

 [FirstCongregationalUCCIndy](#)

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FIRST CONGREGATIONAL CHURCH

UNITED CHURCH OF CHRIST

Epistle for the Week of October 8, 2020

Dear First Congregational,

Our experience of church, like most congregations throughout the country, has drastically changed since March. This is so obvious and yet needs to be named because of the impact this change has on us. While I am grateful for the ways we faithfully navigate these changes together, in discernment and considering best practices for the health and safety of all, these changes are also emotionally felt.

Naming our feelings is important when it comes to our experiences of ways to Be The Church during a global, deadly pandemic. I feel sad that we cannot yet safely worship together in the sanctuary as we did seven months ago. I feel sad for the people in our congregation who themselves and loved ones have tested positive with COVID19. Yes, beloved church members have gotten the virus and are recovering.

I feel compassion for everyone in our church who longs to be together in-person inside the sanctuary, who long for things to be like they were before the pandemic. I, too, miss our being together and feeling the love of our church family when we are able to gather in-person as a

large group inside the church.

So today make space for your feelings. I trust that God will be with us in all of our feelings. It is okay to grieve and to acknowledge how hard this is for everyone. Know that as your pastor, I am here for you. We are blessed by many caring congregation members who offer a listening ear and support.

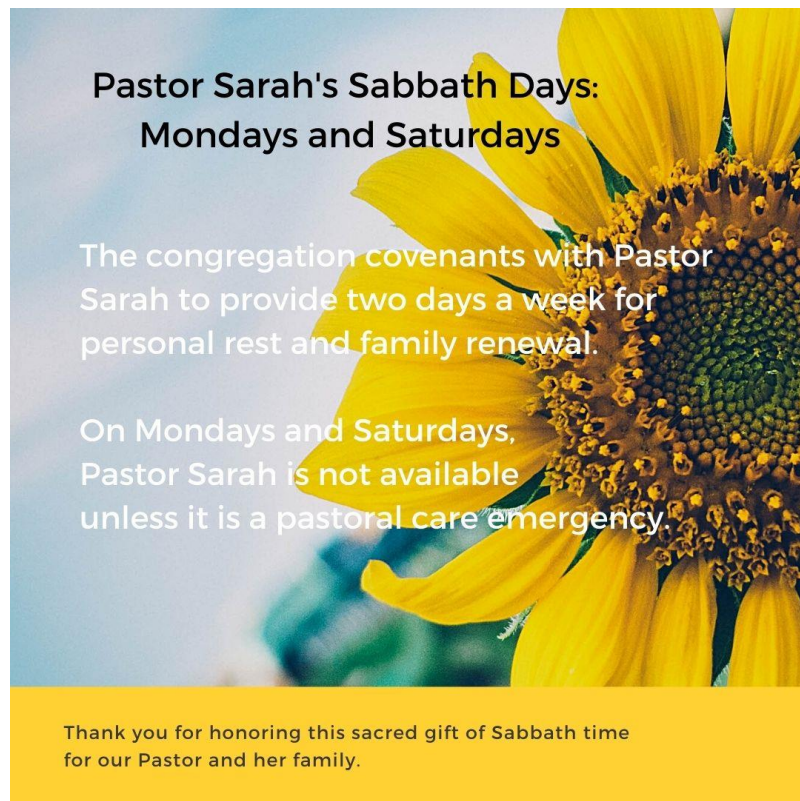
To Be the Church is to care for one another. Know that I care for you and share with you God's love.

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.

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

October 11: This Sunday we will take a look at the history of Voting Rights Suppression and how it continues today. We will read the UCC Sacred Conversations piece on Voting Rights at: <http://uccfiles.com/pdf/SCOR-and-Voting-Rights-2012-Fall.pdf> We will watch a 9 minute video about Stacey Abrams and her work on ending voter suppression: https://youtu.be/Pp_1kKrmIh0

For a historical perspective, I recommend this article from National Geographic titled "Voter suppression has haunted America since it was founded" available at this link: <https://www.nationalgeographic.com/history/reference/united-states-history/voter-suppression-haunted-united-states-since-founded/> or this one from the Guardian titled "Voter suppression carries slavery's three-fifths clause into the present" at <https://www.theguardian.com/commentisfree/2019/jan/31/voter-suppression-african-american-james-madison-slavery>. Finally, I recommend the movie "Suppressed 2020: The Fight to Vote," available on YouTube at: <https://youtu.be/9rynnRBQwrU>.

Sunday Worship, 11:00 a.m.

Scripture: Philippians 4:1-9

Sermon: The Accessible God

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

Book Buzz THIS SUNDAY - Join us at 12:30 p.m. (via Zoom)



Grab your lunch and join in the conversation on **Sunday, October 11**, focusing on chapters 5 through 7 of "I'm Still Here" and Austin Channing Brown's experiences as a black woman at work. There is a lot to think about listening to the impacts she felt and how she dealt with them. A lot to consider around how all of us deal with situations where 'race' is a factor - whether subtle or overt. 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 have any questions please contact Karen Walker at karen.e.d.walker@gmail.com or 317-319-8950 or anyone on the team.

Thanks! From Pastor Sarah, Carol, Alice, Cassidy, and Karen

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

Church Check In Buzz: Sunday, October 18, 12:30PM

The cold temps and threat of rain didn't deter a small but mighty group from gathering this past Sunday for an abbreviated worship service on the patio with Pastor Sarah and Sean. As we move into the increasingly colder temps of the fall and winter, outdoor worship will become less appealing or feasible. So please be part of the **Buzz conversation via Zoom on Sunday, October 18, at 12:30** as we consider the pros and cons of gathering in our sanctuary for Sunday morning worship services. 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@caloosaspirt.net

317-691-0582

A Special Note from our Just Peace Intern: Voting Resources

Click [HERE](#) for information on voting resources.

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! 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, 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.

Wellness Wednesdays: 10:30AM (Zoom)

Wednesday, October 14th - Nurturing Mental & Emotional Wellness through prayer, meditation, and mindful movement. This Zoom session will be recorded and posted to the FC website and Facebook page. Feel free to join us with your camera on or off based on your comfort level.



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@caloosapirit.net)

Vice Moderator, Larry Eckel (lspeckel@comcast.net)

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

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, October 8	5:00 p.m.	Spiritual Support Group
Saturday, October 10	10:00 a.m.	Outside Food Drive (FC patio)
Saturday, October 10	11:00 a.m.	CROP Walk (FC patio)
Sunday, October 11	9:30 a.m.	Sunday Adult Class
Sunday, October 11	11:00 a.m.	Sunday Worship (YouTube, Facebook, & Dial In)
Sunday, October 11	12:00 p.m.	Coffee Hour (immediately after worship)
Sunday, October 11	12:30 p.m.	Book Buzz
Tuesday, October 13	5:00 p.m.	Soul Care with Pastor Sarah
Tuesday, October 13	6:30 p.m.	Outdoor Vespers Service
Wednesday, October 14	10:30 a.m.	Wellness Wednesday
Wednesday, October 14	5:00 p.m.	WISE Mental Health Team
Thursday, October 15	1:00 p.m.	Men's Lunch
Thursday, October 15	5:00 p.m.	Spiritual Support Group
Sunday, October 18	9:30 a.m.	Sunday Adult Class
Sunday, October 18	11:00 a.m.	Just Peace Sunday Worship (YouTube, Facebook, & Dial In)
Sunday, October 18	12:00 p.m.	Coffee Hour (immediately after worship)
Sunday, October 18	12:30 p.m.	Church Check In Buzz

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