# THE WAYNE MESSENGER

PUBLISHED BY THE WAYNE COMMUNITY CHURCH UNITED METHODIST

November 2023

WAYNE COMMUNITY CHURCH P.O. Box 300, Wayne, ME 04284

(207) 685-3505

**Rev. Marcos Juliao** pastorjuliao@yahoo.com (781) 520-3459 Pastor Marcos is off on Mondays but always available when needed

#### Carol Steck, Admin wayneumc@roadrunner.com (207) 685-3505

Church Office Hours: 10 am-12 pm Tues, Wed, and Thurs

Services will be available in person and livestreamed on Facebook every Sunday morning at 9:30. If you are unable to join us at that time, the recorded service will remain on Facebook for you to watch at your convenience. Just look for Wayne Community Church on Facebook or go to <u>www.wayneumc.com</u> to find the link. On the church website, you can also listen to our sermon podcast, and check out the Worship Duty Schedule, as well as find current and past issues of the Wayne Messenger.

## THE WAYNE MESSENGER Carol Steck, Editor

Dec. news is due by Nov. 15th editorwcc@gmail.com.



# ${oldsymbol{\mathcal{P}}}$ ause, look, and give thanks to God

"Make sure that nobody pays back wrong for wrong, but always strive to do what is good for each other and for everyone else. Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus. Do not quench the Spirit". (1 Thessalonians 5.15-19)

Besides being a month that brings us a spectacular autumn view, November also brings us "Thanksgiving Day". This is a day that, independently of its history and origins, has been spread to many countries (like Brazil, our country) as a day to pause, look around, and recognize all gifts, grace, love, opportunities, health, friends, family, and an uncountable number of blessing that we have received from God.

When we were coming back from vacation in October, we were talking about the privilege of having a place to return to and thanking God for coming home. Wayne is now our home, and you are our neighbor, and it is a good thing. We really thank God for it.

While thinking about "Thanking God" we chose this short text at the beginning, hoping that it can inspire us in this special season of gratitude. God's word combines the invitation to be grateful with the guidance to do good to all people. This leads us to think that gratitude and kindness go hand in hand. One inspires the other and supports it.

We are invited to go beyond what has begun to look normal in today's world. People are not patient, and because of political and ideological differences families are broken, because of intolerance, old friends become enemies, because of individualism we can't feel love, and so on. Also, sometimes we become overwhelmed with so many activities that we forget to notice how many good things we have all around us.

We would like to invite you to take a pause. Take a deep breath and re-read the text cited in the beginning again. Do not do wrong but always do good for everyone. Enjoy life and all its differences. Look around, it is beautiful! Live your life with gratitude. Give thanks to God in all circumstances. Do not be insensible to God's Spirit. God is working around us, and everything is for our good.

During this month let us slow down, take some time to notice our surroundings, and become aware of everything that we are seeing and feeling, and we certainly will see the Goodness of God. Then, let us give thanks to God for all that God has done for us.

God bless you, Pastors Marcos Juliao and Mauren

# THANKSGIVING BASKETS /FOOD NEEDED

The Wayne Community Church will be continuing our tradition of offering Thanksgiving food baskets to local families. If you know of someone to whom a basket would be helpful, please call the church office at 685-3505. If no one is available, leave a message and we will get back to you.

If you would like to donate to our food collection, please leave non-perishable goods in the Missions Box in the front of the church, or bring your donations to our Sunday Thanksgiving service on November 19th. If you would like to donate a turkey, please call the church office.

We wish for all to have a happy, healthy, and nutritious Thanksgiving holiday!

Joan Sandidge and Sue Spalding Missions and Outreach







# **CHURCH NEWS**

#### **CHURCH CALENDAR**

November 1, 7:00 pm – Finance Committee meeting November 5, 9:30 am - All Saints Sunday November 8, 6:00 - 7:00 pm – Bridges Cookbook **Community Supper** November 9, 5:30 pm Trustee's Meeting November 14, 7:00 pm Ad Council Meeting 11:00 am Worship & Edu meeting November 15, 7:00 pm SPRC Meeting

Choir Rehearsals - Thursdays at 6:30 pm

# Winthrop Hot Meal Kitchen P.O. Box 472

Winthrop, Maine 04364 The Kitchen serves 12,000 meals a year. Cooks,

helpers, donations, or Hannaford Gift Cards are always needed and appreciated.

