



# FIRST CONGREGATIONAL CHURCH

UNITED CHURCH OF CHRIST

**E-pistle for the Week of August 29, 2019**

**Dear First Congregational,**

This spring I was elected as the President of the Southeast Association of the Indiana Kentucky Conference of the United Church of Christ. This means that I am helping our Association build relationships among the clergy and congregations, honoring the covenant that we enjoy as the Body of Christ in the world. Last week congregations in the Southeast Association worked together to address the urgent needs of a family facing eviction from their Indianapolis home. The [story](#) is a great example of how several churches can work together to help make our community a more just place for everyone. Special thanks to our administrative assistant, Shannon Abbott, for her leadership role in organizing a compassionate response to a family in need. Working together, we can make a positive difference.

Blessings,  
Pastor Sarah

**Worship**

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

Sept 1 - We begin "Conclusion: The Anxious Bench" from [Anxious To Talk About It](#)

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

Rev. Dr. Sarah Lund will preach on "Protect the Environment Says the Prophets."

Scripture: Jeremiah 2:4-13

### **Advent Alternative Worship**

Are you interested in joining a creative group to plan and implement an Alternative Worship experience for Advent? Do you want to plan a series of small group studies/experiences?

Large group sessions that might include yoga, guided meditation, massage, Reiki, Frankinsense and Myrrh? Something else? Any and all creative people welcome! Please see Elizabeth Price after Sunday worship or email her at [eprice235@gmail.com](mailto:eprice235@gmail.com).

### **What's Happening at FCC**

#### **IKC Women's Retreat – Quiet Spaces: A Time for Meditation & Storytelling (Deadline: August 31st)**



The 2019 IKC Women's Retreat will take place Friday, September 27<sup>th</sup> - Sunday, September 29<sup>th</sup> at the Benedict Inn Retreat and Conference Center in Beech Grove, IN.

The retreat will be co-led by Rev. Dr. Monica Ouellette and Rev. Shannon Abbott. Please plan to join us as we enter into the stories of Mary and Martha, and honor our own stories through creative and unique ways such as *bibliodrama*, *journaling*, *labyrinth walks*, *visual storytelling through art*, *praying with beads*, *meditation*, *healing oils*, and sharing together in the *breaking of bread*.

The cost to attend the retreat is \$125 for Friday and Saturday only or \$140 for all three days (meals and overnight accommodations included). **The deadline to register is August 31, 2019.**

You can register online below, or download and mail this printable brochure (see below) along with your payment to:

IKC UCC

Attn: Rebecca Braganza

1100 West 42nd Street, Suite 155

Indianapolis, IN 46208)

\*[IKC Women's Retreat 2019 Brochure](#)

[REGISTER ONLINE](#)

\*There are also a few copies of the detailed registration brochure in the church office. Pick one up to check out the retreat schedule of events and register!

**Choir Rehearsals**

Hello FCUCC folk! Hope everyone is having a good summer. The choir will be starting back up soon. Rehearsals are on Thursday nights from 7:00 to 8:30 PM beginning Sept 5th. Our first Sunday service is September 8th with the usual pre-service rehearsal time of 10:15 AM. We welcome new members. If anyone is interested in joining the choir, please email Julie at [juliehouston@comcast.net](mailto:juliehouston@comcast.net). We would love to have you join us!

**In Harmony: a community singing group**

Sally McSpadden is starting a new singing group, which will be hosted by First Congregational. It is called "In Harmony", and is a non-auditioned, non-performing, intergenerational singing group for ALL voices. Music is taught aurally, no music reading ability necessary. There will be occasional special guests speaking on a range of topics including mindful movement and breath. It will meet twice a month on Thursdays, from 6-7 pm, in the Mayflower Room. The dates are 9/5, 9/19, 10/3, 10/17, 11/7, and 11/21. A small fee will apply, with the bulk going to support First Congregational.

This group will include people from outside our church, and is also open to anyone in our church family. If you are interested, learn more about it on Facebook - [facebook.com/IndyInHarmony](https://facebook.com/IndyInHarmony), or by email - [IndyInHarmony@gmail.com](mailto:IndyInHarmony@gmail.com). For general questions, contact Wendy Baldwin or Bob Cook.

**Green Lunch on Sunday, September 8th**



On Sunday September 8th, the Green Team will host a lunch featuring foods with a low carbon footprint. The lunch will include salad, soup, an entree and dessert. During the meal, diners will get tips and advice about cooking and eating sustainably. We want a good count to we prepare the right amount, so please RSVP at your earliest convenience to Rich Gibson, [hoot.gibson.tds@gmail.com](mailto:hoot.gibson.tds@gmail.com).

Thank you!

**Spiritual Explorers Labyrinth Walks**

FCC's second 2019 labyrinth-walking experience will be on **September 8** at Second Presbyterian Church, 7700 N. Meridian St., **following FCC's Green Team's 12:15**

**lunch.** Persons who attend the Green Lunch, as well as those who do not, can all meet at **2:00** at Second Pres to walk the outside labyrinth.

