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# FIRST CONGREGATIONAL CHURCH

UNITED CHURCH OF CHRIST

E-pistle for the Week of May 9, 2019

**Dear First Congregational:**

Easter season at First Congregational is filled with new life! On Sunday in celebration of Earth Day, our Green Team led us in a thoughtful and inspiring worship service on the importance of clean air. Prior to worship we planted a Princeton Elm tree (special thanks to Katie Booth for her guidance) in the front lawn of the church near the memorial garden; the tree is a gift from Interim Minister Rev. Michael Montgomery. This tree helps clean the air and reminds us of the gifts this congregation has to share as we plant ourselves in our faith, spreading our roots out in connection to others. We grow when we connect to one another.

This Sunday during worship we celebrate new life in the blessing and affirmation of Carol Sowle's ministry with us in her new role as Pastoral Care Associate. Carol's many gifts bless our congregation in the way she thoughtfully cares for us through her actions and her words. She is a wonderful part of our ministry team and we will celebrate her faithfulness to God's call and this church's invitation for her to serve.

I wonder what other new signs of life (big and small) May will bring?

With thanksgiving for new life,  
Pastor Sarah

## Worship

### Adult Class - 9:45 a.m.

May 12 - presentation by the W.I.S.E. (Welcoming, Inclusive, Supportive, Engaged) team, a UCC initiative for mental health.

### Sunday Worship Service - 11:00 a.m.

This Sunday Pastor Sarah will preach on "The Case for a Good God."

Scripture: Psalm 23

This Sunday in worship we will also be celebrating an Affirmation of Ministry with Pastor Carol Sowle, our Pastoral Care Associate. Please join us after worship for a reception as we celebrate our ministry together.

## What's Happening at FCC

### Mindful Movement: Wednesdays, May 15th & 29th, 9:30-10:30 a.m. (in the parlor)



In a fast paced world of go - go - go - we release the need to do - do - do, and realize that we are meant to be in the present moment. We must live one moment at a time, one breath at a time, one movement at a time.

Slow down, quiet the chatter of the mind, mindfully take notice of the sound of the breath, the ground underneath us, each movement of the body, the silence, and the peace that settles into the body, mind, and spirit. In doing so, we remember that *each breath, each movement, each moment is sacred.*

- Mindful Movement is a *donation-based class*.
- Please wear loose, comfortable clothing.
- We have a limited number of yoga mats available. If you have one, please bring it, but if you don't, please don't let that stop you from coming. We've got you covered.
- Seating is also available for those more comfortable participating in a chair.

### Poems & Stories, May 19

The Mental Health Team is asking for people to share poems and stories on the topic of "LGBTQ and Mental Health." We are collecting these through May 19. Booklets will be assembled to give to visitors to our booth at the PRIDE Festival. Entries may be emailed to Brandi Pudlo: [btudlo@knox.edu](mailto:btudlo@knox.edu).

### Help Wanted: Cookie bakers for receptions



The Memorial Receptions team could use help with providing the home-made cookies for these events. The team will continue to do the set-up, presentation, making coffee, tea, and punch and supplying cheese and crackers, nuts and mints, serving, and cleaning-up. We would appreciate donations of baked goods for these events. The next reception is scheduled for **Saturday, May 25**. If you can help out then or for future receptions, please contact Sue Chapman at [carolsuech59@gmail.com](mailto:carolsuech59@gmail.com) or call 317-259-1806. Thank you.

**First United Congregational UCC**

is hosting a

# Kid's Night Out!

**(aka Parent's Night Off!!!)**

Saturday, May 25th 5-9 pm

Drop off your kids (ages 3-12) for a fun-filled night of dinner, crafts, and a movie!

Please register in advance. There is a suggested donation of \$10 per child in lieu of a registration fee.



- \*All volunteers have passed a background check.
- \*\*There will be a CPR-certified volunteer on site.
- \*\*\*Contact [welcomed@fcindy.org](mailto:welcomed@fcindy.org) with any additional questions.

