



May is Mental Health Awareness Month



Each May is recognized as Mental Health Awareness Month. In these stressful times, caring for our own mental health and tending to the mental health needs of our communities are more important than ever. The Southern New England Conference has made a commitment to being WISE (Welcoming, Inclusive, Supportive, and Engaged) for mental health. This means that we believe that showing up well for mental health is part of what we are called to do as the body of Christ.

Here are some ways to observe Mental Health Awareness Month this May:

1. Meet the New Mental Health Pastoral Fellow. Bekah Maren Anderson began serving as Mental Health Pastoral Fellow for the SNEUCC in November, and has been hard at work planning workshops and curating resources. [Watch this video to find out more about her and her work.](#) [Request Bekah's support for your church here.](#)
2. Explore Resources. At our newly updated [Mental Health Resources page](#), you can find information about mental health conditions, post-election mental health toolkits, resources for pastors, advice on finding a therapist, and more. We particularly encourage everyone to look through "[Spiritual Resources for Uncertain Times](#)," a collection of spiritual and mental health practices for self and community care, compiled by San Francisco Night Ministry.
3. Celebrate Mental Health Sunday. May 18 is recognized in the UCC calendar as Mental Health Sunday. You can use [this worship resource](#) from the UCC Mental Health Network to begin your worship planning. If May 18 is too soon, you can always celebrate at a later date; it's always a good Sunday to talk about mental health.
4. [Consider Becoming WISE for Mental Health](#). Has your congregation considered becoming WISE? If not, you can start the conversation! You can visit the UCCMHN to learn about the WISE process, or [contact the SNEUCC WISE Task Team for support and advice](#). A good place to start is telling stories. Set up a time for you and/or members of your congregation to share a piece of your mental health journey, and why mental health awareness matters to you. Sharing and receiving stories is powerful.

Author: [Bekah Anderson](#)

Rebekah Anderson serves as the Conference's Mental Health Pastoral Fellow.

SAVE THE DATE



**Strawberry Social & Band Concert
Tuesday, June 24th
6-8 PM**

“Enjoy the Beginning of Summer on our Church Lawn”

**Due to increases in prices for strawberries and supplies
monetary donations will be greatly appreciated.
Checks can be payable to First Congregational Church
and note it is for the Strawberry Social
or scan the QR code below.**

Raffle Items Needed

Any questions contact Emily Knapp, Janice Murphy or Kristen Arsenault



FROM THE HILL



First Congregational Church of Georgetown's Monthly Newsletter

May 2025

WOMEN'S GUILD

TUESDAY, MAY 6TH @ NOON

Bring Your Own Sandwich / Salad Lunch
Dessert is Provided.



The Women's Guild will next meet on Tuesday, May 6 at Noon for a Bring-Your-Own-Lunch, and to make a "Give or Keep Bouquet" of fresh flowers. If you have not signed up to make a bouquet, please call, text, or email Joan to reserve flowers for your bouquet by May 1st please. The cost of materials is \$10.

Also, bring an 8-inch vase if you have one! Joan's information is as follows: (978-352-8033) or text: 978-257-3166, email: jdchat1027@gmail.com.

May 6 is the Tuesday before Mother's Day, a perfect time to take a gift of flowers to a loved one, neighbor, or shut-in friend. However, keeping it to brighten your day is a well-deserved gift for yourself!

HOSTESSES: Nancy Aberman & Carol Lutes

Men's Group

Saturday,
May 10th
8AM
Cafe Sarina

Community Conversations

Tuesday, May 13th 6pm - 7:30pm
Coffee, Cake and Conversation
Rowley Public Library
141 Main St, Rowley
Contact Angie @illstandbyyou.net



BOOK CLUB SCHEDULE

5/28: The Lioness of Boston by Emily Franklin

6/25: The Museum of Failures by Thrity Umrigar

As always, check the website for the Zoom link, under 'Ministries'

SENIOR CITIZENS' FREE LUNCHEONS TUE, MAY 20TH: 11:30AM

All seniors are invited to join us for our Senior Citizens' Luncheon gatherings at Byfield Parish Church in Georgetown.

These luncheons help provide an opportunity for seniors to gather in community over a hot meal and devotional time.

Luncheons are FREE to ALL attendees. Come as you are and join us! All luncheons begin promptly at 11:30am and hot lunch is served at 12:00pm.

Please RSVP by calling our church office at least 2 days prior to each luncheon, 978-352-2022.

FROM THE HILL



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Southern New England Conference

United Church of Christ

Living the Love & Justice of Jesus

The Art of Invitation: Inviting Others to Your Church

Thursday, May 15, 2025

12 - 1 pm via Zoom

State Of The Church (Annual Meeting Pre-Event)

Wednesday, May 7, 2025

7:00 PM to 8:30 PM ET

Presented by Brian Lapis

Love your church? Let 'em know!

Let's spend lunch talking about
the "art of invitation".

You love your church. You're there for
worship every Sunday. You help with the
church fair. You pledge your hard-earned
dollars. You believe in your church's mission.

You entrusted your church with the faith
formation of your children! Let's leverage
the love you have for your church and
harness the power of personal invitation.
Your church is too good to keep a secret!

Together, we'll develop ways to gain
confidence to talk about our faith
community.

