

FIRST CONGREGATIONAL CHURCH

UNITED CHURCH OF CHRIST

Epistle for the Week of April 2, 2020

ALL in-person church activities are CANCELED through the end of April.

Dear First Congregational,

Thank you all for being my church. I thank God for you all, my church family. In these troubling times, we are choosing to Be The Church in creative and new ways. We are calling, texting, emailing, zooming, facebooking, and we are writing cards and writing checks. Thank you! You all are doing hard things and as your pastor, I am proud of you all.

This Sunday we have the opportunity to celebrate home communion. As the first Sunday of the month, we will share in God's love feast for us. Create your own communion experience and follow along during our 11am Facebook Live worship or celebrate whenever works best for you. See below for more detailed instructions.

Know that we are here for you and you are not alone. Know that we love you. Know that we are faithful to God's calling for us to Be The Church that is worshiping, connecting, and loving.

Sending you all a virtual hug, love and peace.

With hope,

Pastor Saran

Worship

Sunday Adult Worship, 9:30 a.m.

Class will meet via Zoom (see instructions below)

• April 5 - Carol Sowle, a Bible Study for Palm Sunday. Click <u>here</u> for a printable guide for this Sunday's study.

Join Zoom Meeting https://us04web.zoom.us/j/9264494206

Meeting ID: 926 449 4206

Phone call only: 1 312 626 6799 US (Chicago), you will be prompted for the meeting ID 926 449 4206, followed by the # sign. If you don't have a device with visual display, you can simply call in and participant as a 'conference call'.

Sunday Worship Service on Facebook Live, 11:00 a.m.

Pastor Sarah will preach on "In Times of Turmoil: Be The Church and Love God" Scripture: Matthew 21:1-11

Communion Sunday

On Sunday, April 5, Palm Sunday we will share together Holy Communion in our online interactive worship.

Before the time of the service you will want to prepare some bread, a slice or a small loaf of any kind of bread. In some parts of the world tortilla, rice cake, cassava are used as this element which is defined not as a wheat product but as the most common food of the people. Let it be something you alone or you with others in your house may break and share. Prepare a cup or cups of juice — perhaps grape or cranberry — or whatever you have available. Set these elements in the living room or kitchen where you experience worship electronically with our faith community. Perhaps you want to put them on a lovely cloth or fabric that reminds you of a special time or a person deeply connected with you in the communion of saints. Perhaps you will light a candle or place a flower or plant or the photograph of someone you wish to bring into the circle of faith beside the bread and the cup. Thank you for your preparation.

First Congregational Holy Week Journey

April 5 - Palm Sunday April 9 - Maundy Thursday Tenebrae Service, 6:30pm (via Zoom) April 10 - Good Friday April 12 - Easter



What's Happening at FC: Support While Social Distancing

Staying Connected

FC Facebook page (click <u>here</u>) "First Congregational Indy Fellowship" group on Facebook (click <u>here</u>).

Pastoral Care

We are all still here for you and will stay connected. You can contact Pastor Sarah for pastoral care needs at (386) 478-9012 or pastorsarah@fcindy.org.

Additional Church Support Contacts

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TODAY! Care & Connections Meeting, 6:30pm - Care & Connections is meeting via Zoom TODAY at 6:30pm. Contact Wendy Baldwin for the Zoom link for this meeting.

TOMORROW! Worship & Design Meeting, 1:00pm - Worship & Design is meeting via Zoom TOMORROW at 1:00pm. Contact Alice Rutherford for the Zoom link for this meeting.

NEW! FC Emergency Fund - In lieu of Easter Lilies, donations will be received for the Emergency Fund. You can make a \$20 gift in celebration, memory or honor of someone and

you will get a virtual Easter Lily shared on our church social media. Please email this information to Shannon (<u>shannon@fcindy.org</u>). The funds collected will support our church Emergency Fund. Mail checks to the church or give on-line.

Need Toilet Paper & Disinfectant?

Even though stores are trying hard to re-stock supplies, it is still difficult to find these items. First Congregational is expecting a shipment in early April from its supplier. We will have 2-ply toilet paper, spray disinfectant, paper towels, and gloves (our supplier is also out of stock of hand sanitizer and wipes). Please contact Wendy Baldwin to arrange pick-up or delivery. Donations to cover the cost of the supplies will be gratefully accepted.

Social Gatherings through Zoom

- **TOMORROW! Friday, 4/3, 5 pm Happy Hour!** We'll check in with one another, and let's share our stories.
- Saturday, 4/4, 4 pm Trivia Time! We'll test our collective knowledge of some trivia.
- Monday, 4/6, 5 pm Happy Hour conversation
- Friday, 4/10, 5 pm Good Friday conversation
- Saturday, 4/11 4 pm Trivia Time

To join the Zoom meeting, click this link: https://us04web.zoom.us/j/9264494206

Meeting ID: 926 449 4206

To Join by Phone call only: 1 312 626 6799 US (Chicago), you will be prompted for the meeting ID 926 449 4206, followed by the # sign.