## Update on Days for Girls

DAYS FOR  
 GIRLS

The cutters and sewers are nearing our goal, and all purchased products have been received thanks to your generosity. Now we need boxes. Bankers' boxes or the kind printer paper comes in are preferred, but others that aren't too big and can be closed are OK as well. Everything will be boxed up and taken to the Indiana-Kentucky Annual Meeting, which begins on May 31. We'd like the boxes to be here at church by May 29 at the latest. They can be left in the nursery. Thank you.

**Picnic Pitch-In: Sunday, June 2**



Please plan to attend a pitch-in picnic following worship on Sunday 6/2. The church will provide baked and fried chicken, so please bring salads, desserts, chips, or drinks. A sign-up sheet is available in the Narthex to give an idea of who's bringing what. We'll be sharing fellowship and fun, with a few games also available to participate in. Depending on the weather, we'll gather in the playground or the Mayflower Room.



### **Dress for Success**

Spring Cleaning? Have gently used professional women's clothes you are no longer wearing? Dress for Success can give them to women who can't afford interview clothes to help them be better prepared when job hunting. Put donations in the cloakroom by the sign. Thanks!

### **Green Team Tip**

Share rides to church for meetings and worship whenever feasible. (If you want to share a green habit, please send it to [hoot.gibson.tds@gmail.com](mailto:hoot.gibson.tds@gmail.com).)

### **Food Donations for the Northside Pantry**

Donations have been generous and are appreciated. Please keep them coming!

### **May Mission of the Month: UCC Mental Health Network**



The May Mission of the Month supports the UCC Mental Health Network. Your FCC WISE Mental Health Team refers to this resource often as we work to become a WISE Congregation with your support. The UCC Mental Health Network works to reduce stigma

and promote the inclusion of people with mental illness/brain disorders and their families in the life, leadership and work of the congregation.

Partner with us:

+While the diagnosis and treatment of serious mental illness is undergoing a revolution, the discrimination against persons with mental health concerns is still a fact of life.

+We believe that education through churches is one key to changing this discrimination.

+We believe that networking together within the UCC and with similar networks in other denominations and faith groups will help us in our efforts.

+We believe that advocacy for individuals and for social and legislative change will improve the life of many.

+We believe that through our own policies and within our own ministries we can model for the rest of society how to be caring congregations and a compassionate denomination.

Thank you for your support.

#### **Pantry Items of the Month**



During May we are collecting the following items: ramen noodles, macaroni and cheese, canned fruit, muffin mix, and laundry detergent.

#### **Pastoral Care**

Pastor Sarah will be out of the office serving the wider church May 14<sup>th</sup> – 16<sup>th</sup>. Rev. Worth Hartman may be reached on May 14 at (317) 417-0806

or [whartman@westminstervillage.com](mailto:whartman@westminstervillage.com). Pastor Carol Sowle may be reached May 15 – 16 at (317) 496-9732 or [casowle@gmail.com](mailto:casowle@gmail.com).

#### **THIS WEEK AT FIRST CONGREGATIONAL**

<b>Thursday, May 9</b>	<b>7:00 p.m.</b>	Choir Rehearsal
<b>Sunday, May 12</b>	<b>9:45 a.m.</b>	Sunday Adult Class
<b>Sunday, May 12</b>	<b>11:00 a.m.</b>	Worship w/ Affirmation of Ministry & Reception for Pastor Carol Sowle

<b>Wednesday, May 15</b>	<b>9:30 a.m.</b>	Mindful Movement
<b>Thursday, May 16</b>	<b>1:00 p.m.</b>	Men's Lunch
<b>Thursday, May 16</b>	<b>7:00 p.m.</b>	Choir Rehearsal
<b>Sunday, May 19</b>	<b>9:45 a.m.</b>	Sunday Adult Class
<b>Sunday, May 19</b>	<b>11:00 a.m.</b>	Worship – Mental Health Sunday