



The Messenger



First Parish Congregational Church, Saco
"A Christ-centered Inclusive Community of Faith
with Love and Hope to Share"

August 2025



Coffee Hour Hosts for August

August 3 – TOHG & Women's Fellowship
August 10 – Counters & PPRT
August 17 – Music & Arts
August 24 – Facilities & CCMG/Investments
August 31 – Christian Education



Right at Home

In Home Care and Assistance

Do you or someone you know need some help in staying at home? Our team of dedicated caregivers provides personalized care that promotes aging-in-place and well-being for seniors.

This link will take you to the virtual brochure with more information.

<http://www.rahmainebrochure.com>

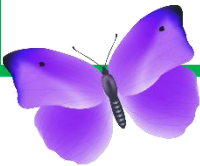
For more information, please contact
Kristin Cohan at 207-894-6749

It's almost time for the new Program Year!

Can you believe it??? It's time to start planning the programs that will be happening here at First Parish from September 2025 through May 2026!

Please let the office know of your planned events, meetings, gatherings, etc. so we can build a calendar for everyone. Building Use Forms are available on the table outside the office.

Happy New Program Year!



A BIG 
Thank
YOU

To **Jim Pate** for working with the paving company to have the parking lot sealed and striped. The parking lot looks great and we appreciate Jim's work on that.

Rev. Scott W. Cousineau, Senior Minister
Kristine Galasyn, Director of Christian Education
Jacqueline Savage, Music Director
Sue Burgess, Office Administrator
Kyle Blay, Sexton

12 Beach Street,
Saco, ME 04072
207-283-3771

www.firstparishsaco.org
email – office@firstparishsaco.org
Facebook – First Parish Saco UCC
Instagram – @FirstParishSaco



Pastor Scott's Message...

The Pastor's Perspective ...



Yesterday, a neighbor that lives two streets over from the church lost everything in a fire. We heard the sirens and saw the smoke rising above the trees. I walked over to the scene because a church member lives on that same street. As I walked, I could not help but think of the firefighters battling the blaze in ninety plus degree heat. And then as I turned the corner, I saw that the house was fully engaged. My heart broke for the family ... and continues to break for them. Structure fires are something that we typically see on the news rather than in our backyard. As it turns out, the family has suffered numerous tragedies over the last few years. Let us hold them in our hearts and in our prayers. If I learn of anything that they may need, I will be certain to let you know.

As we turn the page on the calendar it seems almost impossible to believe that summer is already winding down. But we still have a few weeks left. So ... relax ...

August does mean that we are approaching the six-year anniversary of our ministry together. After Renee and I got settled into the parsonage, we hosted a gathering for all the volunteers that had worked long, hot hours to prepare the house for our arrival. (That was another summer that featured numerous ninety-degree days.) And we have not had any members of the church family over since that one 'thank you' gathering. But that is about to change. On Saturday, August 16, from 3:00-6:00 PM, we will be hosting a backyard hangout at the parsonage, and YOU are invited. Please be sure to sign up. Out of respect to our neighbors, we will limit the gathering to thirty-five people. However, if there is enough interest, we will add an additional date. We will provide beverages as well as hamburgers and hotdogs. Please bring a dish to share.

I will say that while I am relaxing this summer, I am also thinking about the program year that is right around the corner. The staff and I will have our annual calendar planning meeting next week as we lay out the broad-brush strokes for the year. In June, the Church Council engaged in a visioning exercise in which we looked at the ways that we can continue to live into being a Christ-centered community of faith with love and hope to share. We began looking at our guiding principles as we continue to offer meaningful ministries in an ever-changing world. We continue to ask ourselves, "What is God calling us to do? Who is God calling us to be?" To be sure, God is still speaking. God is still calling. And I have also begun looking at those things that I hope to do in terms of worship, pastoral care, Christian education, mission and community engagement. Stay tuned ...

May God bless you and refresh you in the coming days and weeks. May God's Presence surround you and fill you with peace. And may God's love inspire you to love and serve all of our neighbors.

Pastor Scott



From the Moderator...



August. The calm before the storm of autumn activity. I know the music and Christian Ed teams are busy working on plans for amazing programs beginning in September. We are gearing up for the return of our kids to school (some say, the most wonderful time of the year...) and are putting the wraps on another summer in Maine.