If you don't have a device with visual display, you can simply call in and participant as a 'conference call'.

Instructions for Zooming:

1. If you plan to use your smart phone or tablet, you need to download the Zoom app before the meeting. Find it in the app store for your mobile device.

2. If you plan to join the meeting via your computer and don't already have ZOOM on your computer, you'll be asked to download it. It will self-install and then you'll be taken to the meeting.

3. NOTE: you do not have to register or set up a free account to be a participant in a meeting. You can join a meeting without signing in.

4. You will asked whether you want to join with video (I hope you say Yes) and what type of

audio you wish to use, your phone or your computer.

5. To use your phone's audio, you will have to select "use internet audio." Due to the recent reports of Zoom meeting hacks, the Host will be using the 'waiting room' option to only allow recognized people into the Zoom gathering.

Indiana to Offer Psychological First Aid Trainings

The Indiana Family and Social Services Administration and American Red Cross Indiana will launch two virtual psychological first aid training courses for healthcare and social services professionals. The training is to help individuals exposed to a traumatic event or disaster. They'll take place from 1 to 4 p.m. on Tuesday, April 7 to the first 30 participants to register for each session.

<u>https://ddrsprovider.fssa.in.gov/Events/Public/Register.aspx?ReturnTo=Calendar&CalendarMonth=4&CalendarYear=2020&CourseID=857</u>

Anyone feeling anxiety from the pandemic should is 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.

Hunger Fact of the Week: More than 37.2 million people in the U.S., including children, lived in households that struggled to put food on the table in 2018. And of course, the Corona virus has increased this number. African-Americans were approximately twice as likely as the overall population to live at risk of hunger. (Bread for the World)



April Mission of the Month: Exodus Refugee Immigration

This month we are supporting our local refugee resettlement agency, Exodus, a 501c3 agency. Exodus serves thoroughly vetted, legally admitted refugees who are fleeing persecution in their home countries and cannot return there. Exodus initially provides housing and other basic needs but goes on to support these newcomers with a variety of programs to help them adjust and thrive in their new community. These programs include medical and social services including mental health services, language classes, cultural orientation, job

training and placement, and special programs for women and for youth. During this Covid-19 pandemic their Employment Team is assisting refugee clients who have lost their jobs to apply for unemployment, while leveraging their network of 90+ employment partners to help find new jobs. Exodus is also providing limited financial assistance for rent, utilities, food, childcare, medicine, and other needs. Your single dollar bills in the offering plate, larger bills in the "Special Offering" envelopes or checks marked MOM or "Exodus" in the notation line will go to support this work. Please be generous in your support of refugees. Send a check to the church with MOM: Exodus Refugee in the memo line, or donate online at: https://www.exodusrefugee.org/donate/

Continue Your Support of First Congregational UCC

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

Support Your Local IN-KY Conference Through Our Church's Wider Mission (OCWM)

The staff of the IKC are working tirelessly to support local churches as we all discern best practices and how to get through this time together. Please remember to support the work they do and the many ministries they support through your **OCWM Giving** at: <u>https://ikcucc.org/connect/donate/</u>

Eviction Ministry Donations

The Eviction Ministry is a new ministry of the SouthEast Association of the Indiana-Kentucky Conference of the UCC. The purpose of this ministry is to offer assistance to those who do not qualify for other state or local assistance programs and without such assistance would be evicted from their homes. During this time of increased financial concerns and unemployment, we anticipate an increase of requests for assistance. Please consider making a donation. **Checks can be made out to: Southeast Association of the IKC UCC.** Please include in the **memo line: "Eviction Ministry."**

Donations can be mailed to the treasurer at: SE Association Eviction Ministry Attn: Margie Potter 726 Coach Rd. Indianapolis, IN 46227

Thank you for your generosity! - Shannon Abbott, Eviction Ministry Team

Feeding Families

Gleaner's and Second Helpings are two of the food banks currently offering food to children who usually get their meals from school.

Donate to **Gleaner's** by clicking on the link here.

Donate to **Second Helpings** by clicking on the link here.

THIS WEEK AT FIRST CONGREGATIONAL

Sunday morning worship 11AM via Facebook Live at https://www.facebook.com/FirstCongregationalUCCIndy/

All in-person events have been canceled through the end of April.

