



FIRST CONGREGATIONAL CHURCH

UNITED CHURCH OF CHRIST

THE PILGRIM COLONY

March 2020

Pastor's Reflections

March marks the beginning of my third year serving as your settled senior pastor. This milestone brings me great joy. For the past 24 months together we have been working hard and enjoying building beloved community. I would like to take this moment to thank each and every one of you for the warm welcome, the support, and the willingness to be open to this next chapter in the life, ministry, and witness of First Congregational UCC. Thank you all for generously sharing your time, talents and treasures to support our mission and ministry.

This congregation is strong and we stand on solid ground. We are healing and getting healthier along the way. We continue to learn, grow, and to be open to the leading of God's Spirit.

May God continue to bless us as we seek to be a transformative presence in the world: a place to belong, a place to heal and a place to love.

Peace,
Pastor Sarah

Pastoral Congregation Relations Committee

The pastoral office and other positions of staff leadership exist to build up the congregation as part of the Body of Christ and to equip the saints for the mission of the church. The particular relationship between a pastor and congregants should be tended deliberately, so that the ministries of both pastor and congregation complement each other and further God's grace in the world. As with any relationship, it must be respected and nurtured to grow in healthy and projective ways. For this reason, a Pastoral Congregation Relations Committee (PCRC) exists in a congregation to advise, assist, and promote the growth of this vital relationship.

PCRC meet quarterly and are available throughout the year for support and conversation. We are blessed to have both Pastor Sarah and Pastor Carol serve our congregation. Currently, Pastor Carol's focus is on the following areas: pulpit supply, pastoral care visits, Adult Education and Worship Leader coordination.

PCRC for Pastor Sarah: Randy Walker, Lianna Campos, Nancy Dickinson, Chuck Kiphart

PCRC for Pastor Carol: Bob Cook, Janet Selby, Clark Collier, susana-judith rae

Moderator's Reflections

There's an old saying that goes something like "March comes in like a lion and goes out like a lamb." I guess that refers to typical March weather, but I've become aware that weather these days isn't necessarily what we've known as "typical." In any case, aside from the weather March will bring us some "lion and lamb" considerations.

The Board of Worship & Faith has decided to make issues around immigration our Lenten focus this year. Through imagery and stations, our Ash Wednesday service on February 26 focused on the trip several in our community took to our southern border in January. Opportunities for small-group sharing and discussion around immigration, refugee, and asylum issues are being prepared by our Just Peace intern, Olivia Bradley, for a series of three sessions throughout the month. FC is hosting a Southeast Association Lenten Breakfast on Saturday, March 14, focused on the effects of our immigration laws and enforcement on individuals. In addition to these in-house opportunities, we are invited to another vigil for justice for Jose Antonio Elena Rodriguez on March 10 at Broadway United Methodist Church.

I encourage as many folks as are able to participate in all or any of these opportunities to discern our role in this "lion/lamb" scenario. Which do we most represent? Which do we most want to represent? How can FC play a part in acting out our commitment to Just Peace in the midst of conflicting views around immigration?

Lent is a time of walking with Jesus through the wilderness. Let us follow wherever he leads.

In faith,
Alice Rutherford

Intern Reflections



Student Pastor Reflections

Hello from your Student Pastor! Many of you know I recently went to see family in Iowa so I could welcome another nephew into the world. The joy of new life never ceases to amaze me. His entrance amid winter reminds me of Rachel Carson's notes on the infinite healing power "in the repeated refrains of nature—the assurance that dawn comes after night, and spring after winter." Holding this new life in my arms invigorated me with a deep hope, an enlivened joy, and an excitement for the life within and

ahead of us all. I'm looking forward to being back with you to celebrate breath, love, and the great journey of life in community. Thank you, Church Family.

- Cassidy Hall, Student Pastor (studentpastor@fcindy.org)

Just Peace Intern Reflections

Although it has only been a couple of weeks since I started working as your Just Peace Intern, I feel so welcome at First Congregational. It has been so great to keep meeting new people after worship on Sundays and getting to know the group at Adult Ed each week. I am so grateful to be able to take what I learn in class about social justice and advocacy and share it with you all and apply it to organizing events and small group studies. Since my first week I have been impressed and inspired by everyone's commitment to inclusivity and equality, and hope to continue to use that to further the Just Peace program at First Congregational. Please feel free to reach out (obradley@butler.edu) if you want to talk about Just Peace or to just get to know each other. I can't wait to see what the next few months bring!

- Olivia Bradley, Just Peace Intern



This Month at First Congregational UCC

All Sundays	9:45 a.m.	Sunday Adult Class
All Sundays	11:00 a.m.	Worship
All Thursdays	7:00 p.m.	Choir Rehearsal
Sunday, March 1	11:00 a.m.	Worship w/ Student Pastor, Cassidy Hall & Rev. Shannon Abbott preaching
Wednesday, March 4	7:00 p.m.	Trustees
Thursday, March 5	1:00 p.m.	Men's Lunch
Sunday, March 8	2:00 a.m.	Daylight Savings Time
Sunday, March 8	12:00 p.m.	Lunch & Discussion w/ Rev. Daniel Meyers, Guest preacher w/ Pastor Sarah
Tuesday, March 10	6:30 p.m.	Border Vigil (Broadway UMC)
Wednesday, March 11	5:00 p.m.	Mental Health Team
Wednesday, March 11	7:00 p.m.	Church Council
Sunday, March 15	12:45 p.m.	PCRC (Pastor Sarah)
Tuesday, March 17	1:30 p.m.	Book Circle
Thursday, March 19	1:00 p.m.	Men's Lunch
Friday, March 20	6:30 p.m.	Movie Night
Sunday, March 22	11:00 a.m.	Pastor Carol preaching
Thursday, March 26	11:45 a.m.	Women's Lunch
Sunday, March 29	11:00 a.m.	Break the Silence Sunday

WORSHIP & FAITH

Elizabeth Price, Chair

Sunday Adult Class

All classes meet in the Library (room 212) at 9:45 a.m. All are welcome!

