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FIRST CONGREGATIONAL CHURCH

UNITED CHURCH OF CHRIST

Epistle for the Week of August 27, 2020

The building of First Congregational UCC is currently closed for group gatherings. Masks are required for gatherings occurring outside.

Dear First Congregational,

True to our heritage, we are people of covenant. This means that we lean into our collective interests rather than self-interest. We lean into what is best for all and not just for a few. I believe this approach is what makes our community faithful and strong for the future. In order to help guide our life together, at our church council meeting last night we approved an updated version of our church's group/meeting covenant. This covenant has served us well for the past few years and so the council voted to officially adopt this updated version to guide us in our life together. You will notice a new section to help us honor our covenant during times when we gather online. I give thanks for this important work of the church council and pray that together we may continue to live into our covenants.

Updated Group/Meeting Covenant approved by the Church Council on August 26, 2020:

In covenant with my fellow group members, I:

- listen attentively with an intention of understanding and with an open mind;
- speak only when another has finished sharing;
- speak from my own thoughts and needs without blame or shame toward others;
- limit my participation so that others may also share;
- ask for clarification when I need it;
- recognize my right to pass when I am not ready to share;
- recognize that others have different opinions from mine, and that no single opinion is correct.

In online gatherings, I:

- observe the guidelines above;
- remain "muted" when others are speaking;
- remain focused on the discussion at hand without distractions.

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 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=dmtWbWE5UXRBTK5pcHZlYlB0aEFVUT09>

August 30: This week we will read an article from NPR titled, “**Jesus Was Divisive: A Black Pastor’s Message To White Christians.**” The pastor is the Rev. Lenny Duncan, author of *Dear Church: A Love Letter From a Black Preacher to the Whitest Denomination in the*

US. The article can be found at this link or by googling the title:

<https://www.npr.org/sections/codeswitch/2020/06/12/699611293/jesus-was-divisive-a-black-pastor-s-message-to-white-christians>

Sunday Worship, 11:00 a.m.

Pastor Sarah is preaching on "The Power of the Good"

Scripture: Romans 12:9-21

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

- 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.

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.

TODAY! AUGUST 30, 12:30-1:30 p.m. - Church Check In Buzz

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.

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.

COME, Sunday, August 30, 12:30 - 1:30 p.m, after coffee on ZOOM.

<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.

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>

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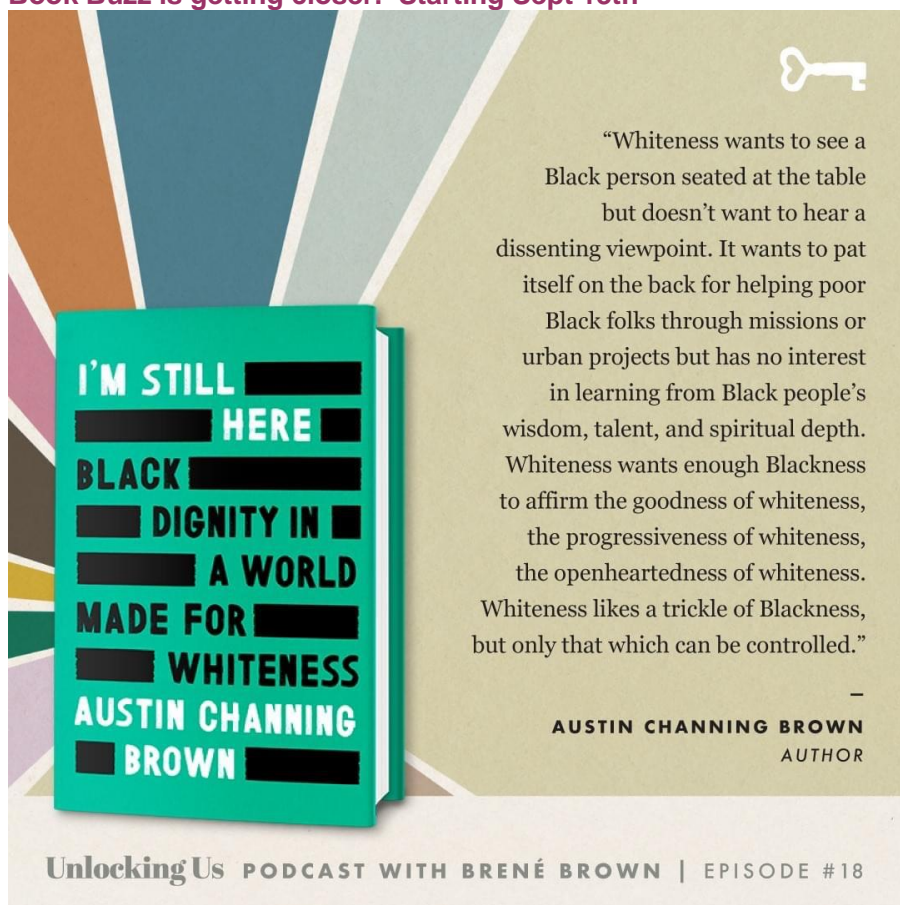
Family Promise: Apartment Furnishings & Housewares Needed

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.