If you have any questions, please call Steve Dodge at 620-0488

#### WAYNE MAINE EVENTS CALENDAR

All in one event platform designed to strengthen and connect our community. SEARCH for an event or SUBMIT an event with the click of a button. www.waynemaineevents.com



November

#### **DUTY SCHEDULE**

11/5 – COMMUNION - Liturgist/Leader: Connie Irland; Usher & Greeter: Lou-Anne & Rick Parker; Flowers: Holly Stevenson 11/12- Liturgist/Worship Leader: Barb Rothe; Usher & Greeter: Anna & Perry Ryerson; Flowers: Tammy Lindsey 11/19 - Liturgist/Leader: Linda Kindig; Usher & Greeter: Don Welsh & Craig Young; Flowers: Thanksgiving display 11/26 - Liturgist/Leader: Wendy Allen; Usher & Greeter: Kim King & Emily Clifton; Flowers: Gloria Ladd

#### **COMMUNITY SUPPER** – November 8th

You are warmly invited to a community Supper from 6:00 –7:00 pm on November 8th in the Fellowship Hall. It will free and open to all members of the community. Come enjoy some good conversation, fellowship, and delicious dishes. All recipes will be from the Bridges -Recipes from the Past for the Future Cookbook. If you have a favorite, we encourage you to bring it along to share.



#### PASTOR MARCOS' SCHEDULE

Visitation sign-up sheet is available in the church sanctuary or call Pastor Marcos at 781-520-3459

- Sundays -9:30 am Worship Service
- Every 1st and 3rd Tuesdays at 6 pm Tuesdays worship and preaching at Bartlett Memorial UMC
- Wednesdays 8 am Men's Breakfast Visitations from 10 am to 3 pm Prayer meeting 5 pm at WCC Fellowship Hall

Visitation From 3 pm to evening

12--Lisa Van Cott

12--Lynn Murray

12--Bill Moore

13--Ed Jackson

13--Kim King

19--Tena Hinds

20--Ken Martin

25--Deric Tripp

25--Brian Cook

25--Jay Franzel

25--Chase Morrill

13--Karen Bryant

18—Joshua Penrod

21--Gladys Harding

23--Holly Stevenson

24--Dennis Farnham

Fridays -

 ${\mathcal B}$ IRTHDAYS and  ${\mathcal A}$ NNIVERSARIES

# $\mathcal{D}ec$ ember

**3--Cheryl Wheeler 3--Nancy Smith 3--Nancy Lyman** 4--Lloyd Irland **5--Peter Castonguay** 5--Matt Crane 6--Misty Favreau 7--Joan Stiehler 9--Jan Folk 9--Laura Smith 10--Kathryn Soderberg 22—Laurie Lambertson 11--Chris Ireland 11--Julie Cundiff 12--Mike Murray 15--Fred Hurley 15 - Ed Larson 15 - Lisa Lincoln

2--Kevin Wellenius

15 - Leo Behrendt 15 - Anna Ryerson 15 - Perry Ryerson 17--Rich Rothe 19--Amy Black 19--Martha Hoddinott 20—Ken Gould **20--Jim Perkins** 21--Muffy Ireland 21--Susan Banden 21—Jason Stevenson 22--Robbin Mullen 23--Jerry Freeman **25--Patrick Mullen** 25--Susan Webbert 28--Bryan Laliberty

1--Diana Snow 2- Rev. Angela Rotherham 2--Taylor Stevenson **3--Frank Smith 3--Rich Harding** 4--Joseph Bauer, Jr. 4--Greg Black 4--Ken Foss 5--Larry Fossett 5--Lou-Anne Parker 6--Tom Fylstra 7--Rita Bright 7--Donald Welsh 8--Margot Gyorgy 8--Gary Kenny **10--Neetie Lovejoy 10--Paula Norton** 10—John Harris

