



May 4, 2023

Dear Friends of Second Church,

Last weekend, while we enjoyed the combined choirs of our church and First Congregational Church of Old Greenwich, two of our members, Barbara Zappavigna and Brenda Felletter, went to First Church, where they helped assemble and package 20,000 meals for Rise Against Hunger, which sends food to people all over the world.

20,000!

They came back profoundly inspired, not only by helping to achieve such an ambitious goal, but also by the sheer joy of seeing people of all ages work together to make it happen.

As Brenda said, “It was so powerful to recognize yourself as part of something so much bigger than you are.”

These days after Easter challenge us to seek and ponder such moments of recognition.

The good news is, there are plenty of things that are bigger than we are — it’s **recognizing** them that is the real challenge.

But when we do, we see some of the invisible threads by which God has gathered the world together — and by which we are reminded that our flourishing depends on one another as surely as it depends on God.

May we all find delight and purpose in uncovering those threads!

See you in church,



Sermons are always  
available online:  
[2CCSermons](#)

If you can't make it in person, join us  
via [Livestream for our 10:30](#)  
[a.m.](#) Sunday service.

Join us in the singing of our hymns this Sunday which can be found by [clicking here](#).

## Hymns for Sunday

A Mighty Fortress Is Our God

Christ Is Made the Sure Foundation

Please note the upcoming Memorial Services that are being held at Second Congregational Church in May:

Rev. Ronald Allison - Friday, May 12, at 11:00 a.m.

Jane M. Corcoran - Friday, May 19, at 11:00 a.m.

James Steen - Saturday, May 20 at 2:00 p.m.



## Time to update your Contact Information!

If you have moved, changed phone numbers or would like to add your email (highly encouraged) to our newest directory, please email [Gloria@2cc.org](mailto:Gloria@2cc.org) or submit the changes to the church office in writing no later than Thursday, June 1. Thank you!

# CHILDREN'S CHAPEL AT 2CC

Nursery care for infants to age 4 starts at 10:15 a.m.  
Deacons can help direct you to our nursery room.

Children ages kindergarten and up are encouraged to start worship with their parents at 10:30 a.m. in the Sanctuary. Those who wish may depart for Children's Chapel and Choir with Ms. Jenny at about 10:45 a.m.

We are fully in person and operational.  
Registration not required but helpful for us to best know and love your child.



[Register for Children's Chapel](#)

## Upcoming Events...

### Coffee and Connection Speaker Series Continues ...

Saturday, May 6

10:00-11:30 a.m.

*Please join us for coffee, conversation, care and connection. During our time together we will learn centering techniques, meditate, be inspired by scripture and leave behind what doesn't serve our higher selves.*

*Hosted by 2CC Community Life  
& all are welcome!*

*Childcare can be made available upon request.  
Please RSVP to [Jenny@2cc.org](mailto:Jenny@2cc.org).*

Fueling your Spirit, Mind and Body in time for Mother's Day!

Guest speakers:

Maura McIntyre, *Founder, Wellness M2*

Kate Noonan, *Spiritual Life Coach*

Those who RSVP will get a special Mother's Day goody bag from Krista Taylor.

Please RSVP to [\*\*Jenny@2cc.org\*\*](mailto:Jenny@2cc.org).

Childcare available upon request.

Our final session will conclude under the tent Saturday, June 3,  
with special treats in store. Details coming soon!

[Email Jenny to RSVP](mailto:Jenny@2cc.org)

**Last chance for Spring Yoga with Jill Ernst!**

Join us on Friday morning, May 5 at 9:15 a.m.

*Summer schedule will be announced soon*

BYOM (Bring Your Own Mat)

**Email Jenny for more  
information**



## **Mindful Monday with Yoga Nidra**

**Monday, May 8 from 6:30-7:30 p.m.**

*Unwind, and end your day with meditation and slow flow yoga with Helena Svedin.*

Divine Sleep® Yoga Nidra is a guided meditation that has the power to transform, heal and rejuvenate you at core levels. Together we start by learning about the koshas. We prepare with a short asana (physical) practice before we lay down on the yoga mat to listen to the guided meditation. To be comfortable during the meditation most people enjoy having a blanket to cover and a bolster under the knees. Please bring what you need.

We start promptly at 6:30 p.m. If possible - please arrive a little early to settle in. The practice ends at 7:30 p.m. No rush to leave. We can linger for awhile.

Suggested donation \$20

RSVPS helpful - walk ins welcome

You are welcome to reach out to Helena with any questions on 203-912 7870 or [\*\*helenasvedin@me.com\*\*](mailto:helenasvedin@me.com).

**Email Jenny to RSVP for Yoga**

SAVE THE DATES...

# Tent Weekend



Friday, June 2: Food & Fellowship

Saturday, June 3: Spiritual Saturday

Sunday, June 4: Worship & BBQ

Details forthcoming...

Second Congregational Church | 139 East Putnam Avenue, Greenwich, CT 06830

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