Thursday, April 2	6:30 p.m.	Care & Connections
Friday, April 3	1:00 p.m.	Worship Design
Friday, April 3	5:00 p.m.	Happy Hour
Saturday, April 4	4:00 p.m.	Trivia Time
Sunday, April 5	9:30 a.m.	Sunday Adult Class
Sunday, April 5	11:00 a.m.	Palm Sunday Worship w/ Communion
Monday, April 6	5:00 p.m.	Happy Hour
Thursday, April 9	6:30 p.m.	Maundy Thursday Tenebrae Service
Thursday, April 10	5:00 p.m.	Good Friday Conversation
Saturday, April 11	4:00 p.m.	Trivia Time
Sunday, April 12	9:30 a.m.	Sunday Adult Class
Sunday, April 13	11:00 a.m.	Easter Sunday Worship

This Week on Zoom



Forward



FIRST CONGREGATIONAL CHURCH

UNITED CHURCH OF CHRIST

Epistle for the Week of April 9, 2020



ALL in-person church activities are CANCELED through the end of <u>April.</u>

Dear First Congregational,

Holy Week blessings! As we seek to **Be The Church**, we will continue to worship, connect and love. Join us for **worship** today at 6:30pm on Facebook Live for our Holy Thursday worship, followed by our new worship video (<u>here</u>) focused on the biblical story of Holy Thursday.

Join us for time of **connect**ion! I'll be starting a weekly "Soul-Care with Pastor Sarah" a time for church members to check-in and to pray together. This will be Tuesdays from 4:00pm— 5:00pm, starting Tuesday, April 14. We will use zoom. Here is the link: <u>https://zoom.us/j/494018938?pwd=a3BrdnNyWXEza0tFMUgwek1CVFpYQT09</u>

Join us in **love**. As followers of Jesus, we are called to love God, love our neighbors and love ourselves. Love by following the Center for Disease Control guidelines for staying healthy and safe. Love by staying home and sheltering-in-place. Love by praying for people serving in essential roles for the health and safety of all. Love by sharing your resources generously.

You are not alone. You are an important part of our church family. You are loved.

Peace, Pastor Sarah

From Our Office Admin

I will be taking a "staycation" next week (4/14-4/17) to work on developing mindfulness practices that will be shared with the wider church, to rest, and to spend focused time with my family. **Please get all announcements for next week's epistle to me by noon TOMORROW (4/10).** Blessings of good health, Shannon

Worship

Sunday Adult Worship, 9:30 a.m.

Class will meet via Zoom (see instructions below)

• April 12 - On Easter Sunday, 4/12, Wendy Baldwin will lead us in a study of generosity and Easter, in the midst of a pandemic. As time allows, we will explore 3 Bible passages – John 2:1-11, Jeremiah 17:5-10, and John 12:1-8. For the study materials,

click <u>nere</u>. Hope to see you via 200m at 9:30. (See link in announcements below.)

Easter Sunday Worship Service on Facebook Live, 11:00 a.m.

Pastor Sarah will preach on "Jesus Has Left the Building" Scripture: Matthew 28:1-10

Zoom into Coffee Hour - Sundays at noon

Please join us for coffee hour each Sunday at 12pm. This Sunday, you are invited to wear your "Easter Bonnets" and see who can wear the silliest, biggest, ugliest, sportiest, smallest, or most glamorous hat.

Zoom

link: https://us04web.zoom.us/j/9264494206?pwd=dmtWbWE5UXRBTk5pcHZIYIB0aEFVUT09

First Congregational Holy Week Journey

- TONIGHT!!! April 9, 6:30pm Maundy Thursday Tenebrae Service on Facebook Live, followed by viewing worship video
- April 10 Good Friday
- April 12 Easter



What's Happening at FC: Support While Social Distancing

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Updated info on how to access our Zoom gatherings

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To dial in by phone: +1 312 626 6799, Meeting ID 926 449 4206, Password 7171.

All Zoom gatherings are now monitored to 'admit' attendees, to help prevent "Zomb-bombing".

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W.I.S.E. Mental Health

Anyone feeling anxiety from the pandemic should is 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.

Need Toilet Paper & Disinfectant?

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Social Gatherings through Zoom

- Friday Fellowship: Friday, 4/10, 5:00
- Trivia Time: Saturday, 4/11, 4:00

Cottee Hour: Sunday, 4/12, noon

IKC Project: Making Face Masks

A common theme among our church congregants is their desire to help eliminate the spread of the COVID-19 pandemic, but do not know how they can make a difference. Therefore, I am sending you this email to offer your association churches a tangible way in which they can participate.

This week the IKC Disaster Preparedness and Response Ministry Team (DPRMT) initiated a conference-wide project of **making cloth face masks for health care facilities**. Some of our churches are already doing this, but not on this large scale. The IKC Disaster Preparedness webpage <u>http://ikcucc.org/ministries/disaster/</u> and the "<u>IKC Disaster Response</u>" Facebook page provide details of this project.

The DPRMT would appreciate you sharing this information with your association churches and encourage their participation. Together we can make a difference in protecting our communities.