It feels like we live in two parallel worlds. In one world, we go about our daily lives here in southern Maine, looking out for each other (as we should) and enjoying the different communities we engage with regularly. Life is good. The other world is not so good. People are suffering greatly, and we cast an eye in their direction and wonder what we can do. Some of us take up the call and attend peaceful protests to call attention to the plight of those suffering. Others post on social media in a similar manner. Some say a quiet prayer for intervention, understanding, and grace. Others say a prayer of thanks that something is finally being done to return us to a 'better' time (I don't agree with these folks, but I do acknowledge that they have a place at the table). Wherever we land on this spectrum, we need to keep in mind that the first thing to do is listen carefully, turn down the rhetoric and seek common ground. As we move away from the long days of summer, there will be loads of opportunities for each of us to stop and listen. Thoughtfully. Then, we need to respond—thoughtfully. My words may fall on the deaf ears of the most ardent believer in making America great again. However, yours might make an impact, but only if they are spoken from a position of kindness and love. Water against rocks—in the end, water always wins and smooths the jagged edges. And remember, in times of trouble, be a helper.

As always, if you have any questions or comments, let me know.

Tim





From the Director of Christian Education
Wow! How can it be August already? We hope that everyone is having a safe and fun summer with family and friends.

Homecoming Sunday is September 14th.

Homecoming Sunday, is the beginning of our age level Church School classes. This begins our 2025-2026 Program year. Church school registration is available on the church website now. It is never too early to register your child(ren) for Church school. Parents, please fill out our Church school registration form. It only takes a minute online. You can find this form on the Church website under Christian Education. Printed copies will be available later in the month and located in the slots next to the office.

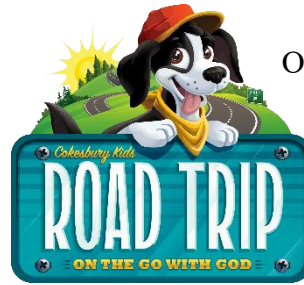
We ask that you fill out a form for each child, birth (nursery) through Twelfth grade. This is helpful for many reasons.

1. It helps us in the purchasing of curriculum
2. Helps us determine class size vs. room vs. adults needed
3. Helps to organize age level events, Bible Sunday, Acolytes, VBS, Youth Fellowship.
4. Helps us report attendance to our Church conference.
5. Helps us to know if there are parents wanting their children Baptized.

Thank you for completing this form.

See you at Church,

Kris



Our VBS was July 7-11. What a week!

When you have a **wonderful** group of children plus a **wonderful** team

that always equals a **WONDERFUL** time.

Our theme was: **“Road Trip: On the Go With God”** Our Bible Verse was: **“The Lord your God is with you wherever you go.” -Joshua 1:9**

Our team included: **Pastor Scott, Robert Guptill** and **Art Morrisette** as our **Bible Story tellers**. **Susan Marston** as our **Music leader**. **Christa Remillard** and daughters **Cassie** and **Chloe** as our **Craft leaders**. **Aldene Walters** and **Mary Sicard** as our **Snack leaders**. **Linda Lambert** and **Joyce Belanger** as our **Science leaders**. **Danielle** and **Marc Roberge** as our **Recreation leaders**. **Mission/Reflection leader** was **KrisGalasyn**. Thank you to **Heather Hanscom** for helping me decorate the sanctuary.

Our stories for the week were:

Mon- Abraham and Sarah Follow God

Tues-The Israelites Take the Scenic Route

Wed-Mary and Elizabeth’s Family Reunion

Thurs- Jesus Visits Zacchaeus

Fri- On the Road with Paul

Our Mission focus for the week was **HEAL**. **HEAL** is a school in Kenya that we support.

In fact five people from FP were there in July. We collected coloring books and stickers for them. We also wrote postcards with greetings from our church.

Thank you to all who donated coloring books and stickers. Thank you to all the children who wrote postcards.



We began writing the postcards at our “Sunday Road Trip Funday” back in June. Maybe we will hear back from the children at HEAL.



*Jesus says:
“Let the little
Children come
to me”*

- Matthew 19:14

Helping **Lisa** and **Abby** in the Nursery for the month of **July** was:

6th **Giselle Cantin**
13th **Carol Spencer Lemay**
20th **Spencer Shoop**
27th **Patrice Tripp**

During the summer the nursery will include those five-year-olds that have not yet gone to kindergarten. Please help us keep our nursery staffed by taking a turn in the Nursery.

“It’s Only One Sunday!”

First Parish Christian Education Team appreciates your time. Thank you.

