



FIRST CONGREGATIONAL CHURCH

UNITED CHURCH OF CHRIST

THE PILGRIM COLONY

September 2020

Pastor's Reflections

As the fall semester begins, I am happy to welcome two student interns to First Congregational. We welcome Maddy Vaughn as our Just Peace Intern, with a focus on connecting with Faith in Indiana and voter registration. Maddy will be with us through the end of November and during this time she will be joining us regularly on Sundays online for Adult Education and worship. When interviewing students for this position, I was impressed with her deep passion for advocacy and her experience working for justice. This is another way we are living into our covenant to be a Just Peace congregation. Thank you to the congregation for welcoming Maddy her first Sunday with us and in the days to come.

We welcome back for the second year our Student Pastor, Cassidy Hall, who continues her studies for her Master of Divinity degree at Christian Theological Seminary. This past spring, Cassidy was approved to become a United Church of Christ Member in Discernment (MID) as she follows her call to ordained ministry. Rev. Dr. Pat Larracey serves as her support person representing our congregation and so I give thanks to the church for being partners with Cassidy on this journey of faith formation and leadership.

September also marks the beginning of our journey with Rev. Shannon Abbott in partnership with the church's Mental Health Team. In addition to providing the church with office support, Shannon will be providing leadership for a new Wellness Wednesday series to help support members of the congregation through the coming months. This is another way the church is living into our WISE (Welcoming, Inclusive, Supportive, and Engaged) covenant for mental health. I give thanks to Shannon and our Mental Health Team for helping us grow in new ways as we seek to fulfill our mission.

During this challenging time we are finding meaningful ways to Be The Church. I am thankful to our leaders for thinking creatively, strategically, and faithfully about how to Be The Church. Thank you to all of our members for your faithful and generous support.

Blessings,
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>

Pastoral Care and Support: Contact Pastor Sarah at pastorsarah@fcindy.org and (386)478-9012.

A Note from our Interns

FC Indy family,

As I begin my 3rd year of seminary at CTS, I think about how lucky I am to be joining you for another year of being your Student Pastor. We are walking through some different and difficult times right now and I'm reminded of how important it is to remember this is something we are doing *together*. Though we see each other less often and no longer pass the physical peace — I remember there is a loving and knowing of one another that is deepening, and there is a peace that surpasses *all* understanding. May *that* peace be the one we pass in our chats and prayers.

May *that* peace go with us as individuals and as a church community.

If you ever need anything or want to connect for a chat on zoom, email me at studentpastor@fcindy.org

- Cassidy Hall, FC Student Pastor



My name is Maddy Vaughn and I am currently a senior at Butler University with a double major in International Studies and Chinese and a minor in Business Law. Outside of school I love to ride my bike and read. I am excited to take on the role as the Just Peace Intern this semester as I hope to support peacebuilding efforts in the community and connect with leaders around Indianapolis. I am looking forward to all of the conversations, education, and events to come this semester!

- Maddy Vaughn, Just Peace Intern
(mvaughn@butler.edu)

Antiracism Book Buzz



We 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 (Karen: 317-319-8950 or karen.e.d.walker@gmail.com) or Carol Sowle (317-496-9732 or casowle@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."

- Pastor Sarah, Carol Sowle, Alice Rutherford, Cassidy Hall, and Karen Walker.

Pastoral Congregation Relations Committee

The pastoral office and other positions of staff leadership exist to build up the congregation as part of the Body of Christ and to equip the saints for the mission of the church. The particular relationship between a pastor and congregants should be tended deliberately, so that the ministries of both pastor and congregation complement each other and further God's grace in the world. As with any relationship, it must be respected and nurtured to grow in healthy and projective ways. For this reason, a Pastoral Congregation Relations Committee (PCRC) exists in a congregation to advise, assist, and promote the growth of this vital relationship.

PCRC meet quarterly and are available throughout the year for support and conversation. We are blessed to have both Pastor Sarah and Pastor Carol serve our congregation. Currently, Pastor Carol's focus is on the following areas: pulpit supply, pastoral care visits, Adult Education and Worship Leader coordination.