**"You return like Autumn** And I fall every time"

10---Woody Thompson 26--Debbie Buzzell 27--Eric Gardner 27--W.A.P. John 27--Bill Branagan 27--Joseph Bauer IV **30--Buddy Seymour 30--Margaret Lane 31--Julie Ritter 31--Dallas Folk** 31--Connie Irland 31--Thomas Snow 31--Mark St. John

22 - Josh & Becca Reynolds (27 years) 28 - Michael & Karen Kaberle (55 Years)

- 13-- Bernard & Callie Campbell (24 years)
- 14—Dan & Rev. Angela Rotherham (8 years)
- 19-- Mike & Carol Ladd (46 years)

22—Greg & Rachel Jellison (20 years)

28-- Rob & Denise Boothby (15 years))

# **CHURCH NEWS**



# Wayne Community Church

Koliday Poinsellia Fundraiser

**2023 POINSETTIA ORDER FORM**—to purchase for yourself/friend, OR to donate to the church for arranging around the altar during Advent. This church fundraiser, led by Holly Stevenson, offers top quality plants from Longfellow's Greenhouses. Please use the order form below. If you are local, the church office door has a mail slot where you can drop off your order form and check. Feel free to call Holly at 685-9005 with questions, or if you can't meet the deadline of **Thursday, November 2.** 

Plants can be picked-up at the church, Saturday, December 2, 2:00 to 2:30 pm, or the following week in the church office. Call 685-9005 if you need to arrange another time. We thank you for your support.

## ORDER FORM

I am donating plants for the Sanctuary\_\_\_\_\_(Your donation will be acknowledged in the Messenger, unless you advise us otherwise)

OR

I will pick up my plants\_\_\_\_\_.

I want to order: 6 ½" pots (5-7 blooms) \$13.00 each Please indicate how many of each you are ordering. red\_\_\_\_white\_\_\_\_pink\_\_\_\_ Total \$\_\_\_\_\_

7" pots (10-14 blooms) \$19.00 each red\_\_\_\_white\_\_\_pink\_\_\_Total \$\_\_\_\_



Please attach a check to Wayne Community Church, with the word "Poinsettias" in the memo space. Mail to POB 300 Wayne ME 04284



## **TOWN NEWS**

Interim Town Manager: Bryce E. Cobb

Address:

Office Hours: Telephone: Fax:

Physical Address: Mailing Address: (207) 685-4983 (207) 685-3836

14 Kents Hill Road, Wayne, ME 04284 P.O. Box 400, Wayne, ME 04284 During normal office hours, or by appointment



As we move into the **cooler** fall/winter days, I hope you are able to stay safe and warm. Please know that the AAH Center is open on Tuesdays and Fridays from 9-12 for you to visit with others. The conversation, coffee and snacks are

always waiting for you. The Center is located at 22 Old Winthrop Road, in the Fellowship Hall of the Wayne Community Church.

As winter approaches, please contact me if you are in need of heating assistance. We also have opportunities for meal and food delivery if the need arises.

Here are some special events scheduled in November and December:

Make your own greeting cards with Anne Thompson November 14th 9:00-11:00 Pre-registration required Make four holiday cards \$5

Create a holiday centerpiece December 12th 10:30-12:00 Pre-registration required

**Monthly Luncheon and Tech Talk** November 29th 12:00-1:00 Followed by a Tech Talk with Stan Davis

We had a very successful Flu and Covid Vaccination event at the Center. If you missed it, let me know and I will attempt to set up with Spectrum Generations some additional appointments.

Many thanks for the generous contribution from AARP to allow us to provide Power Bank Chargers at a very low cost. We are so appreciative to those in town who also donated to this program. We were able to provide forty chargers to our Wayne friends.

