almost every member busy on one project or another. Starting with the kick off of the Flea Market, followed by the pot roast suppers on the third Saturday of each month, on the fourth Saturday of each month the church sends a group to the Wayside soup kitchen to serve meals to those less fortunate than we are. The Appalachia Mission Trip committee has been meeting and raising funds and donated items to take to Cosby, Tennessee the first week in August. Brenda Olsen has been running the "Sky Crew Captains" youth summer program.

Announcements of these events are very important. However, the deacons have been requested to keep the announcement time to a minimum on Sunday morning, so that the worship service can begin on time. Therefore we do request each member to make brief verbal announcements. A written announcement has an impact when it is placed in the weekly Sunday bulletin, and the deacons remind people to read and take home these special announcements.

As we move into the final month of summer, let us reflect on the summer flowers that have been donated each Sunday, the wonderful Café and Coffee hour refreshments provided by the Choir in June, the Trustees in July and the Council in August. And, we look forward to more of the same.

Rev. Nancy will be on vacation during August. In her absence our worship services on the 17th, 24th, and 31st of the month will be led by John Spurill. John has led us in worship twice in the past two years. John has a background in the military and is a seminary student. If you haven't been to any of John's services you will be delighted to hear him and will enjoy his personality as he delivers special words of inspiration from God. If you have been to any of his services, you know what a spirit he has and always delivers a powerful message. We hope many will attend and welcome this talented gentleman.

A reminder to all, especially when we have a guest pastor, to pick up your name tag on the door to the vestibule. Tom Wiley has created beautiful tags that we should all be proud to display, you can wear them during coffee hour and leave them on the designated board before you leave, the deacons will see that the tags are returned to their place on the vestibule board for the next Sunday.

The deacons continue to meet at 6:30pm on the second Wednesday of each month. We welcome all who would like to join us as a deacon or deacons assistant, as we endeavor to meet the spiritual needs of our members and support our pastor in her ministry.

In Gods love and service,
Linda Eldridge, Coordinating Deacon.

Ways to Introduce Your Friends to RVCC

1. Invite some friends to the Pot Roast Supper It's the best one in Maine!
2. Invite your friends and neighbors to watch "Ratatouille" at Family Movie Night on August 22nd. It's for EVERYONE in the community just for fun!
3. Invite someone with kids to bring their children to Lift Off!, our Summer Sunday Children's Program (through August 17th) beginning at 10:00 A.M.

Start telling everyone you now about Powerful Pathways, our new and bound to be fun Sunday School Program.

Supporting Missions is a Clynk

I would like to thank the congregation for their support of the Clynk bottle and can recycling project that started in June 2007 to help raise money for our first RVCC Mission trip which is becoming a reality August 2-9 when we travel to SunSet Gap in Cosby, TN. You helped us raise \$460.55!

The Clynk project will continue as there are other mission projects to help support. The new project will be the Wayside Soup Kitchen on Preble St., in Portland. They are having a hard time with reduced support and not much food on their shelves. Some of us from the RVCC help out the 4th Saturday of every month by serving the supper meal (5-7 PM) to the homeless and would welcome anyone who would like to go with us.

Please feel free to pick up a green Clynk returnable bottle bag on the Mission table in the vestry and just return it to any Clynk dropout at Hannafords. Our church sticker is on each bag so the funds will automatically go into our account.

We thank you for your continue support in serving our Lord far and near.

Sincerely,
Elaine York

Last year after my mom had serious surgery and surprisingly recuperated, we wanted her to go home. The doctors advised that she needed to go to a rehabilitation center first. She was there just five days (getting terrible care) when she died. After contacting numerous state agencies and the District Attorneys office with complaints, I got a little help. I got the names of two people from Volunteers of America who agreed to write the following article.

~Charlotte Rowe

Elders at Risk

By Sharon Ross, Times Record Contributor

BRUNSWICK

Betty Smith was 93 years old when she died. Though she had lived a full life, her death came too soon for her children. Still, they are grateful they were with her when she died in a Maine hospital in April 2007.

It was an exit Betty had hoped for, her children say, surrounded by the love of her family amid song and prayer. That night, Betty's five daughters (a daughter-in-law was on the phone), one son, their spouses and a few grandchildren surrounded her bed in the intensive care unit. By that time, Betty had refused offers of more oxygen and blood.

"I just don't want to hurt anymore," she said, according to Cathy, the second youngest child.

Knowing the weight of the situation, ICU staff searched their shelves for hymnals and prayer books so the family could guide their mom on her final journey with music. Though she was in pain, her children felt at peace with their mother's death because she was ready to go and surrounded by her family.

