**No Justice, No Peace…**

The current crisis demanding our attention, now overshadowing COVID-19, is, yet again, racism. Although some progress has been made since the 1960s, since the Civil War, since every other positive change, the pace is so very painfully slow—for so many reasons, with so many excuses made.

The public radio program *On the Media,* with Brooke Gladstone, had a very thoughtful and inspiring program, well worth a listen, on June 6th. Here is the link: <https://www.wnycstudios.org/podcasts/otm>

Brooke has some keen insight into the news coverage of the protests, and the reasons behind them. Of particular interest is a segment where Rutger Bregman speaks about his book *Humankind: A Hopeful History*. He talks about the “no-cebo” effect: What you assume about people is probably what you will get back. If you think people are generally kind and trustworthy, this is what you will generally get back. If you are frightened by the “news” and every crime depicted, that fear influences your opinion about people and will likely be reflected in your interactions with others. Bregman goes on to say that looking at your fellow humans as kind does not mean that you will never be taken advantage of; yet, your everyday interactions will reflect your positive, kindly approach and will bring you peace.

I wonder, if protesters and police saw each other in this light, whether there would be a lot less violence. Again, it’s not a perfect world, but it seems that trust would go a long way toward creating more peaceful protests, and more respectful management during arrests.

Psalm 25 *“To you, O Lord, I lift up my soul. I trust you, let me not be disappointed.”*

These thoughts shared with you by M. Scott

**From Richard Rohr’s Center for Contemplation and Action**:

As a white man in the United States, I humbly begin this week’s meditations on “Contemplation and Racism” by sharing the words of a woman of color in our own CAC community. Leslye Colvin is one of our Living School students and a member of our Daily Meditations team. In our time of ongoing disorder, Leslye asks,

**“Am I Next”?**

Lord, have mercy.  
George Floyd of Minnesota.  
Your nation failed you.  
Rest in God's peace.  
Kyrie eleison.

Christ, have mercy.  
Breonna Taylor of Kentucky.  
Your nation failed you.  
Rest in God's peace.  
Christe eleison.

Lord, have mercy.  
Ahmaud Arbery of Georgia.  
Your nation failed you.  
Rest in God's peace.  
Kyrie eleison.

Christ, have mercy.  
Tony McDade of Florida.  
Your nation failed you.  
Rest in God’s peace.  
Christe eleison.

**Upcoming Events**

* **Report on Parade of Mason Graduates:** If you missed this parade, I’m hoping this will become a new tradition. It was a lot of fun for the students, their parents, and teachers. There was music, balloons and gaiety all around. You could see it in the masked faces with smiling eyes! We rang our church bell, and the school chimed in with theirs as the decorated school bus, and a parade of antique cars, plus cars with students / parents / teachers drove around town accompanied by police and fire truck. Lots of happiness on wheels.
* **Report on Church gardens:** Check out what Bettie has done to Peg’s Garden by the handicapped entrance—it looks so very lovely. Then walk around the side of the church and notice that Nancy has put in the vegetable garden with her usual energy. With the newspaper and hay mulch there should be a minimum of weeds, but feel free to pull a few, or stop by to water flowers or vegetables during any dry spells.
* **COVID-19 related news and us:** Mason Church is stillwaiting to begin services again, due to nearly our entire congregation being over 60!

1. So **keep wearing a mask** whenever you are out. Make it a habit whenever you are shopping—it’s not all about you, it’s about protecting the vulnerable elderly, or others with immune deficiency diseases. Take hand sanitizer with you, and wash your hands frequently whenever you pickup items, and before you get back in your car. Wash very well when you get back home!
2. **Get outside and play**  Walk, garden, or sit outside just because you can! Be aware that NH state parks have a reservation system now, at least some of them do. If you go to a local area and the parking lot is busy, keep your mask on in the lot, but also realize soon these people will be spread over miles of trails, and you will probably not encounter them very often. Step off the trail by at least 6-10 ft and allow others to go by. Here in Mason, especially during the week, most times there are no cars or only a few at our local trailheads. There are only a few spaces anyway!!