### **Around a Table**



Would you like to build connections with other members outside of worship? Those interested will be placed in groups to get together for meals or snacks over a 4 month period. We will then repeat with new sign ups and new groups! If interested, please complete the attached [sign up sheet](#) and return it to church (basket in the narthex) by September 22. A small team will take all the sign up sheets and create groups of 5-7 people, based on preferences but with goal of growing fellowship! Once the groups are selected, each group will be expected to get together at least 4 times if possible – rotating the planning within the group. The group members can decide whether to host meals or snacks or just conversation at their houses, or to meet at restaurants or coffee shops, or anything else. After 4 months, we will have new sign up sheets, and new groups will be created for the next 4 months. Presented by Care & Connections board – please contact Karen Walker (317-319-8950 or [Karen.e.d.walker@gmail.com](mailto:Karen.e.d.walker@gmail.com)) for any questions or help with sign up.

### **September Buzz: Witness to the Southern US Border**

**Sunday, September 22, 12:30 p.m.**

Witness can take many forms and for this event, Jill Olinger, member of St. Peter's UCC in Carmel, and President of the Indiana Kentucky Conference, will share stories of a personal journey of more than 10,000 miles and taken over 10 weeks in early 2019 along the US/Mexico border. The stories will be shared and conversation will be guided based on the UCC's 3 Great Loves: Love of Children, Love of Neighbor, and Love of Creation. The stories are based on Jill's experiences and interactions at the border when someone simply shows up and is willing to be present, to see, to hear, and to learn.

### **Sign Up for "FC's Got Talent"**

Do you have a gift or talent that you're willing to share with your FC family at our 'talent show' on Oct 4? These can include various acts of music, song, dialogue (3-5 minutes in length), as well as displays of art, writing, handicrafts, etc. Think now about what you want to share with us, and sign up by 9/22 with your talent on the sheets in the Narthex. Questions? Contact Wendy Baldwin or Bob Cook

## Chautauqua

This year, a number of FCers attended one of the weekly programs at Chautauqua, NY, including Dan and Judy Kaufman, Nancy Dickinson, Rich and Jackie Gibson, and Cindy Cox. Cindy's attendance was worth underlining: all her expenses were paid by an anonymous donor!

Now that autumn is almost here, it's time to pick another recipient for this wonderful grant. It could be you! Details on how to apply will be forthcoming soon. Stay tuned!

## Green Team Tip

It always takes time for shower water to warm up. In the winter especially, it takes about 2 gallons of water. Catch the water in a bucket! Use it to water plants, wash hands, or flush the toilet. (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. **In the month of August, we have donated 155 lbs of food and 5 lbs of non-food items!!!** Please keep them coming!

## August Mission of the Month: CEPAD (The Council of Christian Churches in Nicaragua)

CEPAD is an organization of Nicaraguan churches that was founded in 1972 by Dr. Gustavo Parajón in response to a major earthquake. Since then its roll has expanded. In addition to aiding during natural disasters, CEPAD now helps Nicaraguans escape from cycles of poverty and hunger. Access to basic services is often nonexistent, especially in rural areas. Women and the elderly are among the most disadvantaged. CEPAD provides training in sustainable agriculture, economic development for women, community organization and education. CEPAD runs a Christian radio station and attends to immigrants and refugees who are traveling through Nicaragua. Currently, by training given to pastors, communities can heal from the emotional and physical trauma of this past year.

First Congregational Church members participate in the program for those who wish to send delegations and form partnerships to help local communities. Your donation will assist CEPAD in continuing these important programs.

## Pantry Items of the Month



During August we are collecting the following items: canned peaches and pears, canned beans, ramen noodles and white bathroom tissue.

**Pastoral Care**

Pastor Sarah may be reached at (386) 478-9012 or at [pastorsarah@fcindy.org](mailto:pastorsarah@fcindy.org).

**THIS WEEK AT FIRST CONGREGATIONAL**

<b>Saturday, August 31</b>	<b>12:00 p.m.</b>	Adult Education Meeting @ Pastor Carol's home
<b>Sunday, September 1</b>	<b>9:45 a.m.</b>	Sunday Adult Class
<b>Sunday, September 1</b>	<b>11:00 a.m.</b>	Worship
<b>Wednesday, September 4</b>	<b>10:00 a.m.</b>	Care & Connections
<b>Wednesday, September 4</b>	<b>11:00 a.m.</b>	Witness & Welcome
<b>Wednesday, September 4</b>	<b>5:00 p.m.</b>	Just Peace Team
<b>Wednesday, September 4</b>	<b>7:00 p.m.</b>	Trustees
<b>Thursday, September 5</b>	<b>1:00 p.m.</b>	Men's Lunch
<b>Thursday, September 5</b>	<b>6:00 p.m.</b>	In Harmony
<b>Thursday, September 5</b>	<b>7:00 p.m.</b>	Choir Rehearsal