Following Jesus is good for the planet. ... This is the radical, yet solidly biblical premise of Blessed Earth." This series is a creative and compelling call for Christians to embrace sustainable living out of love for God, neighbor and all of creation. Throughout the season of Lent we will watch and discuss a DVD series titled "**Blessed Earth: Hope for Creation.**" In these sessions will explore sustainable living through the created elements of light, water, soil, heavens, animals, and humankind, reminding us to tend and protect the planet.

March 1: Hope for Creation - Light

March 8: Black theology and Womanist theology with our Student Pastor, Cassidy Hall. We'll discuss what these theologies are, why they're important, and some of the key voices within these theological movements. After this, we'll then consider their importance for our lives individually and as a church.

March 15: Hope for Creation - Water

March 22: Hope for Creation - Soil

March 29: Hope for Creation - Heavens

- Pastor Carol



March Worship Theme:

In continuing our "Be the Church" focus in worship over the next few months, throughout the month of March we will engage in what it means as the church to **embrace diversity**.

March Worship Leaders

Mar 1	Steve Coomer	Mar 22	Worth Hartman
Mar 8	Pastor Sarah	Mar 29	Pat Larracey
Mar 15	Nancy Dickinson		

Guest Preacher & Lunch – March 8th



We will have a guest preacher, **Rev. Daniel Meyers**, on Sunday, March 8th. Daniel Meyers is director of the Center for Faith and Vocation at Butler University. A graduate of Willamette University (Oregon) in Biochemistry and Religious Studies, Meyers earned a Master of Divinity at Yale Divinity School, was ordained in the United Church of Christ, and completed a two-year position as Earl Hall Religious Life Fellow in the Office of the University Chaplain at Columbia University. He has served in his current role at Butler University since June of 2015. Daniel supervises the program that partners with our church's Just Peace Internship. Please join us in welcoming him and hearing what he has to share with us. We will have a soup and bread lunch following worship.

Lenten Immigration Journey

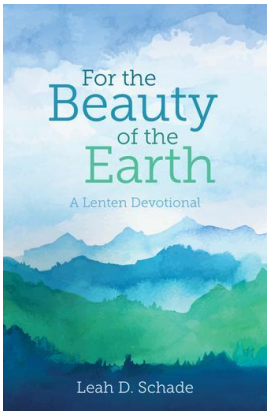
Through the season of Lent, we will explore, reflect, and pray about the biblical and contemporary theme of immigration. What does the Bible say about immigration? What is the Still Speaking God saying to the church today about immigration? What does it mean to be a disciple of Jesus in light of the complex realities at the US/Mexico border? Through community worship and small groups, everyone is invited on this Lenten immigration journey. Let's see where this journey leads us.

First Congregational Lenten Immigration Journey

- March 2 - March 20:** Small Groups
- April 5 - April 10** - Holy Week: Palm Sunday, Maundy Thursday and Good Friday
- April 12** - Easter

Lenten Devotionals: For the Beauty of the Earth

As we mark the 50th Earth Day (April 22, 2020), Christians can reflect on how caring for God's creation is connected to our faith. Drawing on the beloved hymn "For the Beauty of the Earth," each week of this 40-day Lenten devotional focuses on a different aspect of the splendor of nature, how God nurtures our spirit through creation, and how we must protect our precious home. As we walk with Jesus along shorelines, through gardens, and among trees, we learn from the birds of the air and the lilies of the field (chalicepress.com). **Lenten devotionals are available for pick up in the narthex.**



Just Peace: Faith and Immigration



Photo: kind.org

As a Just Peace church we are called to identify and alleviate the injustices in our community, our nation, and throughout the world. This far-reaching commitment to peacemaking practices may appear daunting at first, but every small step we take leads us to a world where peace is possible. During the season of Lent, our Just Peace mission is centered around the topic of immigration, what the Bible says about it and what we can do about it. Today, unprecedented numbers of men, women, and children are fleeing their home countries due to matters such as persecution and conflict to seek a better life of employment, education, and family reunion. As disciples of God, we are called to love our neighbors and welcome foreigners into our land, loving them as ourselves, yet this is something that often seems to be missing in our society. Faith-based advocacy is not something new, and has helped bring solutions to communities and create reform across the country. While Indiana is not near the southern border, we do have a growing immigrant population and many organizations, like Exodus, that help refugee and immigrant families establish new lives here in our neighborhoods. Understanding the root causes of immigration, the consequences of U.S. policies, the hardships immigrants endure on their journey, and

how our faith calls us to action are all important as we take on this Just Peace mission through Lent to help our brothers and sisters in need.

One of the ways we plan to gain a better understanding of immigration is through a small group study during Lent. These groups will discuss important elements of immigration as well as look at it from a Biblical lens. Any questions about signing up for a group can be sent to obradley@butler.edu. The groups are as follows:

Group 1
Host - Susanna-Judith Rae
Where - First Congregational UCC
When - March 1st, 15th, and 28th from 12:30-2pm

Group 2
Host - Nancy Dickinson
Where - 5447 Younkin Dr. Indianapolis, IN 46268
When - March 4th, 18th, and April 1st from 10-11:30am

Group 3
Host - Alice Rutherford
Where - 6307 Old Barn Ct. Indianapolis, IN 46268
When - March 2nd, 16th, 30th from 7-8:30pm

- Olivia Bradley, Just Peace Intern

Spiritual Retreat: “Love of Creation” - April 24-25

Pastor Sarah will be leading a joint spiritual retreat for members of First Congregational and St Peter's. It will begin with dinner at 6 pm on Friday, April 24 and end at 3 pm on Saturday, April 25. The retreat will be held at Waycross Conference Center in Morgantown, about an hour south of Indianapolis. The cost is \$150 for a single room or \$120/person for double occupancy, and includes dinner, breakfast, and lunch. Rooms are limited, and a signup sheet will be available in the Narthex. Reservations must be confirmed by Friday, April 10. Questions? Contact Wendy Baldwin



OUTREACH & SERVICE
Ann Leatherman, Chair

What is MOM?