* **Stewardship:** Your **Mason Energy Commission** is planning a Virtual Solar and other alternative energy tour during the summer. Watch for more information. Meanwhile, go to <http://harei.org> for more information on the Hillsborough County Area Renewable Energy Initiative. This is do-it-yourself alternative energy done as an old fashioned barn raising, by you and these remarkable professional volunteers.
* **Another way of Stewardship:** What about an energy audit for your home? First, it can save you money, and, second, it will reduce the impact of your carbon footprint. <https://www.energy.gov/articles/home-energy-audits-making-homes-more-energy-efficient-and-comfortable> COVID-19 concerns may delay when they can come to you.
* **Earth Year 2020 What does the Lord require of you?** What stewardship task can you do? How about using less plastic to keep it from clogging our trash disposal and the oceans—and remember that plastic is made from fossil fuel! Reduce use of plastic bags at the grocery store, by just putting the groceries back into the cart, then bagging them yourself. This is actually kind of nice since you can bag them according to the way you will unpack them. <https://www.greenamerica.org/take-plastics-challenge/11-easy-ways-kick-plastic-habit>

So many people are out walking these days, take a bag and some gloves, pick up trash that you find, and recycle it!

* **Church Treasurer:** Darrell says thank you to all who continue to mail in pledges. He notes that although we are not meeting, the expenses and work of the church continue. Mail to Darrell Scott, Treasurer, Mason Congregational Church, 33 Valley Road, Mason, NH 03048
* **Community Supper:** The A-Team of Community Supper workers are all well and ready to go when it’s possible.
* **Greenville Food Pantry:**  The food pantry reports that they are in fairly good shape just now, thanks to some Federal funds which came to the state for relief. These funds are only for a few months, and we are all aware that the impact of job losses will continue to affect people for at least several years! Here is their website: <https://www.foodpantries.org> and the phone number to **get food or give food** is 878-0518. They are open once a week, and by appointment. The address is Sacred Heart Church, Greenville Food Pantry, 15 High Street, Greenville, NH 03048.
* **NH Food Bank** You can also give money directly to the New Hampshire Food Bank, which distributes food all over NH to the many food pantries wherever they are. [www.nhfoodbank.org](http://www.nhfoodbank.org) to donate directly.
* **Nashua Soup Kitchen** Since all our volunteers are over 65, we have put this mission on hold. The Deacons have voted to contribute $100/month from the Diaconate Fund for the next 6 months for their lunch program, which is where our communication with them indicates there is an underfunded need. Understanding that the Soup Kitchen is needed as much and perhaps more than ever, **consider a contribution to: Nashua Soup Kitchen and Shelter, Inc PO Box 3226, Nashua, NH 03061-3116 or donate at their website** <https://nsks.org/> Remember that their upcoming fundraisers are probably all cancelled! Help where you can.
* **Living Room Coffee House:** Since no gatherings are taking place, listen to great music on your electronic device, or maybe like us, you also have old things like tapes and CDs, or **even** records that you can pull out and rattle the windows with your favorites. Dancing is great exercise! Buy CDs or pay for downloads to support the artists who still need to live and do not receive unemployment funds.

 **Remember our church family in your prayers. Attached to this email is a list of members and friends at our church. Make a plan to keep in touch by a quick call, or email. Talk about things that will be uplifting, there’s no point in re-hashing the many news bulletins! Some topics might be crafts, closet and file cleanings, yard/plants plans, favorite stories from their past history, ask about anything they might need if they are over 60 and are staying out of any stores. If you suffer from “I don’t know what to say” go to** <https://storycorps.org/participate/great-questions/> **to find a list of some wonderful questions. In fact, you may want to interview someone in your house that you think you know! Find out more today. Reach out to neighbors by phone, or even have a chat, outside and 6-10 feet apart!**

