



# THE FLAME

“...I REMIND YOU TO FAN INTO FLAME THE GIFT OF GOD FOR GOD DID NOT GIVE US A SPIRIT OF TIMIDITY, BUT A SPIRIT OF POWER, OF LOVE AND OF SELF DISCIPLINE.”—2 TIMOTHY 1:6-7(NIV)

Beloved Church Family,

**Annual Meeting** - While this is not a formal report, I am pleased to share that our Annual Meeting was well attended. Between in-person participants and those that joined on Zoom, we comfortably exceeded the required quorum. A special highlight—Judy M. zoomed with us all the way from Honduras! Go Judy!

Our finances were another high point. For 2025, income exceeded expenses, and we approved a carefully prepared budget for 2026. Each year, our budgets reflect good-faith estimates.

Proportionate, faithful, and vested ownership empowers us not only to meet our financial goals but also to fulfill the mission of our church.

## Mission Statement

*At First Baptist Church of Hingham, we seek to imitate Jesus Christ and carry out God's expectations: to love Him and to love our neighbor.*

**The Meaning of Lent** - Lent is a season in the church year when we prepare for the celebration of Easter. It begins on Ash Wednesday and encompasses the forty days (excluding Sundays) leading up to Easter Sunday. This forty day period recalls Jesus' time of fasting as He prepared for His public ministry.

**Planning for Lent** - In our Baptist tradition, we do not have formal requirements for particular practices—and, thankfully, there is no expectation of a full fast. Many people choose to give up something, such as a special treat like chocolate. I invite you instead to consider setting new spiritual goals. There are many possibilities: choosing acts of service, committing to regular worship, beginning a pattern of personal devotions, and more. In this edition of *The Flame*, you will find an invitation to join me on **Ash Wednesday, February 18th at 6:30 pm**. We will be getting together to help each other make plans to chart a journey through Lent. For this meeting, please find details found later in this Flame.

**Ownership** –Whether or not you gather with me, I encourage you to map out a Lenten journey with clear goals. Once you have a plan, share it with at least one other person. Then, after Easter, connect with that same person to share how your journey unfolded this year.

Prayerfully and with love,

(781) 249-3721



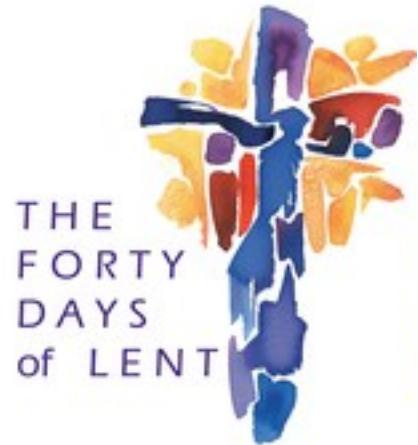
## Ash Wednesday

**February 18<sup>th</sup>, 6:30 p.m.**

*Group Gathering to Explore  
Lenten Journeys  
hosted by Pastor Gary*



- ◊ *Share a light supper*
- ◊ *Converse about personal Lent experiences*
- ◊ *Begin to map out our Lenten journeys*
- ◊ **ESSENTIAL** - *Please email, or call to register.*
  - \* *I am looking forward to hosting - help or bringing additional food will not be necessary.*
  - \* **In order for me to prepare, I need to know how many will be attending.**



### **LENTEN TRADITIONS – A few suggestions**



#### **Emphasis on Personal Devotion Over Ritual**

*Incorporating daily Bible reading, private prayer, or devotional study. Focusing on grace rather than penance.*

#### **“Add Something” Rather Than “Give Something Up”**

*Instead of traditional fasting, many choose to add a positive practice—acts of service, charitable giving, or intentional kindness.*

#### **Lenten “Fast” from Technology or Habits**

*Protestants, in recent years, have popularized modern forms of fasting such as giving up social media or entertainment rather than food.*

#### **Commitment to Worship, including Maundy Thursday & Sunrise**

*Remember, with our church attendance is a special blessing for ourselves and others as well as taking advantage of recorded services.*

# UPCOMING EVENTS:

## Women's Fellowship

**February 18<sup>th</sup>, 10:30 am**

*Dr. Cozy will be returning to discuss more women's health issues. He was so well received on his last visit we all wanted him to continue speaking on this subject. Please note the time change!!!!*

## Heart-to-Heart



February is Heart Month—a time to reflect on the health and strength of your physical heart and the vast network of arteries and veins that support it.