If you have seen the acronym “MOM” in the Sunday bulletin or Colony, unless you have been around First Congregational Church for a while, you may have wondered to what MOM refers. MOM is the “Mission of the Month” designated by the Outreach and Service Board. Since we cannot cover all the missions that we would like to during the year under our mission budget, we add a specific recipient for a Mission of the Month. This also gives members and worshippers opportunities to contribute to particular missions in which they are especially interested. All dollar bills put in the offering plates go to MOM. Pew envelopes afford the congregation an opportunity to contribute more cash on a particular Sunday. Checks should have MOM written on the memo line.

The United Church of Christ sponsors four church-wide missions each year in addition to the overall giving to “Our Churches Wider Mission” or OCWM. **OCWM** is the national offering to which each local church is asked to contribute to pay for all mission and administrative responsibilities beyond the local church. First Congregational Church has a generous history of supporting our conference and the national UCC. For years we gave more than 10% of our budget (a biblical tithe), though we have had to reduce that recently as our congregation and our total budget shrank.

The four UCC missions each year to which we normally contribute are: **One Great Hour of Sharing** in the spring, **Neighbors in Need** in the fall, the **Christmas Fund**, and **Strengthen the Church** in June. Each of these comprises one of our Missions of the Month. For the other eight months, the Outreach and Service Board designates a recipient. Thus, during February, we gave to the Peace Learning Center. We also have a mission budget, a section of our overall church budget, which is designated each year to specific groups.

If you have a specific idea for a recipient of the Mission of the Month, please share it with Ann Leatherman or someone else on the O & S board (Nancy Dickinson, Steve Leatherman, George Meier, Carol Shanks, Paul Terheide).

March Mission of the Month: One Great Hour of Sharing



The Mission of the Month in March is One Great Hour of Sharing. This is one of the five special offerings of the UCC and provides support around the world for disaster relief and community restoration. Begun after the devastation of World War II, Christian churches from a number of denominations responded to the call for international relief. Each denomination raised and directed their own funds but did so as a part of a common effort that beginning in 1950 has been called One Great Hour of Sharing. In 2020, the UCC will use our offering to respond to international disasters, to assist refugees in the United States, and to help communities become more sustainable with programs that help people to help themselves. This offering is our opportunity to share with the people of the world and be present when our love and support are most in need.

Pantry Items of the Month

During March, we are collecting the following items: spaghetti, rice, juices, peanut butter, and bar soap.



Donations to the Northside Food Pantry

We are grateful to the Meridian Hills Nursery School & Kindergarten for volunteering to deliver donations to the Northside Food Pantry. We are grateful to you for your generosity.

Your W.I.S.E. Mental Health Team announces:

A MENTAL HEALTH FIRST AID CLASS

Saturday, April 18

7:30am - 4pm at FC

free simple breakfast, free lunch and snacks

Cost: \$25.00 (scholarships available)

Need a minimum of 10 to a max of 25 participants
Certification awarded to all good for 2 years



Please SIGN CLIPBOARD IN NARTHEX, or see Sandy Wood or Pat Larracey, Co-chairs of our WISE Mental Health Team for more information if needed.

This 8-hour class is taught by NAMI, National Alliance on Mental Illness, and the program is conducted through the National Council for Community Behavioral Healthcare and endorsed by our Mental Health Network of the United Church of Christ. Visit mhn-ucc.org to learn more and sign up for their blog.

This class offers education on signs and symptoms of a variety of diagnosable mental disorders, such as depression, anxiety, substance abuse, eating disorders, trauma, psychosis, and deliberate self-injury. It describes, in detail, how you can assist in specific situations. This will give you tools to build trusting relationships that will help you help others.

Mental Health First Aid manual [you will receive this] and class will help you examine your own ideas about mental health and mental illness. A word of caution, this class will not make you an expert, but will distinguish between the person experiencing a mental health crisis and the problem or circumstance itself.

Come and be a part of this new ministry.

A SPIRITUAL SUPPORT GROUP FOR MENTAL HEALTH & WELLNESS



We will have our first gathering on Mental Health Sunday:
SUNDAY, MAY 19, 12:30 – 2PM

OPEN to all with mental illness AND loved ones of those living with mental illness
Open to you, neighbors, friends & acquaintances

We shall meet monthly at the church once a month at the same time and in the same room.

GUIDELINES

1. We honor each others' presence and therefore we listen carefully to one another.
2. We allow each person time and opportunity to express themself before anyone speaks twice.
3. It is OK to stay silent. You can "pass" at any time.
4. Share feelings as well as thoughts including personal insights about your spiritual experiences.
5. Our main purpose is not to resolve difficulties but rather to listen, support and comfort each other. Any wisdom that emerges belongs to the group.
6. We use "I" statements when sharing our experiences, what we have learned, and what has been helpful or not helpful in our own lives. We do not offer advice to others unless they ask.
7. We are open to the expressions of how one's faith or spirituality has been a help and/or a hindrance. This group welcomes all faith traditions or none, and welcomes everyone's understanding/experience of spirituality.
8. We agree that everyone has something of value to share with the group, if they so choose, so that no one monopolizes the time.
9. Confidentiality is maintained in the group. We cannot share whatever a person says here anywhere else.
10. We seek to provide a safe environment in which a person can share without judgment.
11. We keep our comments in the here and now.
12. If a person needs to leave the meeting at anytime, they are free to do so.
13. We begin and end on time.

- Rev. Dr. Patrick Larracey, facilitator & co-chair of FC WISE Team

W.I.S.E. Mental Health Books

New Books in the FC library (on a special shelf) will be ready to take out in early March. The first 8 are from the NAMI Faith Net Website. The rest are recommendations of Mental Health Team members. Check them out!