PCRC for Pastor Sarah: Randy Walker, Lianna Campos, Nancy Dickinson, Chuck Kiphart

PCRC for Pastor Carol: Bob Cook, Gloria Boedeker, Clark Collier, susana-judith rae

Moderator's Reflections

If you're like me you have to take the news these days in small batches, because most of what's in the news is pretty depressing. Devastating hurricanes, covid-19 deaths, riots and destruction – and don't even get me started on the political scene! Some of the particularly horrific news stories in the last several weeks (months?) have been about police shootings, and this week has brought yet another. I try to find some hope in these stories, but often that search feels futile.

And yet, I do feel as though this summer I've developed a better understanding of "Black Lives Matter" than I ever had before. The massive uprising of support for this simple claim about the sanctity of life among our siblings of color does inspire some hope. Maybe this time we'll find a way to truly dismantle the systemic racism that has been our society's scourge for generations.

At First Congregational we're finding our way to be a part of that effort. I'm eager to participate in our discussions beginning this month on how we can be an anti-racist church. Our "Book Buzz" sessions this fall are based on Austin Channing-Brown's *I'm Still Here*, but all are welcome to share thoughts apart from the book's content. I hope to hear a variety of thoughts and views, for it's through the group's wisdom that God speaks to us. I believe there is much for us to learn about how to achieve true peace with true equality.

So when the news is just too much, I take a break and find an escape, even for a few minutes. But I know that there is still God's work to be done, and God will be there beside me as I labor. I hope you will join me in that holy endeavor.

- Alice Rutherford, Moderator

A Note from the Office Administrator

I write this note to you from my home office...my dining room table. Since early March, my home is where the weekly bulletins and epistles, and the monthly Colony newsletters have been created. It is where email communications are read and replied to, and it is where church voicemails are listened to and answered. I am grateful for the support of First Congregational as we navigate together what it looks like to be *the church* in a time of pandemic. I am grateful for church leadership who lives close to the church for stepping in and helping with many tasks that I cannot regularly attend to at this time: for Wendy Baldwin who took on the additional task of printing and mailing the monthly Colony while we were on a stay-at-home order, and for Jim Lootens for picking up the mail and for watering my plants in the church office. I am also grateful for the Personnel Team and Pastor Sarah for supporting me and the needs of my family by approving that I may continue to work from home through the end of the year, and by offering flexible hours so I may have time to be present both to the needs of First Congregational and also to my children as I support them through their virtual education. As I continue working from home, you may still contact me with any questions or concerns via email (shannon@fcindy.org) or by leaving a message on the church office voicemail, which I check regularly.

- Shannon Abbott, Office Administrator



From the Comeback Team

On 8/26/20, the Church Council approved the following recommendation from the Comeback Team:

Effective immediately, the church building is closed to in-person church gatherings until the 7-day average infection rate of unique individuals in Marion County is 5% or lower, per the metrics shown on www.coronavirus.in.gov. At that time, the Council will decide reopening measures. If the rate lowers and then increases again, restrictions may be reinstated. Due to time and resources for planning worship content, it may be several weeks before worship begins in the sanctuary, where 6 ft distancing, face coverings, and no-singing protocols will apply.

The church grounds remain available for in-person gatherings where 6 ft distancing and face coverings are used. The gathering size shall be regulated by the ability to hear one another. Participants are asked to bring their own chairs and beverages, and restrooms are available for emergency use only.

The Meridian Hills Cooperative Nursery School will be using the playground and classrooms on the Main Floor and basement levels. If you need to be in the building, do not use the south stairwell and avoid being in these hallways. Please wash your hands in the kitchenette or use the sanitizer at the cleaning cart, sign in, and wear a face mask while in the building.

We value the opportunity to be together, but are equally desirous to keep one another healthy by limiting ways to inadvertently shed virus!