The AAH Booth will be present at the Holiday Stroll on December 2nd and 3rd. We will be located in the Wayne General Store. Come by, visit and pick up some free items for your home and car. We will have File of Life cards, Adhesive Outdoor Numbers for home and mailbox, Flashlights and Shopping Bags.

Once again, we have a volunteer who is willing to deliver a warm Thanksgiving Dinner to anyone who will be alone for the holiday. Contact Deborah Emery by November 17th to reserve your meal.

My best wishes, **Deborah Emery Interim Coordinator** 207-592-9421



# How to Identify and Remove Oriental Bittersweet

If you haven't noticed there maybe, and probably is, a very invasive woody vine growing out of your rock walls and forest edge, and onto nearby shrubs and trees. This is Oriental (Asiatic) Bittersweet, introduced from Asia for ornamental purposes, which is rapidly spreading and dominating the landscape in sections of Wayne. It can be found sprawling over rock walls, forest edges, and old fields. Its woody stem winds up nearby tree trunks and shrubs, and once in the overstory invades the crown, choking its host from sunlight, often resulting in the death of the tree. The spiraling woody vine, often over one inch in diameter, also chokes the flow of essential fluids moving up and down the tree. Younger pioneering plants simply sprawl over nearby ground vegetation. If left unchecked, it eventually becomes a dominant feature of the landscape, and completely disrupts many natural functions.

Control over this very invasive plant is difficult, and eradication is often impossible. It requires concentrated attention to infested areas and may take several years to get things under control. Cutting the woody stems at ground level, will kill the vine above. However, it will quickly sprout new shoots. If you can pull the roots out, all the better, but this is often not possible. Cut stems at ground level and young plants can be treated with a herbicide such as Round-Up. The only other way to starve the roots is to routinely remove any sprouts and pioneering plants as best you can and keep sprouts from growing up into nearby trees and shrubs. Smaller plants coming up elsewhere need to be cut, pulled up, or frequently mowed to bring under control the annual regeneration and starve the roots.

If you have newly established plants, remove them as quickly as possible, including the roots. Repeated mowing will help keep things under control. If you have widespread occurrence of vines in trees, focus on these, especially in areas considered high priority. Don't expect complete eradication, and focus on keeping the vines out of trees, shrubs, and stone walls as much as possible.

The Bittersweet vine may at first appear to be a pretty addition to the landscape, with its colorful red/orange fall berries which are sought after for holiday decorations. However, its very invasive nature will eventually have a significant impact on the landscape. Long-term perseverance is the only way to control this pest. There are no quick fixes.

Fred Hurley, Retired Wildlife Biologist, Maine Department of Inland Fisheries and Wildlife, Wayne Conservation

# CARY MEMORIAL LIBRARY NEWS



**Fall Hours:** Monday: 9-1 Tuesday: 3-5 Wednesday: 1-6 Thursday: 3-5 Saturday: 9-3



**Hours Change:** Beginning Wed. Nov. 1 the library will be closing at 6 pm on Wednesday nights through the winter months. The reason for this is very, very low traffic for that last hour--thanks for understanding :)

## New Books -- These are just a few of our recent arrivals:

#### Fiction:

Chateau Under Siege (M. Walker); Hauntings from Wayne (series by C. Cook); Sweetness of Water (N. Harris); Armor of Light (K. Follett); Raging Storm (A. Cleeves) Last Devil to Die (R. Osman); The River We Remember (K. Krueger); Holly (S. King); Tom Lake (A. Patchett); First Ladies (M. Benedict); Crook Manifesto (C. Whitehead); Heaven and Earth Grocery Store

#### (McBride); Non-Fiction:

The Wager: A Tale of Shipwreck, Mutiny and Murder (D. Grann); Rough Sleepers (T. Kidder); Bald Eagles, Bear Cubs & Hermit Bill: Memories of a Wildlife Biologist (R. Josephs).

A big thank you to Cathy Cook for donating all of her Haunting books to the library, including the latest. They are available to sign out.

