

 FirstCongregationalUCCIndy

 Forward



# FIRST CONGREGATIONAL CHURCH

UNITED CHURCH OF CHRIST

Epistle for the Week of July 2, 2020

Through the end of July, First Congregational UCC is closed to all in-person gatherings of more than 10 people at one time. However, gatherings of 10 or less may occur outside, and not in the building. (See additional details below.)

Dear First Congregational,

Congratulations to the Indiana-Kentucky Conference on a successful and meaningful virtual online Annual Gathering this past weekend. Thank you to our First Congregational leaders who participated as either a delegate, presenter or visitor. Two significant resolutions passed: Becoming a WISE for mental health Conference and new Anti-racism commitments. The educational workshops and worship inspired us to continue to work together to faithfully Be The Church in these challenging and changing times.

Our church participated in the creation of both the mental health and the anti-racism resolutions passed by the voting body. I am grateful for the positive impact of our congregation

in the wider church as we step up and step out in bold and faithful ways. We are stronger together.

During these difficult days, I give thanks for our connection to the wider church. Please join me in giving thanks for our IKC Conference Minister, the Rev. Chad Abbott. We will be blessed by his time with us this Sunday as he preaches and leads communion for our online worship video. You are invited to join Rev. Abbott for zoom coffee hour following worship and enjoy a time of conversation.

Thanks to each of you for your ongoing generous support of our mission and ministry as we seek to be a community where we experience belonging, healing, and loving.

Peace,  
Pastor Sarah

**FC Emergency Fund** - The FC Emergency Fund is available to support housing, food, and medical needs for any of our church family who find themselves unemployed or underemployed due to Covid-19 impacts. To request funds for you or your family, please contact Pastor Sarah by email [pastorsarah@fcindy.org](mailto:pastorsarah@fcindy.org) or cell (386) 478-9012. To make a donation, send a check to the church with "emergency fund" on the memo or make a donation on the church website.

## Worship

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

*Class will meet via*

*Zoom: <https://us04web.zoom.us/j/9264494206?pwd=dmtWbWE5UXRBTk5pcHZlYlB0aEFVUj0>*

**July 5:** Focus on Matthew 11:16-19, 25-30; "*When and how do you take rest in God?*" (from the Lectionary resource made available by the Evangelical Lutheran Church of America (ELCA). Click [HERE](#) for a printable study resource.

Some reflection questions are:

1. *No matter what the situation, the people criticize and reject. What do people want?*
2. *How can people praise God when they are discouraged?*
3. *Is it fair to hold people accountable when God has not been fully revealed?*
4. *What kind of burdens is Jesus able to carry for us?*
5. *How might dealing with people make a person weary?*

- b. *what does it mean for you to give your burdens to Jesus?*

### **Sunday Worship, 11:00 a.m.**

Guest preacher, Rev. Chad Abbott, will preach on "A Weary Generation, A Restful Soul"

Scripture: Matthew 11:16-19, 25-30

### **3 Ways to Connect for Worship**

#### **YOUTUBE**

<https://www.youtube.com/channel/UCWV9wqAvPiUKSkEbjAV6Zpw>

- YouTube Live Premiere will broadcast at 11am Sunday morning. There will be a countdown before. We highly recommend using the mobile app for more convenience as it will refresh.
- Use this option for live interacting and messaging. You must have or create a user account and be logged in to message live.
- If using a laptop, you will need to refresh your browser after 11am to click to watch live.

#### **FACE BOOK**

[https://www.facebook.com/pg/FirstCongregationalUCCIndy/posts/?ref=page\\_internal](https://www.facebook.com/pg/FirstCongregationalUCCIndy/posts/?ref=page_internal)

- The video will be posted at 11am.
- This is for viewing only. For live interacting and commenting, please use the YouTube option.

#### **DIAL-IN**

- Dial **317-204-3862**
- Landline is preferred for clarity.
- If calling with a smart phone, setting your cellular setting to Wi-Fi calling will be clearer.

### **A Note from Your Music Designer:**

Reflecting on our recent and radical ways of worshiping online together, I was thinking about our church's history from about eighty years ago. At that time we did not have a choir, only a quartette (spelled this way in the bulletins from then). In this present day time, it seems we are again without a choir. Thankfully the quartette is back in action to keep things going. I formed the Mayflower Quartette (retaining the old spelling) about five or six years ago as simply a nod to our own history as well as a form of musical expression to utilize during the choir's summer break. As history is repeating itself with the dependence on the quartette now; musically,

History is repeating itself this Sunday. I have chosen to tip my hat to the music of the 1940's. Big Band music and orchestral music was the norm for "secular" music of the day.

As many of you may know, for many years I have had my music represented by a law firm in Los Angeles which places my music in various television shows and films. This week, I'd like to share some of my music with you as I continue to scramble each week for new and creative offerings. Our musicians are on vacation this week, but rest assured I'm putting them to work to create fresh material for upcoming weeks. I'm also preparing several more traditional organ pieces. So this week, in the spirit of a green congregation, I am "recycling" some oldies.

