



The Second Church of Plymouth, Manomet, MA

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Office Hours: M 9am-5pm

Available by appointment M-F 9am-5pm

Food Pantry Hours: M - 10am - 12pm

The Bell

March 2024

Volume 18, Issue 2

From Pastor Bruce

People with hot tempers do foolish things... Proverbs 14:17

...anger causes mistakes. Proverbs 14:29

Hot tempers cause arguments... Proverbs 15:18

Stupid people express their anger openly, but sensible people are patient and hold it back.

Proverbs 29:11

A hot-tempered man...gets into all kinds of trouble. Proverbs 29:22

Have you ever said, "You make me so mad!"? Deep down we know that we are the ones who make the choice to be angry, but sometimes our buttons get pushed and we can't un-push them. To excuse myself I like to think I can't control my anger. The truth is I absolutely can. I just don't always get ahead of it. Or even want to. You and I have a great deal of control over our anger and I can offer proof. Have you ever been in an argument when the phone rings? One quick gulp and you change your whole demeanor. "Oh, hi, how are you? She certainly is. Honey, it's for you." Once I saw a parent going ballistic on a misbehaving child perched in the seat of the shopping cart. A loud voice, blustery tone and lots of finger pointing were being utilized. When this person, that I knew by the way, saw me coming, she turned to me and said, "Hey Bruce, how are you doing?" We talked for a couple of minutes and when they left for the next aisle, the hostile air had all but been completely dispersed. What had I done to facilitate the change? Absolutely nothing. She'd made the choice to let it go.

Humor can also help with anger disbursement. One Super Bowl Sunday I asked Jeanie who she wanted to win. She answered, "The Buccaneers." "What?" I sputtered. "Why would you pick them?" She told me she was rooting for them because of Tom Brady. "Why Tom Brady?" I demanded. Very sweetly she looked at me and said, "I do everything I can to support old men!"

Have you ever heard of a First Fight box? The idea is for the couple to each write a love letter to their partner. On their wedding day the letter and a bottle of wine are placed in a wooden box and nailed shut. When that first fight comes, they are instructed to open the box and the wine and read the letters. Then they can toast to their love. Not a bad idea!

I've learned a few things about my anger over time. I know that when I engage my mind before my mouth my life is better. I know that watching my words is the best way for me to watch my anger. Anger control is largely mouth control. I've NEVER once put my foot in my mouth when it was closed. On live TV broadcasts there is a 5 second delay in case something inappropriate happens. A word delay isn't just a good idea for TV. I need longer than 5 seconds though. You might as well.

Reflecting before reacting doesn't only help with anger. But it might help with most with anger. In doing counselling sessions with couples, I would often ask them to make a commitment to each other. The promise was that whenever an argument started brewing, they would put it off for a full 24 hours. They were not to bring it up until the same time the next day. Then, if they wanted to, they could pick up right where they left off. Every couple reported that when the time came around, they had lost the appetite for a fight. The closest to continuing battle was a husband who when asked if they had continued to quarrel said, "I wanted to, but I couldn't remember what we were fighting about!"

Lenten Study Group

There will be a three-part study group with Rev. Bruce meeting on Wednesdays (March 6, March 13, and March 20) at the church from 10:30am to 11:30am.

The topics are as follows:

March 6 - 5 events from the Old Testament

March 13 - 5 events from the Gospels

March 20 - 5 gifts given to Christians



The Food Pantry is open!
Mondays 10am-12pm



From your Life Deacon, Deborah LaBreck

The Lord is faithful to all his promises and loving toward all He has made.

Psalm 145:13

Gift of



If you want to honor or memorialize someone and aren't sure what to do, why not consider a Gift of Love. A Gift of Love is a donation made in someone's name, to the church. A letter is sent to the giver (these gifts are tax deductible) and an acknowledgement is sent to the honoree (or the family in the case of a memorial). If you are interested, please pick up a form in the narthex or contact the office.



We continue to have church in person and virtually on Sunday's at 10am. Come on in! Or check us out on Facebook via Second Church Virtual Services! If you have been watching, see you on Sunday! You can also watch the services on PACTV. Thursday at 8am and Sunday at 6pm. (Comcast channel 13 or Verizon channel 43)



You can watch services that have already happened!

It's easy to do. If you've never used YouTube, just type it in your search engine (Google, or whatever you use). Or go to youtube.com. In the search bar at the top of the screen, type in "second church of plymouth" and click on "Subscribe". Don't worry, it's free. Follow the prompts and you're in!

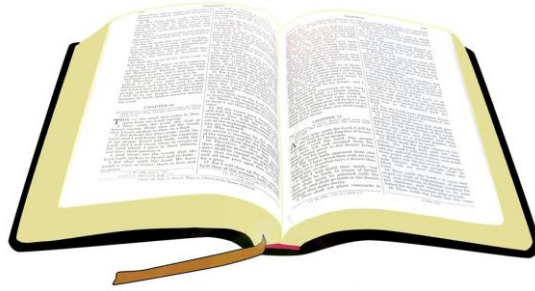
If you have any problem getting set up, please feel free to contact the office.