**Monday 10 am Storytime** continues each week--all welcome to join in for a story, play around the train table, and to meet new friends.

Monday, Nov 13, 1:15: Brown Bag Book Discussion. We'll discuss West with Giraffes by Lynn Rutledge. We'll have a couple of lending copies.

Wed. Nov. 22: We'll close early at 5 pm, and we'll be closed for Thanksgiving. Enjoy your holiday.

## **\*RESCHEDULED WITH A NEW DATE\***

Wed. Nov. 1, 6 PM Dave Moreau Presents "So the Ballpark Contains the Ball"

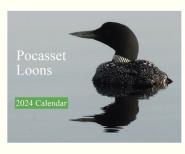
On Wednesday evening, **Nov. 1, 6 PM** at the **Cary Memorial Library**, Wayne resident **David Moreau** will present part two of his novel in progress - being the memoir of the mythical left-hander, Joe Parent, aka T'Joe or Little Joe, who won 193 games in the Major leagues.

It is 1968. Our nation is divided. Joe Parent is now an old man, alone on top of his hill, remembering....

The reading is free and all listeners are welcome. As always, adventure of the spirit is guaranteed.

Remember, First Pitch is 6 pm. Have suppah early and be there!

**2024 Loon Calendars:** Thank you once again to Lauren and Michael O'Malley of for making 2024 Loon Calendars for the library! While they are in Wayne they work hard finding the perfect loon shots--the result being the photographs we've enjoyed for many years. We are looking forward to unveiling the calendars soon! Here's a sneak peek at the cover:



# First Saturday at the Cary Memorial Library's Williams House November 4, 2023 from 9 a.m. until noon

Fall cold weather has arrived and colder weather is coming, but inside the Williams House the atmosphere on First Saturday will be warm, friendly and inviting.

The hot coffee & tea and the delicious, fresh baked brunch items will be waiting. Do come by and have a cuppa, visit with friends and new acquaintances and browse the books and boutique items.

We have fall themed banners, a turkey platter, attractive floral wine glasses, teapots, a 1 ½ inch tall 2003 Monet angel, interesting decorative boxes and many different items for hanging on walls.

The Alice in Wonderland room will be open and can be seen by appointment. We look forward to seeing you.

Also, just a heads up for the Wayne Stroll. Williams House day of the WAYNE STROLL will be open 9 a.m. until 1:30 p.m. with brunch and then soups and quiche lunches....



Happiness is Coffee on a Fall Day

# WAYNE HOLIDAY STROLL

Cobbie's Corner Store- 672 Main Street All Weekend Stroll Specials 🕥 Sunday Dec 3rd- Horse Drawn Wagon rides from 11:00 am-2:00 pm

Wayne Village Pottery- 540 Main Street

Guests Milkweed Pottery Jeff Ireland, Maine Fly Fishing

Grey Goose Gourmet- 536 Main Street

Guests The French Confection Bragg Maple Products Root Fire Farm Fernwood Cottage Dharwood Pottery Cosmic Goat Creamery Hank's Sourdough Breads

Moore Home - 3 Memorial Park Lane

Guests Pickles Potions & Lotions Pamela Hedden Designs Minnie's Taggies

Tubby's Ice Cream & Gift Shop- 512 Main St Lobster Stew, Popcorn, Gifts and more..

Goodpost Refill Shop- 508 Main Street Guests PT Designs Jewelry

Local Artisan, Crafters & Makers: One Moore Unpaper Towels, Playful Motherhood, Katharine Watson Risograph's & Cards, Hearth & Harrow, Contour Designs, Hope Learning Toys, and so many more!

Guest Appearance by Mrs. Wayne Maine America Contestant, Kim Robertson Kim will be "Strolling" Wayne on Saturday December 2nd

# Sustain Wayne

Our mission is to promote sustainable practices while providing an education platform to foster community, support local food initiatives and strengthen the economy.



Sustain Wayne organizes events like the Wayne Holiday Stroll and the Wayne Strawberry Festival that brings thousands of visitors into Wayne each year building economic opportunity and growth in our community.

