

# NEW ENGLAND CHAPEL: RESTORATION

SHOWING COMPASSION, MENDING INJUSTICE

April 2014

## Healthy Living

By Jodi Koeman

Spring has finally come and with it comes a revitalized sense of health! Have you noticed all the people out walking, running, and playing? I've had more conversations about healthy recipes and exercise in the last two weeks than I did all winter. As a church, we're concerned about health too, and it's not just spiritual health. We believe a person is truly healthy, when they are whole - their relationships with themselves, with God, with each other and with the world are in harmony.

This concept of health has been used throughout the Bible, it's captured in the word SHALOM. "Shalom is just, peaceful, harmonious, and enjoyable relationships with each other, ourselves, our environment, and God." (This comes from multiple resources, here's a few: Nicholas Woltersdorff, When Justice and Peace Embrace and Bryant Myers, Walking with the Poor.) This shalom is to include all the physical, social, mental, emotional and spiritual aspects of our lives. God designed our lives to be more than just ok, they should be abundant. But a lot of the time, it doesn't feel

like that. One of the biggest ways we as a church and as individuals can move people toward life and toward "shalom" is to create community that is life and health-giving.

You will notice in the following pages, many ways in which Restoration is moving the people of the NEC community, local Franklin community and even the world community towards health and shalom through resources to find jobs, through cooking classes to help people become physically healthy, and through opportunities to build healthy relationships with each other and around the world.

God wants us to be healthy and whole, and poverty, whether that poverty is physical, emotional, spiritual, or social, is " a result of relationships that do not work, that are not just, that are not for life, that are not harmonious or enjoyable. Poverty is the absence of shalom in all its meanings." (Myers) God asks us to bring new health, shalom, to our communities. Jesus continually invites us into new abundant life, health and wholeness and asks us to do the same. Read on for ways it's happening here.

*"Equipping the people of NEC to show compassion, mend injustice and deepen partnerships as God guides our part in restoring his world." - Restoration Mission*



Mend, Repair, Restore

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# Restoration: @NEC



So ask yourself: who is your neighbor...and how can I care for those neighbors who need help? Or, turn the question around and ask yourself who you would turn to if you found yourself in a crisis. What would you hope for?

If you would like more information about how to engage in being a better neighbor within your communities (the community you live in, your church community, work, etc.), or you are in need or immediate crisis, contact Amy Cornwell at [amy@newenglandchapel.org](mailto:amy@newenglandchapel.org) or Jodi Koeman at [jodi@newenglandchapel.org](mailto:jodi@newenglandchapel.org).

## Who Is Your Neighbor?

by Amy Cornwell

It felt a little like vertigo: the feeling of isolation that came when my husband and I moved away from my northern California hometown with two toddlers and a baby on the way. I realized I did not have the support network of family and friends when my family or I were sick, if the car broke down, or something happened that significantly disrupted necessary and daily routines. I was fortunate though: we had a home, my husband had a solid job that provided health care and we soon were connected into our neighborhood and church community through a few families who decided to adopt us. Our story might have been very different, though, if we did not have the benefit of a supportive neighborhood and church community where healthy relationships came with ease. If the jobs were lost, transportation became an issue or there was a health crisis, we wouldn't have the panic of wondering if groceries were coming that week, how we would get to the doctor's appointment or that possible job interview, or worry over the lack of a "Plan B". We had neighbors who cared for us.

Frequently when individuals or families approach NEC for financial or resource help, the critical issue is lack of a support system and healthy relationships in their community. They have limited options, or Plan Bs, and feel helpless, isolated. As the NEC pastors and staff begin the process of covering immediate and critical needs, we also work to help them find a community or better connect within the one they are in, and begin, hopefully, to develop healthy relationships within that community. But a key part of someone moving successfully out of a place of crisis, is an awareness of need by community members with the resources to help and then action towards that need. Christ tells us in Matthew 22:40 that God's greatest command is to love the Lord our God with everything that we have...but then follows it up with the command he says is just like it: Love your neighbor as yourself. Our faith is expressed by how we love God and how we love and care for others!



## Recap: Job Search Seminar 2014

By Amy Cornwell

On Tuesday evening April 1<sup>st</sup> and April 8<sup>th</sup>, Rob Dandrade, Wende Malster, Scott Galante and other professionals met with a group of people currently in or about to be in the job market for NEC's fifth annual Job Seminar. Participants worked together with instructors to cover materials ranging from big picture perspective (Views of work and life/God and work) to the mechanics of the job search (elevator speech, networking, resumes, etc.). One attendee, Joe Sarno, wrote his thanks: "Please accept my sincere gratitude for your job workshop. I really enjoyed it and found it to be rich in thought and information in addition to the genuine care and concern you all exhibited for others. I have also begun placing more emphasis on inviting God into this part of my life as well, something that was lacking for me."

To obtain a free copy of materials covered, or to find out more information on attending a job seminar hosted in another church, please contact Amy Cornwell at [amy@newenglandchapel.org](mailto:amy@newenglandchapel.org) or Rob Dandrade at [robert.dandrade@yahoo.com](mailto:robert.dandrade@yahoo.com) or visit the Job Search website: [www.metrowestjobsearch.com](http://www.metrowestjobsearch.com).