This Month at FC*

SUNDAYS	9:30 a.m.	Sunday Adult Class (Zoom)
SUNDAYS	11:00 a.m.	Worship (YouTube, Dial In)
SUNDAYS	12:00 p.m.	Coffee Hour (Zoom - immediately after worship)
TUESDAYS	5:00 p.m.	Soul Care with Pastor Sarah (see special Zoom link in Pastor announcements)
WEDNESDAYS	10:30 a.m.	Wellness Wednesdays (Zoom)
THURSDAYS	5:00 p.m.	Spiritual Support Group for Mental Health (Zoom)
TUESDAYS/FRIDAYS	1:00 p.m.	Worship & Design Team (Zoom)
Wednesday, September 2	7:00 p.m.	Trustees (Zoom)
Thursday, September 3	1:00 p.m.	Men's Lunch
Sunday, September 6	11:00 a.m.	Communion Sunday (YouTube, Facebook, Dial In)
Tuesday, September 8	7:00 p.m.	Outdoor Vespers Service
Wednesday, September 9	5:00 p.m.	WISE Mental Health Team (Zoom)
Wednesday, September 9	7:00 p.m.	Church Council (Zoom)
Saturday, September 12	10:00 a.m.	Outdoor Food Drive
Sunday, September 13	12:30 p.m.	Book Buzz (Zoom)
Tuesday, September 15	1:30 p.m.	Book Circle (Zoom)
Thursday, September 17	1:00 p.m.	Men's Lunch
Sunday, September 20	6:30 p.m.	Outdoor Hum-a-long (at FC)
Tuesday, September 22	7:00 p.m.	Outdoor Vespers Service
Thursday, September 24	11:45 a.m.	Women's Lunch (Zoom)
Sunday, September 27	12:30 p.m.	Book Buzz (Zoom)

***All activities are through the use of Zoom, Facebook, YouTube, or phone call-in unless otherwise stated.**



To join Zoom meetings, click this link:

<https://us02web.zoom.us/j/9264494206?pwd=dmtWbWE5UXRBTK5pcHZlYlB0aEFVUT09>

Meeting ID: 926 449 4206

Password: 7171

To Join by Phone call only: 1 312 626 6799 US (Chicago), you will be prompted for the meeting ID 926 449 4206, followed by the # sign, and the Password 7171, followed by the # sign.

If you don't have a device with visual display, you can simply call in and participant as a 'conference call'.

WORSHIP & FAITH

Elizabeth Price, Chair

Next Worship & Faith Meeting: Sunday, August 16, 12:45pm

Sunday Adult Class, 9:30-10:30 am

Adult Education will continue to meet via Zoom during the month of September and continue to educate ourselves on issues of Racial Justice.

Join Zoom Meeting

<https://us04web.zoom.us/j/9264494206>

Meeting ID: 926 449 4206

Phone call only: 1 312 626 6799 US (Chicago), you will be prompted for the meeting ID 926 449 4206, followed by the # sign. If you don't have a device with visual display, you can simply call in and participant as a 'conference call'.

We will watch/listen to three YouTube videos this month whose links are given below. In addition, we will reflect on some articles that complement the videos. Hope to see you all!

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/foaUn05qGqU> - 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>

September 13: Led by Wendy Baldwin, join us to discern and discuss a selected Bible passage, and how it speaks to us about **generosity and stewardship**.

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

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.

3 Ways to Connect for Worship



FACE BOOK

https://www.facebook.com/pg/FirstCongregationalUCCIndy/posts/?ref=page_internal



YOUTUBE

<https://www.youtube.com/channel/UCWV9wgAvPiUKSkEbjAV6Zpw>

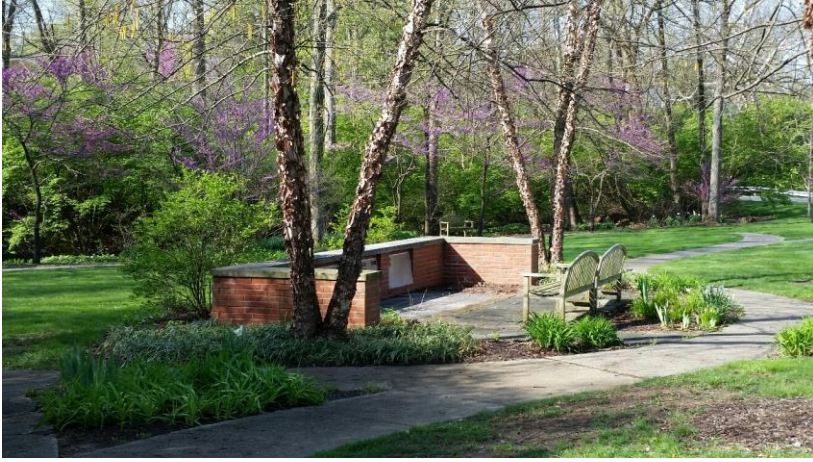
- YouTube Live Premiere will broadcast at 11am Sunday morning. There will be a countdown before. We highly recommend using the mobile app for more convenience as it will refresh.
- If using a laptop, you will need to refresh your browser after 11am to click to watch live.



