

 [FirstCongregationalUCCIndy](#)

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FIRST CONGREGATIONAL CHURCH

UNITED CHURCH OF CHRIST

Epistle for the Week of October 15, 2020

Dear First Congregational,

What are your thoughts and feelings about the ways God is calling us to Be The Church during a global pandemic of COVID19, the pandemic of racism, and the pandemic of climate crisis? How can we best minister to one another, our community, and our world? What does it mean to love ourselves, our neighbors and our God? As your pastor, I ask myself these questions every day. It's part of my spiritual practice to discern how God is calling me to lead and how God is calling us to be the Body of Christ.

This Sunday everyone is invited to join in a Church Buzz to check-in and share how you are feeling. We want to hear from you and to include everyone's voice in the conversation about what it means to Be The Church. At the Buzz, we will share the results from September's church survey and you will learn how people are finding connection and building Beloved Community in new ways. Join us at 12:30pm on the church zoom account to listen, to share, and to explore together God's invitation for us to Be The Church in these challenging times.

I trust that God's Spirit of Love will guide us. Thank you all for your love, your prayers, and your commitment to Be The Church today and always.

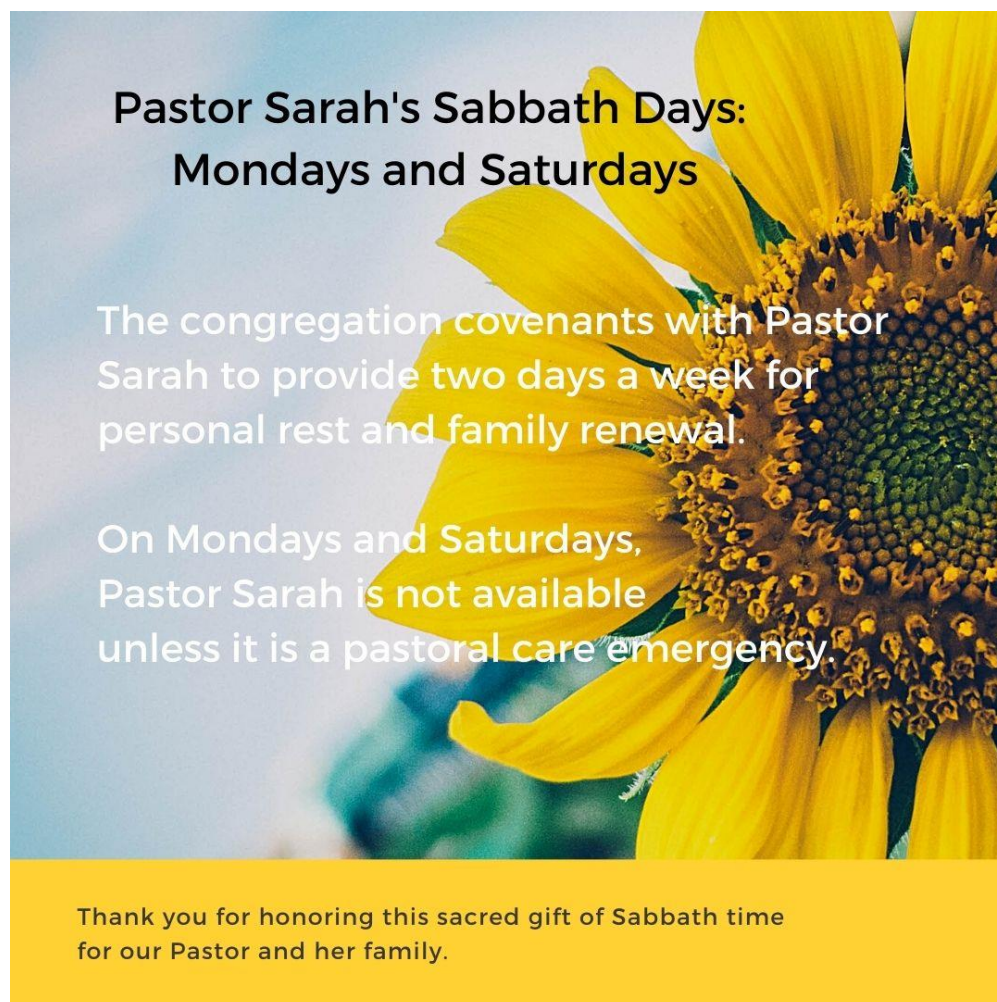
Blessings,
Pastor Sarah

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>

** Please note that this Zoom link is different from the Zoom links used for other FC events.*



**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 18: Wendy Baldwin presents "Devoted to Generosity"

Just Peace Sunday Worship, 11:00 a.m.

Scripture: Deuteronomy 16:18-26

Sermon: Rev. Worth Hartman will preach on "Just Peace for US Democracy 2020"

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

Don't forget the Buzz this Sunday at 12:30! (via Zoom)

Grab your lunch and join in some conversation around how much we all miss being physically together, as we consider the time when we'll once again gather together in our sanctuary. We'll review Council's current policy on indoor gatherings, along with public health guidelines that undergird the decisions involved in that policy-making. (Use this link to view the data we're following: www.coronavirus.in.gov. Click on "Indiana Covid-19 Dashboard and Map" at the top of the home page.) We'll also share responses from last month's survey. There will be ample opportunity for all to share feelings and desires to provide input to Council's ongoing discussions of how best to meet our members' needs.

