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FIRST CONGREGATIONAL CHURCH

UNITED CHURCH OF CHRIST

Epistle for the Week of September 17, 2020

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

Dear First Congregational,

I celebrate that our church is adapting to new ways to Be The Church. Thank you all for the support as we find creative ways to Be The Church together. We've begun to meet weekly now for outdoor vespers every Tuesday starting at 6:30pm. This is new for us and it is good.

Another new opportunity for our church is this Sunday evening, the last night of summer, we will gather for an outdoors "Hum-A-Long," a night of music and togetherness. We will be gathering in the courtyard area so come around to the back parking lot of the church. Bring your lawn chair, a mask, and a heart ready to be touched by inspiring music.

We will tap our feet and hum along to the sounds of our Music Director/Organist Sean Baker. Joining Sean on vocals will be Alice Rutherford and we welcome back for this special night,

Julie Houston. All of our vocalists will be following safety protocols for singing, maintaining safe physical distances from others.

The Hum-A-Long begins at 6:30pm and will finish up by 7:30pm. We look forward to this special night of Being The Church together.

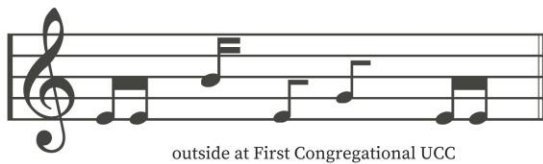
Blessings,
Pastor Sarah

Church Hum-a-long: THIS Sunday, September 20th at 6:30pm (outside)

First Congregational UCC presents...

HUM-A-LONG

A Night of Music and Fellowship



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. (Zoom)

September 20: The “IKC Annual Gathering Responding to Systemic Racism

Discussion.“ This important panel discussion was presented and recorded at our annual gathering via Zoom in June. We will watch/listen to this discussion, with frequent pauses for our own reflection and sharing with one another. Wendy will facilitate this process both this Sunday and next Sunday. You are invited to listen to the recorded panel discussion ahead of time, and bring to class your thoughts and questions. The discussion can be found on YouTube at:

<https://youtu.be/dozIJ3jgLSA>

In additions, we will read a short book review of *Blind spot: Hidden Biases of Good People* by Mahzarin R. Banaji and Anthony G. Greenwald, available at this link:

https://www.washingtonpost.com/opinions/blindspot-hidden-biases-of-good-people-by-mahzarin-r-banaji-and-anthony-g-greenwald/2013/02/08/4c42d6b8-6a1b-11e2-ada3-d86a4806d5ee_story.html

Sunday Worship, 11:00 a.m. (YouTube, Facebook, or Dial In)

Pastor Sarah is preaching on "Breathing into Tomorrow."

Scripture: Scripture: Exodus 16:2-15

Coffee Hour, 12:00 p.m. (via Zoom, immediately after worship)

All Sunday Zoom Gatherings use the following link unless otherwise specified:

Zoom

Link: <https://us02web.zoom.us/j/9264494206?pwd=dmTWbWE5UXRBTk5pcHZlYlB0aEFVUT09>

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

Outdoor Vespers Service – Tuesdays at 6:30-7:00 p.m. – Note the new time.

OUTDOOR VESPERS SERVICE

EVERY TUESDAY AT 6:30PM

- JOIN US IN OUR MEMORIAL GARDEN FOR A TIME OF TOGETHERNESS, SCRIPTURE, AND SHARING OF JOYS AND CONCERNS.

- BRING A CHAIR AND FACE MASK. WE PRACTICE OUR LOVE BY KEEPING DISTANT AND WEARING FACE COVERINGS

FCINDY.ORG

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

All Zoom Gatherings use the following link unless otherwise specified:

Zoom

Link: <https://us02web.zoom.us/j/9264494206?pwd=dmtWbWE5UXRBTk5pcHZlYlB0aEFVUT09>

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

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 p.m. - This lunch and discussion gathering for men of First Congregational meets every other Thursday at 1:00pm. Please contact Randy Walker at (317) 796-2081 or aa28977rwalker@gmail.com for more information.

