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FIRST CONGREGATIONAL CHURCH

UNITED CHURCH OF CHRIST

Epistle for the Week of November 5, 2020

Dear First Congregational,

Quotes for Thought and Reflection During Election Week:

Ephesians 4:31-32:

Put away from you all bitterness and wrath and anger and wrangling and slander, together with all malice, and be kind to one another, tenderhearted, forgiving one another, as God in Christ has forgiven you.

Abraham Lincoln, 16th President of the United States of America:

“Always vote for principle, though you may vote alone, and you may cherish the sweetest reflection that your vote is never lost.”

Bayard Rustin:

“If we desire a society of peace, then we cannot achieve such a society through violence. If we desire a society without discrimination, then we must not discriminate against anyone in the process of building this society. If we desire a

society that is democratic, then democracy must become a means as well as an end."

Audre Lorde, Our Dead Behind Us: Poems:

"It is not our differences that divide us. It is our inability to recognize, accept, and celebrate those differences."

Isaiah 58:6-10:

Is this not the fast which I choose, To loosen the bonds of wickedness, To undo the bands of the yoke, And to let the oppressed go free And break every yoke? Is it not to divide your bread with the hungry And bring the homeless poor into the house; When you see the naked, to cover them; And not to hide yourself from your own flesh?

Adapted from: Prayer for the Elections

by Rev. Shannon Kelly, Missioner for Young Adult and Campus Ministries, The Episcopal Church

God, our Creator, guide us through this election process as a nation, state, and community as we vote for people to do work on our behalf and on the behalf of our communities. Help us create communities that will build your kingdom here on earth – communities that will protect the poor, stand up for the vulnerable, advocate for those who are not seen and heard, and listen to everyone's voice. We pray for this nation that is deeply divided. May we come together for the common good and do as you have called us to do – to act justly, love mercy, and walk humbly with you through creation. Help us act out of love, mercy and justice rather than out of arrogance or fear. God, continue to guide us as we work for a more just world. We pray for places that are torn by violence, that they may know peace. We pray for communities who are struggling with inequality, unrest, and fear. May we all work toward reconciliation with one another and with God. Help us to listen in love, work together in peace, and collaborate with one another as we seek the betterment of our community and world. God, our Creator, guide us in truth and love.

Blessings,
Pastor Sarah

THIS SUNDAY

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

November 8: This week Maddy will facilitate a discussion about the concept of

navigating a growth mindset vs a fixed mindset. The link below provides a brief overview of the concept and some examples: https://www.youtube.com/watch?v=KUWn_TJTrnU. In conjunction, we will read and discuss the daily devotional about growth mindset available on the United Church of Christ website: https://www.ucc.org/daily_devotional_growth_mindset. Lastly, we will discuss how we can develop a growth mindset in our own personal lives, what it means, and how it might change how we live our daily lives.

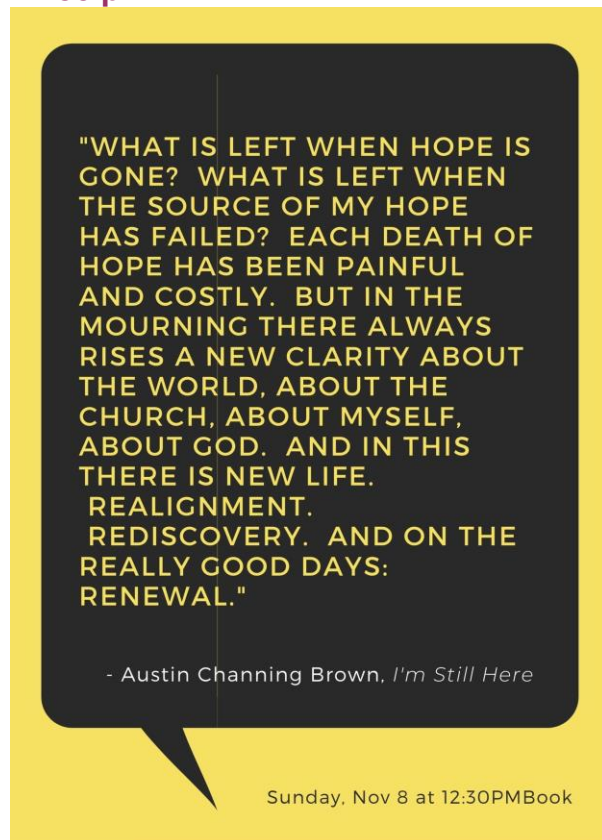
Sunday Worship, 11AM

Scripture: John 11:1-43

Sermon: "To See Beyond" (Student Pastor Cassidy Hall preaching)

Mission of the Month: Faith in Indiana

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



We will be continuing our discussion following the remaining chapters - 12-14 - of "I'm Still Here" by Austin Channing Brown. These chapters focus on her perception that not enough has really changed, and how she continues the fight for progress, with a 'shadow of hope'. All are welcome to the discussions. Thanks! From the

racial justice task force:

Pastor Sarah, Carol, Alice, Cassidy, Karen

Outdoor Vespers on Sundays from 4:30 - 5:00 p.m.

Join us 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.*

Thank You for Your Support of First Congregational UCC

Please continue supporting the mission and ministries of your local church at <http://www.fcindy.org/online-giving/>

THIS WEEK AT FC (11/5 - 11/11)

TODAY! Spiritual Support Group - Thursdays from 5:00 - 6:00 PM (Zoom) -

This group openly invites anyone seeking spiritual care concerning well being. Contact Pat Larracey at plainandfancy1963@att.net, or 317-625-6801, or Pastor Sarah at pastorsarah@fcindy.org, or 386-478-9012.

