

 [FirstCongregationalUCCIndy](#)

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# FIRST CONGREGATIONAL CHURCH

UNITED CHURCH OF CHRIST

Epistle for the Week of May 7, 2020

**ALL in-person church activities are CANCELED through the end of May.**

**Dear First Congregational,**

One of the positive changes in 2020 for me is a renewed commitment to a spiritual discipline of prayer. Starting in January, I began to observe a monthly day of prayer. In addition to daily prayer, this practice of a day of prayer once a month invites deeper reflection, meditation and connection to God and others through prayer. In my day of prayer I spend time lifting up our congregation, each of our members, families and friends. I pray for our community, for the wider church, for our nation and for our world. My day of prayer for June will be June 2.

Yesterday as I observed my day of prayer, I enjoyed reading over the letters I have received from you. Thank you for sending me your responses to Wendy's letter as a way to help stay better connected and to know how you are doing. I encourage you to take a few minutes to fill this out and send to me. I love hearing from you and I am praying for you. Knowing how you

are doing and how we can better support you is important. Now is the time to reach out and connect. Know that you are not alone. Know that you are loved.

I am grateful that through prayer we can stay connected, to God and to one another.

Blessings,  
Pastor Sarah

Join us for our weekly “**Soul-Care with Pastor Sarah**” a time for church members to check-in, reflect on Richard Rohr’s weekly meditations, and to pray together. This will be at a **NEW TIME, Tuesdays from 5:00-6:00 p.m.** We will use zoom.

**Here is the**

**link:** <https://us02web.zoom.us/j/84830474505?pwd=Ny9oeE84a0lpcTUrWHU2dUhFVUZZQT09>

**FC Emergency Fund** - The FC Emergency Fund seeks to support your housing, food, and medical needs if you find yourselves unemployed or underemployed. You can send a check to the church with "emergency fund" on the memo or make a donation on the church website. To request funds for you or your family, please contact me by email [pastorsarah@fcindy.org](mailto:pastorsarah@fcindy.org) or cell (386) 478-9012.

## Worship

### **Sunday Adult Worship, 9:30 a.m.**

*Class will meet via*

**Zoom:** <https://us04web.zoom.us/j/9264494206?pwd=dmtWbWE5UXRBtk5pcHZlYlB0aEFVUT09>

- **May 10** - Bread for the World Letter Writing

### **Bread for the World Sunday Worship Service on Facebook Live, 11:00 a.m.**

Pastor Sarah will preach on “The Recipe for Happiness”

Scripture: Luke 9:10-17

### **Zoom into Coffee Hour - Sundays after worship**

Please join us for coffee hour at 12:00 p.m. (or immediately after worship)

**Zoom**

**link:** <https://us04web.zoom.us/j/9264494206?pwd=dmtWbWE5UXRBtk5pcHZlYlB0aEFVUT09>

**THIS SUNDAY, May 10, is Bread for the World Sunday:** Please plan to take part in our virtual Offering of Letters for Bread for the World. You can read about the issues in the May *Colony* and get the specific instructions in the special Epistle sent out on Wed. And remember to report your participation to the church office at [shannon@fcindy.org](mailto:shannon@fcindy.org). We hope to have sent the bulk of the letters, emails, or calls by May 17. Thank you for participating.



## What's Happening at FC: Support While Physical Distancing

### Staying Connected

FC Facebook page (click [here](#))

"First Congregational Indy Fellowship" group on Facebook (click [here](#)).

### Pastoral Care

We are all still here for you and will stay connected. You can contact Pastor Sarah for pastoral care needs at (386) 478-9012 or [pastorsarah@fcindy.org](mailto:pastorsarah@fcindy.org).

### Additional Church Support Contacts

Pastor Carol ([casowle@gmail.com](mailto:casowle@gmail.com))

Office Administrator, Shannon ([shannon@fcindy.org](mailto:shannon@fcindy.org))

Moderator, Alice Rutherford ([alice@caloosaspirit.net](mailto:alice@caloosaspirit.net))

Vice Moderator, Larry Eckel ([lspeckel@comcast.net](mailto:lspeckel@comcast.net))

### Mental Health Helplines

Anyone feeling anxiety from the pandemic should be encouraged to call the **Substance Abuse and Mental Health Services Administration's Disaster Distress Helpline at 800-985-5990**, or text "TalkWithUs" to 66746. Users will be connected with trained crisis counselors.