Blessings,

Greg Denk, Disaster Coordinator Indiana-Kentucky Conference - United Church of Christ

Hunger Fact of the Week: Indiana is the 13th hungriest state in the country. 1 in 7 Indiana households struggles to put food on the table. 18,155 Indiana veterans live below the poverty line.



April Mission of the Month: Exodus Refugee Immigration

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training and placement, and special programs for women and for youth. During this Covid-19 pandemic their Employment Team is assisting refugee clients who have lost their jobs to apply for unemployment, while leveraging their network of 90+ employment partners to help find new jobs. Exodus is also providing limited financial assistance for rent, utilities, food, childcare, medicine, and other needs. Your single dollar bills in the offering plate, larger bills in the "Special Offering" envelopes or checks marked MOM or "Exodus" in the notation line will go to support this work. Please be generous in your support of refugees. Send a check to the church with MOM: Exodus Refugee in the memo line, or donate online at: https://www.exodusrefugee.org/donate/

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Donations can be mailed to the treasurer at: SE Association Eviction Ministry Attn: Margie Potter 726 Coach Rd. Indianapolis, IN 46227

Thank you for your generosity! - Shannon Abbott, Eviction Ministry Team

Feeding Families

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Donate to **Second Helpings** by clicking on the link <u>here</u>.

THIS WEEK AT FIRST CONGREGATIONAL

Easter Sunday morning worship 11AM via Facebook Live at https://www.facebook.com/FirstCongregationalUCCIndy/

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Thursday, April 9	6:30 p.m.	Maundy Thursday Tenebrae Service
Friday, April 10	5:00 p.m.	Good Friday Conversation
Friday, April 11	4:00 p.m.	Trivia Time
Sunday, April 12	9:30 a.m.	Sunday Adult Class
Sunday, April 12	11:00 a.m.	Easter Sunday Worship
Sunday, April 12	12:00 p.m.	Coffee Hour
Tuesday, April 14	4:00 p.m.	Soul Care with Pastor Sarah
Wednesday, April 15	5:00 p.m.	W.I.S.E. Mental Health Team
Wednesday, April 15	7:00 p.m.	Church Council

This Week on Zoom



Forward



FIRST CONGREGATIONAL CHURCH

UNITED CHURCH OF CHRIST

Epistle for the Week of April 16, 2020

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Dear First Congregational,

One way our church lives into our mission to be a transforming presence for God in the world, a place to belong, a place to heal and a place to love is to be a teaching congregation. We are blessed to journey with our student from Butler University, Just Peace Intern Olivia Bradley and our student from Christian Theological Seminary, Student Pastor Cassidy Hall.

In the next couple of weeks, our students will be ending their semesters, finishing up projects, papers and exams. Please keep them in your prayers as the remainder of the semester is all online. In talking with Olivia before she left campus to return home to Michigan, she shared that serving as our Just Peace Intern was the highlight of her semester at Butler. That truly warms my heart and makes me proud of our church. We are making a positive impact in the world, one young person at a time. After a summer break, our Student Pastor Cassidy will

restart her internship with us in August when the fall semester begins at Christian Theological Seminary.

What wonderful gifts Olivia and Cassidy share with our congregation. By living into who God calls them to be, they both are bright lights of hope in today's world. Please join me in expressing gratitude and thanks. You can send them a thank you email at <u>obradley@butler.edu</u> (Olivia) and at <u>studentpastor@fcindy.org</u> (Cassidy).

Thanks to each of you for helping us to be a church family that makes these internships possible. May God continue to bless us as a teaching congregation.

Peace, Pastor Sarah

Join us for our weekly "**Soul-Care with Pastor Sarah**" a time for church members to check-in and to pray together. This will be Tuesdays from 4:00pm—5:00pm, starting Tuesday, April 14. We will use zoom. Here is the

link: https://zoom.us/j/494018938?pwd=a3BrdnNyWXEza0tFMUgwek1CVFpYQT09

Worship

Sunday Adult Worship, 9:30 a.m.

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• April 19 - "Bread for the World" with Sue Chapman.

Sunday Worship Service on Facebook Live, 11:00 a.m.

Pastor Sarah will preach on "The Wounded God." Scripture: John 20:19-31

Zoom into Coffee Hour - Sundays at noon

Please join us for coffee hour each Sunday at 12pm. Zoom link: <u>https://us04web.zoom.us/j/9264494206?pwd=dmtWbWE5UXRBTk5pcHZIYIB0aEFVUT09</u>



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- Coffee Hour: Sunday, 4/19, noon

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This week the IKC Disaster Preparedness and Response Ministry Team (DPRMT) initiated a conference-wide project of **making cloth face masks for health care facilities**. Some of our churches are already doing this, but not on this large scale. The IKC Disaster Preparedness webpage <u>http://ikcucc.org/ministries/disaster/</u> and the "<u>IKC Disaster Response</u>" Facebook page provide details of this project.