It might interest you to know that the interlude track (recorded in 2015 in my home studio) actually features Jesse Wittman on bass and Julie Houston on alto flute. The prelude and postlude feature members of the Chicago Symphony Orchestra from recordings made in 2014. The music for the passing of the peace is part of a recording from an album I recorded in 2007. I of course arranged, orchestrated, and played piano on all of these recordings.

We may still lament the absence of our choir and only have the historic quartette for now, but this Sunday I offer you an entire orchestra!  
Praise God through music! — Sean Baker

### **Coffee Hour, 11:45 a.m. (or immediately after worship)**

#### **Zoom**

**link:** <https://us04web.zoom.us/j/9264494206?pwd=dmtWbWE5UXRBTK5pcHZlYlB0aEFVUT09>

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

### **What's Happening at FC**

#### **Mental Health Helpline**

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.

#### **Letter From the Moderator**

Last weekend I had the joy of participating in the best Indiana-Kentucky Conference Annual Gathering that I've ever attended – the first done virtually. The focus on racial justice was a highlight, and there were excellent speakers and workshops on the subject. In addition to passing a resolution to become a W.I.S.E. for Mental Health conference, a resolution to take action as a conference to defeat systemic racism was also passed by the vast majority of

attending delegates. It's my hope that First Congregational will step up to do its part to support this resolution. A group (Carol Sowle, Karen Walker, Pastor Sarah, Cassidy Hall, and me) has been formed to discern some possible avenues for that support, and in coming weeks we'll be offering opportunities to delve into this vitally important issue in these times. Please pray for this group's discernment, for our church's enlightenment, and for our siblings of color who so desperately need our participation in their struggle for full equality.

– Alice Rutherford, Moderator

### **TODAY! Spiritual Support Group, Thursdays from 5:00 - 6:00 PM**

Our weekly SPIRITUAL SUPPORT GROUP FOR MENTAL HEALTH & WELLNESS gathers on the church's ZOOM from 5:00 to 6:00 pm EVERY Thursday. Pastor Sarah and Pat Larracey will be leading this wonderful WISE program and is OPEN to all with mental illness and those living with mentally ill loved ones. We look forward to greeting each of you with love.

Zoom

Link: <https://us04web.zoom.us/j/9264494206?pwd=dmtWbWE5UXRBTk5pcHZlYlB0aEFVUT09>

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

- **Spiritual Support Group for Mental Health: Thursdays at 5:00 pm**
- **Coffee Hour: Sundays at 11:45 a.m. (or immediately after worship)**

**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".

### **THIS SATURDAY! Food Drive for the Northside Pantry, Saturday, 7/4, from 10 am – 2 pm**

Let's help fight poverty and hunger through our food donations. We will meet on the outside church patio. Bring dry and canned goods, as well as personal care items (soap, deodorant, etc). You can also bring your plastic bottle caps and paper for recycling. In future communications, we will let you know of particularly desired items. Per new church policy on in-person gatherings, only 10 people may participate (physically distanced) at a time, so please contact Wendy Baldwin if you are interested in helping.

### **From the Comeback Team**

How wonderful that we are beginning to have opportunities to be with one another, with small in-person events outdoors! The Church Council approved this recommendation in their June meeting, with the conditions that various protocols are followed.

To make it easier to remember, the protocols are based on the thought “Bring your own germs, keep them to yourself, and take them home with you”. Hence the recommendations to bring your own chairs, bring your own beverage and/or food, wear face masks, limit going inside the building, and definitely maintain 6 ft distances. To be on the safe side, we also want to keep track of who attended each event.

During this pandemic, each one of us has personal thoughts about what is, and isn't, safe. However, when the event is a “church event”, we need to be in covenant with one another and use the church's safety protocols. As we continue to explore ways to be the church and have fellowship, your cooperation is needed for us to be able to move forward, and most importantly, be safe, while we are “being church”.

#### **Protocols for outdoor gatherings:**

1. Must be scheduled with Pastor Sarah, Shannon Abbott (Admin), and Wendy Baldwin (Bldg Mgr); groups may use any area of the church grounds (such as the patio, parking lot, Memorial Garden) where surface contact is minimized (not the playground for now)
2. Before the gathering, the group leader will receive the protocols to be observed, and make sure attendees are aware of these; the group leader is responsible that the protocols are followed
3. After the gathering, the group leader must send info about who attended to Pastor Sarah and Wendy Baldwin, for contact tracking purposes
4. Limit of 10 people at a time
5. A distance of 6 feet shall be observed between people of different households; no physical contact shall occur
6. Face masks are encouraged
7. People who do not feel well should not attend
8. People should bring their own beverage/water bottle (do not use the church drinking fountains, water, ice, etc)
9. People should bring their own chair
10. Church restrooms should only be used for emergencies, and one will be required to sanitize after its use
11. If entering the building, people are required to sanitize their hands, and disinfect any surfaces where there is contact of more than 3 minutes; use of face masks are highly

encouraged.

