

 FirstCongregationalUCCIndy

 Forward



# FIRST CONGREGATIONAL CHURCH

UNITED CHURCH OF CHRIST

Epistle for the Week of September 24, 2020

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

**Dear First Congregational,**

As our congregation engages in critical and faithful conversations about justice issues, we do so as followers of Jesus. As students of the Gospel and as disciples of Jesus, we approach issues like racism from the lens of faith in a God of love.

Thank you for all who are engaged in our Book Buzz effort to explore together how racism impacts us and our neighbors. I look forward to our online discussion this Sunday following worship at 12:30pm. Everyone is welcome to join us. Our understanding deepens when more voices are present and heard.

We are finding meaningful and creative ways to Be The Church in these turbulent times. I am grateful to be part of this community of faith that allows me to experience God's comfort and

grace and to grow in my faith. I thank you all for your continued support and prayers for our church.

Peace,  
Pastor Sarah

**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 27:** Continuation of 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. 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> Time permitting, we will look at the article “Test Yourself for Hidden Bias” available at this link: <https://www.tolerance.org/print/14222/print>. This article provides a link to an online test that you can take to test yourself.

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

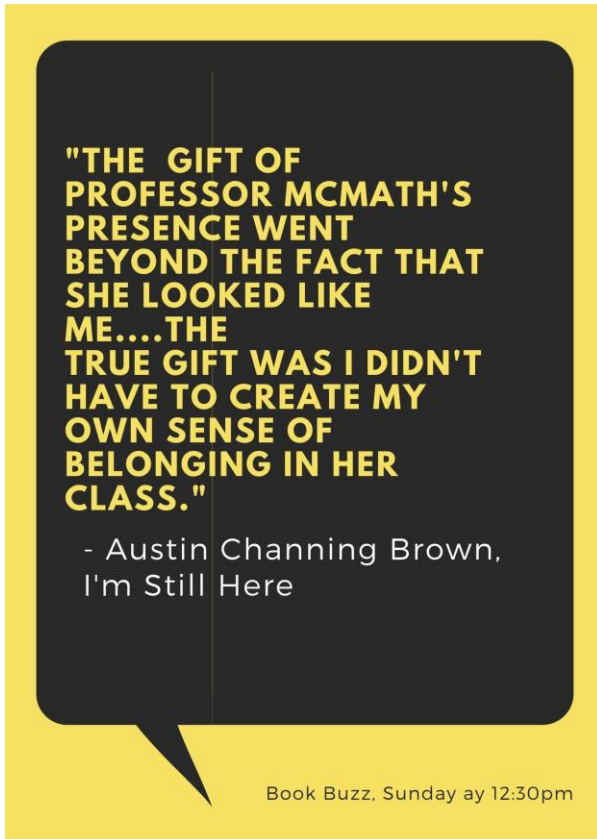
Pastor Sarah is preaching, "Hope How? Hope Now!"

Scripture: Philippians 2:1-13

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

### **Book Buzz this Sunday - join us at 12:30p.m.**

Grab your lunch and join in the conversation on Sunday, September 27, focusing on chapters 2 through 4 of "I'm Still Here" and Austin Channing Brown's school experiences as a Black woman, a lot of discussion on fitting in and not fitting in, and expectations around that, both on trying to fit in and on trying to make space for others to join (school choice, affirmative action, diversity focus, even emotional trips to visit the lynching museum). These informal discussions are open to all, so drop in on any session that might interest you, whether you have read the book or not.



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](mailto:karen.e.d.walker@gmail.com), Carol: 317-496-9732, [casowle@gmail.com](mailto: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

**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 & place.**

Join us **on the patio** 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.

*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! Women's Lunch Bunch, 11:30 AM (Zoom)

All women of the church are invited to get together once a month at **11:30am**. via Zoom for lunch, friendship and fellowship. For questions or more information please contact Sue Chapman at (317) 259-1806 or [carolsuech59@gmail.com](mailto:carolsuech59@gmail.com).

**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. We 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](mailto:pastorsarah@fcindy.org), or 386-478-9012. Dr. Pat: [plainandfancy1963@att.net](mailto: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 30th**, we will cultivate our **intellectual wellness** as we join in a conversation of group discernment regarding what wellness looks like for you, how you are cultivating your mental, physical, spiritual, and intellectual wellness, and what ways FC can

offer you support in your wellness. This conversation will not be recorded for the sake of confidentiality; however, a brief pre-recorded wellness practice will be provided via email, on the website, and on the church facebook page for your continued benefit.



### **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](mailto:pastorsarah@fcindy.org).

### **Additional Church Support Contacts**

Pastor Carol ([casowle@gmail.com](mailto:casowle@gmail.com))

Office Administrator, Shannon ([shannon@fcindy.org](mailto:shannon@fcindy.org))

Moderator, Alice Rutherford ([alice@caloosaspirit.net](mailto:alice@caloosaspirit.net))

Vice Moderator, Larry Eckel ([lspeckel@comcast.net](mailto: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](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=dmtWbWE5UXRBTk5pcHZlYlBoaEFVUT09>

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**

<b>Thursday, Sept 24</b>	<b>11:30 a.m.</b>	<b>Women’s Lunch Bunch</b>
<b>Thursday, Sept 24</b>	<b>5:00 p.m.</b>	<b>Spiritual Support Group</b>
<b>Sunday, Sept 27</b>	<b>9:30 a.m.</b>	<b>Sunday Adult Class</b>
<b>Sunday, Sept 27</b>	<b>11:00 a.m.</b>	<b>Sunday Worship (YouTube, Facebook, &amp; Dial In)</b>
<b>Sunday, Sept 27</b>	<b>12:00 p.m.</b>	<b>Coffee Hour (immediately after worship)</b>
<b>Sunday, Sept 27</b>	<b>12:30 p.m.</b>	<b>Book Buzz</b>

<b>Tuesday, Sept 29</b>	<b>1:00 p.m.</b>	<b>Worship Design Team</b>
<b>Tuesday, Sept 29</b>	<b>5:00 p.m.</b>	<b>Soul Care with Pastor Sarah</b>
<b>Tuesday, Sept 29</b>	<b>6:30 p.m.</b>	<b>Outdoor Vespers Service</b>
<b>Wednesday, Sept 30</b>	<b>10:30 a.m.</b>	<b>Wellness Wednesday</b>
<b>Thursday, Oct 1</b>	<b>1:00 p.m.</b>	<b>Men's Lunch</b>
<b>Thursday, Oct 1</b>	<b>5:00 p.m.</b>	<b>Spiritual Support Group</b>
<b>Thursday, Oct 1</b>	<b>7:00 p.m.</b>	<b>Calling Circle</b>
<b>Sunday, Oct 6</b>	<b>9:30 a.m.</b>	<b>Sunday Adult Class</b>
<b>Sunday, Oct 6</b>	<b>11:00 a.m.</b>	<b>Worship (YouTube, Facebook, &amp; Dial In)</b>
<b>Sunday, Oct 6</b>	<b>12:00 p.m.</b>	<b>Coffee Hour (immediately after worship)</b>

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