# Restoration: Local

## Let's Get Our Hands Dirty!

By Robin Cowper

NEC has partnered with the local food pantry for several years, providing regular donations of non-perishable food, toiletries, and cleaning supplies. As part of the Healthy Futures initiative, NEC has sponsored a healthy options food shelf at the food pantry for the past several months. Unfortunately, although healthy food choices are part of a positive lifestyle, the cost of fruits, vegetables, and lean meats can be a barrier to healthy eating.

Understanding how to cook with a variety of fresh produce has been part of the Healthy Futures program, Cooking Matters. This program offers cooking classes and recipes to Franklin residents. As a continuation of this effort, NEC will help provide locally grown produce to the food pantry clients at the Healthy Futures Market each Tuesday afternoon from June through October. The produce will be harvested from 2 garden beds at the Community Gardens at King St. Park in Franklin as well as 2 local farms.

Volunteers from the NEC community are needed to maintain the Community garden beds and help with the Tuesday Market set-up and distribution. Specifically, the volunteers for the garden would help water, weed, and care for the beds on a weekly rotating basis. The Tuesday Market also needs volunteers who can drive the FFP truck to the farms for produce pick-up and help set up and distribute the produce at the FFP from 4-5 p.m. For confidentiality reasons we ask that those involved with FFP clients during the distribution be 18 years or older, but garden volunteers can be all ages.

This is a great opportunity for families, circle groups, and those who love to garden to promote healthy eating, and maybe get your hands dirty along the way! For more information or to volunteer, contact Robin Cowper

([RLCowper@gmail.com](mailto:RLCowper@gmail.com), 508-520-3175).



## Cooking Matters...It really does matter!

by Nicole Harter

It is April 2nd, and as I lead a group of people through a grocery store tour, I am amazed how one program can turn strangers into friends. This night is just one of the six evenings these people have met and learned how to cook, plan healthy meals, and shop for their families. The choices they make here will hopefully be healthier, but will also fit into their budget.

Through the Cooking Matters program, 17 people, once strangers have become friends, laughing and talking and learning, and are building community right here in Franklin. Cooking Matters is a non-profit organization that partners with local organizations, like New England Chapel (through Healthy Futures Franklin), to bring these cooking and shopping classes to low income families. The classes provide the skills to help people learn cooking skills, knife skills, budgeting, meal planning, and basic nutritional information to make better choices everyday. The last class was held on April 9th, and 17 of the participants graduated. Jodi Koeman was with the women. She says, "As we were eating our last meal, we joked, laughed and discussed what we experienced and learned. Here are just a few things these women had to say."

"I learned how to shop more effectively."

"I learned about nutrition and healthy eating for my family."

"One of the highlights was learning easy to prepare and reasonably priced meals."

But overwhelmingly the highlight women mentioned over and over was the "people I met and the new relationships I formed."

Many people want to continue meeting and they brainstormed ways they could stay connected with one another and possible next opportunities for health. Potential exercise or cooking classes are in the works as well as meeting to walk and go out for coffee. Who would have thought cooking could bring people so close, in just 6 weeks!

As Jodi was leaving the classroom, hugs were being shared and one woman stopped her and said, "It feels so sad that this is the last class. I want to keep meeting. Thank you so much for bringing us together."

We are organizing another class with new participants starting May 7th. If you are interested in becoming involved with Cooking Matters, please contact Nicole Harter at [nicole.guad@gmail.com](mailto:nicole.guad@gmail.com). We need people to greet participants and provide transportation to those who lack transportation. More information about Cooking Matters can be found at <http://cookingmatters.org/>



# Restoration: Global

## Global Market & Café Recap

By Nicole Harter

On March 29, the NEC community came together for a fun evening at the Global Market and Cafe. There was music by members, global food, children's activities, a silent auction and many vendors selling a variety of food and items. Over \$12,000 was raised to benefit NEC Restoration in partnership with World Renew, Mission E4, and members of 2014 trips to Haiti, New Jersey, Dominican Republic, and the Ajulu partnership in Uganda.

There were many highlights and ways people stepped in to help. One NEC member, Andrea Crabtree, went to Haiti last April on a mission trip. Although she doesn't plan on attending this year, her passion for Haiti led her to volunteer at the Global Market. Andrea and her family - husband, Bill, and children, Victoria and Austin - joined Lynn Duquette in making waffles on Sunday morning. The incredible aroma easily helped them sell \$400 worth of waffles, with all money going to Mission E4 to benefit the projects the July team will be working on. Thank you to the Crabtree family!

The Ajulu team made an incredible impression on the community with their delicious African Chicken Stew and hand-made beaded necklaces. The necklaces are hand-made by Esther, one of the youth the Ajulu partnership team visited with when they went to Uganda in 2013. Esther is a brilliant 16 year old who, at the time of the visit, was taking time off of school because she couldn't afford the school fees. The team asked Esther and her friends if they would be willing to make beaded necklaces and bracelets for us to support her and the AJulu partnership. The necklaces sold at the Global market were all products of Esther and her friends. Esther is now back in school and enjoying her studies.

Another highlight, was the children's book sale. The money raised directly profited the NEC Restoration team projects as the used books were donated directly from our community. Thank you to all who donated their old books! All leftover books went to the Bellingham library to support their local book sale. Thank you to all who participated in making the Global Market & Cafe a success - volunteers, band members, participants, and attendees. We couldn't have such a great community event without a great community!

## Contact Us

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## Live it out...

**PRAY:** For people who need work

**GIVE:** Spend your time helping out at the Franklin Community Gardens (or local community garden in your area)

**ACT:** Help a neighbor in need in a community in your life: work, neighborhood, church, other

