

Waymarks

Plymouth Church | Helena Montana

June 2022

Meatless Mondays

Did you know that it takes 425 gallons of water to produce just a ¼ lb of beef? Every pound of beef requires 40 times the amount of water to grow as the equivalent amount of vegetables. As the western half of the United States continues to experience years of record-breaking drought, we need to seriously consider how our eating habits might be affecting the availability of our water. Animal agriculture is also one of the largest contributors of greenhouse gases in the world. If everyone replaced the meat in their meal just one time per week, it would be the equivalent of taking half a million cars off the road.



I know that asking everyone to become vegetarian is incredibly unrealistic. As much as I worry about what's happening to the planet, even I haven't really considered it for myself. But, if everyone ate just one vegetarian meal a week, imagine what a difference that would make.

While I don't think I could ever go full vegetarian, I do enjoy experimenting with vegetarian cooking. Cooking is sort of a hobby of mine, and I like the challenge that vegetarian cooking offers. It pushes me out of my comfort zone, and forces me to be more creative. And, more often than not, the food ends up being delicious. Most of the time, you don't even think about the fact that you're not eating meat.

So, for the month of June, I will be hosting Meatless Monday dinners at my house. There will be sign-up sheets in the narthex for up to 3 people each Monday, to come and share a vegetarian meal with me in my home. Each week will focus on a different cuisine, and if this goes well, I might even extend it into July. The more I think about it, the more ideas I get!

We can all take some simple steps to take care of this beautiful world that God has created for us, and ensure that the children of today have a world to protect them and provide for them tomorrow. Your next step to taking care of our world can be as easy, as fun, and as tasty as sitting down to have a meal with some friends.

~ Pastor Charles

Expectant Afghan Moms Receive Gifts

On May 10th, Plymouth's Women's Fellowship filled the Fireside Room with infant baby gifts. Booties, blankets, onesies, outfits, teething toys, personal care products, towels, wash cloths, sleepers... you name it! Most of the gifts, lovingly divided into four boxes, have been sent to the expectant moms who relocated to other states; one set will remain here in Helena for one Afghan family that remains.

We were delighted to meet one mom, her daughter, HARRT case workers, interpreters and a guest from St. Mary's Church, which added to the merriment of the baby shower. We received a lovely note from one family. In part it says: "Good morning, God bless you, wherever you are for [the mom] and the child. Thank you all. Be happy with your service. We are happy with you."

One infant car seat was ordered and sent, thanks to a grant from Town Pump, and others will be sent in coming months. Thanks so much to Janet and Terry Tatchell for the donation of another infant car seat for use in Helena.



Plymouth Flower Pots

It's not too late to provide flowers for the large pottery urns located at the entrance to the church. You are invited to make a financial contribution or to purchase your favorite bedding plants, keeping in mind that the eastern exposure is very warm and sunny during the summer months. If you are inclined to make a financial gift, mark your check or envelope designating "flower pots". Many thanks.!



Tuesdays with Charles

If you find that your summer weekends take you away from the comforts and pleasures of Sunday morning worship at Plymouth, all is not lost. During the summer on most Tuesdays (around 11:30 AM) beginning June 21 Charles invites you to join him for a picnic lunch outdoors on the lower level of the church. There is no program or purpose other than to eat and to catch up on the news. Bring your own sandwich and a lawn chair; Plymouth will provide the best view in town.

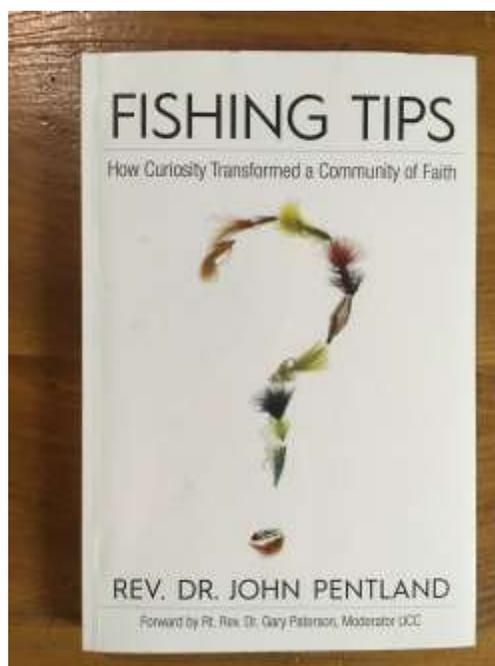
“Fishing Tips: How Curiosity Transformed a Community of Faith”

You are heartily invited to participate in the summer read, “Fishing Tips”. Written by Rev. Dr. John Pentland, pastor of Hillhurst United Church, Calgary, the book is an open invitation to be curious and to think about workable ideas that may help our church grow. There are two opportunities to participate, each four weeks long, lasting about 1 ½ hours.

