



FIRST CONGREGATIONAL CHURCH

*No matter who you are, or
where you are on life's journey,
you are welcome here!*

www.fcindy.org
317.257.5397

7171 N. Pennsylvania St.
Indianapolis, IN 46240

@FirstCongregationalUCCLndy

UNITED CHURCH OF CHRIST

Welcome to your spiritual home! We celebrate being a Just Peace making, Green for care of Creation, WISE (Welcoming, Inclusive, Supportive and Engaged) for mental health church with an Open and Affirming covenant supporting the LGBTQAAI+ community since 1994.

We welcome first time guests and include **all ages** in our worship service. We believe we are called by Jesus to be a transforming presence for God in the world. We are a place to **belong**, a place to **heal** and a place to **love**. **At First Congregational we recognize God as a loving, creating, all-encompassing Spirit who is not limited by usual human boundaries. Therefore, we practice the use of inclusive, expansive, and non-gendered language when speaking of and to God.**

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

We celebrate our church staff:

Senior Pastor, Rev. Dr. Sarah Lund
Pastoral Care Associate, Pastor Carol Sowle
Office Administrator, Shannon Abbott
Music Designer/Organist, Sean Baker

We celebrate our church leadership:

Alice Rutherford, Moderator
Larry Eckel, Vice Moderator
Rev. Dr. Pat Larracey, Clerk
Jim Lootens, Treasurer
Cheryl Dillenback, Financial Secretary

National Suicide Prevention Hotline: 1-800-273-TALK (8255) (press 1 for veterans, 2 for Spanish)

National Alliance on Mental Illness (NAMI) Information Helpline provides information and referral services. 1-800-950-NAMI (6264) and www.nami.org.

The Trevor Project hotline offers support for LGBTQIA+ youth and families struggling with mental health challenges at 1-866-4-U-TREVOR (488-7386) and www.theTrevorProject.org

AUGUST 23, 2020

11:00 A.M.

WE GATHER

WELCOME

Rev. Dr. Sarah Lund

THE PEACE

Rev. Dr. Sarah Lund

Share with those around you a sign of Christ's peace.

WE PROCLAIM

MESSAGE FOR ALL AGES

SCRIPTURE

Psalm 42

SERMON

“Wellness for a Time of Deep Chaos”

Rev. Dr. Sarah Lund

WE RESPOND

SHARING of JOYS and CONCERNS

We invite those who desire to share a joy or concern.

PASTORAL PRAYER & PRAYER OF OUR SAVIOR (from UCC Book of Worship)

Our God in heaven, hallowed be your name, your kingdom come, your will be done, on earth as in heaven. Give us today our daily bread. Forgive us our sins as we forgive those who sin against us. Save us from the time of trial and deliver us from evil. For the kingdom, the power, and the glory are yours now and forever. Amen.

WE GO

BENEDICTION

Rev. Dr. Sarah Lund

Following worship, everyone is invited for Coffee Hour via Zoom.

CALLS to SERVE

"Here am I; send me!" Isaiah 6:8

TODAY! Coffee Hour, immediately after worship - (See Zoom link under "This Week...")

Next Sunday: WISE Mental Health Buzz, 12:30 – 1:30 p.m. (See Zoom link under "This Week...")

We invite you to come and share how you are doing during this pandemic.

- What have you found helpful or not so helpful?
- How are you feeling?
- What mental health issues might you have or have questions about?

Let's share in love together! Let's communicate together in the presence of a loving God and all-encompassing Spirit. We will use the Guidelines we use in our every Thursday Spiritual Support Group.

Since stress not only lives in the mind, but also in the body, we will also have the opportunity to share in a brief mindful movement practice with Shannon Abbott as a sample of some additional opportunities from your WISE Mental Health Team beginning in September.

Note: This will NOT be a session about opening the church or not.