The DPRMT would appreciate you sharing this information with your association churches and encourage their participation. Together we can make a difference in protecting our communities.

Blessings,

Greg Denk, Disaster Coordinator

Indiana-Kentucky Conference - United Church of Christ

Hunger Fact of the Week: For children summer is the hungriest time of year with only 1 in 5 who receive school lunch getting lunch during the summer. Indiana ranks 41st in the nation for eligible children actually accessing summer feeding programs. (Bread for the World)



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This Week on Zoom

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Sunday, April 19	12:00p.m.	Coffee Hour
Tuesday, April 21	4:00 p.m.	Soul Care with Pastor Sarah
Tuesday, April 21	1:30 p.m.	Circle IV Book Group
Wednesday, April 22	6:30 p.m.	Calling Circle



FIRST CONGREGATIONAL CHURCH

UNITED CHURCH OF CHRIST

Epistle for the Week of April 23, 2020

ALL in-person church activities are CANCELED through the end of <u>April.</u>

Dear First Congregational,

Together we are living into our church's mission to be a community to **belong**, to **heal** and to **love**. Thanks to each of you for reaching out to love one another during this uncertain time. One thing is certain: God's love. As a faith community, we continue to BE THE CHURCH through our **Worshiping**, our **Connecting**, and our **Loving** of the world.

Worshiping: Join us every at 11am on Sunday morning on Facebook on First Congregational's Facebook Page for Worship. This is a time to pray together, hear scripture, discern how God is still speaking to us today, and lift up ways to serve. Our music program continues by providing you special music every Sunday with a video of the hymn and anthem for you to enjoy. All of these can be found through links in the Epistle, the weekly electronic Sunday bulletin and on our church's FB page. If you need technological support accessing FB for worship, please reach out and let me know. We have wonderful volunteers who will walk you through the steps over the phone. We can worship at home by thanking God each day for the small blessings, for the simple gifts of grace that come to us each day.

Connecting: Join us every day for ways to stay connected to church members and friends. Our Care and Connections Board offers several ways for us to connect, so be sure to do your part to reach out to others through making phone calls, sending text messages, writing notes and cards, and participating in the online community activities on Zoom and Facebook. Staying connected during this time of physical distancing is vital to our mental, spiritual and physical health.

Loving: Join us in answering God's invitation to love our neighbors through generous sharing of our time, talents and resources. Our world is hurting now and needs our help. Our church partners with local, national and global communities in ministries of compassion and hope. Support the Mission of the Month by mailing a check to the church or making an online donation on our website <u>www.fcindy.org</u>. We can show our love praying for the hungry, the sick, the homeless, the imprisoned, and all who are vulnerable to injustice. Use your time to lift your voice for justice and equality for all. Soon we will be engaging in our annual Bread for the World letter writing campaign. We can show our love for the Earth by caring for Creation, recycling and reducing our waste. God knows our church has a lot of love to share.

I invite you to choose one thing you can do each day to worship, connect and love. One simple thing can make a world of difference. Say a prayer, call someone who lives alone, write a check. These simple actions help us to BE THE CHURCH so that, as the old song goes, "they will know we are Christians by our love."

You are not alone. We are in this together. God loves you.

Blessings, Pastor Sarah

Join us for our weekly "**Soul-Care with Pastor Sarah**" a time for church members to check-in and to pray together. This will be Tuesdays from 4:00pm—5:00pm, starting Tuesday, April 14. We will use zoom. Here is the link: https://zoom.us/j/494018938?pwd=a3BrdnNyWXEza0tFMUgwek1CVFpYQT09

FC Emergency Fund - The FC Emergency Fund seeks to support your housing, food, and medical needs if you find yourselves unemployed or underemployed. You can send a check to the church with "emergency fund" on the memo or make a donation on the church website. To request funds for you or your family, please contact me by email pastorsarah@fcindy.org or cell (386) 478-9012.

Worship

Sunday Adult Worship, 9:30 a.m.

Class will meet via

Zoom: <u>https://us04web.zoom.us/j/9264494206?pwd=dmtWbWE5UXRBTk5pcHZIYIB0aEFVU</u> <u>T09</u>

• April 26 - "Experiences at the Border" with Cassidy Hall

Sunday Worship Service on Facebook Live, 11:00 a.m.

Pastor Sarah will preach on "Christian Mysticism" Scripture: Luke 24:13-35

Zoom into Coffee Hour - Sundays at noon

Please join us for coffee hour each Sunday at 12pm. Zoom link: <u>https://us04web.zoom.us/j/9264494206?pwd=dmtWbWE5UXRBTk5pcHZIYIB0aEFVUT09</u>



What's Happening at FC: Support While Physical Distancing

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. You can contact Pastor Sarah for pastoral care needs at (386) 478-9012 or pastorsarah@fcindy.org.