Class I Tuesday evenings, 5:30 to 7:00 PM, June 14 through July 5; held at the church with a simple supper included; discussion led by Rev. Charles Wei and Liz Gundersen.

Class II Wednesday mornings, 9:00 to 10:30 AM, July 20 through August 10; held in the Thompson backyard, 609 Holter St. with beverages provided; discussion led by Jennifer Thompson.

Sign-ups and books are provided on the table in the narthex (outside the sanctuary); participation is limited because of the nature of the discussion. Donations are gladly accepted to cover the costs of the books and postage.



FISHING TIPS

How Curiosity Transformed a Community of Faith



REV. DR. JOHN PENTLAND

With Susan Cooper

Foreword by the Very Rev. Dr. Gary Paterson, Former Moderator, The United Church of Canada

"Fishing Tips starts with a story—a modern Midrash on the final chapter of John's Gospel, an unsuccessful fishing expedition until Peter and crew get some "fishing tips" from the Master—first and foremost of which is to grab hold of their curiosity and their courage and try fishing on the other side. Which, really, is what John Pentland's book is all about ... full of curiosity and courage, with some detailed and specific tips about how one might go about fishing on the other side in the 21st century. Nine of them, in fact—tips which are rooted in experience ... which is always the best kind of fishing advice to get, from someone who has been out on the waters, who has done some serious fishing on the other side personally. This book is incarnational ... meaning it's the story about a specific congregation, at a particular moment in time, with a many-faceted leadership and "a community willing to be different, to try new things."

Hillhurst United Church in Calgary is a thriving congregation. This book explores their journey – not as a "brag," a "look-at-us" – but more as a case study, where we are invited to keep asking, "What might we learn from the experience of this congregation?" Some members of my home congregation, St. Andrew's-Wesley, heard John speak at Epiphany Explorations, 2014, on...well, on "Fishing Tips"—John has been working on this book for a while. They came back with some questions, with new ideas, and they wanted to talk about what they'd heard. John has a way with phrases or images that stick in the imagination... "Pay for what you need, not what you have." "Generosity and gratitude are two sides of the same coin." "Communication in business is advertising; in church, it's another word for evangelism." Fishing Tips would be a great book to study with a group of people ... like the members of your Board/Council ... an opportunity to talk about leadership, vision, mission and values; about getting your message out there; about money; about worship. John's suggestions can sometimes be challenging but are always gracious, inviting us to wrestle with both the "why" and the how" of the Church. They are practical, down-to-earth, but spark the imagination, suggesting new possibilities ... as John says, "Don't fight the resurrection." A favorite part of my ministry as Moderator has been the opportunity to encounter so many faithful congregations across the country. Sometimes I've said that I am a cross-pollinator, taking new ideas from one place to another ... we can learn a lot from each other. And that's why I recommend this book of fishing tips from Hillhurst United and John Pentland – a great experience in cross-pollination, an opportunity for the Church to walk with one congregation as it explores new possibilities for faithful ministry, and shares what it has learned on the way.

– The Very Reverend Dr Gary Paterson 41st Moderator, United Church of Canada"



A Note from Dr. Steve and Nancy Michelson

Nancy and I would like to thank Plymouth Congregational Church and Pastor Charles for giving us the opportunity to use our musical skills and music ministry experience in order to enhance and enliven the worship services each week. We would also like to express our gratitude to the members of the Plymouth Singers for their commitment to the music ministry here and their dedication to music and the mission of our choir. They work hard each week to improve their vocal and musical skills in order to have a meaningful impact on the worship service when they sing.

Some important improvements have been made in the areas of music and the audio/visual streaming of our worship services that we'd like you to know about.

1. Luke Michelson, a local musician who is not only a skilled musician, but also a knowledgeable and technically astute electronics expert, is working to improve the sound system and streaming capability for our church to allow members and guests to view our services from their homes or elsewhere each week. Vast improvements have already been made, as I'm sure you're aware by hearing the sound system demonstrated each week. The project is still on going and improvements are still being made, but we appreciate the work Luke has already done for our church. Luke is currently the IT specialist for the Browning Kaleczyc Berry & Hoven law firm in Helena.