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.

Outdoor Vesper Service – Tuesday September 8 & 22, 7-7:30 pm



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.

Church Hum-a-long

Join us at First Congregational on **Sunday, September 20th, from 6:30 - 7:30 pm** for an outside hum-a-long.

We will gather in community to listen to some favorite hymns and music. (Humming along is allowed and toe-tapping is encouraged!) Bring your own lawn chair and wear your mask. We will be socially distancing, but the music will be amplified for all to hear. Come join us for a relaxing evening on the last Sunday of Summer!

First Congregational UCC presents...

HUM-A-LONG

A Night of Music and Fellowship



OUTREACH & SERVICE

Ann Leatherman, Chair

WISE (Welcoming, Inclusive, Supportive and Engaged) Mental Health Team



The FC WISE Mental Health Team seeks new members interested in promoting mental health, removing stigma of mental illness and working for justice for those affected by mental illness. We meet monthly (currently via Zoom) the second Wednesday of each month from 5 p.m. to 6:15 p.m. (Next meeting is September 9th). Come join our active and caring team trying to live out God's call to love one another through our commitment to those experiencing mental health challenges, their families and friends. For more information contact co-chairs, Pat Larracey, [317-625-6801](tel:317-625-6801)-

plainandfancy1963@att.net and Sandy Wood, 317-225-6206- csjlwood@att.net.

Spiritual Support Group EVERY Thursday, 5 to 6 PM on Zoom

We invite you to participate in this highly confidential support group for those with mental health challenges AND for those who care for loved ones with mental health challenges or brain disorder. Pastor Sarah Lund and I are glad to be available for those who have joined us off and on. You do not have to attend every Thursday, come and go as your time allows, or as circumstances arise. No session is recorded in any manner and what is shared stays in the group. Attendees bring the agenda and we have stayed within our hour to honor your time and sometimes continue conversations the following week. If you have any questions concerning this support group, please feel free to contact Pastor Sarah or myself.

Zoom link:

<https://us02web.zoom.us/j/9264494206?pwd=dmtWbWE5UXRBtk5pcHZlYlB0aEFVUT09>

Meeting ID: 926 449 4206 Password: 7171

To Join by Phone call only: 1 312 626 6799 US (Chicago), you will be prompted for the meeting ID 926 449 4206, followed by the # sign, and the Password 7171, followed by the # sign.

Thank you,

Rev. Dr. Patrick Larracey

Contact me at 317-625-6801, or email: plainandfancy1963@att.net, or attend a session anytime to discover for yourself.

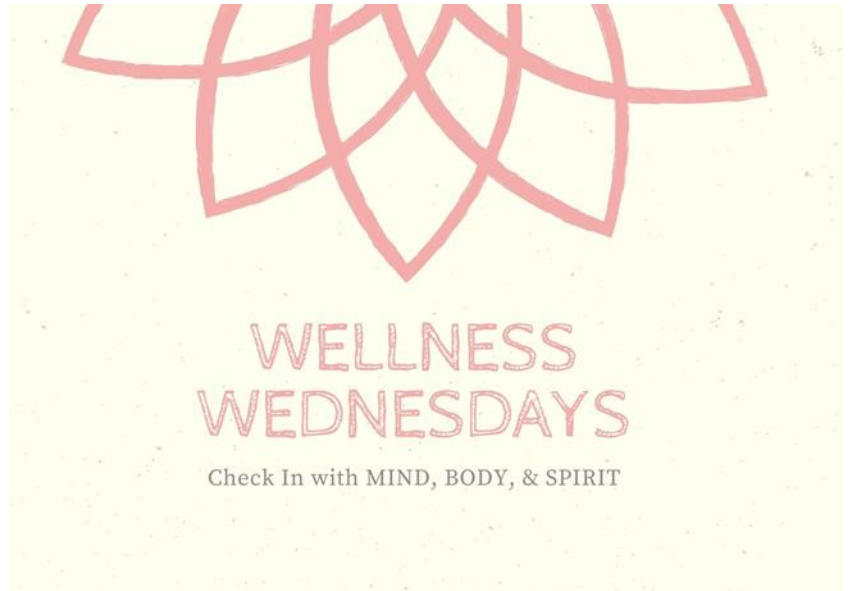
Keep Checking In with your Mind, Body, and Spirit

The WISE Mental Health Team sponsored a Check in Buzz at the end of August, and we are looking for other ways to promote mental health/wellness within the congregation while still worshipping virtually and having limited socially distanced in-person contacts. One such way of checking in with ourselves that was introduced to us during the Buzz was that of mindfulness and movement practices.

