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FIRST CONGREGATIONAL CHURCH

UNITED CHURCH OF CHRIST

Epistle for the Week of July 16, 2020

Through the end of July, the building of First Congregational UCC is closed. Masks are required for gatherings of 10 or less occurring outside. (See additional details below.)

Dear First Congregational,

How do we find peace in the midst of a global pandemic and racial unrest? I am thankful for the gift of rest and renewal that is part of my call agreement with First Congregational. This past two Sundays, I enjoyed personal time with family filled with play, rest and peace in the North Woods of Wisconsin. I spent time with loons, eagles, pine trees, dragon flies, butterflies, fish, and wild flowers. This time surrounded by the beauty of the Earth brings me deep peace and spiritual renewal.

Thank you to the Rev. Chad Abbott for preaching on July 5 and to Pastor Carol for preaching on July 12. We are blessed by the generous sharing of gifts by those who serve with us in ministry. As we move through the summer months, I pray that you are able to carve out some

time for play, rest and peace. What would it look like for you to take time for yourself? This, too, is holy work. We are called to love our neighbors and love ourselves. May you find the space and time to love yourself and renew your spirit.

Blessings,
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 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.

Soul Care with Pastor Sarah - Join us on **Tuesdays from 5:00-6:00 p.m.** for a time to check-in, reflect on Richard Rohr's weekly meditations, and to pray together.

Here is the Zoom link:

<https://us02web.zoom.us/j/494018938?pwd=a3BrdnNyWXEza0tFMUgwek1CVFpYQT09>

Worship

Sunday Adult Education, 9:30 a.m.

Class will meet via

Zoom: <https://us04web.zoom.us/j/9264494206?pwd=dmtWbWE5UXRBTk5pcHZlYlB0aEFVUj09>

July 19 and 26: For the next two Sundays we will read together this article from The Christian Century, December 27, 2018 titled "Ten Myths White People Believe About Racism" by Caroline B. Hessel. The article can be found at the link below, or by googling the title:

<https://www.christiancentury.org/article/critical-essay/ten-myths-white-people-believe-about-racism>

Caroline B. Hessel wrote the book [Anxious to Talk About It: Helping White Christians Talk Faithfully About Racism](#), which we used in Adult Ed last May-Sept.

Our goal will be to read and reflect on myths 1-5 on July 19, and myths 6-10 on July 26. This will be a safe place to share our thoughts, concerns and stories. We will also think about what we can do work for racial justice.

Sunday Worship, 11:00 a.m.

Pastor Sarah will preach on "Coexist in Christ"

Scripture: Matthew 13:24-30, 36-43

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.

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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.

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.

PCRC Meeting THIS Sunday, July 19th, 1PM

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. PCRCs

meet quarterly and are available throughout the year for support and conversation. Currently, Pastor Carol's focus is on the following areas: pulpit supply, pastoral care visits, Adult Education, and Worship Leader coordination. Pastor Carol's PCRC will meet via Zoom on Sunday, July 19 at 1 PM in a closed session. If FC members want to contact us (susanna-judith rae, Bob Cook, Clark Collins, and Gloria Boedeker) before the meeting, please do so.

Zoom

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

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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.

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>

Book Circle - Tuesday 7/21 at 1:30PM via Zoom

We will continue discussing "Searching for Sunday" by Rachel Held Evans - section 5 - Confirmation and section 6 - Anointing of the Sick. Linda Lupton is leading the devotion. Contact Karen Walker with any questions!

Zoom

Link: <https://us02web.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)**
- **PCRC: Sunday, 7/19 at 1:00 p.m.**
- **Book Circle: Tuesday, 7/21 at 1:30 p.m.**

Zoom

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

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

THIS SATURDAY! Food Drive for the Northside Pantry, Saturday, 7/18, from 10 am – 12 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 and masks are REQUIRED. Please contact Wendy Baldwin if you are interested in helping.

Updates From the Comeback Team

We have been enjoying the small outdoor in-person events at church – so great to visit and see people! There are various protocols to follow, and to make it easier to remember, we are using the mantra of "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 - We are now REQUIRING face masks to be worn at church events. If you are not wearing one, and someone asks you to put one on, please hear this request with love. But better yet, please don't let others feel uncomfortable by not wearing a mask in their presence.

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 required
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

NEXT THURSDAY:

- **Women's Lunch - 7//23, 11:30AM** - All women of the church are invited to get together once a month via Zoom for lunch, friendship and fellowship. This month, they meet on July 23rd. For questions or more information please contact Sue Chapman at (317) 259-1806 or carolsuech59@gmail.com.
- **Men's Lunch - 7/23, 1:00PM** - This lunch and discussion gathering for men of First Congregational is meeting via Zoom. They meet every other Thursday at 1 p.m. This month, they are meeting July 9th & 23rd. Please contact Randy Walker at (317) 796-2081 or aa28977rwalker@gmail.com for information.



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

Additional Church Support Contacts

Pastor Carol (casowle@gmail.com)

Office Administrator, Shannon (shannon@fcindy.org)

Moderator, Alice Rutherford (alice@caloosaspirt.net)

Vice Moderator, Larry Eckel (lspeckel@comcast.net)

THIS WEEK AT FIRST CONGREGATIONAL

THREE Ways to Worship on Sunday morning at 11AM:

YOUTUBE

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

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Weekly Calendar

Thursday, July 16	5:00 p.m.	Spiritual Support Group for Mental Health
Friday, July 17	1:00 p.m.	Worship & Design Team
Saturday, July 18	10:00 a.m.	Outdoor Food Drive (at FC)
Sunday, July 19	9:30 a.m.	Sunday Adult Class
Sunday, July 19	11:00 a.m.	Worship (YouTube, FB, & Dial In)
Sunday, July 19	11:45 a.m.	Coffee Hour (or immediately after worship)
Sunday, July 19	1:00 p.m.	PCRC (Pastor Carol)
Tuesday, July 21	1:00 p.m.	Worship Design Team
Tuesday, July 21	1:30 p.m.	Book Circle
Tuesday, July 21	5:00 p.m.	Soul Care with Pastor Sarah (see announcement <u>above</u> for zoom link)
Wednesday, July 22	7:00 p.m.	Church Council
Thursday, July 23	11:30 a.m.	Women's Lunch Bunch
Thursday, July 23	1:00 p.m.	Men's Lunch
Thursday, July 23	5:00 p.m.	Spiritual Support Group for Mental Health
Friday, July 24	1:00 p.m.	Worship Design Team
Sunday, July 26	9:30 a.m.	Sunday Adult Class
Sunday, July 26	11:00 a.m.	Worship (YouTube, FB, & Dial In)
Sunday, July 26	11:45 a.m.	Coffee Hour (or immediately after worship)

*All events are on Zoom unless indicated otherwise.