### **Tech Support: Help with Zoom/Facebook**

Remaining in community through these challenging times is more important than ever. And so it's a true blessing that we have the ability to see one another's faces and hear each other's voice through technology. Virtual contacts may be difficult for some, so if anyone needs assistance to join our online gatherings, we have dedicated and caring church members who are ready to help. Contact Taylor Franklin ([tnl6694@gmail.com](mailto:tnl6694@gmail.com), 630-640-6998) to set up a time for technical support. She or another member of her team can walk you through the steps to access Zoom and/or Facebook from a computer, tablet, or phone. We're all in this together, so let's be together in it!

Click this link for more ideas on how to boost your

WIFI: <https://s2.washingtonpost.com/28defab/5ea9a4d0fe1ff66289077de4/YWxpY2VAY2Fsb29zYXNwaXJpdC5uZXQ%3D/22/68/27d3240feb55b9c1f9999917436f367f>

### **Social Support Gatherings through Zoom**

- **Friday Fellowship: Friday, 5/8, 5:00 pm**
- **Coffee Hour: Sunday, 5/10, 12:00 pm (or immediately after worship)**
- **Spiritual Support Group: Thursday, 5/14, 5:00 pm**

### **Zoom**

**Link:** <https://us04web.zoom.us/j/9264494206?pwd=dmTWbWE5UXRBTk5pcHZlYlB0aEFVUT09>

Meeting ID: 926 449 4206

Password: 7171

If you click on the URL, you should not need to enter in the Meeting ID and Password.

To dial in by phone: +1 312 626 6799, Meeting ID 926 449 4206, Password 7171.

All Zoom gatherings are now monitored to 'admit' attendees, to help prevent "Zomb-bombing".

### **GOOD NEWS from your WISE Mental Health Team: NEW Spiritual Support Group**

Beginning, **Thursday, May 14, 5:00 - 6:00 PM, on Zoom**, and every Thursday

OUR SPIRITUAL SUPPORT GROUP FOR MENTAL HEALTH & WELLNESS

hosts will be Pastor Sarah Lund and Patrick Larracey, co-chair of FC WISE Team.

This group is open to all with mental illness and those living with mental illness loved one. It is open to you, neighbors, friends & acquaintances.

Zoom

**Link:** <https://us04web.zoom.us/j/9264494206?pwd=dmTWbWE5UXRBTk5pcHZlYlB0aEFVUT09>

### **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 himself or herself 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.

### **Cherished Just Peace Resources**

Do you have a favorite Bible verse concerning peace? And a favorite quotation, book, film, and website focused on peace? Please send your favorites to me at [sjrae@iu.edu](mailto:sjrae@iu.edu), as i am FC's Peace Team member who is supplying "Just Peace Posts" for FC's May, 2020 E-pistles. Now that many of us have more time to read books and view films at home, it seems a good time to share with each other resources meaningful to us.

Here are some of my favorites:

- Scripture: "Blessed are those who work for peace: They will be called children of God" (Matthew 5:9 *The Inclusive Bible*).
- Quotation: "Peace is rarely denied to the peaceful," (2010), from *Amish Proverbs: Words of Wisdom from the Simple Life*, by Suzanne Woods Fisher.
- Book: *Non-Violence in Peace and War*, (1949), by Mohandas K. Gandhi.
- Film: *All Quiet on the Western Front*. (versions produced in 1930 and 1979). Though the film is about World War I, i think it outstandingly advocates peace, while vividly and

powerfully showing the horrors of war.

- Website: Indianapolis's Peace Learning Center, <https://peacelearningcenter.org/>

Looking forward to hearing about your favorite Bible verses, quotations, books, films, websites, and other resources focused on peace. - susanna-judith

### **Care & Connect**

Our church is known for its warm welcome and care; let's show this quality by reaching out to others in our church family while we are not able to be together in person! Can you contact 3-5 people each week, by phone, text, e-mail, or a card in the mail? Think of the people that you say 'hi' to at church on a "normal" Sunday, and continue that tradition while we are apart. Reach out to different people each week so we broaden our circle. If needed, a recently updated 'address directory' is located in the "Minutes" section of our website (password protected), or let me know if you need a copy. Let's "Be the Church" within our church family during this time of isolation.