* **Our Halbrooks family** is now at 279 Mountain Road, Jaffrey, NH 03452. Beth says her parents have moved in to the “In-law” living space, have endured their 2-week quarantine, and are now able to interact with the family. Phew! The children are missing out on their horseback riding lessons, meet-ups with other homeschoolers, and library visits. Meanwhile you can send a snail mail message telling them we are keeping their pew reserved. Call or email: Jacob c: 321-2397 Beth c: 321-2527 [Jhalbroo@gmail.com](mailto:Jhalbroo@gmail.com) [mehalbrooks@gmail.com](mailto:mehalbrooks@gmail.com)
* **Curt Dunn** Our Curt crossed over on May 11th after making the choice to go on hospice to relieve the pain he was in. A ‘small’ family graveside gathering of about 70 people was held the following Sunday with Reverend Veronica Don presiding. The family plans a wider celebration when it becomes possible. Maybe on the 1-year anniversary of his death, next May?
* **Susan and Jim Suokko** They moved to Leominster, MA last fall to an apartment. Now they are planning to close their apartment in MA, and move permanently to Florida. If you know someone who needs some furniture, they need to empty their apartment by the end of this summer. Their address is: 50 Brooks Pond Rd, Apt 104, Leominster, MA 01453. Their Florida address is Florida: 8814 28th Ave. Palmetto, FL 34221. We miss them, and hope they will visit us this summer. [Usercat2@comcast.net](mailto:Usercat2@comcast.net) for email or call 941-920-0270
* **Laila Washburn March 3rd was Laila’s 101st birthday.** Kristen reports that her grandmother is very sad and really does not understand why no one is coming to see her. Send her a card with a picture of yourself or your family! It may help ease her loneliness. Laila lives at Summer Hill Assisted Living in Peterborough. Laila Washburn, Summer Hill, 183 Old Dublin Rd, Peterborough, NH 03458. Call: 603-924-6238
* **Amber and Marcus Cassavant**  They are moving to Fitzwilliam. Amber sent a wonderful note to Mason Church via Reverend Veronica, saying how grateful they are to have been a part of the church. One thing she mentioned is that no church had ever celebrated the arrival of a child, (in this case, Noah), with a church shower of gifts. We will miss them, and the beautiful children who add such energy to our church. May blessings follow them wherever they go.
* **Gretchen and Wally Brown** This is a hard time for them. Wally can still go to work since he is usually socially distant as he works! They still have their caretaker who comes to stay with Gretchen. We can’t stop by but call in the evening when Wally is home, just to check in. Ask if there are any ways to help. Cards to: 421 Meetinghouse Hill Rd, Mason, NH 03048 phone: 878-1481

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You can leave a message at the church for Reverend Veronica, 878-1684, [Revpalvwd50@aol.com](mailto:Revpalvwd50@aol.com) or reach her at home, 213-6368 or reach out to a Deacon, listed below. Veronica has faithfully been sending out sermons, and the order of service to guide us during this church ‘furlough’. If you are not receiving these, please email her directly.

**Share a story, or a creative way you are passing this time in our lives, and we can share these** via the Mason Congregation Facebook page, or perhaps the newsletter, all with your permission. Please let a Deacon know if you know someone who needs a prayer shawl, or a new baby who needs a Welcome Baby Hedgehog. See list below.

**Deacons:** Ann Moser 878-3826 [amoser@earthlink.net](mailto:amoser@earthlink.net) Nancy Richards 878-2190 [windywych@aol.com](mailto:windywych@aol.com) Kathy Chapman 878-4993 [Chapman.kathy@gmail.com](mailto:Chapman.kathy@gmail.com) Michelle Scott 878-1680 miscott39@gmail.com

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CVTC, the Community Volunteer Transportation Company is still operating, since their services are especially needed at this time. They are a free service, and will take people to medical appointments (routine appointments have mostly been cancelled) but cancer treatments continue for some. They also take people to the grocery store, pharmacy for prescriptions, and to bank and post office. **During this time they are still taking people to appointments and vital services, all done with protective gear and lots of disinfectant/and sanitizers!**



Please spread the word about CVTC. It’s free to riders, and the drivers can be reimbursed for gas! A win-win all around. Sign up to be a driver. It’s so simple to pick up a trip, give the ride, (make a new friend or two), and the CVTC administration is efficient and kind. Really kind!