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=a3BrdnNyWWEza0tFMUgwek1CVFpYQT09>

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

Zoom Vespers on Tuesdays from 7:00 - 7:30 p.m.

Join us for a time of togetherness, Scripture, and sharing of joys and concerns.

Wellness Wednesdays: 10:30AM (Zoom)

On Wednesday, November 11th join us as we nurture our emotional wellness through stress reducing practices. This Zoom will be recorded and posted on the FC Facebook page and website.

Mental Health Team Meeting (Zoom): Wednesday, November 11 at 5:00 PM -

All are welcome. Contact Sandy Wood at (317) 225-6206 or csjlwood@att.net, or Pat Larracey at plainandfancy1963@att.net, or 317-625-6801 for more info.

Church Council Meeting: Wednesday, November 11 at 7:00 PM - Contact Alice Rutherford at (317) 691-0582 or alice@caloosaspirt.net for more info.

Mission of the Month for November: Faith In Indiana

By joining together with people from all walks of life, this organization works toward building a just and inclusive Indiana where everyone belongs and every family thrives. Its initiatives focus on families, solidarity, prophetic voices, and faith voters. For more information, look at <https://faithinindiana.org/what-we-do/>. To contribute to this effort, write a check to First Congregational, and designate Faith in IN in the Memo line, or go to <http://www.fcindy.org/online-giving/>.

COMING UP

Next Thursday, 11/12 - Men's Lunch at 1:00 PM: Contact Randy Walker at (317) 796-2081 or aa28977rwalker@gmail.com for more info.

Food Drive on 11/14, 10AM - noon

So you can prepare in the next week, bring canned goods, as well as hats, scarves, and mittens for the "Mitten Tree".

After raising almost 400 lbs of food supplies in last month's drive, we received the following message from the Northside Pantry: *"We are so thankful for your continued support of our Pantry. This last month we served 512 families/2159 individuals. That is up 25% from our normal distribution. We have steadily been increasing since June. First Congregational Church is a blessing to Northside Food Pantry and we really appreciate all you do for the pantry."*

UCC Congregations for Mental Health – Mental Health Network Fall 2020 Virtual Seminar (hosted by the Indiana-Kentucky Conference of the UCC): Nov 13-14

For more information and to register, go to: <http://ikcucc.org/events/ucc-congregations-for-mental-health-fall-2020-seminar/>

Please click [HERE](#) to view the November Colony with more information and events happening this month!

CONNECTION & SUPPORT

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.

While Pastor Sarah is away on family leave through 11/8, Pastor Carol may be reached at (317)496-9732 or casowle@gmail.com.

After 11/8, Pastor Sarah may be reached at (386)478-9012 or pastorsarah@fcindy.org.

Pastor Sarah's Sabbath Days: Mondays & Saturdays

The congregation covenant with Pastor Sarah to provide 2 days per week for personal rest and family renewal. On Mondays and Saturdays, Pastor Sarah is not available unless it is a pastoral emergency. Thank you for honoring this sacred gift of Sabbath time for our Pastor and her family.

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)

Mental Health Support:

- **Substance Abuse and Mental Health Services Administration's Disaster Distress Helpline:** 1-800-985-5990, or text “TalkWithUs” to 66746.
- **National Suicide Prevention Hotline:** 1-800-273-TALK (8255) (press 1 for veterans, 2 for Spanish)
- **National Alliance on Mental Illness (NAMI) Information HelpLine** provides information and referral services. 1-800-950-NAMI (6264) and www.nami.org.
- **The Trevor Project hotline** offers support for LGBTQIA+ youth and families struggling with mental health challenges at 1-866-4-U-TREVOR (488-7386) and www.theTrevorProject.org

FC Covid Protocols:

Effective immediately, the church building is closed to in-person church

gatherings until the following parameters are reached, based on guidance from Dr Virginia Caine, 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 broadcasts at 10:45am with 15 minutes of gathering music. The service begins at 11am..
- Use this option for live interacting and messaging. You must have or create a user account and be logged in to message 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=dmtWbWE5UXRBTk5pcHZlY1BoaEFVUT09>

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, Nov 5	5:00 p.m.	Spiritual Support Group
Sunday, Nov 8	9:30 a.m.	Sunday Adult Class
Sunday, Nov 8	11:00 a.m.	Worship w/ Student Pastor Cassidy Hall preaching (YouTube, FB, & Dial In)
Sunday, Nov 8	12:00 p.m.	Zoom Coffee Hour
Sunday, Nov 8	12:30 p.m.	Book Buzz
Sunday, Nov 8	4:30 p.m.	Outdoor Vespers at FC
Tuesday, Nov 10	5:00 p.m.	Soul Care w/ Pastor Sarah
Tuesday, Nov 10	7:00 p.m.	Zoom Vespers
Wednesday, Nov 11	10:30 a.m.	Wellness Wednesday - Emotional Wellness
Wednesday, Nov 11	5:00 p.m.	Mental Health Team
Wednesday, Nov 11	7:00 p.m.	Church Council
Thursday, Nov 12	1:00 p.m.	Men's Lunch
Thursday, Nov 12	5:00 p.m.	Spiritual Support Group
Fri-Sat, Nov 13-14		Mental Health Network Fall 2020 Virtual Seminar
Saturday, Nov 14	10:00 a.m.	Food Drive + Mitten Tree
Sunday, Nov 15	9:30 a.m.	Sunday Adult Class
Sunday, Nov 15	11:00 a.m.	Outdoor Worship at FC (+YouTube, FB, & Dial In)
Sunday, Nov 15	12:00 p.m.	Zoom Coffee Hour
Sunday, Nov 15	4:30 p.m.	Outdoor Vespers

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