It wasn't until the siblings started talking among themselves after meeting at the funeral home the next day that they discovered their mother's last days were less than perfect, and full of pain. They learned that despite their round-the-clock presence by her side as she recovered from surgery in a rehabilitation facility, her requests for relief weren't taken seriously.

Independent woman

Betty was an independent soul, living in her own home for more than 11 years after her husband died. She had a valid driver's license, even at age 93, and often drove friends and neighbors who couldn't drive to doctor's appointments. She loved crocheting, was active in her garden and enjoyed bird-watching near her home in rural Maine. She liked her lifestyle, never wanting to burden anyone with her care.

"She was a giver, and it was hard for her to receive," recalls her eldest daughter Cassandra. Besides, her youngest daughter Candace lived just up the road, so help was never far away

Then, one Saturday in late March 2007, Betty began suffering from severe stomach pain. She was admitted to the hospital, had surgery the next day for ischemic bowel syndrome (blockage and blood clot), and remained in the hospital for about a week. Her surgeon told the family that their mother was a strong woman, would likely recover from the surgery.

After a week in the hospital, her spirits brightened and she was looking forward to returning home. But she couldn't until she fully recovered while staying in a rehabilitation facility Her family had little time to choose a facility, so they chose a nearby one where another relative was staying.

While at the rehabilitation facility Betty's children visited her throughout the day and night, stocking the room's refrigerator with some comfort staples like ginger ale. Her son, Patrick, brought Betty's dog in for visits to cheer her up, and each sibling took a turn by her bed so that she was never alone for too long.

Despite their consistent family presence, Betty was in constant pain and didn't find relief from the health care workers responsible for her well being.

"We all went up to the nurses' station to tell them about the pain," said Candace, "but the nurses suggested that it was our mother's anxiety medication. Most of the staff didn't seem to have the information about what her medications were and that she had even had surgery." Margaret, the middle child agrees. "We didn't get the feeling that the staff knew what was going on with her," she said.

In fact, the family says their mother wasn't allowed to use a bed pan, so she had to move with great pain to use the commode. And because the facility didn't have a Hoyer lift, staff had to help her in and out of bed, which was painful to watch, says Betty's son Patrick.

"I saw her cringe. They treated her like a sack of potatoes," he said. "The least they could have done was be careful with her."

After a few days of talking to the staff and not getting relief, Betty was reluctant to bring it up again, Cassandra says, adding that her mom told her, "they think I'm a difficult patient, that I'm not helping myself."

By the end of the week, the family was considering caring for their mother at home. A few of the Smith

children had experience caring for family members at home, but Betty's primary care physician and surgeon advised against it, so they reluctantly deferred to their authority. Within a couple of days, Betty's condition deteriorated. She was rushed to the hospital on the fifth day of her stay, where she died surrounded by her family. The surgery, visit to the rehabilitation facility and subsequent visit to the hospital happened in less than two weeks.

Looking Back

In hindsight, the Smith family feels they could have done so much more to protect their mother from the pain she had suffered. Family members felt they had not done enough to advocate on their mother's behalf, though they understand their mother was lucky to have so much family presence during her care.

Cassandra's husband argues that the neglect could be a symptom of a much larger problem, the shortage of nurses in the elder care field.

"Certified nursing assistants and personal care attendants are the ones who know the patients the best and have the most intimate contact," he said. "But they are under-paid and under-valued. We want people there who care, not just there for a paycheck."

The family can only hope that others can learn a few things from their experience, such as the following:

- Have the courage to listen to one's intuition. They felt their mom would have been better shape if they had cared for her at home. But they listened to their surgeon and primary care physician.
- Know the attending physician of the hospital or rehabilitation facility. "Attitude comes down from the top," says Cheryl.
- Don't wait for the attending nurses to choose when the doctor visits a patient. Ask for the doctor to come on your own.
- Know if the facility has all the resources it needs to care for patients. In the Smith's case, the facility did not have a Hoyer lift.
- Attendants should always know the condition of their patients and why they are under the facility's care.
- And most important, never hesitate to ask for better care.

Some people are intimidated by any health care provider," says Cathy. "Don't hesitate to question

medical personnel. The care of your loved one is more important than worrying about getting people worked up."

Getting to Know Our Volunteers

By Frances Mains

The music in our church is remarkable and inspiring, and those who spend hours bringing it to us are valued more than they know. One of those who have presented us with some memorable moments is, without a doubt, Diane Goosetrey. One never knows when she is going to come up with a new idea for the increase of the spiritual joy present in our services. The latest contribution has brought many accolades to the lips of those who have realized that we have indeed a powerful voice in our men, as she has gathered them together and helped them to put their best foot forward. We have asked Diane to comment on what her volunteer efforts have meant to her.

What is your favorite part of doing your volunteer activity?