Join us for a “Heart-to-Heart” presentation about how arteries and veins shape your health, and what you can do to keep them flowing strong.

You'll hear about:

- How arteries and veins support heart function
- Warning signs of vascular disease
- Preventive steps for healthy circulation
- The link between vascular health and stroke, blood pressure, and lifestyle

Bring your questions, curiosity, and commitment to heart-healthy living.

### Presenter

**Edward Marcaccio, Jr, MD**



Chief of Vascular Surgery, South Shore Hospital  
Vascular and Endovascular Surgery

**Thursday, February 19, 2026**

**6:00 pm – 7:30 pm**

**Sponsored by The Friends of South Shore Health**

This class is free and open to all who are interested.

**Register today – call: 781-624-8520 or e-mail:**

[friends@southshorehealth.org](mailto:friends@southshorehealth.org)

The Webex invite will be sent to you via e-mail

SouthShoreHealth.org

## Old Colony Baptist Association OCBA

### Annual Breakfast

Saturday, March 7, 2026

Breakfast served at 9:30A.M.

Host: Ebenezer Baptist Church  
30 Central St, Abington MA

**Students & Alumni of School of Ministry are encouraged to attend**

**REGISTER NOW**

Keynote Speaker: Rev. Dr. Anthony Pappas



Rev. Dr. Anthony Pappas is the founder of the School of Ministry (est. 2011). He has served as Executive Minister of TABCOM (The American Baptist Churches of Massachusetts) and as Area Minister of the Old Colony Baptist Association (OCBA).

Throughout his leadership, Rev. Dr. Pappas empowered congregations to faithfully live out God's call in service to their communities. His tenure was marked by the successful balancing of regional budgets and the revitalization of camping ministries.

Rev. Dr. Pappas is also the author of five books focused on strengthening and enhancing congregational ministry.

**Register and Pay \$10.00 Online**  
[treasurer@oldcolonybaptist.org](mailto:treasurer@oldcolonybaptist.org)



Contact: Annette Rowell-Thomas  
774-444-0482  
[tyson.annette80@gmail.com](mailto:tyson.annette80@gmail.com)



## A Walk in the Woods How Nature Supports Our Health



**Why does a walk in the woods feel so good—and what does science say about it?**

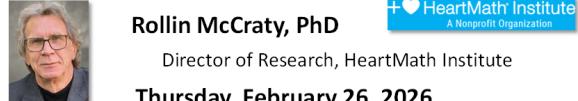
When we spend time in nature—especially among trees—our bodies respond in measurable ways: heart rate slows, blood pressure drops, stress hormones decrease, and mood improves. These changes reflect how our nervous system gently calms in natural settings, leading to better health and resilience.

The connections within nature, and especially among trees, are quiet ones—just patterns, rhythms, and energy, all measurable. Humans are sensitive to these natural cues too, even if we're not consciously aware of them.

This presentation will introduce the science behind why it feels so good to be in the woods—and why even a short time in nature can make a positive difference. See what you notice on your next walk.

### Presenter

**Rollin McCraty, PhD**



Director of Research, HeartMath Institute

**Thursday, February 26, 2026**

**6:00 pm – 7:30 pm**

**Sponsored by The Friends of South Shore Health**

This class is free and open to all who are interested.

**Register today – call: 781-624-8520 or e-mail:**

[friends@southshorehealth.org](mailto:friends@southshorehealth.org)

The Webex invite will be sent to you via e-mail

SouthShoreHealth.org