Soul Care with Pastor Sarah: Tuesdays, 5:00 – 6:00 p.m. - Join us for our weekly "Soul-Care with Pastor Sarah" a time for church members to check-in and to pray together. Zoom link: <https://us02web.zoom.us/j/84830474505?pwd=Ny9oeE84a0lpcTUrWHU2dUhFVUZZQT09>

Spiritual Support Group for Mental Health, Thursdays from 5:00 – 6:00 p.m. – The Spiritual Support Group is open to all with mental illness and those living with mental illness loved one. It is open to you, neighbors, friends & acquaintances. This group will meet every Thursday via Zoom:

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

Men's Lunch – Thursday, August 20th, 1:00 p.m. - This lunch and discussion gathering for men of First Congregational meets every other Thursday at 1 p.m. Please contact Randy Walker at (317) 796-2081 or aa28977rwalker@gmail.com for more information.

Family Promise: Apartment Furnishings & Housewares Needed - As part of our Just Peace Ministries, FCC is participating in a drive to help furnish apartments for the homeless; we are partnered with Carmel UMC and All Soul's UU to supply 1 apartment. These are leased by Family Promise through a new grant they received. You can sign up online for the needed items, or simply donate funds and we will do the shopping! The link is: <https://www.signupgenius.com/go/10C0D4CAEA822A0FAC52-apartment>. You can also email or call me, and I will sign you up on the webpage. Used items in good condition from your home or from Goodwill are welcome, as well as new items. You can contact me with any questions - Janet Selby, 317 873 9539, janet.selby@gmail.com Donations may be made in person at the church, rear entrance, between 9:30 a.m. and noon on Saturday, Aug. 22nd and 29th. Wendy Baldwin will be onsite. For monetary donations, simply mail a check to the church (specify FP apts on memo line), and we will do the shopping. Online donations are also welcome! The deadline is Sept. 15th – earlier is preferred, as some leases will start Sept. 1st. Thank you so much!

Publications - Bulletins, Sermons, Epistles, and Colony are all available on our website: www.fcindy.org

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/>

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.



This Week at First Congregational

Sunday, August 23	12:00 p.m.	Coffee Hour (immediately after worship)
Tuesday, August 25	1:00 p.m.	Worship Design Team
Tuesday, August 25	5:00 p.m.	Soul Care with Pastor Sarah
Tuesday, August 25	7:00 p.m.	Outdoor Vespers Service
Wednesday, August 26	7:00 p.m.	Church Council
Thursday, August 27	11:45 a.m.	Women's Lunch
Thursday, August 27	5:00 p.m.	Spiritual Support Group for Mental Health
Friday, August 28	1:00 p.m.	Worship Design Team
Sunday, August 30	9:30 a.m.	Sunday Adult Class
Sunday, August 30	11:00 a.m.	Worship (YouTube & Dial In)
Sunday, August 30	12:00 p.m.	Coffee Hour (immediately after worship)
Sunday, August 30	12:30 p.m.	WISE Mental Health Buzz

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

How to Access our Zoom Gatherings

<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.

Today's Scripture

¹ Like a stag, a doe,
longing for streams of cool water,
my whole being longs for you, my God.

² My soul aches with thirst for God,
for a god that lives!

When can I go and see God face to face?

³ My only food, day or night, is my tears;
they recriminate me:

"Where is your God?" they say.

⁴ These things I remember
as I pour out my soul like water—

how I'd go with the crowds
and lead them into God's house,
amid cries of gladness and thanksgiving,
drunk with the dance of celebration.

⁵ *"Why so dispirited?" I ask myself.
"Why so churned up inside? Hope in God!"
I know I'll praise God once again,
for you are my Deliverance;
you are my God.*

⁶ This is why my heart despairs:
I remember other days with you,
in the land of Jordan, on Mount Hermon
and the Hill of Mizar.

⁷ The primeval Deep is echoing
in the sound of your waterfalls;
your torrents rage and break over me,
overwhelming me.

⁸ Every day, YHWH, you ordain your love toward me,
and during the night you bring me your song.
In my prayers to the God of my life,

⁹ I say to God, my rock:
"Why have you forgotten me?
Why do you keep me in mourning,
oppressed by an unseen enemy?"

¹⁰ My bones are shattered by their words,
foes taunt me constantly:
"Where is your God?" they say.

¹¹ *"Why so dispirited?" I ask myself.
"Why so churned up inside? Hope in God!"
I know I'll praise God once again,
for you are my Deliverance;
you are my God.*

Priests for Equality. The Inclusive Bible (pp. 1300-1302). Sheed & Ward. Kindle Edition.



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