- **Blessed Are the Crazy: Breaking the Silence about Mental Illness, Family and Church by Sarah Griffith Lund (2014)**
Based on the author's personal experience with mental illness in her family, this resource offers a sobering and encouraging testimony.

- **Troubled Minds: Mental Illness and the Church's Mission by Amy Simpson (2013)**
This resource challenges, today's Christian church to take seriously Jesus' teachings about serving the poor and alienated, especially those with mental illnesses.
- **Delight in Disorder: Ministry, Madness, Mission by Tony Roberts (2014)**
This resource reveals one pastor's journey with bipolar illness in a manner that sheds hope that light through a collection of short essays, poems, and scripture.
- **Jesus Wept: When Faith & Depression Meet by Barbara Crafton (2019)**
This resource uses real-life stories to shed light on the harmful assumptions surrounding depression while addressing real life issues like worry, numbness, despair, and relational difficulties.
- **Fresh Hope: Living Well in Spite of a Mental Health Diagnosis by Brad Hoefs (2013)**
This workbook details a support group model for those diagnosed with bipolar disorder, combining medical information with scripture to pave the path towards healing.
- **So You Think You Don't Know One? Addiction and Recovery in Clergy and Congregations by Nancy Van Dyke Platt (2010)**
This resource tackles the systemic, spiritual, and communal problems of addictive and co-dependent behavior by clergy and congregations.
- **Seeing Red: An Anger Management and Anti-Bullying Curriculum for Kids by Jennifer Simmonds (2014)**
Written in a small group format, this resource helps kids learn to self-regulate their behavior by teaching them to identify anger triggers and giving them tools to respond in healthy ways.
- **A Brilliant Madness: Living With Manic Depressive Illness by Patty Duke and Gloria Hochman (1992)**
This book is a follow-up to Patty Duke's memoir, Call Me Anna (her real name). It is done in a rotating chapter format in which Patty describes her illness and then Ms. Hochman, a medical journalist, applies what Patty has said more generally regarding the illness.
- **An Unquiet Mind: A Memoir of Moods and Madness by Kay Redfield Jamison (1995)**
Dr. Jamison, an eminent researcher and author concerning bipolar disorder, discusses living with the disorder and its effect upon her life. She also has several good You Tube talks about bipolar disorder and suicide as one of her foci is preventing suicide, especially among college age students.
- **Where the Light Gets In: Losing My Mother Only to Find Her Again by Kimberly Williams Paisley (2016)**
Kimberly Williams Paisley, an actress and wife of country singer Brad Paisley, chronicles the decline of her mother from a rare form of early dementia, discusses the stresses on herself and her family as well as the suffering of her mother. The last chapter includes resources for caregivers of persons who suffer from dementia.
- **Look Me in the Eye: My Life with Asperger's by John Elder Robison (2007)**
John talks about growing up while experiencing Asperger's, but being undiagnosed until middle age. He indicates how that affected his interactions at home, school and work. Well written and articulate re what it is like to deal with Asperger's disorder.
- **Switched On: A Memoir of Brain Change and Emotional Awakening by John Elder Robison (2016)**
This book discusses John's involvement in an experimental treatment for Asperger's which had a profound positive effect upon him and unlocked his awareness of emotional aspects of life he had been previously not experienced. This book describes his positive and long lasting response to the treatment.

- **Down Came the Rain: My Journey Through Postpartum Depression by Brooke Shields (2005)**

The actress describes her postpartum depression after the birth of her first, much anticipated, child following issues becoming pregnant and carrying a pregnancy to term. She tells how she initially denied her depression and her difficulty coming to grips with the illness and getting help.

- **My Stroke of Insight: A Brain Scientist's Personal Journey by Jill Bolte Taylor (2006)**

While not about mental illness per se, this book describes what happened when Ms. Taylor experienced a stroke - a brain bleed that severely affected her mental and motor functions. As a brain scientist she knew what was happening and can explain it like other authors have not been able to do. She discusses her rehabilitation and the need to change from being a researcher in a high stress environment to a faculty at a university (Indiana University) where she put her considerable teaching talents to work for the benefits of students seeking degrees in the medical field.

- **When Kids Ask Hard Questions: Faith Filled Responses for Tough Topics by Bromleigh McCleneghan and Karen Ware Jackson (2019)**

This book helps adults respond when kids ask difficult questions. There are more than 30 essays from a group of young parents, pastors and experts. These essays address gender identity, race, bullying, suicide, mental illness, gun violence, death, divorce, technology, money, faith, and more.

- **Bipolar Faith: A Black Woman's Journey with Depression and Faith by Monica A. Coleman (2016)**

Based upon the author's experience living with depression and bipolar, her story illustrates how hurtful and even dangerous uninformed assumptions about people with mood disorder are.

- **The Lifesaving Church: Faith Communities and Suicide Prevention by Rachel Keefe (2018)**

In this powerful memoir, pastor and suicide survivor Rachel Keefe shatters the silence around suicide to help you and your congregation recognize and respond to those struggling for their very lives in your community.

WITNESS & WELCOME

Aniseh Ebbini, Chair

Expanding our Extravagant Welcome



Over the course of the past year (and beyond), the Witness & Welcome board has been working to improve our welcoming process. Sunday, February 16th, we invited the congregation to a BUZZ to get a sense of how we're doing and where we can improve. A robust and productive discussion was had by all, including ways we can be more accommodating to those with different abilities, as

well as remembering that the welcoming process does not end with the greeters at the door. All of us as part of the congregation at FC are responsible for welcoming visitors, including new members in our activities, and supporting established congregants. Our work to make the welcome at First Congregational "extravagant" begins with each of you! As FC continues its work as a WISE church and is bound to draw people seeking sanctuary, we should remember to be sensitive when engaging with visitors. Reading our visitors' body language is key to understanding just how much personal information they are comfortable with sharing upon their first visit. There are many ways to be welcoming and show that we are interested and care without becoming too intrusive. At the BUZZ, we brainstormed ways to accomplish this:

- Start by complimenting the person
- Ask open-ended questions like "Tell me about yourself," or "What brings you to First Congregational?"