2. We now have an attractive protective piano cover for our beautiful Steinway piano. In addition, we've installed a grand piano dolly to give the piano more flexibility in terms of moving it where it's most needed. An attractive piano light has also been added to provide necessary light to the pianists because of the dark lighting condition in the sanctuary. Also, the piano has been moved off the stage to the floor so it's in closer proximity to the congregation and allows the stage to be available for guest musicians, baptisms, dancers, visiting choirs, etc. It's a wonderfully flexible space now.

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3. As some of you may have noticed, we are using the organ on a more regular basis to **compliment the piano. We're fortunate to have such a great instrument in our church; many churches no longer have a traditional organ like ours in their sanctuaries because of the changing nature of contemporary church services.**

As many of you may know, Nancy and I select hymns each week for the worship services based on the liturgical scripture readings, the themes that Pastor Charles suggests to us and significant church events such as Advent, Christmas, Lent, Easter, Ascension, Pentecost, etc. We are fortunate to have a congregation that seems to enjoy hymn-singing, so selecting hymns that are appropriate is not only challenging but also fun. We look for hymns with texts that use current and meaningful language, that have relevance to current situations in society and hopefully are familiar to many people. Our philosophy of using less-well-known hymns is that most hymns are easily learned even when sung for the first time because of their repetitive nature, their melodic simplicity, and the fact that most hymns have several verses that can be sung. If a hymn seems a bit too complicated to learn at first hearing, we will try to introduce it in other ways, such as the choir singing it one Sunday or perhaps Nancy playing it for a segment of the service so people can familiarize themselves with it before being asked to sing it. We just ask that you not be too intimidated by the introduction of new hymns. There are so many hymns available in our hymnbook and other hymnbooks available to us that might be unfamiliar but are relevant, appropriate for worship, well-written and fun to sing.

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We will continue to bring eggs for members to purchase. All proceeds will go toward the purchase of a television monitor to be installed on the back wall of the sanctuary for the use and convenience of the choir, liturgists, ministers and other worship participants who are facing the congregation in the front of the church..

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In future editions of this publication, Nancy and I will express our views as to the role and importance of music in worship and our responsibilities to support the mission of Pastor Charles. Please know how much we love it here at Plymouth Congregational Church and thoroughly enjoy being fellow members, as well as part of the wonderful church staff, a staff that has a strong desire to create worship experiences that help people come in closer touch with their Christian faith.

In Our Prayers Today

At Home: Giles Walker, Margy Kohl, Jay Shelden, Greg Bolin, and Nathan Schreder as they go through cancer treatment. Lorraine Hopgood, for continued recovery.

Touchmark: Evelyn Nelson, and Art and Clara Gilreath;

Hunter's Point: Marlyce Taylor;

Edgewood: Ed Canty

Continued prayers for Greg, Ben Sweeney, and the people of Ukraine.

To add someone to the prayer list, please call the church office at 442-9883 or email pccofficemgr@gmail.com.

And the Winner Is...

During the past month Ed and Kathy Field exhibited beautiful photographs of Montana and Wyoming in Plymouth's Fireside Room. They offered the sale of one piece in a silent auction to the highest bidder, donating the proceeds to the church. And the winner is...



Lynn Bolin. Congratulations, Lynn, and thank you to the Field's Family for their many gifts.

Breakfast on the Lake



Mark your calendars and save the date August 14 for Breakfast on the Lake, courtesy of Cathy Campbell who graciously loans us access to her ranch near Gates of the Mountains. Details will follow in coming issues of Waymarks.

Upcoming Events at Plymouth

Wednesday, June 8th at 9:30 a.m.—PCC Council Meeting—Fireside Room

Sunday, June 12th after worship—PCC Church Cleanup Day

Tuesday, June 14th at 5:30 p.m.—Fishing Tips Class I—Fellowship Hall

Outreach and Social Justice Committee

Providing for Our Neighbors

Plymouth's Community Garden has literally been in our front yard since Revs. Cathy Barker and Dick Weaver ministered among us. But this summer marks the first time that the church has actually rented a garden plot and attempted to raise food. (We say "attempted" because a lot can happen between now and September.) Rent, water, plant starts, organic compost, tools, hose and other helpful accessories are made possible because of a generous grant from the City of Helena, for which we are very grateful. Many plant starts come from the Hmong of Missoula and should be in the ground by mid-June. The produce grown will be given to the Afghans who call Helena their home.

If you can help garden, weed, water, supervise or even just give encouragement, let Jennifer know. She is the one with dirty hands. Or leave a message with the church staff.