Sunday “Homecoming” Funday

Is our next Sunday Funday which will be Sunday, August 31st. We will highlight our “back to Church school” with fun “give aways”, food, crafts and a look ahead at our program year.



Dear Scott and Kris,
The visit from the children on the VBS trolley was such a joy. We loved their shouts and waves as they clapped and sang to us and the neighbors who joined us. Each of us will treasure the little heart cut out of the world with a message that "God is always with us wherever we go." Thanks to all who helped give the children a VBS memory they will never forget!

Blessings and Love,
Mary and Bill

After singing for them we continued to Saco Scoops on Main Street for ice cream cones. Shout out to Melissa and her daughter, Sarah for scooping 50 cones so quickly. Also, Shout out to Shari for driving the Trolley and getting us where we needed to go. It was an amazing “Road Trip”.



For more VBS pictures and Trolley video check out our church FB page and Youtube channel

Flower and Altar Update

If you wish to remember/honor a loved one or celebrate an event with altar flowers, the sign-up sheet is on the wall outside the church office. We know that many of you remember loved ones every year. If you have a specific date/time of year that you wish to provide flowers, sign up early or that date may already be filled. You may contact Patrice Tripp @ rtripp@maine.rr.com or 207-590-1109 or Marcia Lord @ mvlord@aol.com or 207-768-1699 for questions regarding altar flowers. There are a few open Sundays for August and September.

The team selected a panel and Marcia Lord put together a new summer banner. It is now in place for the summer. We have also put up a summer wreath and garland in the Atrium.

Altar Flowers for July given by:

- Flower & Altar Team
- Edward Olsen in memory of Grandmother, Frances Olsen
- In Memory of Virginia Hews by the family
- Rosemary Guptill in Memory of Robert Guptill, Sr.



Mission Outreach Team Update

FMI – Carol Spencer-Lemay
or Wylie Herzberg



The Mission Outreach Team meets the 2nd
Wednesday of each month at 6:30 pm.
Please consider joining us.

Thank you for your continued support of the **Saco Food Pantry!**

Saco Food Pantry

The pantry continues to accept all donations of non-perishable food and toiletries, and their current needs include **mustard, mayonnaise, ketchup, toothpaste, hand soap, toilet paper, and feminine hygiene** products like Tampax. The donations may be left in the shopping cart in the Atrium. Fresh, perishable donations may be delivered to the Pantry at **67 Ocean Park Road, Saco, Monday thru Friday, 9:00 AM to 10:30 AM, or the First Tuesday of the month from 5:00 PM to 6:30 PM.**



Thank you for your support of
the Saco Food Pantry!

The Saco Food Pantry, located at 67 Ocean Park Road, is open Monday thru Friday from 9:00 AM to 10:30 AM, and the last Tuesday of the month from 5:00 PM to 6:30 PM.



This year the Mission Outreach Team is **not** sponsoring a Back-to-School Giveaway. Instead, the congregation may contribute school supplies (for our local schools) to the Saco Grange, 168 North Street, on August 23, 10 AM to 2 PM. (Visit Saco Grange 53 Facebook page for more info.)

In addition, the Adoptive and Foster Families of Maine, Inc. collected school supplies in July. If you would like to support this local non-profit agency, visit <https://affm.net/> to donate, or call Meagan Sprague at (207) 827-2331 Ext. 107.

Volunteer to feed the hungry!

When: Friday, August 29, 3 or 4:20 PM until 6 PM

Where: Bon Appetit, Second Congregational Church, 19 Crescent St, Biddeford, Maine

How: Sign up on the bulletin board near the office under "Missions".

Bon Appetit is a community meal program in which volunteers serve a free hot meal every weekday evening. Volunteers may help prepare the meal. In addition, volunteers serve drinks, salad, the entree, and dessert, and also help with the clean-up after the meal. Please introduce yourself to Jim Cortwright, the manager. Contact Trina Triggs (tmtriggs@hotmail.com) for more information.

Location: Second Congregational Church, 19 Crescent St, Biddeford

From Alfred Street onto Jefferson (at the 7-11), Crescent St is angled left at the five corners. The Church is the large white building at the corner of Crescent and Graham. Park on the Street. Enter by walking up the left-hand driveway (facing the church); then go up the narrow cement stairs on your right to the small door at the end of the sidewalk.

NEEDED: Someone to take the can tabs that are collected to Ronald McDonald House at 250 Brackett St. in Portland.