First Congregational can be and should be known for its extravagant welcome and inclusion of all. Thank you all for the work you do to help make this happen!

CARE & CONNECTIONS
Wendy Baldwin, Chair

Fellowship and fun!

Check the bulletin board at the patio door entrance to see what's coming up, and ways to connect and share fellowship!



Friday Night at the Movies – Join us on the 3rd Friday of each month – **March 20th, 6:30ish**: We meet at 6:30ish at Keystone Art Cinema in the Fashion Mall at Keystone, and decide which film(s) to see, get refreshments, and socialize. Then, after the movie, hang out at the Indie Lounge for more fellowship. Questions? Contact Wendy Baldwin.

TRUSTEES
Steve Coomer & Randy Walker, Co-Chairs

Financial Update
When We Give, We Reach Out With Helping Hands
Here are the financial results for January 2020.

1. Current Year Actual vs Budget Summary - Last month			
1/1/2020 through 1/31/2020 Using 2020 Budget 1			
Category	Actual	January 2020 Budget	Difference
INCOME	27,661	34,565	-6,904
M. Unrestricted Contributions	27,661	34,565	-6,904
M.01 Pledged Offerings	11,344	17,563	-6,219
M.02 UnPledged Offerings	989	1,675	-686
M.03 Rollover Prior Year Surplus_D...	15,327	15,327	0
M.04 Foundation - Endowment Fund...	0	0	0
M.05 Foundation - Minister Fund Draw	0	0	0
M.06 Foundation - Trad. Music Fund...	0	0	0
M.07. Transfer from Youth Fund	0	0	0
M.08 Other Transfers from Restr Ac...	0	0	0
EXPENSES	24,900	24,298	-601
A. Pastoral Leadership	10,140	10,221	81
B. Worship & Faith	3,429	3,491	62
C. Care & Connections	166	35	-131
D. Witness & Welcome	0	50	50
E. Outreach & Service	1,309	1,309	0
F. Trustees	0	0	0
G. Administration & Operations	1,924	1,749	-175
H. House & Grounds	7,458	6,928	-530
I. Miscellaneous	474	515	41
Net Difference:	2,761	10,267	-7,506

Highlights:
One month is not enough time to draw conclusions or even identify trends with any confidence, but so far income is running low and expenses are slightly ahead of budget. We collected \$619 for our January Mission of the Month, Indiana Youth Group.

If you have any questions, please don't hesitate to contact me.
- Jim Lootens, Treasurer
lootens.jb@gmail.com

Foundation News

The **1857 Society annual meeting and luncheon** is scheduled for **Friday, May 8**, so members, please save the date. We'll enjoy a good meal (on the house), hear a guest speaker who will give us some professional financial insight, and experience the fellowship of like-minded FCC members. It will be a good time. If you have considered remembering our church in your will or trust but have not yet joined the 1857 Society, perhaps now would be a good time. If so, contact the church office or one of the Foundation Board members for details and an application form. The Church will benefit and you will have the satisfaction of being remembered for supporting a worthy cause. We hope that prospective members will join us at the luncheon.

- Bill Gillette, The Foundation Board

A Green Team Question

... 105, 106, 107! One hundred and seven loaded railroad coal cars passing our road crossing in Avon, on their way into Indianapolis, for the coal to be burned. That's in spite of all that we hear about the reduced use of coal due to its harm to the environment, including our lungs. What's going on? Why does this enormous use of coal continue when we know the harm that it does and we have clean alternative sources of energy, such as our church's solar panels, readily available? I had thought

that we had turned the corner away from coal and oil, but one hundred and seven loaded coal cars, on one day, headed into one city, suggests that I've had my head buried in the sand. We have made a start in helping the environment and ourselves through conservation and best practices, but have a long way to go if we want our descendants to keep inhabiting the earth. Am I doing all that I can to help? Are you? Let's do all that we can for Mother Earth and ourselves; it's time and effort well spent.

- Bill Gillette, The Green Team



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COMMUNITY

A True Community

By susanna-judith rae

"Blessed are your eyes, for they see, and your ears, for they hear" (Matthew 13:16).

Since Earl was diagnosed with Lewy body dementia, periodically, i have sent updates to Earl's daughter, son-in-law, sister, and brother-in-law. Here's much of my January 20 email: "Today i witnessed a tender moment of Earl participating in a group--something he rarely does any more. Our friend Don turned 80; we enjoyed having lunch with him and about 25 other retired UCC ministers and spouses. After lunch, singing 'Happy Birthday,' and eating birthday cake, we were invited to share our first memory of 'the birthday boy.' After my turn, Earl looked puzzled. The facilitator said he could pass if he wanted. Earl quietly and sweetly said, 'i don't know what to say. i just know that i've always liked Don.' So sweet, so endearing.

"When a retired, poetry-writing minister soon read a joke (instead of his usual poem he has shared monthly for years), Earl looked totally confused as the rest of us laughed heartily, i whispered to Earl that i'd explain the joke in the car as we drove home. i did try to; sometimes, though, it's very hard to explain a joke to someone with dementia. At such times, i think Earl feels a kind of loneliness to not 'get' what others easily 'get' and enjoy."

Earl's sister's email reply suggested she, too, was touched by Earl's sweet, endearing words. "Thank you for the nice story about Earl," she wrote.

i'm glad that, on January 20, i experienced both—two sides of the same coin—"the nice story about Earl" as well as the second story. Years ago, i heard on NPR an Alzheimer's specialist

state that dementia is very hard on caregivers, yet not on individuals with the diagnosis; over the years i've heard others say the same.

Observing Earl's loneliness when not getting the jokes that others joyfully crack up over, seems important for us, especially caregivers, to realize. We all need to do our best to empathize with the struggles of people with dementia and to include reflections of that empathy in our communications—both with those who have dementia and those who do not have (or, at least, thankfully, not yet) those struggles.