Between now and Sunday I encourage all to view this video: [Dr. Cole Beeler 8-20-20](#). Dr. Beeler is an epidemiologist with IU Methodist Hospital. He participated in this forum with Methodist chaplains back in August. While some of his information is now a bit dated, much of it is still pertinent and instructive.

I look forward to seeing many faces on Zoom at 12:30 this Sunday. Comments and questions via email or phone are also welcome at any time, especially for anyone not able to join in on Zoom.

Alice Rutherford, Moderator

alice@caloosaspirt.net

317-691-0582

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.

The Southeast Association of the Indiana-Kentucky Conference and Metanoia Church of Transformation, UCC is inviting you to the Ordination & Installation of Terry Daniel

Oct 18, 2020 at 2:00 PM

Join Zoom Meeting

<https://us02web.zoom.us/j/89857839857?pwd=YzArdDdQUHlzNHR4Z3BkaTI4eIpldz09>

Meeting ID: 898 5783 9857 Passcode: 354267

Click [HERE](#) for the bulletin.

What's Happening at FC

All Zoom Gatherings use the following link unless otherwise specified:

Zoom

Link: <https://us02web.zoom.us/j/9264494206?pwd=dmtWbWE5UXRBTK5pcHZiYlB0aEFVUT09>

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 at 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. 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.

CROP Walk & FC Indy

This is the 51st year for the CROP Walk in Indianapolis, and FC Indy has participated in each one. The CROP Walk works to raise money to "end hunger one step at a time", and we held a symbolic walk at the church on 10/10. Now our goal is to raise money to help those with food insecurity, and the challenge has increased this year with the effects of the pandemic. This year, Second Helpings will receive 25% of all Walk funds raised, while the remaining funds provide aid to our brothers and sisters in other areas of the US as well as worldwide. Thanks to generous donations, we have raised over \$2000, as of mid-October. Can you help us in this important mission? Send a check made out to the church and designated for CROP, or go online to <https://www.crophungerwalk.org/indianapolisin/Team/View/139286/First-Congregational-UCC>. Questions? Contact George Meier.

Mental Health First Aid Training - CANCELED

The virtual Mental Health First Aid scheduled for Oct 24th is cancelled, but will be rescheduled for a later date, likely in 2021. For more information, contact Sandy Wood at csjlwood@att.net or Pat Larracey at plainandfancy1963@att.net

Book Circle (Zoom) - Tuesday, October 20 at 1:30 p.m.

we continue our discussion of *Their Eyes Were Watching God* by Zora Neale Hurston. For the meeting on October 20th, read through chapter 10. For more information please contact Karen Walker at 317-319-8950 or karen.e.d.walker@gmail.com

Wellness Wednesdays: 10:30AM (Zoom)

Wednesday, October 21st - Nurturing Physical Wellness through mindful movement meditations and body prayer. 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.

Book Buzz - next on October 25

We had another impactful discussion this Sunday including information on voting support opportunities shared by Maddy. There is no book buzz this Sunday - the next one is October 25, focused on chapters 8 - 11 of *I'm Still Here* by Austin Channing Brown. These chapters touch more on our history as well as current systems - such as the criminal justice system as seen through Austin's experience with her cousin Dalin and others. All are welcome to participate in these discussions. Only 3 sessions left!

While we might often sing "We Shall Overcome" as a form of protest, we don't often sit with the impact of another protest song "Strange Fruit" - sung by Billie Holiday starting in 1939 and named the Time Magazine Song of the Century in 1999.

Here is a link to one of those performances - she closed her shows out with this song (4 minutes):

<https://www.bing.com/videos/search?q=song+strange+fruit&view=detail&mid=45ABB236397F1A7B34CB45ABB236397F1A7B34CB&FORM=VIRE0&ru=%2fsearch%3fq%3dsong%2bstrange%2bfruit%26cvid%3d22b53fafefa2430b8121d421c285fcb%26pglt%3d547%26FORM%3dANNTA1%26PC%3dU531>

Christian Theological Seminary (with Pastor Sarah on the team at the time!) took that poem and reimagined it for this century - asking - how far have we come? Here is a link to that powerful 11 minute video: <https://vimeo.com/85272088>

Thanks! From the racial justice task force:
Pastor Sarah, Carol, Alice, Cassidy, Karen



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)

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=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

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
Sunday, October 18	2:00 p.m.	SE Association Ordination & Installation of Terry Daniels
Tuesday, October 20	1:30 p.m.	Book Circle
Tuesday, October 20	5:00 p.m.	Soul Care with Pastor Sarah
Tuesday, October 20	6:30 p.m.	Outdoor Vespers Service
Wednesday, October 21	10:30 a.m.	Wellness Wednesday
Wednesday, October 21	7:00 p.m.	Church Council
Thursday, October 22	11:45 a.m.	Women's Lunch Bunch
Thursday, October 22	5:00 p.m.	Spiritual Support Group
Saturday, October 24	9:00 a.m.	Mental Health First Aid
Sunday, October 25	9:30 a.m.	Sunday Adult Class
Sunday, October 25	11:00 a.m.	Just Peace Sunday Worship (YouTube, Facebook, & Dial In)
Sunday, October 25	12:00 p.m.	Coffee Hour (immediately after worship)
Sunday, October 25	12:30 p.m.	Book Buzz

*All events are on Zoom unless indicated otherwise.