We hope to see you all at this year's Wayne Holiday Stroll

Wayne Fire Dept monthly meeting All welcome the second Wednesday of every month, 6:30 PM

# Home Stairlift for Sale

Harmar Pinnacle SL600 Straight chairlift. Manufactured in 2017 for an 11-stair run. Weight capacity: 350 lbs. Width when seat is folded up: 10.5". Asking \$900 OBO. Contact Kim King Moulton at <u>Kim.Moulton34@gmail.com</u>

December 2nd & 3rd 9:00 am-3:00 pm Anne Thompson Home- 521 Main St Guests S'Mittens Wool Mittens Froggy Meadow Friends Wayne General Store & A Small Town Bakery 0 506 Main St. Guests The Blue Collar Painter Hazel Hill Orchards Sgraffito Studios **Beech Hill Designs** Elliott's Best Dog Biscuits Dasha's Honey Bernadette's Essential Oils Breylyn's Massage Author Deborah Emery Moonlight Maple Peg's Kitchen Handmade Christmas Stockings

> The Johnson House- 498 Main St Guests Moonglow Lavender Magnolia's Closet Sara Wilmot Art 30 Mile River Snowmobile Club Backroad Threads Small Dog Cards & Books Jenn Hood Jewelry & Gifts Tarot Card Readings Tigress Training Heartfelt Energies Music by "Hurry Down Sunshine" WELLNESS and much more...

Tex-Mex Express Food Truck 😗 Wayne Post Office Parking Lot A Lakeside Studio Pottery- 12 Cedar Point Rd Guests Farm Meets Lake Author Karen Toothaker Dirigo Hill Farm Wayne Fire Department Saturday ONLY Sparky, Cider & Candy Canes Wayne Community Church 22 Old Winthrop Rd 9 Saturday ONLY Rada Knives Cookbooks Curated Gift Baskets Soups, Chowders & Baked Goods William's House First Saturday 14 Old Winthrop Rd Saturday ONLY Books, Brunch & Boutique Brunch from 9 am-1:30 pm Cary Memorial Library-17 Old Winthrop Rd Saturday ONLY

Friends of the Library Quilt Raffle Drawing at 1 pm on Saturday Dec 2nd Kid's Craft

Christmas Caroling at the Johnson House 498 Main Street Sunday, Dec 3rd at 4 pm

Hot Cocoa & Cookies donated by A Small Town Bakery



#### LOCAL ANNOUNCEMENTS





# **RECIPE** CORNER

**Lemon Meringue Pie** 

### Lemon Pie

 1 1/2 C. sugar
 3

 1/3 C. cornstarch
 1/

 1 1/2 C. water
 1

 3 egg yolks, slightly beaten
 1

3 T. butter 1/4 c. lemon juice 1 T. grated lemon rind 1 9-in. baked pie shell

Mix sugar and cornstarch in saucepan. Gradually stir in water. Cook over medium heat, stirring constantly, until mixture thickens and boils. Boil 1 minute. Slowly stir at least half the hot mixture into egg yolks. Then blend into hot mixture in saucepan. Boil 1 minute longer, stirring constantly. Remove from heat. Continue stirring until smooth. Blend in butter, lemon juice and rind. Pour into baked pie shell. Cover with meringue.

Pie Meringue 3 egg whites 1/4 tsp. cream of tartar 6 T. sugar

1/2 tsp. flavoring (vanilla or almond)

Heat oven to 400 degrees. Beat egg whites with cream of tartar until frothy. Gradually beat in sugar, a little at a time, until dissolved. Continue beating until stiff and glossy. Do not beat! Beat until sugar is dissolved. Beat in flavoring. Pile meringue onto hot pie filling, being careful to seal the meringue to the edge of the crust to prevent shrinking . Swirl or pull up points for decorative top. Bake 8-10 mins. Until delicately browned. Cool away from drafts.