TODAY! Spiritual Support Group for Mental Health Conditions, Challenges, and Wellness, Thursdays from 5:00 - 6:00 PM (Zoom) - This group openly invites anyone

seeking spiritual care concerning their well being. vve have covenanted with:

- care givers of loved ones who have mental illness, i.e. dementia and Alzheimer's
- chaplains seeking to renew their wellness
- burned out and overwhelmed medical folk
- fears of parents, grandparents, and teachers about school and college
- those with trauma, grief, up and down moods, disorders, stigma, emotional issues

All sessions are confidential and are led by Pastor Rev. Dr. Sarah Lund and Rev. Dr. Patrick Larracey, co-chair of the church's WISE Team. Please feel free to call or email either of us if you have questions: Pastor Sarah: pastorsarah@fcindy.org, or 386-478-9012. Dr. Pat: plainandfancy1963@att.net, or 317-625-6801. You do not have to be alone with your struggles or journey.

NEW! Wellness Wednesdays, 10:30 - 11:30 AM (Zoom)

Next Wednesday, September 23rd, join in a practice of Mid-Morning Prayers through contemplation, mindful movement, and prayers. See your Wellness Wednesday email next week for more information.

Based on your comfort level, you may have your camera on or off during this practice. All Wellness Wednesday practices are recorded and shared on the church website and Facebook page.

Book Buzz - Off to a great start! Join in anytime!

Last Sunday we had our first discussion - over 20 people attended and shared in a conversation about what it means to each of us to be White and taking the next steps in understanding our culture's inherent racism. We will continue to meet every other Sunday, and during the meetings we will have small group breakouts to facilitate more discussion. Our **next meeting on September 27** will focus on chapters 2-4 and her school experiences as a Black woman. These informal discussions are open to all, so drop in on any session that might interest you.

If you don't have a book yet ("I'm Still Here" by Austin Channing Brown), contact Karen Walker or Carol Sowle to get one to you (Karen: 317-319-8950, karen.e.d.walker@gmail.com, Carol: 317-496-9732, casowle@gmail.com). The church is providing the book on loan to anyone who wants to read it, and we will donate them to the conference to be used elsewhere next year.

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

Festival of Faiths

The Festival of Faiths is Live! We appreciate all of your support during our technical difficulties

on Sunday and patiently waiting to view the festival. We would like to thank our Sponsors & Exhibitors, WFYI, and the Festival of Faiths Steering Committee. We could not have created this wonderful recording without you. We encourage you to watch this video with friends and family. Please share comments online, we would love your feedback.

Sincerely,

Sonal Sanghani, Festival of Faiths Steering Committee Chair & CIC Board Member

Charlie Wiles, CIC Executive Director

Watch here: https://www.youtube.com/watch?v=YX_nWQrSFfg



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/>

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

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.

How to Access our Zoom Gatherings

<https://us04web.zoom.us/j/9264494206?pwd=dmTWbWE5UXRBTk5pcHZlYlBoaEFVUTo9>

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.

Weekly Calendar

Thursday, Sept 17	1:00 p.m.	Men's Lunch
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Thursday, Sept 17	5:00 p.m.	Spiritual Support Group
Sunday, Sept 20	9:30 a.m.	Sunday Adult Class
Sunday, Sept 20	11:00 a.m.	Sunday Worship (YouTube, Facebook, & Dial In)
Sunday, Sept 20	12:00 p.m.	Coffee Hour (immediately after worship)
Sunday, Sept 20	6:30 p.m.	Hum-a-long (outside at FC)
Tuesday, Sept 22	5:00 p.m.	Soul Care with Pastor Sarah
Tuesday, Sept 22	6:30 p.m.	Outdoor Vespers Service
Wednesday, Sept 23	10:30 a.m.	Wellness Wednesday
Wednesday, Sept 23	7:00 p.m.	Church Council
Thursday, Sept 24	11:45 a.m.	Women's Lunch Bunch
Thursday, Sept 24	5:00 p.m.	Spiritual Support Group
Sunday, Sept 27	9:30 a.m.	Sunday Adult Class
Sunday, Sept 27	11:00 a.m.	Worship (YouTube, Facebook, & Dial In)
Sunday, Sept 27	12:00 p.m.	Coffee Hour (immediately after worship)
Sunday, Sept 27	12:30 p.m.	Book Buzz

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