### **Evening Vesper Service, Tues, 7/14, 7-7:30 pm, Memorial Garden**

Join us for an outdoor evening vesper service. Our current plans are to have these every 2 weeks. Our outdoor protocols will apply, so bring your own chair and beverage, and keep 6 feet distant from others. Face masks are highly encouraged. It's a time to be in community, while being safe and loving with one another.

### **John Lewis: Good Trouble - Virtual Cinema and Panel Discussion**

Using interviews and rare archival footage, JOHN LEWIS: GOOD TROUBLE chronicles Lewis' 60-plus years of social activism and legislative action on civil rights, voting rights, gun control, health-care reform and immigration.

Immediately following the feature, there will be a 16-minute pre-recorded discussion between Representative Lewis and Oprah Winfrey, filmed last month and being made available exclusively for virtual cinema and in-theater engagements of the film.

Additionally, on **July 9**, [join us for a panel discussion](#) presented by the Freedom Rides Museum of Montgomery, Alabama, featuring Freedom Riders Dr. Bernard Lafayette and Dr. Rip Patton in conversation with director Dawn Porter. In partnership with the Capri Theatre. **7:30pm EST / 4:30pm PST.**

<https://watch.eventive.org/johnlewis/play/5efa372ef8ae35005c81e98b>



### **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/>

### **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 helps homeless families who get housing remain housed. Our donations to Underneath It All help ease their school budgets each fall by providing a uniform for each school aged child in the Aftercare Program. Make checks out to First Congregational United Church of Christ with Underneath It All in the memo line or donate

online at <http://tcindy.org/online-giving/> (Please designate "MOM: Underneath It All" in your online giving). Thanks so much for your generosity with this ministry in the past and in this unprecedented year. For questions or help with this ministry, please contact me [csjlwood@att.net](mailto:csjlwood@att.net) 317-863-8238 (home) or 317-225-6206 (cell).

### **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

### **Indiana Undocumented Youth Alliance**

Undocumented people are facing challenges during this pandemic. There are groups trying to help them, specifically young people who have D.A.C.A. Four organizations are cooperating in this effort, but it is being administered by IYUA, the Indiana Undocumented Youth Alliance. Email or call if you want to donate or volunteer. The email is [undocuhoosierfund@gmail.com](mailto:undocuhoosierfund@gmail.com) and the phone number is 317-205-6424.

### **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](#).

### 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. While Pastor Sarah is on vacation from July 3 – 13, Pastor Carol may be reached at (317) 496-9732 or [casowle@gmail.com](mailto:casowle@gmail.com).

### Office Administrator Vacation

Our Office Administrator, Shannon Abbott, will be on vacation from July 6 - 13.

### 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@caloosapirit.net](mailto:alice@caloosapirit.net))

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

## THIS WEEK AT FIRST CONGREGATIONAL

### **THREE Ways to Worship on Sunday morning at 11AM:**

#### ***YOUTUBE***

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YouTube option.

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**Weekly Calendar**

<b>Thursday, July 2</b>	<b>5:00 p.m.</b>	<b>Spiritual Support Group for Mental Health</b>
<b>Friday, July 3</b>	<b>1:00 p.m.</b>	<b>Worship &amp; Design Team</b>
<b>Saturday, July 4</b>	<b>10:00 a.m.</b>	<b>Food Drive (outside)</b>
<b>Sunday, July 5</b>	<b>9:30 a.m.</b>	<b>Sunday Adult Class</b>
<b>Sunday, July 5</b>	<b>11:00 a.m.</b>	<b>Worship w/ guest preacher, Rev. Chad Abbott</b>
<b>Sunday, July 5</b>	<b>11:45 a.m.</b>	<b>Coffee Hour (or immediately after worship)</b>
<b>Tuesday, July 7</b>	<b>1:00 p.m.</b>	<b>Worship &amp; Design Team</b>
<b>Wednesday, July 8</b>	<b>7:00 p.m.</b>	<b>Trustees</b>
<b>Thursday, July 9</b>	<b>1:00 p.m.</b>	<b>Men's Lunch</b>
<b>Thursday, July 9</b>	<b>5:00 p.m.</b>	<b>Spiritual Support Group for Mental Health</b>
<b>Sunday, July 12</b>	<b>9:30 a.m.</b>	<b>Sunday Adult Class</b>
<b>Sunday, July 12</b>	<b>11:00 a.m.</b>	<b>Worship w/ Pastor Carol preaching (YouTube, FB, &amp; Dial In)</b>
<b>Sunday, July 12</b>	<b>11:45 a.m.</b>	<b>Coffee Hour</b>

**\*All events are on Zoom unless indicated otherwise.**