



The Messenger



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

August 2026



**Coffee (or Tea) and
Conversation**
August 7
10:00 am



[Agricultural Fairs | Maine](#)
[Association Agricultural Fairs | ME](#)



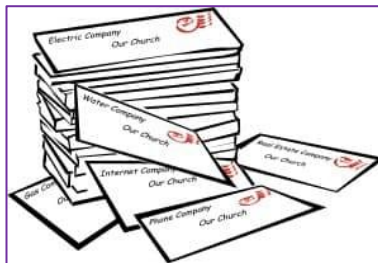
Coffee Hour Hosts for August

August 2 – Counters & PPRT
August 9 – Music & Arts
August 16 – Facilities & Investments
August 23 – TOHG & Women's Fellowship
August 30 – CE – Sunday FunDay

Summertime Pledges

We hope you are enjoying your Summer. We also wanted to remind you to send in your pledge. Unfortunately, our bills don't go on vacation.

Thank you for your support of
First Parish Church.



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

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

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



First Parish Congregational Church NEEDS your help!

We have several positions in the life of the church that need to be filled.

Church Clerk

This position is elected by the Church Body. This position is responsible for notifying the congregation of the Annual meeting, gathering minutes of each Council meeting along with capturing the minutes of the Annual Meeting. This position is also responsible for sign-off on member transfers. This position is part of the Church Council. See By-Laws for further details.

Treasurer

This position is elected by the Church Body. This position is responsible for maintaining accurate financial records, manage and monitor the church's budget, prepare timely financial reports, oversee banking and transactions and ensure legal and tax compliance. See By-Laws for further details.

Church School Teachers

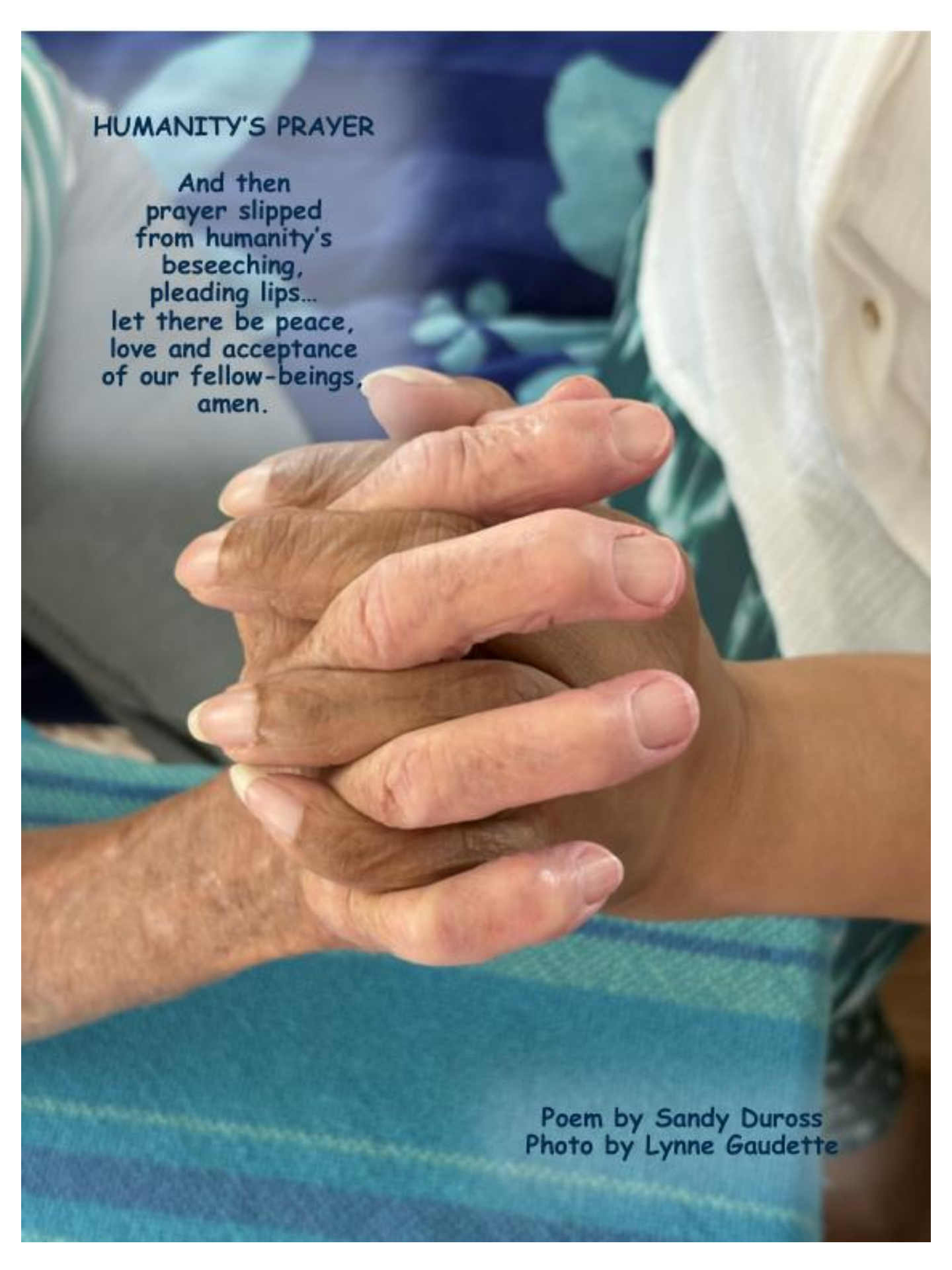
We are looking for 3 teachers for the upcoming program year. The program year runs September through May. Volunteers will work directly with Kris Galasyn on the curriculum. Please connect with Kris with any questions.