Please see Kris Galasyn if you are able to help.



Keeping families close™

Pilgrimage to the Cruz de Ferro



Sacred Moment on the Camino de Santiago

✚ What Is the Cruz de Ferro?

The **Cruz de Ferro**, or Iron Cross, is one of the most spiritually significant landmarks along the **Camino de Santiago** in Spain. Located at the highest point of the Camino Francés, this tall wooden post crowned with a simple iron cross stands atop a mound of stones placed by pilgrims from around the world.

Traditionally, pilgrims bring a stone from home and leave it at the base of the cross, symbolizing the release of burdens, the offering of prayers, and transformation in faith.

✚ A Unique Opportunity for Our Congregation

Lynne, a **church member and deacon**, will be visiting the Cruz de Ferro during her upcoming 500-mile pilgrimage from **St. Jean Pied de Port, France to Santiago de Compostela, Spain**.

She will carry **this single stone**, thoughtfully infused with the **shared intentions, prayers, and burdens** of our faith community.

If you would like your prayer or intention included, you are welcome to **pick up the stone**, pray, and **set your intention**—either **in person** at church or **remotely** from wherever you are. The stone will be placed on the table on the Altar in the Sanctuary.

Lynne will be taking the stone with her after the church service on Sunday, August 31, in preparation for her **September 2 departure**.

✚ Historical Roots

- Thought to have been established in the 11th century by **Gaucelmo**, a hermit monk who aided pilgrims.
- Legends say **Saint James** himself may have sanctified the location.
- Tied to ancient **Celtic and Roman traditions** that honored places of spiritual significance.

✚ You're Invited

Let this shared pilgrimage be a powerful expression of our unity, our faith, and our journey together toward spiritual renewal.

From the Social Activities AKA Fun Seekers Team...

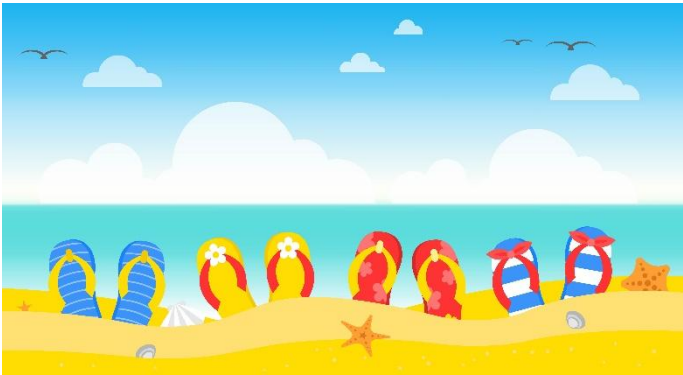


Events Coming Your Way soon!

Date & Time	Event
8/20/25 6:00 pm	SeaDogs Game Hadlock Field
8/16/25 3:00 pm – 6:00 pm	Backyard Hangout Parsonage

Possible Future Events

Date & Time	Event
Late Summer/Fall	Backyard Hangout Arneson's
Fall	Shuffleboard





Dear First Parish Congregational Church,

I'm excited to share that the HEAL volunteer team has safely arrived in Kenya and is already hard at work at Rapha Community Center!

The children are overjoyed to welcome our team. Their days have been filled with laughter, games, coloring, and the joy of building new friendships.

Our volunteers are diving into meaningful projects across the Rapha grounds. **Dr. Jim Wright, a volunteer dentist from Vermont, is providing dental care with the support of our team, and we're thrilled to report that our children's teeth are healthy and strong!** We're incredibly grateful for his time, talent, and heart.

Other volunteers are lending their support throughout the community. **Each day is filled with hands-on work and powerful cross-cultural learning experiences that enrich everyone involved.**

We're deeply grateful to everyone who supported our fundraiser. **We exceeded our goal, and your generosity is already making a tangible impact:**

- Construction on the cow shed extension is underway.
- The basketball court is next on the list.
- Our food store has been restocked.
- Essential needs throughout the Rapha community are being met.

If you haven't had a chance to donate yet, the fundraiser is still open! **Your support will continue to fund critical projects, enabling us to respond effectively to the needs on the ground.**

[Donate Today](#)

Stay Connected

Follow us on Facebook and Instagram [@healraisingourworld](#) for daily updates, photos, and behind-the-scenes moments.