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How to access our Zoom gatherings

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All Zoom gatherings are now monitored to 'admit' attendees, to help prevent "Zomb-bombing".

Social Gatherings through Zoom

- Friday Fellowship: Friday, 4/24, 5:00pm
- Coffee Hour: Sunday, 4/26, 11:30am (after worship)

SouthEast Association Virtual Gathering

We will have a SouthEast Association Gathering on **Sunday, April 26 at 3:30pm eastern using the Zoom link below**. This will be a time for check-in, sharing about mission and ministry, fellowship and a brief time of worship. We will end by 4:30pm eastern. Please address any questions or concerns to Rev. Dr. Sarah Lund, SE Association President at <u>pastorsarah@fcindy.org</u>.

Topic: Southeast Association Spring Meeting Time: <u>Apr 26, 2020 03:30 PM Eastern Time</u> (US and Canada)

Join Zoom Meeting <u>https://zoom.us/j/655204054?pwd=TDd4Q20rTUNHem56NU1rUVVIZFhqUT09</u>

Time for a Buzz!

Yes, we can still gather for some food and conversation, even while social distancing. So on **Sunday, May 3 at 12:30 PM**, we hope many will tune in on **Zoom** for a **Q and A session**. (Feel free to have lunch as we chat!) Our focus will be next steps regarding our in-person gatherings. By that time we'll have more guidance from the CDC, state and local officials, and our own Church Council around what to expect in coming weeks. It seems that we've all been living day by day (even as the days all seem to blend together), and we all wonder what's around the next corner. So please give some thought to what questions you'd like to have answered, and feel free to submit those ahead of time to either Pastor Sarah (pastorsarah@fcindy.org) or me (alice@caloosaspirit.net). I can't guarantee that we'll have all

the answers, but all questions will provide us with opportunities for meaningful discussion. Any topic related to covid-19's impact on First Congregational is fair game. Watch upcoming Epistles and other communications for the info for joining the Zoom Buzz. Hope to see everyone's faces there!

- Alice Rutherford, Moderator

Care & Connect

Our church is known for its warm welcome and care; let's show this quality by reaching out to others in our church family while we are not able to be together in person! Can you contact 3-5 people each week, by phone, text, e-mail, or a card in the mail? Think of the people that you say 'hi' to at church on a "normal" Sunday, and continue that tradition while we are apart. Reach out to different people each week so we broaden our circle. If needed, a recently updated 'address directory' is located in the "Minutes" section of our website (password protected), or let me know if you need a copy. Let's "Be the Church" within our church family during this time of isolation. - Wendy Baldwin, Care & Connection Chair

Need Toilet Paper & Disinfectant?

Even though stores are trying hard to re-stock supplies, it is still difficult to find these items. First Congregational is expecting a shipment in early April from its supplier. We will have 2-ply toilet paper, spray disinfectant, paper towels, and gloves (our supplier is also out of stock of hand sanitizer and wipes). Please contact Wendy Baldwin to arrange delivery. Donations to cover the cost of the supplies will be gratefully accepted.

W.I.S.E. Mental Health

Anyone feeling anxiety from the pandemic should is 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.

Counseling Services

The Counseling Center at Christian Theological Seminary continues to provide counseling services to the community during this time of distress and uncertainty. All services have transitioned to telehealth platforms in order to ensure continuity of care for clients and the health and safety of all. The Center is now accepting new clients for tele-mental health services and will began scheduling new client appointments on Monday, April 20.

"This pandemic has had a far reaching and unprecedented impact on the world and our local community," said Bryan Votaw, Clinic Director. "It's important for us at the Counseling Center to adapt our service model to continue to provide care to our current clients and also to offer support to others who are being impacted by this crisis."

To reach the Center, please call the virtual front desk at 317-924-5205. Visit the Center website at **www.cts.edu/Counseling-Center** for more information.

Please visit <u>www.cts.edu</u> for more information.

Additional Resources

Samaritan Center's Emotional Wellness Helpline:

- for mental health support (not for physical symptoms). Speak to a therapist for support, referral, or resources
- available Monday Friday 8 am 5 pm EST CALL: 812-886-6590

SAMSA Recovery Resources

https://www.samhsa.gov/sites/default/files/virtual-recovery-resources.pdf

American Psychiatric Association https://www.psychiatry.org/psychiatrists/covid-19-coronavirus

Bowen Center

https://www.bowencenter.org/covid19

Indiana Coalition Against Domestic Violence

http://icadvinc.org/covid19/

Food Assistance Availability Map https://www.in.gov/fssa/dfr/5768.htm

VANCO Donation?

If you made a donation through VANCO, and want to designate the money to a special account, other than pledges or contributions, please email Cheryl Dillenback with your wishes for the money. Her email address is <u>dillenback@sbcglobal.net</u>.