Sexton

This is a paid position and will be part of the Staff at First Parish. Job Descriptions are available at the Church Office.

If you or someone you know can help us out with any of these positions, please connect with Pastor Scott and/or Phil Blood.

[Bylaws of First Parish Congregational Church](#)



HUMANITY'S PRAYER

And then
prayer slipped
from humanity's
beseeching,
pleading lips...
let there be peace,
love and acceptance
of our fellow-beings,
amen.

Poem by Sandy Duross
Photo by Lynne Gaudette



Pastor Scott's Message...



The Pastor's Perspective ...

Does anyone recall the scene from the movie, "The Jerk," starring Steve Martin when the new phonebook arrived? "The new phonebook's here! The new phonebook's here!! Here on page 73 ... Johnson, Navin R. I'm SOMEBODY now!! Millions of people read this every day!!"

I had a similar reaction this morning. "The new church calendar is here! The new church calendar is here!!" Having the brand new, wide-open, blank pages of the new calendar is exciting. Every empty block on the calendar is an opportunity for ministry, or worship, or study, or fellowship. Every empty block is an opportunity to serve, and to explore and to grow. We can begin filling in the boxes with the ministries and programs and events that we already know and need and love. And then comes the time when we can add new things! What are some of the new things ... or lost things that have been rediscovered, or reinvigorated, or reimagined things ... that we can put on our calendars?

We have our Bible Study group that meets on Thursday evenings. I would love to add another adult study option, or perhaps two or three. Some people do not like to drive at night. Would a Bible Study during the day interest people? We have a book club that reads a wonderful variety of novels. Would people like to have a group that reads and discusses books on spiritual subjects? Would there be a group that would want to watch and discuss films or movies?

In my Weekly Update last week, I pondered the possibility of new fellowship opportunities for the church family. At two of my previous churches, we offered Stone Soup Lunches during the week for anyone who wanted to attend. Would people like a soup and salad lunch once a month? What about lunch and board games or card games after worship on Sunday?

I have been noodling around the notion of "Quiet Worship" for the last couple of years. The thought behind Quiet Worship is that worship with loud instruments and a lot of people can be unsettling or uncomfortable for some. Would anyone be interested in Quiet Worship services?