Recently, i found two paragraphs in Daniel Kuhn, MD's 1999 book *Alzheimer's Early Stages*, that reinforce the same:

"People with AD may feel cut off from their family, friends, and neighbors due to their forgetfulness and other impairments. Like the lepers of biblical times, they often feel rejected, unwelcome, or out of place in a society that places a high value on self-reliance, productivity, and intellectual prowess

A true community, however, recognizes the diversity of human experiences and allows everyone to be treated in humane and dignified ways—especially those who have a disability (p. 96-97)."

How true. Praise God that FC's congregation repeatedly demonstrates that ours is, indeed, a true community, especially now that we are officially a Welcoming, Inclusive, Supportive, Engaged (WISE) church. Surely an important aspect of our being WISE is to talk openly about mental health disorders in ourselves and family members. As a caregiver to a husband with dementia, a disease listed in APA's *Diagnostic Statistical Manual (DSM-5)*, i am glad to be a member of this supportive church. It will be interesting to see in future years how many ways our new WISE status affects us as a faith community. Perhaps we'll want to share our WISE news with neighbors, family members, and friends.

Meridian Hills School

Spring has sprung

The grass has ris

I wonder where the birdie is?

I realize this isn't correct grammar. I share this little ditty with you because my dad taught this to me when I was a little girl. It has stayed with me all these years. That's the power of parents. Parents are an important influence in our lives. After all, parents are our first teachers. And while that may sound and feel like a heavy load, it is a wonderful privilege filled with many opportunities.

Parents as a child's first teacher. I remember hearing about this and thought how odd; I had gone to school to become a teacher. How does this concept fit in? Then I became a parent and it all fell into place. Especially when they were very young, everything I did and said was being watched and listened to. If I giggled, they giggled. If I sang, they sang. If I got frustrated, they had a perplexed expression on their face. They weren't quite sure what to do with that emotion. It was then that I realized that not just my actions and words were influencing my children but also my attitude and approach to life and tasks.

The way in which I conducted myself had a profound impact on my children as they were growing up. In fact, it still does. They look to see how I act and react in the interactions I have with others. They take note of how I speak to others and how I treat them. Am I pleasant or rude? Helpful or dismissive? Act one way in dealing with people and talk a different way when they aren't around? Children are taking it all in, all the time. They are learning from us every day. They look to us for guidance and how to approach and deal with situations.

This isn't to say that we need to live in a world of 'Sunshine and Roses' all of the time. That is not reality and if we do this, we will set our children up for failure. Making everything perfect does not allow them to learn how to deal with life's unpleasanties. When situations do arise where we get frustrated, it is in how we acknowledge it, approach it, work through it that becomes the teachable moment. We show our children that this too is also a part of life. The same holds true for getting angry, being exhausted and losing our cool. It happens, it's life. Showing our children how we work through it, giving them tools to cope will build them up

and add to their confidence. As a parent you are there to teach them and help them learn along the way.

I have many years of memories of my parents as they helped me navigate through life. It wasn't until I was a parent that some of these life lessons really made an impact. As I look back, I truly appreciate all that they have done for me. As I look forward, I hope that I will have the same lasting effect on my children. After all, I was their first teacher...

Hugs, Linda Foley

Southeast Association of the Indiana-Kentucky Conference

Lenten Breakfast Series: “God’s Open House”

Saturday Mornings at 8:30 am

FEBRUARY 29: “Love in the Home”

The Altenheim Community, led by Lianna Campos
3525 E Hanna Ave, Indianapolis, IN 46237

March 7: “Peace in the Home”

Zion UCC (Troy Avenue)
8916 E Troy Ave, Indianapolis, IN 46239

March 14: “Justice in the Home”

First Congregational UCC
7171 N. Pennsylvania St, Indianapolis, IN 46240

March 21: “Renewal in the Home”

St. John (Cumberland)
11910 E Prospect St, Indianapolis, IN 46239

March 28: “Unity in the Home”

Methodist Hospital (Downtown)
1701 N Senate Ave, Indianapolis, IN 46202

April 4: “God in the Home” (with Communion)

Zion Evangelical UCC (Downtown)
603 N New Jersey St, Indianapolis, IN 46202



The 2020 Southeast Association Lenten Breakfasts feature two experiences we have not had before:

- Our **February 29th**'s worship leader is **Lianna Campos**, one of our Southeast Association members-in-discernment. We are pleased to be able to listen to one of our UCC members who is in the process of discernment and preparation for ordained ministry.
- Our **March 28th** breakfast will be a little different because we will meet **at Methodist Hospital**. Our worship leaders will be the chaplains at Methodist, **led by Rev. Kelly Mathis**. We will eat in the hospital's cafeteria and worship in their chapel. This is an excellent opportunity to hear from our hospital chaplains in their place of ministry. *Being a hospital, there will be some special considerations we'll be briefed on before our visit.*

Also please note that we will begin serving **breakfast at 9:00 am** rather than 8:00 am as in the past.

If there are any questions or comments, please do not hesitate to contact Bob Kleeman at 317-446-0508 or sweet-ole-bob@yahoo.com (he's a bit old school and doesn't text).