IKC Project: Making Face Masks

A common theme among our church congregants is their desire to help eliminate the spread of the COVID-19 pandemic, but do not know how they can make a difference. Therefore, I am sending you this email to offer your association churches a tangible way in which they can participate.

This week the IKC Disaster Preparedness and Response Ministry Team (DPRMT) initiated a

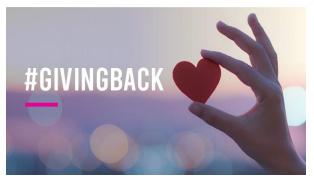
conterence-wide project of **making cloth face masks for health care facilities**. Some of our churches are already doing this, but not on this large scale. The IKC Disaster Preparedness webpage <u>http://ikcucc.org/ministries/disaster/</u> and the "<u>IKC Disaster Response</u>" Facebook page provide details of this project.

The DPRMT would appreciate you sharing this information with your association churches and encourage their participation. Together we can make a difference in protecting our communities.

Blessings,

Greg Denk, Disaster Coordinator Indiana-Kentucky Conference - United Church of Christ

Hunger Fact of the Week: People of color in Indiana are 3 times more likely than whites to live with poverty and hunger. The national average for this group is 2 times more than whites. Nationally African Americans have been 43% more likely to die of Covid-19 than whites and up to 65% more in the South. Their kinds of jobs, housing, use of public transportation, higher rates of underlying health conditions, and lack of access to medical care are all factors in these outcomes. These facts all converge to make people of color especially vulnerable during the pandemic and in need of food assistance. (Bread for the World and Science News)



April Mission of the Month: Exodus Refugee Immigration

This month we are supporting our local refugee resettlement agency, Exodus, a 501c3 agency. Exodus serves thoroughly vetted, legally admitted refugees who are fleeing persecution in their home countries and cannot return there. Exodus initially provides housing and other basic needs but goes on to support these newcomers with a variety of programs to help them adjust and thrive in their new community. These programs include medical and social services including mental health services, language classes, cultural orientation, job training and placement, and special programs for women and for youth. During this Covid-19 pandemic their Employment Team is assisting refugee clients who have lost their jobs to apply for unemployment, while leveraging their network of 90+ employment partners to help find new jobs. Exodus is also providing limited financial assistance for rent, utilities, food, childcare,

medicine, and other needs. Your single dollar bills in the offering plate, larger bills in the "Special Offering" envelopes or checks marked MOM or "Exodus" in the notation line will go to support this work. Please be generous in your support of refugees. Send a check to the church with MOM: Exodus Refugee in the memo line, or donate online at: https://www.exodusrefugee.org/donate/

Continue Your Support of First Congregational UCC

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

Support Your Local IN-KY Conference Through Our Church's Wider Mission (OCWM)

The staff of the IKC are working tirelessly to support local churches as we all discern best practices and how to get through this time together. Please remember to support the work they do and the many ministries they support through your **OCWM Giving** at: <u>https://ikcucc.org/connect/donate/</u>

Eviction Ministry Donations

The Eviction Ministry is a new ministry of the SouthEast Association of the Indiana-Kentucky Conference of the UCC. The purpose of this ministry is to offer assistance to those who do not qualify for other state or local assistance programs and without such assistance would be evicted from their homes. During this time of increased financial concerns and unemployment, we anticipate an increase of requests for assistance. Please consider making a donation. **Checks can be made out to: Southeast Association of the IKC UCC.** Please include in the **memo line: "Eviction Ministry."**

Donations can be mailed to the treasurer at: SE Association Eviction Ministry Attn: Margie Potter 726 Coach Rd. Indianapolis, IN 46227

Thank you for your generosity! - Shannon Abbott, Eviction Ministry Team

Feeding Families

Gleaner's and Second Helpings are two of the food banks currently offering food to children who usually get their meals from school.

Donate to Gleaner's by clicking on the link here.

Donate to Second Helpings by clicking on the link here.

THIS WEEK AT FIRST CONGREGATIONAL

Sunday morning worship 11AM via Facebook Live at <u>https://www.facebook.com/FirstCongregationalUCCIndy/</u>

All in-person events have been canceled through the end of April.

This Week on Zoom

Friday, April 24	5:00 p.m.	Friday Fellowship
Sunday, April 26	9:30 a.m.	Sunday Adult Class
Sunday, April 26	11:00 a.m.	Worship
Sunday, April 26	12:00p.m.	Coffee Hour
Sunday, April 26	3:30 p.m.	SouthEast Association Virtual Gathering
Tuesday, April 28	4:00 p.m.	Soul Care with Pastor Sarah
Wednesday, April 19	7:00 p.m.	Special Church Council Meeting
Friday, May 1	5:00 p.m.	Friday Fellowship
Sunday, May 3	9:30 a.m.	Sunday Adult Class
Sunday, May 3	11:00 a.m.	Worship
Sunday, May 3	12:00 p.m.	Coffee Hour
Sunday, May 3	12:30 p.m.	Buzz: Q&A



Forward



FIRST CONGREGATIONAL CHURCH

UNITED CHURCH OF CHRIST

Epistle for the Week of April 30, 2020

ALL in-person church activities are CANCELED through the end of May.