- 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>.
- Donations may be made in person at the church, rear entrance, between 9:30 - noon on **Saturday, Aug. 29th**. Wendy Baldwin will be onsite.
- For monetary donations, simply mail a check to the church (specify Family Promise 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!

Questions? Contact Sandy Wood or Wendy Baldwin.

Book Buzz is getting closer! Starting Sept 13th



“Whiteness wants to see a Black person seated at the table but doesn’t want to hear a dissenting viewpoint. It wants to pat itself on the back for helping poor Black folks through missions or urban projects but has no interest in learning from Black people’s wisdom, talent, and spiritual depth. Whiteness wants enough Blackness to affirm the goodness of whiteness, the progressiveness of whiteness, the openheartedness of whiteness. Whiteness likes a trickle of Blackness, but only that which can be controlled.”

—
AUSTIN CHANNING BROWN
 AUTHOR

UnlockingUs PODCAST WITH BRENÉ BROWN | EPISODE #18

Hope everyone is ready for a series of meaningful conversations about racism and white supremacy as they have evolved in this time. We will be following and picking topics from the book "I'm Still Here" by Austin Channing Brown. If you would like a copy to use throughout this fall, contact Karen Walker or Carol Sowle (Karen: 317-319-8950)

or karen.e.d.walker@gmail.com) or Carol Sowle (317-496-9732 or casowie@gmail.com).

The discussions will follow our buzz format - after worship, grab your lunch and settle in for a casual and open zoom discussion that will expand on topics brought up in the book and in worship and provide an opportunity to share questions and learnings.

The book, with the subtitle "Black Dignity in a World Made For Whiteness", follows the author's life and raises many questions. The author says "I offer this story in hopes that we will embody a community eager to name whiteness, celebrate Blackness, and, in a world still governed by systems of racial oppression, begin to see that there's another way."

Thanks! - Pastor Sarah, Karen, Alice, Carol, Cassidy



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/>

The Southeast Association Eviction Ministry Update

This week, during Governor Holcomb's coronavirus update, he mentioned that the number one call they are receiving at 211 is with regard to eviction assistance. He also discussed new opportunities for landlords and tenants to work on out-of-court agreements regarding evictions. The hope is that a neutral mediator will be able to get them to work out options for repayment. This keeps families out of the court system and will hopefully prevent tenants from receiving an eviction mark on their record.

Ways you can help:

- **Financial Support** - We welcome any financial support you can offer to this ministry so that together we can make a greater impact on the well-being of our neighbors. 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

- **Join our Team** - We welcome new members who want to join our team so that we can continue to grow and expand this ministry.
- **Legal resources** - If you have legal experience with the eviction process, we would love to talk with you to gain better insight into the legal process of eviction in Indiana.

- Rev. Shannon Abbott (shannon@fcindy.org), Pastor Sarah Frische-Mouri Hannigan (pastorsarahzucc@gmail.com), Walter Ziebell (wziebell@gmail.com)

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@caloosapirit.net)

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

THIS WEEK AT FIRST CONGREGATIONAL

3 Ways to Connect for Worship

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Weekly Calendar

Thursday, August 27	5:00 p.m.	Spiritual Support Group for Mental Health
Sunday, August 30	9:30 a.m.	Sunday Adult Class
Sunday, August 30	11:00 a.m.	Sunday Worship (YouTube, Dial In, FaceBook)
Sunday, August 30	12:00 p.m.	Coffee Hour (immediately after worship)
Sunday, August 30	12:30 p.m.	Church Check In Buzz
Tuesday, September 1	1:00 p.m.	Worship Design Team
Tuesday, September 1	5:00 p.m.	Soul Care with Pastor Sarah
Wednesday, Sept 2	TBD	Wellness Wednesday
Wednesday, Sept 2	7:00 p.m.	Trustees
Thursday, Sept 3	1:00 p.m.	Men's Lunch
Thursday, Sept 3	5:00 p.m.	Spiritual Support Group for Mental Health
Friday, Sept 4	1:00 p.m.	Worship Design Team
Sunday, Sept 6	9:30 a.m.	Sunday Adult Class
Sunday, Sept 6	11:00 a.m.	Sunday Worship (YouTube, Dial In, FaceBook) – Communion Sunday
Sunday, Sept 6	12:00 p.m.	Coffee Hour (immediately after worship)

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