SE Association Annual Meeting

Sunday, April 26 3:30pm

First Congregational United Church of Christ
7171 N. Pennsylvania St. Indianapolis, IN 46240

Announcing

Southeast Association

Eviction Assistance Ministry

A new mission of the Southeast Association of the Indiana Kentucky Conference of the United Church of Christ focusing on relieving the problems of Eviction and Housing Insecurity through:

- Direct financial assistance for families and individuals in danger of eviction.
- Political advocacy to improve housing laws at local, state and national levels
- Education about the issues of eviction and housing insecurity

If you or your church would like to be a part of this ministry through any of the following:

- Being part of our recommendation network by providing those in danger of eviction information about our ministry and assisting in intake process
- Providing financial assistance or fundraising effort to support the Eviction Assistance Ministry
- Participating in an education activity to learn more about eviction and housing insecurity
- Having an education activity at your church to help your congregation learn more about eviction and housing insecurity
- Participating in political advocacy through discussions with legislators and letter writing campaigns
- Helping research existing laws regarding housing, and helping craft proposed changes

Please contact one of the following members or the Eviction Assistance Ministry:

Rev. Shannon Abbott – Pastor Sarah Frische-Mouri Hannigan – Walt Ziebell

sgabbott78@gmail.com - pastorsarahzucc@gmail.com - wziebell@gmail.com

Indiana-Kentucky Conference of the United Church of Christ (IKC UCC)



In the past several years, the United Church of Christ has been at the forefront of the work of bringing attention to breaking the silence and stigma of mental health challenges. With synod resolutions on developing a "WISE" designation in the denomination in 2017 and recognizing those with mental health challenges as part of the "Historically Underrepresented Groups" in 2019, significant movement has taken place in these areas in our denomination. WISE is an expression to be Welcoming, Inclusive, Supportive, and Engaged for Mental Health, spreading the education needed for local congregations, associations, and conferences to be supportive of those with mental health challenges and their supportive community around them. In our up and coming 2020 Annual Gathering in New Albany, IN, the Indiana-Kentucky Conference will be voting on whether to designate ourselves as a "WISE" Conference in light of both the covenant and resolution.

At the 2019 Milwaukee General Synod, several in our delegation were inspired by workshops, moving speeches on the synod floor, and information on the WISE movement. A few of our delegates immediately recognized the impact that the issues of mental health challenges have on their local churches and ministries. This sparked some conversation among the delegation on what it would take to become a WISE Conference. The initial spark came when our Associate Conference Minister, Rev. Dr. Monica Ouellette, had a conversation with our own Rev. Dr. Sarah Lund about how to go through the process. Being that Sarah functions not just as one of our IKC pastors, but also on the national staff of the UCC as the Minister for Mental Health and Disabilities Justice, she was able to share with Monica the need to develop a team, a covenant and resolution, and an education plan. In the late summer a team was formed across the Indiana-Kentucky Conference from lay and clergy towards these efforts. At a retreat held in August, this team put together the covenant and resolution (see links below), in addition to an educational roll out plan and a 4-year plan of implementation of education in our local churches. After constructing these plans, the WISE Team presented their materials to the Board of Directors of the IKC to submit a joint resolution to the Annual Gathering in June. The measure passed unanimously.

What a thrilling time it is to be a part of this movement and to engage with the energy this team has created over the past six months; the covenant and resolution is a joint effort sponsored by your Board of Directors and the IKC WISE Team. Please look at both documents carefully and prayerfully consider these items as we look toward our time together in June. There will be some seminars on Education Day on how to become a WISE Congregation and there will be a mental health fair and other resources during the gathering. Stay tuned for more from the WISE Team, who will also be sponsoring the "self-care suite" at this summer's National Youth Event, as well as more from your Board of Directors.

IKC Wise Covenant: <http://bit.ly/IKCWISEcovenant>

IKC Wise Resolution: <http://bit.ly/IKCWISEresolution>

Peace, Blessings, and Compassion,

Rev. Chad R. Abbott, Conference Minister
United Church of Christ in Indiana and Kentucky

Vigil in Memory of Jose Antonio Elena Rodriguez – March 10th, 6:30 p.m.

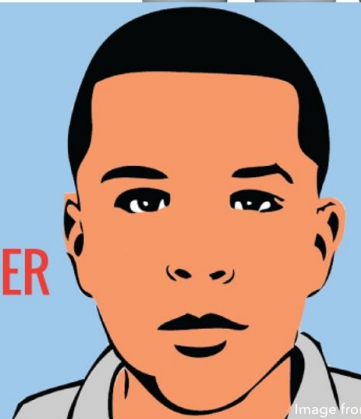
Broadway United Methodist Church
609 E 29th St, Indianapolis, IN 46205



MARCH
10



**JOSE ANTONIO ELENA RODRIGUEZ
WAS KILLED BY BORDER PATROL
ON THE MEXICAN SIDE OF THE BORDER**



WHAT: An educational program about what is happening at the U.S. Mexico border followed by a prayer vigil for Jose Antonio Elena Rodriguez a young boy killed by U.S. Border Patrol Oct 10, 2012 in Nogales, Sonora, Mexico.

WHERE: Broadway United Methodist Church, 609 E. 29th St.

WHEN: Tuesday March 10, 2020 6:30

WHO: For anyone who wants to learn more and help make a change.

www.broadwayumc.org/



PLEASE JOIN US

INTERFAITH UNDERSTANDING
Through the Art of Storytelling

ABOUT THE STORYTELLERS



George Kelley

George Kelley has been the education director of Congregation Beth-El Zedeck in Indianapolis since 2002. He holds a bachelor's degree in biology and psychology from Le Moyne College in Syracuse, New York and a master's of education from Georgia College and State University in Milledgeville, Georgia. He is currently serving as the chair of the Reconstructionist Educators of North America. His interests are in creating curriculum to help use Jewish values to enhance interpersonal relationships and exploring new ways for young people to make the Torah relevant in their own lives. He is active in the interfaith community, building bridges with leaders in Indiana and in other parts of the world. As a storyteller and lecturer Kelley brings a sense of entertainment to learning and the greater community.



Joanne Terrell

Joanne Terrell serves as an associate professor of theology, ethics and art at Chicago Theological Seminary. She is an ordained elder in the Michigan Annual Conference of the African Methodist Episcopal Zion Church. She earned her undergraduate degree from Rollins College, and two master's degrees (divinity and philosophy) and a doctorate from Union Theological Seminary in New York City. She is the author of the book *Power in the Blood: The Cross in the African American Experience*. Terrell's current research interests are interreligious in scope and focus on soteriological principles in Taoism, Buddhism and Christianity, the genre of spiritual autobiography and the power of the visual and performing arts to affect personal, social and cosmic transformation.