I would love to bring back our Calling Committee. Are there people that would like to spend some time visiting with church members and friends who are unable to come to worship and other events at the church?

Last year we put on Godspell, Jr. and three years ago we performed Into the Woods, Jr. Jacqui and I have been wondering if we could pull off Joseph and the Technicolor Dreamcoat this year. What do you think? It would be a lot of fun! The performance would involve people of all ages ... a children's chorus, youth and adults.

And speaking of children and youth ... what about family nights? Supper, games and activities for families of every shape and size. Or ... what about offering Parents Night Out when we would provide activities for a couple of hours while the parents go out, or just take a nap?

There are so many ways that we can fill up all of those wonderfully blank boxes on my shiny new calendar. Time to sharpen my pencil!

Pastor Scott



From the Moderator...



Dear First Parish Faith Community,

Well, this week took an unexpected turn. I told Sue on the 19th that there would be no August Messenger column, as Jane and I had plans to be away the week of the 20th and I was "taking a week off". It was not to be.

I went to a rally in Biddeford on the 17th, four short days after Joan Sebastián Durán Guerrero was killed by an ICE agent at the corner of Hill and Pool near the downtown of Biddeford. There I met Kirstan Kappy, Executive Director of *I'm Your Neighbor Books* in Portland. She is part of a non-profit that provides books to support immigrant families who have travelled to this country and are living in this society. We exchanged emails. In one email I asked her about book recommendations for churches like First Parish. I want to share something she wrote (bold emphasis is mine):

*"For those outside of the immigrant experience, fiction is an incredible means to both be informed about and deeply immersed in the experience. **Immigrant community members have often expressed to me that they wished people read more and asked them to share their personal experiences less.** I think that would be especially true during these times."*

How about it, First Parish? Do you want to learn, as I do, about our immigrant neighbors? This church last year emphatically stated that we wanted to reach out to our neighbors, and the immigrant community was high on that list. The Diaper Bank is such an outreach. Can we do more? Are we willing to learn more so that we can serve better in love?

If you are interested in a book study with such a book recommendation from Kirstan, please contact me.

In Christ,

Tom Kircher

P.S. Also for your consideration,

Biddeford, Maine MultiFaith Prayer Vigil

**Tuesday evenings, July 28, August 11, 18, and 25th
5:30-6pm, arrive at 5:15
Mechanics Park, Corner of Main and Water Street**

The Vigils are open to people of all beliefs. They are a vigil and not a protest. We will have a banner that reads "Bearing Witness in Love" and we ask that any signs be ones of affirmation and compassion for all. Protest signs are not appropriate for this event, and you will be asked to put them away.
Organized by local clergy.





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.

Preparing for a new program year is a big undertaking. We are getting classrooms ready, ordering curriculum, and securing Church school teachers. This year, we need three more adults to volunteer: one for PreK/K, one for Older Elementary, and, after the fall quarter, one for Younger Elementary. We have been fortunate since COVID to have a full slate of teachers, but this year we need parents, grandparents, and other adults to step up and help in the classroom. Yes, teaching is a weekly commitment, and it does involve some planning and reading. Yes, you may miss part of the 10 a.m. worship service. But think of the rewards: sharing your faith, offering your kindness to the young people in our midst, and getting to know the children who come through our doors each Sunday. Being a Church school teacher is both an honor and a privilege. If you can't teach for all three quarters, could you teach for two? If not two, could you teach for one? Please consider doing it for the children.



Homecoming Sunday is September 13th.

It is also the beginning of our age level Church School classes. This begins our 2026-2027 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. It helps us determine class size vs. room vs. adults needed
3. It helps to organize age level events, Bible Sunday, Acolytes, VBS, Youth Fellowship.
4. It helps us report attendance to our Church Conference.
5. It helps us to know if there are parents wanting their children Baptized.

Thank you for completing this form.

See you at Church,

Kris

Sunday "Snowball Mountain Challenge" Funday is our next Sunday Funday which will be Sunday, August 30th. We will highlight this past VBS with fun stuff, ice cream cones and crafts.





