

 [FirstCongregationalUCCIndy](#)

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FIRST CONGREGATIONAL CHURCH

UNITED CHURCH OF CHRIST

Epistle for the Week of September 3, 2020

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

Dear First Congregational,

Greetings to you this first week of September! Recently I came across a reflection from Parker Palmer that spoke to me. I want to share it with you and invite you to reflect on what brings you inner peace.

Parker Palmer says that during his recent sabbatical he realized that the “most radical thing I can do during this era of intense social and political turmoil is hold to inner peace, as best I can.” For Parker Palmer, being at peace does not mean that he is ignorant or naive about the world’s problems. It’s not about being detached from reality, but being grounded in the present moment. Parker Palmer goes on to say:

I’m not talking about shutting out the madness around me: the madness is here and we must

respond in life-giving ways. I'm talking about taking it into a quiet center, where my responses can be truer, more grounded, and more sustainable than when I get lost in the madding crowd. I'm talking about refusing to collaborate with the frenzy that weakens democracy by depriving us of reason and cutting us off from our souls...I'm not abandoning the struggle. It must be won by love, truth, and justice. I'm reclaiming the nonviolent resources that are found within. I refuse to let the powers that be strangle the better angels in me.

As a Just Peace church, we know that peacemaking begins with an inward journey. Parker Palmer says, "Achieving 'serenity' is not where the struggle ends. It's where the nonviolent resistance begins."

Take time to nurture your own serenity today. Be at peace within. Peace begins with you.

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>

September 6: Today we launch our **"One Church One Book Study"** with ***I'm Still Here: Black Dignity in a World Made for Whiteness* by Austin Channing Brown**. As part of that launch, our Adult Ed class will listen to a 13 minute interview between Austin and Jeff Shinabarger. This interview is available on YouTube at this link -

<https://youtu.be/10aUnU5qGqU> - for those of you who would like to listen before class. We will also read another interview from Sojourners titled, "Austin Channing Brown: White People are 'Exhausting,'" available at: <https://sojo.net/articles/austin-channing-brown-white-people-are-exhausting>

Sunday Worship, 11:00 a.m.

Pastor Sarah is preaching on "God Is Here Among Us."

Scripture: Matthew 18:15-20

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

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- 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, 12:00 p.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.

Outdoor Vespers Service – Tuesday, Sept 8th from 7:00 – 7:30 p.m. - Join us in the lovely setting of the Memorial Garden for a quiet time to be together, ponder scripture, and share our joys and concerns. Bring a chair and face mask as we spend some precious time with one another, and practice our love by keeping distant and wearing face coverings. Note: if the weather is threatening, the event will be cancelled, since we cannot run into the building to take cover.

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! Men's Lunch, 1:00 PM

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.

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

Our weekly Spiritual Support Group for Mental Health, Emotional Health, and 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 or emotional health challenges and those living with loved ones who have mental or emotional health challenges. We look forward to greeting each of you with love.

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.

Wellness Wednesdays, 10:30 - 11:30 AM – Check in with mind, body, and spirit on Wednesday, **September 9th** for a 45-60 minute practice of intentional breath practices, meditation, and slow physical movements. This practice will be recorded and shared on the church website.

Zoom

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

Book Buzz - Starting Sept 13th



“Our only chance at dismantling racial injustice is being more curious about its origins than we are worried about our comfort. It’s not a comfortable conversation for any of us. It is risky and messy. It is haunting work to recall the sins of our past. But is this not the work we have been called to anyway? Is this not the work of the Holy Spirit to illuminate truth and inspire transformation? It’s haunting. But it’s also holy.”

—

AUSTIN CHANNING BROWN
AUTHOR



Unlocking Us PODCAST WITH BRENE BROWN | EPISODE #18

Who doesn't like chatting meaningfully with friends over lunch? Next week (September 13) we will start biweekly buzz sessions at 12:30 discussing both our own and Austin Channing Brown's perspectives on racism today. Her books are still available for loan from the church - they can be picked up at church at the same time as the food drive - from 10am - 12pm on Saturday the 12th. Or contact Karen Walker or Carol Sowle to have one delivered to you personally! (Karen: 317-319-8950, karen.e.d.walker@gmail.com, Carol: 317-496-9732, casowle@gmail.com). The first week we will do introductions and only some of the first chapter about who Austin is. So no big reading assignment.

The book, "I'm Still Here: 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



Family Promise – Help Provide Supplies for an Apartment for a Homeless Family!

As part of our Just Peace Ministries, FC Indy 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. Thanks to a great response, all of the items needed have been accounted for. FC Indy purchased some larger ticket items, and your financial gifts will cover these costs. You can mail a check to the church (specify FP Apt on memo line), or donate online. Questions? Contact Sandy Wood or Wendy Baldwin. **Thank you for helping in this effort to house a homeless family!**

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/>

SE Association Eviction Ministry Update

The CDC calls eviction a public health crisis; calls for a moratorium on evictions through the end of 2020: <https://www.npr.org/sections/coronavirus-live-updates/2020/09/01/908581048/sweeping-new-eviction-ban-from-trump-administration>

This moratorium on eviction does not mean the crisis is over. This halt in evictions simply gives us the opportunity to prepare for the needs of Central Indiana families in the coming months. As we prepare for 2021, we need your support. **Here are a few ways you can help:**

- **Financial Support** - 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@caloosaspirt.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, Sept 3	1:00 p.m.	Men's Lunch
Thursday, Sept 3	5:00 p.m.	Spiritual Support Group for Mental Health
Sunday, Sept 6	9:30 a.m.	Sunday Adult Class
Sunday, Sept 6	11:00 a.m.	Sunday Worship (YouTube, Facebook, & Dial In) – Communion Sunday
Sunday, Sept 6	12:00 p.m.	Coffee Hour (immediately after worship)
Tuesday, Sept 8	1:00 p.m.	Worship Design Team
Tuesday, Sept 8	5:00 p.m.	Soul Care with Pastor Sarah
Tuesday, Sept 8	7:00 p.m.	Outdoor Vespers Service
Wednesday, Sept 9	10:30 a.m.	Wellness Wednesday
Wednesday, Sept 9	5:00 p.m.	WISE Mental Health Team
Wednesday, Sept 9	7:00 p.m.	Church Council
Thursday, Sept 10	5:00 p.m.	Spiritual Support Group for Mental Health
Friday, Sept 11	1:00 p.m.	Worship Design Team
Sunday, Sept 13	9:30 a.m.	Sunday Adult Class
Sunday, Sept 13	11:00 a.m.	Worship (YouTube, Facebook, & Dial In)
Sunday, Sept 13	12:00 p.m.	Coffee Hour (immediately after worship)
Sunday, Sept 13	12:30 p.m.	Book Buzz

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