Hosts

Professor Emeritus David Carlson, Chaplain Hannah Adams Ingram and Tom Armor

For questions, please contact Kailey Fatheree at kfatheree@FranklinCollege.edu or 317.738.8041.

NIAGARA ABRAHAMIC TRADITIONS DINNER 2020

Thursday
March 19th, 2020
6:30 to 9:00 PM

Niagara Foundation cordially invites you to the
Abrahamic Traditions Dinner
Venue: Meridian Street United Methodist Church
5500 N Meridian St.
Indianapolis, IN, 46208

Free Event
Kindly RSVP by March 17th, 2020
at cenk@niagarafoundation.org

Organized by



Hosted by



United Church of Christ

Cultivating Common Ground to End Hunger



Indiana Bread for the World Spring Gathering and Offering of Letters Workshop

Saturday, March 21, 2020, 9:00 a.m. to 12:30 p.m.
Second Presbyterian Church
7700 N. Meridian St, Indianapolis

We are excited to welcome **Jeremy Everett** as our keynote speaker. A member of the National Commission on Hunger and the director of the Texas Hunger Initiative, Jeremy is the author of the book, ***I Was Hungry: Cultivating Common Ground to End an American Crisis.*** From organic farming and community organizing to public policy influencing, he says he's learned, "how working together and cultivating trust is the best way to find solutions."

We will help participants prepare for the **2020 Indiana Joint Offering of Letters, Better Nutrition, Better Tomorrow.** It will continue to focus on global nutrition for mothers and children but will expand to include children experiencing hunger in the United States.

Four practical breakout sessions will also be offered:

- How to Talk about Bread for the World with People Who Aren't Sure They Care
- Why and How to Build Your Hunger Justice Ministry
- What's God Got to Do With It?
- Preparing for an Offering of Letters

Go to our [Eventbrite page: https://www.eventbrite.com/e/indiana-bread-for-the-world-spring-gathering-offering-of-letters-workshop-tickets-94066297829](https://www.eventbrite.com/e/indiana-bread-for-the-world-spring-gathering-offering-of-letters-workshop-tickets-94066297829) for more information and to register for the March 21st Gathering and Workshop.

ANNOUNCEMENTS

Men's Lunch: This lunch and discussion gathering for men of First Congregational meets at various restaurants in the greater Indianapolis area. They meet every other Thursday at 1 p.m. This month they will meet on **March 5 & 19**. Please contact Randy Walker at (317) 796-2081 or aa28977rwalker@gmail.com for information.

The Book Circle will meet at the home of Gloria Boedeker on **Tuesday, March 17 at 1:30 p.m.** We will be sharing information about books in order to select one for the remainder of the year.

April Colony Submission Deadline: Please email your submissions to Shannon at shannon@fcindy.org by **March 15th**.

Women's Lunch Bunch: All women of the church are invited to get together once a month for lunch, friendship, and fellowship. This month we will meet on **Thursday, March 26 at 11:45 a.m.** For questions or more information please contact Sue Chapman at (317) 259-1806 or carolsuech59@gmail.com.

Flower Calendar: The 2020 Flower Calendar is on the bulletin board by the garden doors. Flowers can be for any occasion, and can come from the store, florist, or from your garden. The cost is \$25.00 from our florist. Any questions, please email Sally Coombs at sallysews73@gmail.com or call 317-446-2853. You can also let Shannon Abbott know the occasion at shannon@fcindy.org or call the church office at 317-257-5397.

Pastoral Care and Support: Please let us know if you would like a pastoral visit, home communion or prayer. Help us better care for each other by sharing hospitalizations and other needs. We offer visitations, transportation assistance and prayer. Contact Pastor Sarah at pastorsarah@fcindy.org and (386)478-9012. We are here for you.



Photo by Shannon Abbott, Desert Memorial Walk (Green Valley, AZ)
IKC UCC Border Trip, January 2020



ACTION CALENDAR: MINDFUL MARCH 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Set an intention to live with awareness and kindness	2 Get outside and notice five things that are beautiful	3 Cultivate a feeling of loving-kindness towards others today	4 Start today by appreciating that you're alive and have a body	5 Every hour simply take three calm breaths in and out	6 Eat mindfully. Appreciate the taste, texture & smell of your food	7 Listen to a piece of music without doing anything else
8 No plans day. Slow down and let spontaneity take over	9 When someone is speaking, take a full breath before you reply	10 Stay fully present while drinking your cup of tea or coffee	11 Notice how you speak to yourself. Try to use kind words	12 Feel the cool of a breeze or warmth of the sun on your face	13 Stop, breathe and just notice. Repeat regularly during the day	14 Enjoy doing any chores or tasks more mindfully today
15 Stop to just watch the sky or clouds for ten minutes today	16 Do something creative that absorbs your attention	17 Look around and spot 3 things you find unusual or pleasant	18 If you find yourself rushing, make an effort to slow down	19 Listen deeply to someone and really hear what they are saying	20 Happy International Day of Happiness! dayofhappiness.net	21 Notice the joy to be found in the simple things of life
22 Have a device-free day and enjoy the space it offers	23 Take an unusual route and notice what looks different	24 Notice when you're tired and take a break as soon as possible	25 Make a list of amazing things that you take for granted	26 Tune in to your feelings, without judging or trying to change	27 Stop work earlier and use the time to be still and relax	28 Bring to mind all the people you love and care about
29 Appreciate your hands and all the things they enable you to do	30 Mentally scan down your body and notice what it is feeling	31 Go nature spotting today. Even in a city, life is all around				

"Mindfulness means being awake. It means knowing what you are doing" - Jon Kabat-Zinn



ACTION FOR HAPPINESS

www.actionforhappiness.org

Find out more about the Ten Keys to Happier Living, including books, guides, posters and more here: www.actionforhappiness.org/10-keys