*Jesus says:
"Let the little
Children come to me" -*

Matthew 19:14

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

5th **Carol Spencer Lemay**
12th **Lindsey Martel**
19th **Tracy Seymour**
26th **Donna Hobbins**

"It's Only One Sunday!"

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



Vacation Bible School 2026 Recap

**"I can do all things through him
who strengthens me."**

-Philippians 4:13, NRSV

We had an awesome VBS last month. Our team was spectacular and the children were wonderful. I would like to thank the team of adults but also some fabulous helpers. Peter Galasyn, Caroline Galasyn and Angela Makengo. Our time together concluded with a visit from Kona Ice. What goes better with snowballs than Kona Ice? It was so much fun enjoying a sweet treat after our family closing program. Please check out our amazing week on our church Face Book page. There are so many awesome pictures. Many thanks to Freddie C. for taking them all.



During the week we did have a Service Project. It was *"Maine Needs. Striving to build community where everyone helps and no one goes without."*

One of their needs was quarters to help the unhoused community to wash clothes.

They also asked for Dunkin Donut gift cards (\$5 or \$7 increments).

"Volunteering at Maine Needs is the soul

booster I didn't know I needed. It really shifted how I see the world. None of us can do everything but all of us can do something." -a Maine Needs Volunteer.



Thanks again to our incredible VBS team.

Bible stories with **Pastor Scott** and **Art**

Morrisette. Music with **Susan Marston**. Crafts

with **Heather Hanscom**. Science with **Linda**

Lambert and Flo Martin. Recreation with **Marc**

Roberge. Snacks with **Aldene Walters** and **Mary**

Sicard. Director and Missions leader is **Kris**

Galasyn.



Summer 2027 VBS theme is "On the Boardwalk"

Flower and Altar Update

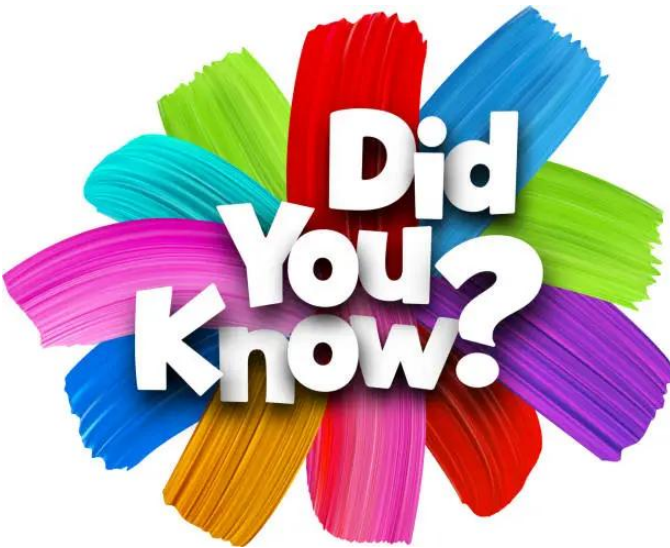


There are upcoming open Sundays for Altar Flowers! If you wish to remember/honor/celebrate a loved one or an event by providing flowers for the altar, the sign-up sheet is on the wall outside the church office or you may contact Patrice Tripp @ rtripp@maine.rr.com or 207-590-1109 or Marcia Lord @ mvlord@aol.com

Sunday Flowers for July

- July 5 – Given by Sue Burgess in Memory of her Mom, Elinor Emerson
- July 12 – Given by Edward Olsen in Memory of his Grandmother, Frances V. Olsen
- July 19 – Given by the Hewes Flower Fund in Memory of Virginia Hewes
- July 26 – Given by Rosemary Guptill in Memory of Robert Guptill, Sr.

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At a town-church meeting in March 1752, it was voted to build a meetinghouse in Saco "East" for which thirty inhabitants there had petitioned. Four acres of land had already been set aside "for a meetinghouse for the public worship of God and their settling of an orthodox minister in the Congregational way and manner, as by law of this province established, and for a burying place and for the setting up of a schoolhouse for no other purpose whatsoever".