- Wendy Baldwin, Care & Connection Chair

### **Need Toilet Paper & Disinfectant?**

Even though stores are trying hard to re-stock supplies, it is still difficult to find these items. First Congregational is expecting a shipment in early April from its supplier. We will have 2-ply toilet paper, spray disinfectant, paper towels, and gloves (our supplier is also out of stock of hand sanitizer and wipes). Please contact Wendy Baldwin to arrange delivery. Donations to cover the cost of the supplies will be gratefully accepted.



### **Continue Your Support of First Congregational UCC**

Please continue supporting the mission and ministries of your local church at <http://www.fcindy.org/online-giving/>

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

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. Send a check to the church with MOM: UCC MHN in the memo line, or donate online at: [www.mhn-ucc.org](http://www.mhn-ucc.org)

### **Support Your Local IN-KY Conference Through Our Church's Wider Mission (OCWM)**

The staff of the IKC continue to work tirelessly to support local churches as we all discern best practices and how to get through this time together. Please remember to support the work they do and the many ministries they support through your **OCWM**

**Giving** at: <https://ikcucc.org/connect/donate/>

### **Eviction Ministry Donations**

The Eviction Ministry is a new ministry of the SouthEast Association of the Indiana-Kentucky Conference of the UCC. The purpose of this ministry is to offer assistance to those who do not qualify for other state or local assistance programs and without such assistance would be evicted from their homes. Please consider making a donation. **Checks can be made out to: Southeast Association of the IKC UCC.** Please include in the **memo line: "Eviction Ministry."**

Donations can be mailed to the treasurer at:

SE Association Eviction Ministry

Attn: Margie Potter

726 Coach Rd.

Indianapolis, IN 46227

Thank you for your generosity!

- Shannon Abbott, Eviction Ministry Team

### **Feeding Families**

Gleaner's and Second Helpings are two of the food banks currently offering food to children who usually get their meals from school.

Donate to **Gleaner's** by clicking on the link [here](#).

Donate to **Second Helpings** by clicking on the link [here](#).

## **THIS WEEK AT FIRST CONGREGATIONAL**

**Sunday morning worship 11AM via Facebook Live**

at <https://www.facebook.com/FirstCongregationalUCCIndy/>

**All in-person events have been canceled through the end of May.**

### This Week on Zoom

<b>Friday, May 8</b>	<b>5:00 p.m.</b>	<b>Friday Fellowship</b>
<b>Sunday, May 10</b>	<b>9:30 a.m.</b>	<b>Sunday Adult Class: Bread for the World Letter Writing</b>
<b>Sunday, May 10</b>	<b>11:00 a.m.</b>	<b>Worship – Bread for the World Sunday (FB Live)</b>
<b>Sunday, May 10</b>	<b>12:00 p.m.</b>	<b>Coffee Hour</b>
<b>Tuesday, May 12</b>	<b>5:00 p.m.</b>	<b>Soul Care with Pastor Sarah (see <u>above</u> for zoom link)</b>
<b>Wednesday, May 13</b>	<b>5:00 p.m.</b>	<b>WISE Mental Health Team</b>
<b>Wednesday, May 13</b>	<b>7:00 p.m.</b>	<b>Church Council</b>
<b>Thursday, May 14</b>	<b>5:00 p.m.</b>	<b>Spiritual Support Group</b>
<b>Friday, May 15</b>	<b>5:00 p.m.</b>	<b>Friday Fellowship</b>
<b>Sunday, May 17</b>	<b>9:30 a.m.</b>	<b>Sunday Adult Class</b>
<b>Sunday, May 17</b>	<b>11:00 a.m.</b>	<b>Worship – Mental Health Sunday (FB Live)</b>
<b>Sunday, May 17</b>	<b>11:45 a.m.</b>	<b>Coffee Hour</b>