I look forward to sharing more with you soon. **Thank you for being part of this journey. Together, we're creating real change for the children in our community.**

*With gratitude,
Jennifer*



Name: _____ Date: _____

ADVENTURE
AMUSEMENT PARK
AUGUST
BACK TO SCHOOL
BACKYARD
BICYCLE
CAMPFIRE
CAMPING
CORN ON THE COB
FARMERS MARKET
FIREFLY
FLOWERS
FRUIT
FUN
GRILLING
HOT
HUMID
LAKE
PLAYGROUND
POPSICLE
RELAXATION
ROAD TRIP
SAILBOAT
STATE FAIR
SUMMER
SUNFLOWER
SUNNY



WORD SEARCH DIRECTIONS: Find and circle the vocabulary words in the grid. Look for them in all directions including backwards and diagonally.

W	J	C	T	A	M	U	S	E	M	E	N	T	P	A	R	K	S	S
H	B	P	L	S	J	L	Z	I	B	I	C	Y	C	L	E	G	T	D
T	O	G	B	T	U	P	L	A	Y	G	R	O	U	N	D	J	I	R
C	C	A	A	A	E	G	E	Q	N	Y	N	P	B	E	D	D	U	O
S	E	P	C	T	H	K	U	S	F	B	O	I	Q	C	Q	R	N	E
J	H	N	K	E	Z	I	R	A	R	P	C	Y	P	Y	R	A	O	R
Q	T	F	T	F	Y	B	F	A	S	E	L	S	N	M	K	Y	I	O
V	N	H	O	A	J	S	B	I	M	G	W	A	U	R	A	K	T	A
B	O	D	S	I	T	H	C	N	S	S	K	O	K	F	S	C	A	D
T	N	D	C	R	Q	L	B	U	R	M	R	A	L	E	U	A	X	T
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R	O	R	O	D	E	F	M	M	S	Y	U	J	M	G	N	A	L	I
U	C	H	O	G	L	M	Y	L	F	E	R	I	F	R	Y	Y	E	P
T	J	L	L	O	U	Y	R	P	T	A	O	B	L	I	A	S	R	T
N	P	T	W	S	O	W	F	I	H	J	V	H	P	H	Z	F	F	I
E	R	E	Q	D	O	V	R	J	D	U	W	E	S	G	K	U	R	P
V	R	G	J	D	K	I	U	T	I	B	M	T	T	G	N	T	D	W
D	S	G	N	I	L	L	I	R	G	E	R	I	F	P	M	A	C	J
A	U	P	K	U	T	X	T	B	Q	S	Z	J	D	G	X	V	V	S



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2 Richard Clark Memorial Service
3 8:30am Sacred Conversations 10am Service	4 9am Counters 10:30am WOU 12pm JMS 7pm Big Book	5 9am Women's Fellowship 12pm JMS 5pm SoME Dance 6:30pm Facilities 7pm Men's Fellowship via Zoom	6 12p JMS 4pm Diaper Bank	7 9am TOHG 10am Book Discussion 3p JMS 5pm SoMe Dance	8	9 
10 8:30am Sacred Conversations 10am Service	11 9am Counters 10:30am WOU 12pm JMS 7pm Big Book	12 9am Women's Fellowship 12pm JMS 5pm SoME Dance 7pm Men's Fellowship via Zoom	13 12p JMS 4pm Diaper Bank 6:30pm Mission Outreach Team	14 9am TOHG 3p JMS 5pm SoMe Dance	15	16 3pm – Backyard Hangout at the Parsonage (5 Timber Oaks Ln, Saco)
17 8:30am Sacred Conversations 10am Service	18 9am Counters 10:30am WOU 12pm JMS 7pm Big Book	19 9am Women's Fellowship 12p JMS 5pm SoME Dance 6:30pm Fun Seekers Team 7pm Men's Fellowship via Zoom	20 12p JMS 4pm Diaper Bank	21 9am TOHG 3pm GEB 3p JMS 5pm SoMe Dance	22 12pm Friday Friends Lunch	23 
24 8:30am Sacred Conversations 10am Service 11:30am Diaconate 4pm Seeds Meal Prep	25	26 9am Women's Fellowship 12p JMS 5pm SoME Dance 6:30p Personnel 7pm Men's Fellowship via Zoom	27 12p JMS 4pm Diaper Bank	28 9am TOHG 3p JMS 5pm SoMe Dance	29	30 
31 8:30am Sacred Conversations 10am Service 11am Sunday FunDay						

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