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# FIRST CONGREGATIONAL CHURCH

UNITED CHURCH OF CHRIST

Epistle for the Week of October 1, 2020



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

Dear First Congregational,

Today, the first day of October, we welcome the bright colors of the fall. Take time to notice the trees changing colors. Change that is visible in the leaves invites us to take time to pause.



Instead of rushing by, take time to observe the hues of orange, yellow, and red.

As I think about change, this prayer comes to mind. Take time to pause and to pray:

*God, grant me the serenity  
to accept the things I cannot change,  
the courage to change the things I can,  
and the wisdom to know the difference.  
Living one day at a time,  
enjoying one moment at a time;  
accepting hardship as a pathway to peace;  
taking, as Jesus did,  
this sinful world as it is,  
not as I would have it;  
trusting that You will make all things right  
if I surrender to Your will;  
so that I may be reasonably happy in this life  
and supremely happy with You forever in the next.  
Amen.*


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>





## Pastor Sarah's Sabbath Days: Mondays and Saturdays

The congregation covenants with Pastor Sarah to provide two days a week for personal rest and family renewal.

On Mondays and Saturdays, Pastor Sarah is not available unless it is a pastoral care emergency.

Thank you for honoring this sacred gift of Sabbath time for our Pastor and her family.

### Worship

#### **Sunday Adult Education, 9:30 a.m. (Zoom)**

**October 4:** We have been learning about racial justice issues since July, seeking to learn how to be anti-racist, and better allies to our Black and Brown siblings. Today we will pause and reflect together on this journey thus far. What have we learned? What has challenged us? How have we changed? How are we coping? Perhaps a scripture or a poem has helped to sustain you during this time of pandemic, protests and environmental disasters. Let's share and reflect together.

#### **World Communion Sunday Worship, 11:00 a.m.**

In-person worship this Sunday morning! Yes, that's right. This Sunday, October 4, World Communion Sunday, we'll be offering outdoor in-person worship for anyone who wishes to come with their own chairs and communion elements. Sadly, the weather forecast isn't the best – 50s and possible rain showers – but we expect there will be some brave souls who will dress for the weather, sporting their face masks and socially distancing on the church's patio. Due to the strong possibility of inclement weather, this service won't be live-streamed. For folks who remain at home, a World Communion Sunday video worship service, prepared by the Potomac Association of the Central Atlantic Conference of the UCC, will be on our



YouTube channel at 11:00 AM. So everyone has **two options for morning worship this Sunday** – live on the church patio with Pastor Sarah and Sean, or YouTube (and by phone) with UCC sisters and brothers in Maryland. Two great opportunities for celebrating World Communion Sunday!



Sermon: "Hope for the World"

Scripture: Exodus 20: 1-20

**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.**

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! 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 **October 1<sup>st</sup> & 15<sup>th</sup>**. Please contact Randy Walker at (317) 796-2081 or [aa28977rwalker@gmail.com](mailto: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. 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.

### Wellness Wednesdays: 10:30AM

Yesterday's Wellness Wednesday cultivated a fruitful discussion of discernment around wellness in our lives and in the life of our community. If you have not yet watched the brief guided journaling video (click [HERE](#)), you are encouraged to do so, and discern for yourself



what wellness looks like in your life and in the life of your community (including your faith community here at FC). If you wish to share your reflections after completing your journaling exercise, you are free to do so by emailing [shannon@fcindy.org](mailto:shannon@fcindy.org). If you wish to keep your journaling reflections private, that is respected as well.

A quick reminder that the first Wednesday of the month, there is no live Zoom gathering. Rather, next Wednesday, **October 7th**, you are invited to choose a time in your day to sit back (or lie down) and relax, and listen to a pre-recorded guided relaxation meditation that will be provided for you through email, on the website, and on the FC facebook page. This is a particularly delightful way to end your day.

### **Just Peace: Voter Outreach**

On **October 7th from 6:00 pm – 6:45 pm** Maddy Vaughn, the Just Peace Intern, will be hosting a virtual meeting (use FC's Zoom link listed above) to discuss the importance of voter registration; why it is imperative to make your voice heard; and to ensure other people in our community have access to the same right.

### **Book Buzz**

Four small groups of people had meaningful conversations last Sunday - and several of those folks were new that week. There is no book buzz this Sunday - the next one is **October 11**, focused on chapters 5 - 7. These chapters deal more with racial issues in the workplace and also with "white fragility" and "nice white people". These discussions are open to all. Looking forward to more discussions!





### Church Check In Buzz - Sunday, Oct 18, 12:30pm

What's the buzz at FC? This time that question relates to when we might resume in-person gatherings at church, especially Sunday morning worship services. So let's gather for a **Zoom Buzz following worship on Sunday, October 18, at 12:30** to discuss the pros and cons that go into making this decision. Church Council has been diligently following the local coronavirus and covid-19 data and making decisions accordingly, but we feel the need for input from the whole congregation about taking this step safely and communally. Please join us on October 18 via Zoom to share your views. Comments and questions via email or phone are also welcome at any time.

Alice Rutherford, Moderator

[alice@caloosaspirit.net](mailto:alice@caloosaspirit.net)

317-691-0582





### **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@caloosaspirt.net](mailto:alice@caloosaspirt.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, 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>Sunday, Oct 4</b>	<b>9:30 a.m.</b>	<b>Sunday Adult Class</b>
<b>Sunday, Oct 4</b>	<b>11:00 a.m.</b>	<b>World Communion Sunday Worship (FC patio or YouTube)</b>
<b>Sunday, Oct 4</b>	<b>12:00 p.m.</b>	<b>Coffee Hour (immediately after worship)</b>
<b>Tuesday, Oct 6</b>	<b>5:00 p.m.</b>	<b>Soul Care with Pastor Sarah</b>
<b>Tuesday, Oct 6</b>	<b>6:30 p.m.</b>	<b>Outdoor Vespers Service</b>
<b>Wednesday, Oct 7</b>		<b>Wellness Wednesday (FB, fcindy.org)</b>
<b>Wednesday, Oct 7</b>	<b>6:00 p.m.</b>	<b>Just Peace: Voter Outreach Virtual Meeting</b>
<b>Wednesday, Oct 7</b>	<b>7:00 p.m.</b>	<b>Trustees</b>
<b>Thursday, Oct 8</b>	<b>5:00 p.m.</b>	<b>Spiritual Support Group</b>
<b>Saturday, Oct 10</b>	<b>10:00 a.m.</b>	<b>Outside Food Drive</b>
<b>Saturday, Oct 10</b>	<b>11:00 a.m.</b>	<b>CROP Walk (FC patio)</b>
<b>Sunday, Oct 11</b>	<b>9:30 a.m.</b>	<b>Sunday Adult Class</b>
<b>Sunday, Oct 11</b>	<b>11:00 a.m.</b>	<b>Worship (YouTube, Facebook, &amp; Dial In)</b>
<b>Sunday, Oct 11</b>	<b>12:00 p.m.</b>	<b>Coffee Hour (immediately after worship)</b>
<b>Sunday, Oct 11</b>	<b>12:30 p.m.</b>	<b>Book Buzz</b>

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