After many delays, a meetinghouse was constructed in the vicinity of the old burying ground in what is now Pepperell Park and occupied in 1757 as its house of worship. At first religious services were held only occasionally. Rev. Mr. Moses Morrill, minister at the established church across the river was permitted by vote to preach on this side of the river one-third of the time for a year. It is likely that this practice continued for a longer period.

Our first building at the end of School Street was small, very plain, no spire with a room behind the pulpit where gunpowder was stored. A militia drummed the people to church. There was no heat in the building and churchgoers brought small burners, which they placed in their pews during the service to keep warm. Our first minister, Rev. John Fairfield, stood on a larger burner arranging his robe so heat was channeled upward to keep him warm. The building was used as a meetinghouse for the City of Saco (then called Pepperellborough) and supported financially by the City. This building was torn down in 1810 and sold for firewood.

# Mission Outreach Team Update

FMI – Wylie Herzberg  
wylie.hertzberg@firstparishsaco.org

or  
Diane Simonds  
disimonds001@gmail.com



**The Mission Outreach Team will not be meeting in June, July or August. Please consider joining us in September.**

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

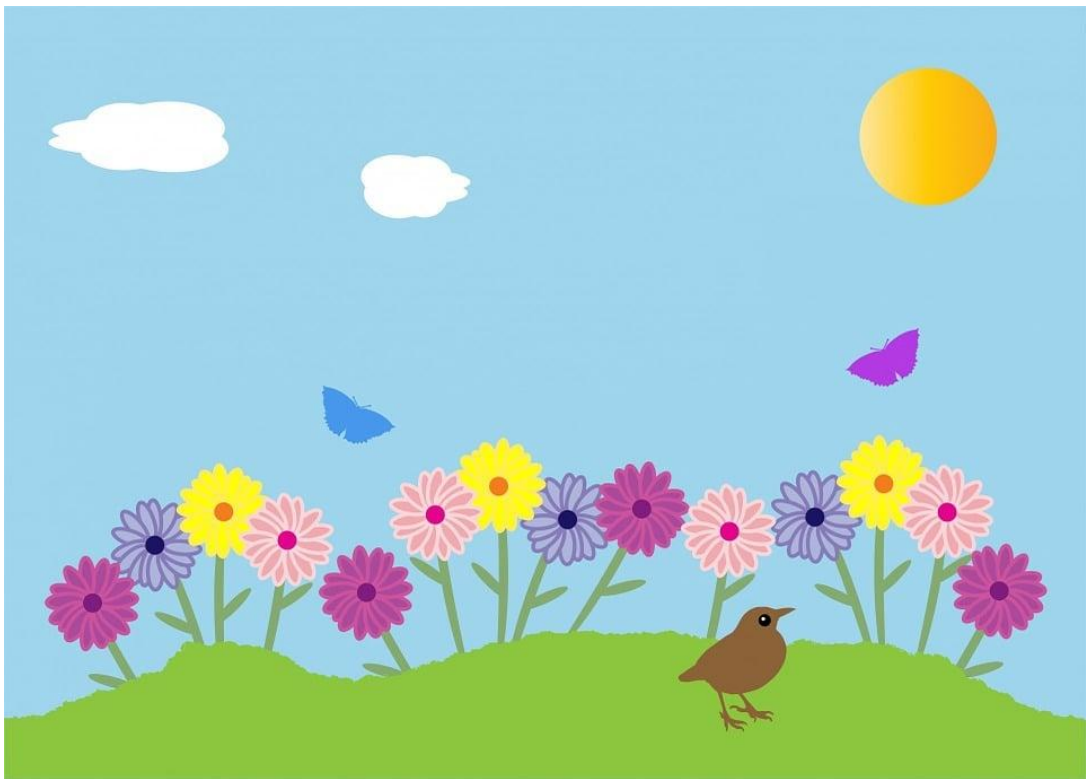


The pantry continues to accept all donations of non-perishable food and toiletries, and their current needs include **heartly soups, complete pancake mix, mac & cheese, mustard, ketchup, cereal, peanut butter, jam/jelly (not grape), toilet paper, toothbrushes, toothpaste, shampoo, bath soap, hygiene products. Pop top cans are best as some folks don't have can openers.** 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.**