Beginning the first week of September, we are offering Wellness Wednesdays with Rev. Shannon Abbott. She will offer mindfulness, meditative, and movement practices focused on checking in and connecting with the mind, body, and spirit together as a whole.

The first Wednesday of each month, Shannon will provide a short, pre-recorded, meditation and/or movement practice which will be shared via email as well as on the church website. Each additional Wednesday of the month will include a 45 – 60 minute practice incorporating elements of

- the mind (meditation/mindfulness)
- the body (physical postures/chair yoga)
- the spirit (Scripture, prayer, spiritual quotes)



Each week's practice will incorporate all three of these components in order to practice wholeness, while placing an emphasis on checking in specifically on the part (mind, body, or spirit) designated for that week.

These practices will be offered on **Wednesdays at 10:30 a.m. via Zoom**. All practices will be recorded, so they can be posted on the website for practice all week, or for those who are unable to participate at the designated time.

Zoom link:

<https://us02web.zoom.us/j/9264494206?pwd=dmtWbWE5UXRBtk5pcHZlYlB0aEFVUT09>

Meeting ID: 926 449 4206 Password: 7171

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- WISE Mental Health Team & Rev. Shannon Abbott

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

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>. Used

items in good condition from your home or from Goodwill are welcome, as well as new items.

We are hoping to have everything purchased by early September. Since many of the small items are already being provided, your cash gift will help us purchase more expensive items. Mail a check to the church (specify FP Apt on memo line), or donate online. If you have items to donate, please contact Wendy Baldwin to arrange a time to bring them to church. Questions? Contact Sandy Wood or Wendy Baldwin. Thank you so much!

Underneath It All – Thank You!

Many thanks to all of you for your generous donations to Underneath It All, the July Mission of the Month. The over \$600 donated will clothe children in the Family Promise Aftercare program.

- Sandy Wood

WITNESS & WELCOME

Aniseh Ebbini, Chair

The Witness and Welcome board is looking into ordering more Black Lives Matter signs for members of the congregation who would like to display one at their homes.



While we are deciding the best way to go about this, here are a few UCC resources for T-shirts and signs. Proceeds go to support the UCC's National Ministries for Justice and Faith Innovation.

<https://www.uccresources.com/products/t-shirt-ally-accomplice-anti-racist>

https://www.uccresources.com/products/banner-black-lives-matter?_pos=1&_sid=121fda45b&_ss=r

CARE & CONNECTIONS

Wendy Baldwin, Chair

Food Drive & Fellowship! Second Saturday – September 12, 10-noon

Let's help fight poverty and hunger through our food donations to the Northside Pantry. In July, we delivered over 700 pounds of food and supplies, and the Northside Pantry is very grateful! You can also spend a few minutes at the Food Drive to share in fellowship with those there, while maintaining safe distance protocols.

Since the Pantry is pre-packaging much of what is given to those in need, their preferred donation items are:

Vegetables: Green Beans, corn, diced tomatoes, peas
Fruit: Pineapple chunks, Mandarin oranges, Applesauce
Macaroni & Cheese
Canned Tuna or chicken
Spaghetti, Elbow macaroni, Egg noodles, Rice
Peanut butter
Strawberry or grape jelly
Pancake mix
Oils
Toilet paper
Kleenex
Please note – regular size cans and jars are preferred.

TRUSTEES

Steve Coomer & Randy Walker, Co-Chairs
Next Trustees Meeting: September 2, 7:00pm

Financial Update

When We Give, We Reach Out With Helping Hands

Here are the financial results through July 31, 2020.