Note: When I baked my first lemon pie, the lemon filling was very "runny" prompting my husband to say, "Tastes great! Pour me another piece!" Turns out there is a difference between corn starch and corn syrup! Be sure to use corn starch.



Come join us for our annual "Culinary" Holiday Open House where we will have over 16 pepper jelly varieties for sampling and sales, many gift wrapped and ready-to-go, along with other culinary creations, specialties foods, baked goods, candies, maple syrup, honey, coffee, kitchen tools, charcuterie boards, pottery, soy candles, vintage linens, stocking stuffers and so much more.

Our 1850's farmhouse will have local culinary artisans, including new artisans this year, in each room of our home plus our barn and porches! Each will be showcasing their talents, delights and kitchenware. Perfect gifting opportunities await!

Complimentary refreshments will be served and a free raffle drawing for a holiday gift basket.

We will be one of many homes and small businesses opening their doors to other local artisans showcasing and selling their crafts. Other holidays festivities will be

happening throughout the weekend in our village.

Thank you for shopping local and supporting our small businesses. We are most grateful! greygoosegourmet@gmail.com 207-685-3252 www.greygoosegourmet.com



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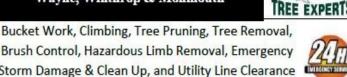


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# WTS TREE EXPERTS

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# MT. PLEASANT CEMETERY ASSOCIATION

Anyone who has family buried in this private cemetery (off the Gott Road) or owns a plot here, is a member of the Association. I am developing an email list to distribute information of interest to members. Please let me know if you would like to be on this email list.

Judy Danielson, Secretary, Mt. Pleasant Cemetery Association



New To The Apple Shed? You Likely Will Be Surprised By Our Large Selection Of Made-On-Site Entrees, Soups, And Other Meal Items, Along With Our Terrific Pies, Breads, Brownies, And Pastries. We Also Have A Wide Variety of Other Maine-Made Foods And Beverages From Some Of Our State's Best Specialty Food and Beverage Providers.

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## LOCAL ANNOUNCEMENTS

# Train with Trish - Personal Fitness Training Services (Tigress Training, LLC)

Local health/fitness professional offers innovative personalized approaches to "functional fitness" - coached workouts, customized home exercise programs, and ongoing wholistic support. My mission is to help Wayne community members improve strength, balance, and mobility, and optimize well-being. If you need inspiration and support on how to "move well and move often" in all ways that matter to you, please contact me: Trish Hanley-Goodwin @ 207.441.5641 or patriciahanleygoodwin@gmail.com

- Fully equipped boutique studio located at 787 Main Street, Wayne by appointment only
- 1:1 training times available for weekdays: early morning, midday, and late afternoon/evenings; also Saturday
- *mornings*Also available upon request

 Mobile training (at your home)
 Small Group Sessions
 Home Exercise Program Design/Consults

Duet Training Sessions (you and a workout partner)

Special note: Gift certificates are available for the holiday season. Look for me at the Wayne Holiday Stroll on Saturday, December 2nd, at the Johnson House with smoothie samples. Also, doing exercise demonstations with Santa!



WAYNE COMMUNITY CHURCH UNITED METHODIST PO Box 300 Wayne, ME 04284

ADDRESS SERVICE REQUESTED \*\*\* Church and Town

# THE WAYNE MESSENGER NOVEMBER 2023

NON-PROFIT U.S. POSTAGE PAID MANCHESTER, ME 04351 PERMIT #4





# PIES, PIES, PIES, AND MORE! PRE-ORDER YOURS TODAY



Taking orders for pies. Only need 2 to 3 days notice. This includes **berry pies, pumpkin pies, apple pies**. All pies are usually \$18 per 10 inch pie. Also continuing to make **Whoopie pies,** and **cinnamon rolls,** half a dozen at \$10 each. **Candy** shop is still open daily from 8 to 5. Remember, if the flag is up, we are open place orders by either calling, 685 -0131, or email, <u>dmminwayne@gmail.com</u>.

Life is Sweeter In Wayne, Maine