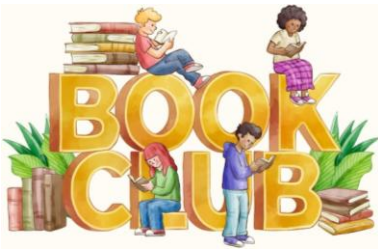
The Saco Food Pantry, located at 67 Ocean Park Road, is open Monday thru Friday from 9:00 AM to 10:30 AM, and the FIRST Tuesday of the month from 5:00 PM to 6:30 PM.



# First Parish Book Club

## Book Club Dates and Books for 2026/2027

| Date        | Reading                                                                              |
|-------------|--------------------------------------------------------------------------------------|
| September 8 | <i>The Girl Who Baptized Herself</i>                                                 |
| October 13  | We will hold a poll for a Mystery book                                               |
| November 10 | We will hold a poll for a Classic book                                               |
| December 8  | Meet at 6:00 pm for "Potluck". We will hold a poll for a Christmas Mitch Albom book. |
| January 12  | <i>The Feminine Mystique</i>                                                         |
| February 9  | We will hold a poll for a book regarding a marginalized group.                       |
| March 9     | <i>Theo of Golden</i>                                                                |
| April 13    | <i>Land</i>                                                                          |
| May 11      | <i>Midwives Revolt</i>                                                               |
| June 8      | Meet at 6:00 pm for "Potluck". We will hold a poll for a Pride book.                 |



If you're interested in joining or would like more information, please reach out to Aubrey Heller at 401-595-8726 or [aubrey.k.heller@gmail.com](mailto:aubrey.k.heller@gmail.com)

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Women's Fellowship

Prayer Shawl Ministry

Knit.Crochet.Pray.



Women's Fellowship will be restarting the Prayer Shawl Ministry this Fall. If you are a knitter or crocheter and would like to learn how to knit or crochet a prayer shawl, please contact:

Glen Ellen Roth
207.229.3196

kittylitter1947@gmail.com

or

Joan Sonneborn
207.205.4391

jsnbnrn@aol.com



Hope you will consider joining us **this fall** in the Church Parlor on Sunday mornings at 9:00.



Women's Retreat



Women's Retreat 2026

A spiritual retreat for the women of FPC will be held November 13 – 15 in Ipswich, MA. We welcome all FPC women to join in for a learning, reflective, spiritual, creative, growing experience as well as a fun time together.

There are 2 excellent presentations planned with opportunities for discussion. There will be a craft session, there will be free time, there will be singing, there will be worship and sacred stories. Snacks will always be available.

The cost for the weekend is \$210.00 which includes lodging, use of the facility, which is beautiful and immaculately clean, 6 meals as well as the programming.

On 9/13/26 there will be a planning meeting for those interested in attending. This will be held in the Conference Room following Service. Please bring a \$100.00 deposit with you to the meeting if you think you intend to attend. Not **IF** you are coming but are sure you will be attending. All checks are given only to team member and not to the church office. If you need a scholarship, that can be easily arranged with Pastor Scott. It will be confidential between the two of you only. Your deposit we understand as a sincere plan to attend. There is a definite cap on how many can attend so signing up early is the best idea.

Committee Members

Susan Anton – 207-282-1471

Dolly Curtis 207-229-7577

Lynne Demers – 207-329-0986

Lorie Faubert – 540-454-5456

Pam Mohlin – 207-468-4275

Volunteer with the Saco



INSULATING WINDOW INSERTS

Community Build Team

SACO

Build Dates: November 7 – November 12, 2026

Location: TBD

Contact: Deb McKenney, info@windowdressers.org

Sign up to volunteer: Build Shift Sign Up will be available this summer. If interested in volunteering in a leadership role such as: Measurer or Build Shift Supervisor, please contact info@windowdressers.org.