I get to talk to and interact with people that I don't on Sundays because I'm always rushed then. Sometimes it's just sharing the work load with some like-minded person or finding out someone needs help that I wasn't aware of.

Why did you decide to get involved with this project?

I felt RVCC needed additional music and people to contribute their musical talents to our church. I am happy to say a group of men decided to start a men's choir when I asked around and willingly enjoy singing several times a year. I'm so very proud of them and hope people will make an effort to attend when they sing.

What did you learn about yourself or about your church family that surprised you through this activity or project?

When I ask people to add additional music to some services they readily agree. I have used a trumpet and trombone with me on piano before and plan to do so again soon. I also enjoy filling in for our organist when asked plus being able to play some different music from my younger years.

Worship does not exist for God's sake but for ours. God has no need of human worship. It is we who need to demonstrate our gratitude for what we have received.

~ St. Thomas Aquinas

Godspeed to the Nichols Family!

We send our prayers and best wishes to Shannon, John, Alden, and Jackson Nichols as they head to California. The Nichols have been such an important part of our church family, and we will miss them. We hope they know that they will always have a church home here at RVCC!



Bike Safety

Dear Bicyclists,

Late summer and early autumn are great times to go for a bike ride! Before heading out on your biking adventures please take a moment to do a quick safety check. At a minimum this safety check should include

checking your helmet to be sure it fits securely and your bike to be sure that the tires are pumped and the brakes work.

Why do this safety check? According to the Washington Area Bicyclist Association, there are 85 million bicycle riders every year and in 2006, there were 770 reported bicycle related deaths. One in eight of the cyclists injured had a head injury and it was estimated that 45 %- 88% of those injuries could have been prevented if the bicyclist had been wearing a properly fitted helmet. You can reduce the odds if you take the time to do a safety check.

Helmets are available at an affordable price from many area stores. If you need help fitting a new helmet, some sporting goods stores have employees trained to fit helmets. Many local fire and rescue departments also have trained personnel to assist in fitting helmets. Just ask and they will gladly help you. Instructions for fitting a helmet and to read about additional safety precautions can be found on the Bicycle Coalition of Maine website, www.bikemaine.org.



I hope you are having a great summer with lots of safe bike riding. And don't forget, wear your HELMET !!!

Sincerely, Katie Allen, (Senior GS Bike Safe Project)

Coffee: a bitter cup?

Coffee is big business. It's one of the most heavily traded commodities in the world. But for the majority of small-scale coffee farmers, the benefits are few.

Conventionally traded coffee involves a lengthy, and expensive, cast of middlemen between the coffee farmer and the consumer, each taking their share or more of the coffee price. What's left for the farmers may not even cover their production costs or basic living expenses.

Coffee prices are notoriously unstable and in recent years have dropped to historic lows, forcing farmers from Colombia to Tanzania to give up their farms. The unpredictable fluctuations in market price deny many farmers the ability to pay for daily necessities such as medicines, clothing or school fees. Overwhelmed with debt and unable to earn a consistent income, farmers are moving to the cities or migrating to other countries in search of work.

The Solution? Fair Trade Coffee! (from Lutheran World Relief Fair Trade Coffee Project)

Brew a Cup of Justice and purchase your Equal Exchange Fair Trade Coffee in the Vestry! Don't see what you want? Contact Rev. Nancy.

60 Mile Breast Cancer Walk

Rev. Nancy will be walking in her fourth 60 mile Komen for the Cure Breast Cancer Walk this fall. She will be walking with her



sister, Sue (a five year survivor), Heather, and Paddy. Rev. Nancy is helping her team reach their goal of \$11,000 in contributions to Komen for the Cure. The money raised is used for breast cancer research, educational awareness programs, and early detection programs.

If you would like to make a contribution to help fight this disease that continues to affect so many women (and men), you may write a check payable to "Breast Cancer 3 Day" and either mail it to Rev. Nancy at 31 Farwell Avenue, Cumberland, ME 04021, or leave it in the Church Office.

Rev. Nancy is walking in honor of her sister, in memory of many people who lost their battle with cancer, and because everyone deserves a lifetime.

Vespers Service and Family Picnic on Hacker's Hill

So many people have mentioned the Vespers Services that used to be held at Betty Shively's home or on the Songo River Queen that the Presumpscot Union Parish Churches have decided to host a Vespers Service and Family Picnic on Friday, September 19th on Hacker's Hill in Casco. Mark your calendar now details will be forthcoming!

Powerful Pathways: Joyful Journeys with Jesus

Welcome to our NEW Sunday School program beginning in September! This year we will be having a one room Sunday School for children in grades 1-6 and will be using the Rotational Model of Instruction. It's based on the educational philosophy that children learn in all different ways, so the children will be involved in all sorts of interactive activities from cooking to art to drama to music and the list goes on.

