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FIRST CONGREGATIONAL CHURCH

UNITED CHURCH OF CHRIST

E-pistle for the Week of July 25, 2019

Dear First Congregational,

In the midst of the demands of ministry and all the work that needs to be completed, our faith tradition calls us to take time for sabbath. I am grateful for the biblical mandate to rest. It can be hard for me to “turn off” from work mode and to simply be present to life. There’s so much that I miss out on in the moment because I am focused on the future and what needs to get done. Can you relate? We all benefit from the healthy practices of self-care and studies show that a healthy pastor helps to make a healthy congregation.

As your pastor, I am thankful for the gift of sabbath rest and of the encouragement to take vacation time—truly time away from work for renewal, play and simply being present to myself and my family. July is a good time for vacation for my family as our child has time off from school. For vitality and health in ministry, for your sake and mine, vacation is a mutual blessing. Special thanks to Carol Sowle and others who provide meaningful leadership and care to the congregation while I am away.

I look forward to returning to church Sunday, July 28 both renewed and refreshed to continue to partner with you all in ministry. Thanks be to God.

Blessings,
Pastor Sarah

Worship

Adult Class - 9:45 a.m.

July 28 - We will continue to read and discuss the book *Anxious to Talk About It; Helping White Christians Talk Faithfully About Racism*.

Sunday Worship Service - 11:00 a.m.

Pastor Sarah will preach on "Snakes at the Border."
Scripture: Luke 11:1-13

What's Happening at FCC

Borderland Trip - Deadline July 31st!



Below is an excerpt from Rev Chad Abbott's report on the recent General Synod. He is leading a group of IKC volunteers to the border next year, January 14-19, to help and work with activists protesting the mistreatment of refugees. A fee of \$200 is required, plus you must arrange and pay for your own transportation.

It would be really cool if someone from FCC were to go along on this trip. Please let Pastor Sarah or Rich Gibson know if you or anyone you know are interested. Please note the short time on this! Chad wants to hear from interested parties by July 31 (two weeks from yesterday).

Excerpt from Rev. Chad Abbott's IKC report from General Synod:

"One of the other important conversations coming out of Synod was about the ongoing crisis at our nation's southern border and the treatment of children. Several IKC folks went

*to the border this January 2019; we spoke at annual gathering about our experience. I would like to invite you to continue the conversation by joining me on a trip to the border. We will be taking a group of 15 people to the border in Arizona with our partners at the Good Shepherd UCC in January 2020. These partners already work and advocate there. Look for a separate email coming out next week. But don't wait. **If you'd like to be on this trip, email me by July 31st at c.abbott@ikcucc.org to express your interest.***

Dear Friends of Exodus Refugee Immigration,

Trump administration officials are considering the unprecedented step of **shutting down** refugee resettlement in 2020. After already setting the lowest goal in the program's history - only 30,000 refugees in 2019 - some officials have proposed admitting ZERO. Cutting the program further at a time when record numbers of people are fleeing for their lives is unjustifiable.

Even as we fight this cruel proposal to decimate the US refugee resettlement program, Exodus continues to serve the many refugees who already call Indianapolis home. We are committed, we are prepared, and **with your help** we will keep making Indianapolis a haven of freedom and safety for all.

CALL YOUR SENATORS & REPRESENTATIVE TODAY

Call 202-224-3121 to be connected to your 2 Senators and 1 Representative.

Sample Script:

"I am your constituent from [CITY/TOWN], and I urge you to do everything in your power to protect the refugee resettlement program from being decimated by the administration. The administration is considering setting the refugee admissions goal for next year at ZERO. Congress must hold the administration accountable. By law, the administration must consult with Congress prior to setting the refugee admissions goal, which means you are uniquely poised to ensure that the administration fulfills its obligation to consult with Congress ahead of deciding how many refugees to welcome in FY20. Please do everything in your power to see that the administration stops its attacks on refugees and commits to resettling 95,000 in 2020. My community welcomes refugees, and I urge you to reflect the best of our nation by supporting refugee resettlement."

Thank you for standing with refugees.

Cole Varga
Executive Director, Exodus Refugee Immigration

Upcoming Labyrinth Walks



FCC Spiritual Explorers will focus on walking local labyrinths on **four Sundays: August 11, September 8, October 13, and November 24**. Please mark your calendars and watch for more details in the August *Pilgrim Colony*.

Green Team Tip

Farmers' markets provide an abundance of fresh fruits and vegetables. Visit one this week for healthy eating and local produce. (If you want to share a green habit, please send it to hoot.gibson.tds@gmail.com.)



Family Promise Clothing Drive in August

For those of you used to spring and fall clothing drives, this year Family Promise is just doing one in August. So we will not be doing a big push this year. Bring clothing donations to the church in tall white trash bags that are securely tied.

Food Donations for the Northside Pantry

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

July Mission of the Month: Underneath It All

This mission provides underwear and school uniforms for children in IHN/Family Promise Aftercare. The Aftercare Program of Family Promise/IHN helps homeless families who get housing remain housed. You can help in any of the ways listed below.

1. **Buy underwear/socks/undershirts/underpants** in any size from **child size 4 to adult Large** - boys or girls. Put in the white laundry baskets during **July**.
2. **Donate new or gently used pants, shirts, skirts, or jumpers**-all sizes from child size 4 to adult. **Shirts** must have collars and can be **any solid color**, without decoration or logo. **Pants, skirts, or jumpers** must be a solid color (**tan, navy or black**) with no decoration.

3. **Donate \$ in July to buy uniforms or underwear in-** change, dollar bills and checks designated **Underneath It All** in the memo line will help. We will buy clothes with the money donated.

With the year-round school calendar, school starts again in early Aug for many schools, so new uniforms will be needed soon. Past donations have provided each child in the Aftercare Program at least 1 full new uniform including underwear and socks. This is much appreciated by the families and Family Promise, so please continue to be generous.

For questions or help with this ministry, please contact Sandy Wood csjlwood@att.net 317-863-8238 (home) or 317-225-6206 (cell).

Pantry Items of the Month



During July we are collecting the following items: juice, pasta, canned meat, pancake mix, shampoo and conditioner.

Pastoral Care

Pastor Sarah is on vacation July 20-26. While she is away, Pastor Carol can be reached at (317)496-9732 or casowle@gmail.com.

After July 26th, Pastor Sarah may be reached at (386) 478-9012 or at pastorsarah@fcindy.org.

THIS WEEK AT FIRST CONGREGATIONAL

Thursday, July 25	11:45 a.m.	Women's Lunch
Thursday, July 25	1:00 p.m.	Men's Lunch
Thursday, July 25	6:00 p.m.	Community Singing
Sunday, July 28	9:45 a.m.	Sunday Adult Class
Sunday, July 18	11:00 a.m.	Worship
Tuesday, July 30	1:30 p.m.	Connector Meeting
Saturday, August 3	1:00 p.m.	Green Team Meeting
Sunday, August 4	9:45 a.m.	Sunday Adult Worship
Sunday, August 4	11:00 a.m.	Worship
Sunday, August 4	12:30 p.m.	Just Peace Meeting