Visit us at www.secondchurchofplymouth.org . Our goal with the website is to provide our visitors an easier way to learn about Second Church of Plymouth and what the church offers. The website contains our social media buttons for Facebook and YouTube. We are constantly updating our content with updated information on church events and announcements.

Did you know - or ever think about?

Submitted by Ruthanne Gellar



The Gospel of Matthew has more prophecies than any other book.



Did you know that the longest highway in the country starts in Boston and ends in Newport, Oregon? It is Rt. 20.



Did you know that mascara is made from bat guano (feces)? It goes through a process to sterilize it, so no fear of germs.



Birthdays

If you don't see your birthday or anniversary, please contact the office.

March 2 - Erin Cappoli
March 5 - Charlotte Luke
March 9 - Ted Ozelius
March 11 - Jim Emo
March 16 - Denise Luke
March 25 - Violet Luke
April 3 - Matthew Walsh

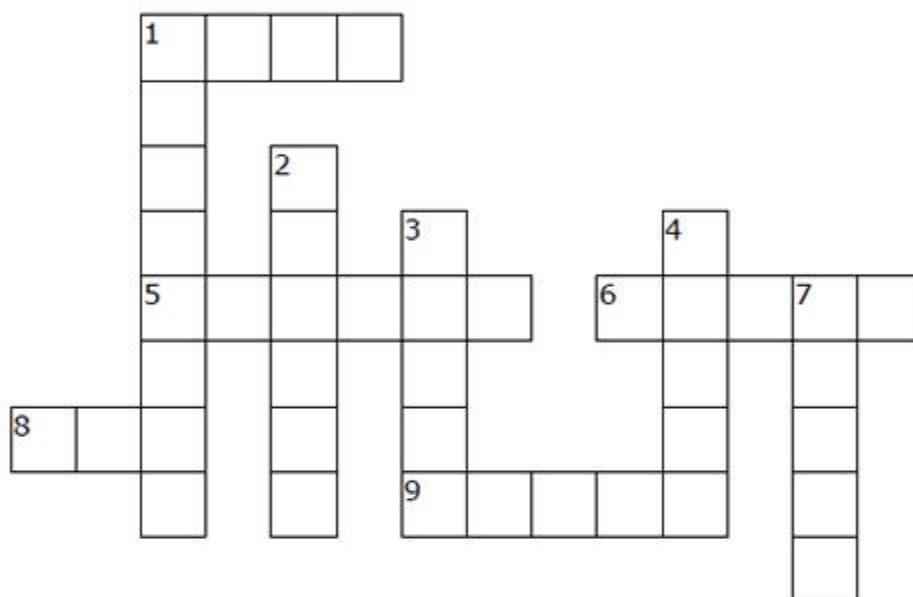
*Happy
Anniversary*

Does no one get married in March?

Don't Miss Church!

On the evening of that first day of the week, when the disciples were together, with the doors locked for fear of the Jews, Jesus came and stood among them and said, "Peace be with you!" John 20:19 (NIV)

Based on John 20:19-31



ACROSS

1. An entrance into a building or room
5. The disciple who would not believe without seeing
6. To be in a state of pleasure or delight
8. Breaking a religious or moral law
9. The body parts at the end of the arms

DOWN

1. Unwilling to believe that something is true
2. Not open
3. To believe in something for which there is no proof
4. A pointed and headed fastener designed to be pounded into wood
7. Free from conflict; getting along with others; opposite of war

NAILS	PEACE	DOOR	DOUBTING	HAPPY
THOMAS	CLOSED	SIN	HANDS	FAITH



A Life Celebration Home

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March 2024

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
3 10am Church Service 7pm AA	4 10am Food Pantry 12pm Missions	5 6pm Band Practice 7pm AA	6 10:30am Lenten Study Group 6pm TOPS 7pm AA	7 7pm AA	8 7pm AA	9 9am AA
10 10am Church Service 7pm AA	11 10am Food Pantry	12 6pm Band Practice 7pm AA	13 10:30am Lenten Study Group 6pm TOPS 7pm AA	14 7pm Trustees 7pm AA	15 7pm AA	16 9am AA
17 10am Church Service 7pm AA	18 10am Food Pantry	19 6pm Band Practice 7pm AA	20 10:30am Lenten Study Group 6pm TOPS 7pm AA	21 7pm Church Council 7pm AA	22 7pm AA	23 9am AA
24 Palm Sunday 10am Church Service 7pm AA	25 10am Food Pantry	26 6pm Band Practice 7pm AA	27 6pm TOPS 7pm AA	28 7pm Maundy Thursday Service 7pm AA	29 7pm AA	30 9am AA
31 Easter 6:20am Sunrise Service 10am Church Service 7pm AA						