1. Current Year Actual vs Budget Summary 1/1/2020 through 7/31/2020 Using 2020 Budget 1

Category	1/1/2020 Actual	- Budget	7/31/2020 Difference
INCOME	129,023	135,336	-6,313
M. Unrestricted Contributions	129,023	135,336	-6,313
M.01 Pledged Offerings	106,727	98,284	8,443
M.02 UnPledged Offerings	6,969	11,725	-4,756
M.02.a Plate_Usher Counted	725	1,750	-1,025
M.02.b Contributions	4,836	7,630	-2,794
M.02.c Miscellaneous	1,370	2,100	-730
M.02.d Investment Income	38	245	-207
M.03 Rollover Prior Year Surplus_D...	15,327	15,327	0
M.04 Foundation - Endowment Fund...	0	0	0
M.05 Foundation - Minister Fund Draw	0	10,000	-10,000
M.06 Foundation - Trad. Music Fund...	0	0	0
M.07. Transfer from Youth Fund	0	0	0
M.08 Other Transfers from Restr Ac...	0	0	0
EXPENSES	149,447	152,581	3,134
A. Pastoral Leadership	69,776	71,795	2,019
B. Worship & Faith	20,927	24,436	3,509
C. Care & Connections	188	245	57
D. Witness & Welcome	350	623	273
E. Outreach & Service	10,345	9,650	-695
F. Trustees	195	60	-135
G. Administration & Operations	12,070	12,244	174
H. House & Grounds	31,813	29,520	-2,293
I. Miscellaneous	3,782	4,009	226
Net Difference:	-20,423	-17,245	-3,178

Highlights – year to date: Expenses are exceeding income, but the overall picture is somewhat better than what we budgeted:

- **Income** of \$129,000 was \$6,300 below budget – but we had budgeted a \$10,000 draw from the FCC Foundation which we have not needed thanks to our Payroll Protection Program funds. Adjusted for this, income was actually \$3,700 above budget due to very strong pledge receipts, which more than offset COVID-related shortfalls in contributions and building use revenue.
- **Expenses** of \$149,400 were \$3,100 below budget. Primary savings came from Julie Houston's June 30 retirement and lower than expected professional expense for Pastor Sarah.
- **July 31 cash** was strong - \$30,400 in checking and \$23,400 in the Fidelity money market account. Our Payroll Protection Program funding of \$34,500 has greatly strengthened our balances.

If you have any questions, please don't hesitate to contact me.

Jim Lootens, Treasurer
lootens.jb@gmail.com

The Pandemic and First Congregational

On August 7, the Center on Congregations gave an excellent program entitled, "Adapt and Thrive: Small Congregations and the Pandemic." The speaker was Karl Vaters. He made the following points:

- At this time of isolation, it's important to have a policy to contact members frequently. Both the caller and the recipient gain important motivation.
- Emergencies occur frequently. Some are fires, floods, windstorms, and diseases (An occasional pandemic is expected). We should be prepared for them.
- In times of normalcy leaders provide change. In times of disruption leaders provide stability.

Many small congregations are foundering. Some operate financially on a shoestring and can't pay the bills. Others are fighting pitched battles among themselves about whether or not to wear masks. Some churches won't survive the pandemic.

We at FCC are in an unusually solid position. We're united in our response to the pandemic's risks, the membership is supportive, our finances are strong, and our leadership is just what we need. We are an exception, not the usual.

Some churches reported that they hold Sunday services outdoors in suitable venues (parks, etc.), and find that their members like them. We might explore the possibilities while the weather permits.

- Bill Gillette

First Congregational Church Foundation Update

While COVID-19 is still with us, the financial markets are making a good recovery from earlier this year. Below are the second quarter balances for the Foundation Funds:

Endowment Fund	\$697,300.00	
Capital Improvement Fund	69,009.00	As of June 20, 2020
Organ Fund	10,984.73	
Chautauqua Fund	49,926.70	
Ministers Fund	70,553.41	
Traditional Music Fund	24,902.31	

The next meeting of the Foundation Board will be October 20. Contact any of the board members if you have any questions. Current board members are Glenn Evans, Pastor Sarah Lund, Randy Walker, Steve Fletcher, Sandy Wood.

- Bill Gillette, Foundation

Green Meat?

Plant based "meat" is here, appearing in burger, chicken and sausage substitutes. There are debates raging as to whether they are healthier for us to eat or better for our environment. One claim made for a particular beef substitute is that a plant base "beef" patty is hormone and antibiotic free, and has as much protein as a real beef patty. Also, the substitute requires 75% less water, 95% less land and produces 87% fewer greenhouse gas emissions. This is an evolving issue, so stay tuned. [Some of us think that a particular beef patty substitute tastes the same as the real thing – what do you think]?