Accepting **requests** for inserts and rewraps for the 2026 Season!



Have you heard about Window Dressers?

WindowDressers brings community volunteers of all economic and social situations together to improve the warmth and comfort of interior spaces, lower heating costs, and reduce carbon dioxide pollution by producing **low-cost insulating window inserts** that function as custom, interior-mounted storm windows. Our staff supplies, trains, and supports teams of community volunteers as they build affordable, insulating window inserts at local Community Builds.

Age Friendly Saco along with the City of Saco are bringing a Community Build to First Parish Church Nov 7 – Nov 12, 2026.

Flyers are available and there is so much more information about Window Dressers on their website. <https://windowdressers.org>

If anyone you know could benefit from this product, please give them this information.

If you would like to volunteer for the build any time during the week there will be a sign-up sheet available on the table outside the Office.

If you have questions, please contact Deb McKenney at the email address above.

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
E	R	Q	H	Z	E	Y	N	E	V	R	E	E	Z	F	N	B	A	R
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



CELEBRATE AUGUST

Fun List



- ☐ Do a science experiment
- ☐ Have a backyard campfire
- ☐ Go to a trampoline park
- ☐ Make strawberry shortcake
- ☐ Take a day trip
- ☐ Go to a fair
- ☐ Draw things outside
- ☐ Throw a barbecue
- ☐ Go to a waterpark
- ☐ Check out local yard sales
- ☐ Take a sunset walk
- ☐ Take kids on dates
- ☐ Go back to school shopping
- ☐ Make homemade popsicles
- ☐ Have a pajama day
- ☐ Have a lemonade stand
- ☐ Learn how to hula hoop





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Pride in the Park
2 8:30am Sacred Conversations 10am Service 1pm Prayer Group	3 9am Counters 10:00am WOU 5pm CAKH 7pm Big Book	4 9am Women's Fellowship 11am Open Art Studio 6:30pm Facilities 7pm Men's Fellowship	5 4pm Diaper Bank	6 9am TOHG 3pm GEB 6:30pm Bible Study	7 10am Coffee and Conversation 5pm Prayer Group	8 National Bowling Day 
9 8:30am Sacred Conversations 10am Service 11:30am Deep Discussions 1pm Prayer Group	10 9am Counters 10:00am WOU 5pm CAKH 7pm Big Book	11 9am Women's Fellowship 11am Open Art Studio 7pm Men's Fellowship	12 4pm Diaper Bank	13 9am TOHG 6:30pm Bible Study	14 2pm Spurwink Graduation 5pm Prayer Group	15 National Relaxation Day 
16 8:30am Sacred Conversations 10am Service 11:30am FPCC Prayer Group 1pm Prayer Group	17 9am Counters 10:00am WOU 5pm CAKH 7pm Big Book	18 9am Women's Fellowship 11am Open Art Studio 6:30pm Fun Seekers 7pm Men's Fellowship	19 4pm Diaper Bank 6:30pm Council	20 9am TOHG 10:30am Program Development 3pm GEB 6:30pm Bible Study	21 12:00pm Friday Friends 5pm Prayer Group 7:30pm Emma's Revolution Concert	22 Be An Angel Day 
23 8:30am Sacred Conversations 10am Service 11:30am Diaconate 11:30am Deep Discussions 1pm Prayer Group 5pm Seeds Meal Prep	24 9am Counters 10:00am WOU 5pm CAKH 7pm Big Book	25 9am Women's Fellowship 11am Open Art Studio 6:30pm Personnel 7pm Men's Fellowship	26 4pm Diaper Bank	27 9am TOHG 6:30pm Bible Study	28 5pm Prayer Group	29 National Lemon Juice Day 
30 8:30am Sacred Conversations 10am Service 1pm Prayer Group	31 9am Counters 10:00am WOU 5pm CAKH 7pm Big Book					

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