[Click here to register through Zoom.](#)

Executive Conference Minister the Rev.
Darrell Goodwin will deliver a
presentation on the State of the Church,
writ large. His presentation will feature
current trends in the context of the
whole, situating SNEUCC within it, and
offering a vision of our future.

People who have registered for Annual
Meeting prior to this event will receive a
Zoom link, enabling them to participate
through Q&A as well as chat for
community and commentary. The
presentation will also be streamed online
for all to watch either live or via recording.

[Register for Annual Meeting here](#)



Council on Aging

SOCIAL SECURITY OPTIMIZATION FOR WOMEN

Wednesday, May 7th @ 1:PM

SOUND BATH MEDITATION

Thursday, May 8th @ 12:30

MAY CRAFTS

Seaglass Art: Wednesday, May 14th @ 11:30AM

Jewelry With Deb: Wednesday, May 28th @10:30AM

ONGOING ACTIVITIES

BINGO: 2nd & 4th Mondays @ 12:30pm

Quilting Group: 2nd & 4th Tuesdays @ 12PM

Mah Jongg: Wednesdays @ 12:30

Knitting / Crochet Group: Thursdays @ 9:30am

DROP IN: Monday - Thursday 8:30AM - 3:30PM

Game Room, Fitness Center, Lending Library
Community Puzzle, Coffee, Technology Assistance

Council on Aging Website



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Georgetown Peabody
LIBRARY



Chair Yoga: Balance and Breath - REGISTER

Tuesdays, 2PM - 1PM

Community Knitting Group

Tuesdays: 6PM - 7:45PM



Wednesday Writer's Group

Wednesdays: 6PM - 7PM



Friends of the Library Meeting

Wednesday, May 7th: 6PM - 7:45PM

Experience Spring Bird Migration - VIRTUAL

Monday, May 12th: 7PM - 8PM



Inspired Garden Design - VIRTUAL

Tuesday, May 13th: 6PM - 7PM



Using Your DNA for Genealogy - REGISTER

6PM - 7PM

Click [here](#) for a complete list of events
and registration information



National Alliance on Mental Illness

NAMI Greater North Shore and NAMI Northeast Essex
invite you to a FREE training!

Mental Health First Aid

Just as CPR helps those without medical training to assist an individual having a heart attack, Mental Health First Aid prepares participants to help someone developing a mental health problem or experiencing a mental health crisis. Upon completion of the course, participants will:

- ✓ Have an increased ability to identify risk factors and warning signs of mental health and substance use problems.
- ✓ Possess information on depression, anxiety, trauma, psychosis and substance use.
- ✓ Be able to implement a 5-step action plan to help someone who is developing a mental health problem or is in crisis.
- ✓ Know available evidence-based professional, peer and self-help resources

Pre-Registration Required -

<https://northernessex.wufoo.com/forms/zxl12q14kpi6w/>



Thursday

May 22, 2025



Time

9:00AM-4:30PM



Northern Essex

Community College
100 Elliott Street
Haverhill, MA 01830



For more
information:

www.naminortheastessex.org

NAMI Northeast Essex

Contact Joanna @

jfortna@necc.mass.edu

978-361-3922

www.namigreaternorthshore.org

NAMI Greater North Shore

Contact Chris @

csadkowski@yahoo.com

617-984-0504

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May

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| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|---|---|--|---|-----|---|
| | Note Red=Church Service Black=Church Group Purple=Team Meeting Blue=Outside Group | | | 1 6 PM GTW 6:30 Band | 2 | 3 |
| 4 9:30 AM Woodwind 10:30 AM Worship 3 PM GTW | 5 6 PM GTW  | 6 12 Noon Guild 6:30 Bell Choir 7:30 Band | 7 3 PM Girl Scouts 7 PM Boy Scouts | 8 6 PM GTW 6:30 Band 7 PM Knitting | 9 | 10 8 AM Men's Group Café Serina |
| 11 9:30 AM Bells 10:30 AM Worship 12 Noon Diaconate 3 PM GTW  | 12 6 PM GTW | 13 6 PM Finance 6:30 Bell Choir 7:30 Band | 14 3 PM Girl Scouts 7 PM Missions 7 PM Boy Scouts | 15 6 PM GTW 6:30 Band  | 16 | 17 |
| 18 9:30 AM Band 10:30 AM Worship 3 PM GTW | 19 6 PM GTW | 20 10:30 Girl Scouts 4:30 Girl Scouts 6:30 Bell Choir 7:30 Band | 21 3 PM Girl Scouts 6:30 PM Council 7 PM Boy Scouts | 22 6 PM GTW 6:30 Band 7 PM Knitting | 23 | 24  5 PM |
| 25 9:30 AM Bells 10:30 AM Worship 3 PM GTW | 26  Memorial Day | 27 6:30 Bell Choir 7:30 Band | 28 3 PM Girl Scouts 7 PM Book Club 7 PM Boy Scouts | 29 6 PM GTW 6:30 Band | 30 | 31 |

Church Office Hours: Tuesday-Thursday 9:00 AM to 12:00 PM

Office Phone: (978) 352-8443

Office Email: churchoffice@fccgeorgetownma.org

Website: www.fccgeorgetownma.org