- The Green Team

COMMUNITY

Let Us Persevere

"Let us run with perseverance the race laid out for us. Let us not lose sight of Jesus who leads us in our faith [...]" (Hebrews 12:1-2 The Inclusive Bible).

Are you one of countless fans who is disappointed about postponement or cancellation of baseball games due to professional players and staff members testing positive for the coronavirus? Unfortunately, recent stories about such cancellations in the [Indianapolis Star](#), the [New York Times](#), and other newspapers continue.

Did you know that Yogi Berra (1925-2015) [proclaimed](#), "Love is the most important thing in the world, but baseball is pretty good, too"? Who would disagree?

Perhaps now is a pretty good time to mention that 20 years ago, during FC's first mission trip to Nicaragua, with Bill Gillette as our capable leader, six FC members enthusiastically represented us in playing baseball. Oh, and, can you believe they played against a semi-professional Nicaraguan team? My aging brain suggests that the spur-of-the-moment game was played by the fearless FC team of Amanda Leatherman Grubbs, Steve Leatherman, Dick Clough, Terry Carson, Frank Burdick, and Andy Gray (teen-age son of then Conference Minister Stephen Gray and Lonnie Gray).

Here's what I journaled after that delightful, memorable ballgame during our trip that was focused on 16 of us doing our part to rebuild homes after the devastation of 1998's Hurricane Mitch:

"On our last day in Wiwili before returning to Managua for our flights back to Indianapolis, we had our last hours of hard labor and a longer siesta than usual. The snooze was especially needed by our six FC courageous members who were good sports to play baseball, and finally softball, against a semi-professional Nicaraguan team. We who were watching had a great time, appreciated the athletic skills of the brave six who played, and were so grateful that we ourselves were not playing on FC's impromptu, ragtag team!"

During these coronavirus days when our perseverance sometimes falters, may each of us daily be just as courageous as FC's brave, extemporaneous team was in Nicaragua back in 2000. And may we, remembering the words of Hebrews 12:2, "not lose sight of Jesus who leads us in our faith."

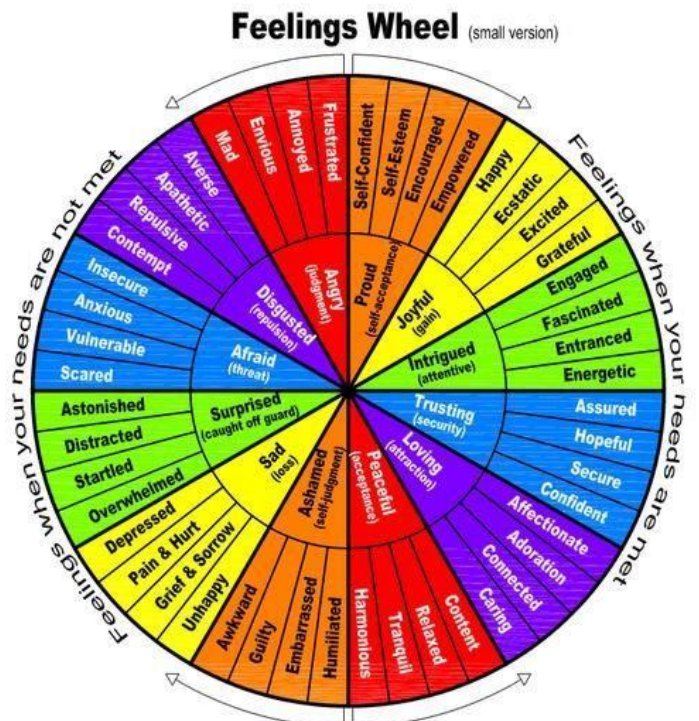
- susanna-judith rae

Meridian Hills School

I came across my copy of the wonderful Feeling Wheel, developed by Gloria Willcox. It's a great way to drill down and put a name to what you're experiencing. It's a tool I used a lot when my kids were little, and likely something I'll be bringing back out now that we're all at home for virtual learning. The start of a school year always comes with a lot of feelings and a virtual start has added in some new ones.

Lately I've been skewing to the purple, red and orange side of the wheel. And I'm assuming that many of you, and your children, are experiencing those feelings as well. We all know how difficult 2020 has been and yesterday I had a mentor tell me "Hard is not bad. Hard is hard."

