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FIRST CONGREGATIONAL CHURCH

UNITED CHURCH OF CHRIST

Epistle for the Week of October 22, 2020

Dear First Congregational,

Thank you all for coming together in creative ways to Be The Church. We are finding ways to stay connected during these challenging times. I've heard how you are making phone calls, writing letters by hand, sending texts and emails. You are zooming into fellowship and adult education. You are wearing masks and physically distancing for outdoor vespers, men's lunches, and food collection days. You are worshipping with us online, on the phone, and in-person outside.

Last Sunday, we held a Buzz to hear from you about what's working and how we can stay connected. Thank you all for your sacrifices so that we can do our best to keep everyone safe and healthy. One day when it is safe, we will all be back inside the sanctuary together in person. Oh, how we miss being together like we used to be before the pandemic.

When it is safe and healthy to be back inside the sanctuary, it will be glorious! Until then, let's be patient, compassionate, and curious... seeing how God shows up in

this new and different way to Be The Church. I am grateful for each one of you, your support, and your love for one another.

For now, wear your masks, stay safe, and vote.


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 25: This week we will look at the intersection of racial and environmental justice. We will read and reflect on the UCC Sacred Conversations piece on the environment found at: <http://uccfiles.com/pdf/SCOR-and-the-Environment-2012-Fall.pdf>.

We will also watch a 15 minute Ted Talk titled "Climate Change is a Social Justice Issue," by Adriana Laurent from the University of British Columbia. Her focus is not just on Canada but globally, beginning with her hometown in Honduras. <https://youtu.be/NRmHp0VC4K4>.

To learn more about the intersection between racial and environmental justice, read about the “father of environmental justice” in “Robert Bullard: ‘Environmental justice isn’t just slang, it’s real’” at <https://www.theguardian.com/commentisfree/2018/dec/20/robert-bullard-interview-environmental-justice-civil-rights-movement>.

Sunday Worship, 11:00 a.m.

Scripture: Matthew 22:34-46

Sermon: "The Heart of the Matter"

Coffee Hour, 12:00 p.m. (via Zoom, immediately after worship) followed by Book Buzz at 12:30 p.m.

"I LEARNED IN CHURCH THAT JESUS UNDERSTOOD THE POOR. BECAUSE OF [MY COUSIN] DALIN, I REALIZED THAT JESUS UNDERSTOOD THE ACCUSED, THE INCARCERATED, THE CRIMINALS. JESUS WAS ACCUSED, JESUS WAS INCARCERATED. JESUS HUNG ON A CROSS WITH HIS CRIMES LISTED.... IT MATTERS TO ME THAT GOD KNOWS WHAT DALIN'S BODY ENDURED. SUDDENLY RACIAL JUSTICE AND RECONCILIATION ... BECAME A LIVING FRAMEWORK FOR UNDERSTANDING GOD'S WORK IN THE WORLD."

- Austin Channing Brown, *I'm Still Here*

Book Buzz
Sunday, 10/25 at 12:30pm

Please join us for a discussion 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!

All Sunday Zoom Gatherings use the following link unless otherwise specified:

Zoom

Link: <https://us02web.zoom.us/j/9264494206?pwd=dmfWbWE5UXRBTk5pcHZlYlB0aEFVUT09>

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

Women's Lunch Bunch will **not** meet on Thursday, Oct. 22 but **will** meet by Zoom on Thursday, **Oct. 29** at 11:30 a.m.

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 28th - Nurturing Spiritual Wellness through mindful and embodied morning prayers. 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.



The Mission of the Month for October: Neighbors In Need

Neighbors in Need (NIN) is a special mission offering of the United Church of Christ that supports ministries of justice and compassion throughout the United States. One-third of NIN funds support the Council for American Indian Ministry (CAIM). Two-thirds of this offering is used by the UCC's Justice and Witness Ministries (JWM) to support a variety of justice initiatives, advocacy efforts, and direct service projects through grants. Neighbors in Need grants are awarded to UCC churches and organizations doing justice work in their communities. These grants fund projects whose work ranges from direct service to community organizing and advocacy to address systemic injustice. This year, special consideration will be given to projects focusing on serving our immigrant neighbors and communities. Contributions can be mailed to the church or donated online. Please give generously to this important ministry.

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)

Effective immediately, the church building is closed to in-person church gatherings until the following parameters are reached, based on guidance from Dr Virginia Cane, Marion County Public Health Director:

A 7-day average of 5% (or less) positivity among unique individuals tested for a two-week period, and new cases per day at 35 or under in Marion County, per the metrics shown on www.coronavirus.in.gov .

At that time, the Council will decide reopening measures.

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 22	5:00 p.m.	Spiritual Support Group
Sunday, October 25	9:30 a.m.	Sunday Adult Class
Sunday, October 25	11:00 a.m.	Sunday Worship (YouTube Live)
Sunday, October 25	12:00 p.m.	Coffee Hour (immediately after worship)
Sunday, October 25	12:30 p.m.	Book Buzz
Tuesday, October 27	5:00 p.m.	Soul Care with Pastor Sarah
Tuesday, October 27	6:30 p.m.	Outdoor Vespers Service
Wednesday, October 28	10:30 a.m.	Wellness Wednesday
Thursday, October 29	11:45 a.m.	Women's Lunch Bunch
Thursday, October 29	1:00 p.m.	Men's Lunch
Thursday, October 29	5:00 p.m.	Spiritual Support Group

Sunday, November 1	9:30 a.m.	Sunday Adult Class
Sunday, November 1	11:00 a.m.	Communion Sunday Worship outdoors in person
Sunday, November 1	12:00 p.m.	Coffee Hour (immediately after worship)

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