For those needing financial assistance to attend summer church camp, scholarship applications are available in the church office and on the website. Applications must be submitted to the church office at least one month before the chosen camp is scheduled to begin. Camperships may be awarded for up to 50% of the registration fee for each camp.



Applicants must be members or friends of Plymouth Church or affiliated with a member.

Montana Northern Wyoming Conference UCC 2022 Outdoor Ministry Adventures

Mimnagish Adventures

July 5-8 You & Me Adventure \$275

Intergeneration family experience – several generations can enjoy outdoor time and space together.

Early Registration Date: May 1/Final Registration Date: June 1
<https://www.mnwcucc.org/youme>

July 10-16 Youth Adventure \$450

All Grade groups will meet during this week.
Grouped according to the grade completed in May 2022.

Early Registration Date: May 1/Final Registration Date: June 1

Grades 3-5
Grades 6-8
Grades 9-12

<https://www.mnwcucc.org/youth>

**Sept. 2-5 Bob & Nancy Staigmiller Memorial
Family Adventure \$275**

A family retreat over the Labor Day Weekend honoring longtime Outdoor Ministry supporters.

Early Registration Date: June 1/Final Registration Date: July 1
<https://www.mnwcucc.org/family>

Christikon Adventures

**June 27-29 Bill Hawk Memorial
Seasoned Adults Adventure \$225**

Seasoned Adults will enjoy a special time of reflection and fellowship in a beautiful handicap accessible Retreat Center with bathrooms next to rooms.

Early Registration Date: May 1/Final Registration Date: June 1
<https://www.mnwcucc.org/hawk>

August 21-27 The Great Escape Adult Adventures Varies

Design your Adventure by the experiences you wish to try.

Fly Fishing, Hiking, Water Ecology Demo,
Yoga, Weaving, Alcohol Ink,

Zentangles, Creative Writing, Games, Fellowship.
(Full description online and in brochure.)

Early Registration Date: June 1/Final Registration Date: July 1

2 nights \$225
3 nights \$275
5 nights \$450

<https://www.mnwcucc.org/adults>

Questions: Trudi Downer (406)669-3114 or (406)647-2924
kdtd48@itstriangle.com

Registration/Scholarship Information:

<https://www.mnwcucc.org/camps>
<https://www.mnwcucc.org/scholarship>



In the Boulder River Valley

Creation Care Tips

Meatless Mondays

You don't need meat to make a delicious Italian sauce. Try this for your next Meatless Monday Meal!

Pasta Arrabiatta

1 lbs linguini

Sauce:

2/3 cup olive oil

1 cup pine nuts

1 cup golden raisins

1 yellow onion, sliced

2 cloves garlic, crushed

1½ tsp salt

½ tsp pepper

½ tsp oregano

½ tsp crushed red pepper flakes

½ tsp dried parsley

½ tsp dried basil

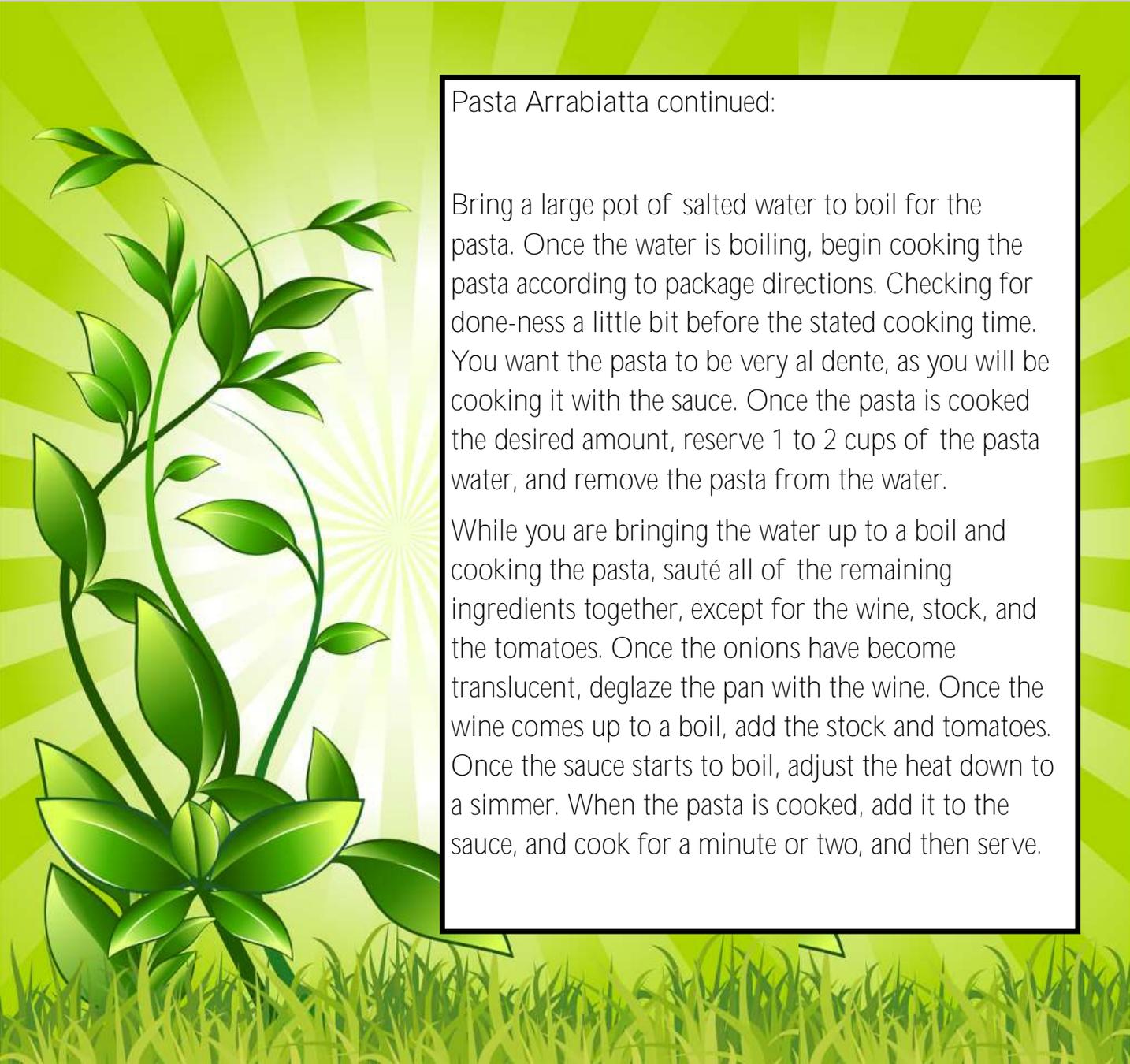
1 tbsp brown sugar

1 cup pino grigio

1½ vegetable stock

1 cup crushed tomatoes

1/3 cup bread crumbs



Pasta Arrabiatta continued:

Bring a large pot of salted water to boil for the pasta. Once the water is boiling, begin cooking the pasta according to package directions. Checking for done-ness a little bit before the stated cooking time. You want the pasta to be very al dente, as you will be cooking it with the sauce. Once the pasta is cooked the desired amount, reserve 1 to 2 cups of the pasta water, and remove the pasta from the water.

While you are bringing the water up to a boil and cooking the pasta, sauté all of the remaining ingredients together, except for the wine, stock, and the tomatoes. Once the onions have become translucent, deglaze the pan with the wine. Once the wine comes up to a boil, add the stock and tomatoes. Once the sauce starts to boil, adjust the heat down to a simmer. When the pasta is cooked, add it to the sauce, and cook for a minute or two, and then serve.



Bridging Divides: Opportunities to Learn and Share



Volunteers & Supplies Needed for Unsheltered Shower Ministry

Tuesday mornings from 8:30 - 11:30 at St Pauls Methodist Church.
Shower Ministry partners: HUMM, UWLCA, & Our Place.
Supplies needed: Small travel size shampoos, disposable razors & small shave cream.
Contact: jeff@unitedwaylca.org or donate supplies during business hours at UWLCA.

Plymouth Church, U.C.C.

400 S. Oakes St.

Helena, MT 59601

Plymouth's Mission is to nurture our congregation and the wider community with acts of love and a vision of God's image in all things.



Plymouth Church

400 S. Oakes St.

Helena, MT 59601

Office Hours

- Pastor Charles Wei: 9:00 a.m.—4:00 p.m. (Tues. & Thurs.), and by appointment.
- Office Manager Gloria Soja: 9:00 a.m.—1:00 p.m. (Wed.-Thur.)
- Bookkeeper Gail Tronstad by appointment.

Sundays
10:00 a.m. Worship Service
In Person and Online

Contact Us

Church Office: 406.442.9883

Web: www.plymouthmontanaucc.org

Email: pccofficemgr@gmail.com

Also: www.facebook.com/plymouthcongregational