This IS hard. It is hard deciding what is best for your family. It is hard deciding what is best for the school. It is hard not having things "be normal." It's hard having favorite events canceled. My home, like yours, has felt the loss of many things this year. You have likely needed to voice your feelings when you



receive a notice of yet another change to your life. And that's the best part about the Feeling Wheel.

Not only does the Feeling Wheel give us names for our Feelings, but it also gives us the "opposite" feeling. (Look directly across the wheel.) We look across when we're having a purple, red or orange feeling to see that we can have two feelings at once. It is okay to feel two completely different things about the same event. One feeling does not negate the other and all feelings are valid. (Over the last few days I have felt a bit helpless while my two kids have been doing e-learning--but I have been putting my trust in their school, administrators and teachers that they are doing their best to educate my children.)

My hope is that you can use The Feeling Wheel in your home and that it brings you more clarity on your feelings as we continue to move through the year.

Yours in parenting,
Chris Wise,

Indiana-Kentucky Conference of the UCC (IKC UCC)



UCC Disaster Ministries: Recovering Hope

The national UCC Disaster Ministries launched a dashboard in July titled "Recovering Hope." It provides resources for churches with a heavy focus on emotional and spiritual care for pastors, chaplains and other church leaders, congregants, and vulnerable communities dealing with all natural and man-made disasters including the COVID-19 pandemic. Access these resources here: https://www.ucc.org/recovering_hope.

Our own IKC pastor (First Congregational, Indianapolis) Rev. Dr. Sarah Lund, UCC Minister for Disabilities and Mental Health Justice, provides input and direction to the "Recovering Hope" team.



We are thrilled to be hosting the UCC General Synod 34 here in the Indiana-Kentucky Conference in Indianapolis, IN.

To make that happen, we'll need to start getting to work now. We need help population our local arrangements committee. Ideally we'd have committee members with the following skill sets and interests to serve as a bridge between local volunteers on behalf of the Conference and the planning committee at the national setting:

- Event planning
- Organizational and scheduling skills
- Knowledge of Indianapolis and the Conference
- Capacity to curate and develop a volunteer list
- Hospitality connections

If you're interested in volunteering or learning more about the GS 2023 event opportunities, contact us at the IKC office at ikc@ikcucc.org or call (317) 924-1395.

Save the date

November 13th & 14th

Indiana-Kentucky Conference: WISE Conference 2020

We, the United Church of Christ Mental Health Network, invite you to **SAVE THE DATE** for our *FIRST online WISE Conference*, sponsored and hosted by the Indiana-Kentucky Conference of the United Church of Christ.

The conference will be via ZOOM on **Friday, November 13**, and **Saturday, November 14**. It will include a panel discussion during Saturday's lunch hour that will address intersectionality - mental health with the queer community, mental health with disabilities, and mental health with People of Color.

Registration link and more details will be available in the coming weeks.

ANNOUNCEMENTS

October Colony Submission Deadline: Please email your submissions to Shannon at shannon@fcindy.org by **Tuesday, September 22nd**.

Women's Lunch Bunch: All women of the church are invited to get together once a month at **11:30am**. via Zoom for lunch, friendship and fellowship. This month, they meet on **September 24th**. For questions or more information please contact Sue Chapman at (317) 259-1806 or carolsuech59@gmail.com.

Men's Lunch: This lunch and discussion gathering for men of First Congregational meets every other Thursday at **1:00pm**. This month, they are meeting **September 3rd & 17th**. Please contact Randy Walker at (317) 796-2081 or aa28977rwalker@gmail.com for more information.

Book Circle: We are starting a new book in September. We have chosen a classic - "Their Eyes Were Watching God" by Zora Neale Hurston - written in 1937. Besides being on every list of top Black literature, this book is often included in lists of the top 100 books of the CENTURY. The Kindle version is available on Amazon for 99 cents. It was also made into a movie in 2005. For the meeting in September we will read the first 2 chapters or about 50 pages which is about how much we read each month for discussion. We are currently meeting on zoom - the third Tuesday of each month (**September 15th**) from **1:30 - 3:30pm**. For more information please contact Karen Walker at 317-319-8950 or karen.e.d.walker@gmail.com

FC Emergency Fund - The FC Emergency Fund seeks to support your housing, food, and medical needs if you find yourselves unemployed or underemployed. You can send a check to the church with "emergency fund" on the memo or make a donation on the church website. To request funds for you or your family, please contact me by email pastorsarah@fcindy.org or cell (386) 478-9012.