Our theme for September until Advent will be "Joy and Compassion." We will focus on three different Bible stories as the children learn about how these stories can impact their lives even today.

The CE Task Force is pleased that Tracie Morris will be one of our teachers. We are looking for additional people to volunteer one (and on occasion two) Sundays a month to work with our children. If interested, please contact Rev. Nancy.

Be sure to come to church on Rally Day (September 7th) and learn all about Powerful Pathways!

Make A Joyful Noise!

Our summer musicians will be making joyful and beautiful music in August. Thanks to Donna Hurd for putting together such a wonderful Summer Sunday Music Program. Here's what we can look forward to in August:

August 3rd – Diane Goosetrey and Nancy Yates

August 10th – Woody and Virginia Beach, Carol Hall, Donna Hurd, and Tony Farides

August 17th – Senior Choir

August 24th – Frank Morrison

August 31st – Adrienne Milics

You cannot step twice in the same river. Everything flows and nothing abides. Everything gives way and nothing stays fixed.
~ Heraclitus of Ephesus

Lift Off! Can you Join Us?

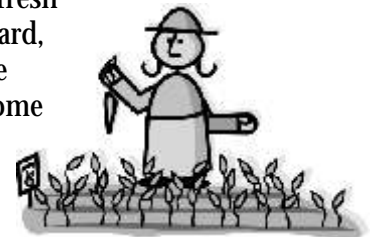
If you are entering Grades 1-6, then you are invited to participate in our Summer Sunday Children's Program. Come and learn how God can lift your spirits and lift your life in a fun Vacation Bible School format. Meet at the old Thrift Shop right next to the church at 10:00 A.M. The final day will be Sunday, August 17th.

Pot Roast Suppahs still the best around!

Mark your calendar for the final two pot roast suppers of the season August 16th and September 20th. Your help and your appetite are always needed! Sign up in the Vestry to help peeling veggies the day before, working in the kitchen, serving, clean up, or helping on the floor. There's something for everyone and do we ever have fun! Contact Polly Dyer or the Church Office (655-7749) for details.

Will You Share with Your RVCC Neighbors?

Do you have more garden produce than you can eat? Many of your RVCC neighbors are not able to have a garden but they still love fresh zucchini, herbs, beans, chard, tomatoes, fruit, etc. Please think about bringing in some produce for our Produce Exchange every Sunday in the Vestry!



Rally Day!

Rally Day will be on Sunday, September 7th! The CE Task Force has been working this summer on a BRAND NEW model for Sunday School that will be emphasizing learning about the Christian life with LESS sitting and MORE interactive games, music, drama, and other learning styles. Be sure to come and learn more at Rally Day and register for the fun to come!

And Homecoming!

Sunday 7th is also Homecoming Sunday when we welcome back everyone who has been gone over the summer. We will also introduce our church theme for the year, which will be "Seeds of Hope, Seeds of Promise." Each family is asked to bring a packet of seeds (flower or vegetable or Jack-on-the-Beanstalk seeds!), which we will use in different ways throughout the year to come.

August 2008

RVCC Calendar online - check for the latest updates at www.rvccme.org

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
10:00 am Worship Music: Diane Goostrey & Nancy Yates Lift Off! Children's Program	4	5	6 6:30 am Men's Fellowship	7	8 7:00 pm AA	9
10:00 am Worship Music: Woody & Virginia Beach, Carol Hall, Donna Hurd, & Tony Farides Lift Off! Children's Program	11 7:00 pm Troop 800 Committee Meeting	12	13 6:30 am Men's Fellowship 6:30 pm Deacons Meeting	14	15 7:00 pm AA	16 4:30 pm -6:00 pm Pot Roast Supper (vestry use all day)
10:00 am Worship Music: Senior Choir Lift Off! Children's Program	18	19	20 6:30 am Men's Fellowship Weathervane articles due	21	22 7:00 pm AA 7:00 pm RVCC's Outdoor Film night!	23 WaySide Soup Kitchen- Contact: Elaine York 892-5611 FMI Rain Date 7:00 pm RVCC's Outdoor Film night!
10:00 am Worship Music: Frank Morrison	25	26	27 6:30 am Men's Fellowship	28	29 7:00 pm AA	30
10:00 am Worship Music: Adrienne Millics	September 1	September 2 6:30 pm B.S. Troop 800	September 3 6:30 am Men's Fellowship	September 4	September 5 7:00 pm AA	September 6



Please come and join us at
Worship and bring a friend!!!

Raymond Village Community Church
United Church of Christ
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Next Newsletter Deadline:
August 20, 2008