Dear First Congregational,

Thank you to the faithful, dedicated and hard working leaders of First Congregational for taking wise action to ensure the physical safety and health of our church during this global pandemic. Last night at a special church council meeting, we voted to extend the church closure until the end of May.

What are we learning about ourselves and our church during this experience? What does it mean to Be The Church right now?

We invite the whole church family to come together online for a time of conversation, asking questions and sharing concerns this Sunday for our first-ever Zoom Buzz session at 12:30pm. Church leaders will be on the Zoom meeting to listen to questions and concerns as we discern

together how to continue to faithfully fulfill our mission today and in the days to come. I hope you will be able to join us.

Stay healthy. Stay safe. Stay home if you can. Stay held in God's loving embrace.

You are not alone. You are loved.

Peace, Pastor Sarah

Join us for our weekly "**Soul-Care with Pastor Sarah**" a time for church members to check-in, reflect on Richard Rohr's weekly meditations, and to pray together. This will be at a **NEW TIME**, **Tuesdays from 5:00-6:00 p.m.** We will use zoom. Here is the link: <u>https://us02web.zoom.us/j/84830474505?pwd=Ny9oeE84a0lpcTUrWHU2dUhFVUZZQT0</u> 9

FC Emergency Fund - The FC Emergency Fund seeks to support your housing, food, and medical needs if you find yourselves unemployed or underemployed. You can send a check to the church with "emergency fund" on the memo or make a donation on the church website. To request funds for you or your family, please contact me by email pastorsarah@fcindy.org or cell (386) 478-9012.

Worship

Sunday Adult Worship, 9:30 a.m.

Class will meet via Zoom: <u>https://us04web.zoom.us/j/9264494206?pwd=dmtWbWE5UXRBTk5pcHZIYIB0aEFVU</u> <u>T09</u>

• May 3 - WISE Mental Health

Sunday Worship Service on Facebook Live, 11:00 a.m.

Pastor Sarah will preach on "What in the World is God Doing?" Scripture: Acts 2:42-47

Zoom into Coffee Hour - Sundays after worship

Please join us for coffee hour each Sunday at 11:30 a.m. (or immediately after worship) Zoom

link: https://us04web.zoom.us/j/9264494206?pwd=dmtWbWE5UXRBTk5pcHZIYIB0aEFVUT09

Time for a Buzz!

Yes, we can still gather for some food and conversation, even while social distancing. So **THIS SUNDAY**, **May 3 at 12:30 PM**, we hope many will tune in on **Zoom** for a **Q and A session**. (Feel free to have lunch as we chat!) Our focus will be next steps regarding our inperson gatherings. By that time we'll have more guidance from the CDC, state and local officials, and our own Church Council around what to expect in coming weeks. It seems that we've all been living day by day (even as the days all seem to blend together), and we all wonder what's around the next corner. So please give some thought to what questions you'd like to have answered, and feel free to submit those ahead of time to either Pastor Sarah (<u>pastorsarah@fcindy.org</u>) or me (<u>alice@caloosaspirit.net</u>). I can't guarantee that we'll have all the answers, but all questions will provide us with opportunities for meaningful discussion. Any topic related to Covid-19's impact on First Congregational is fair game. Hope to see everyone's faces there!

- Alice Rutherford, Moderator



What's Happening at FC: Support While Physical Distancing

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Tech Support: Help with Zoom/Facebook

Remaining in community through these challenging times is more important than ever. And so it's a true blessing that we have the ability to see one another's faces and hear each other's voice through technology. Virtual contacts may be difficult for some, so if anyone needs assistance to join our online gatherings, we have dedicated and caring church members who are ready to help. Contact Taylor Franklin (<u>tnl6694@gmail.com</u>, 630-640-6998) to set up a time for technical support. She or another member of her team can walk you through the steps to access Zoom and/or Facebook from a computer, tablet, or phone. We're all in this together, so let's be together in it!

Click this link for more ideas on how to boost your

WIFI: https://s2.washingtonpost.com/28defab/5ea9a4d0fe1ff66289077de4/YWxpY2VAY2Fsb2 9zYXNwaXJpdC5uZXQ%3D/22/68/27d3240feb55b9c1f9999917436f367f

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Blessings,

Greg Denk, Disaster Coordinator

Indiana-Kentucky Conference - United Church of Christ

Hunger Fact of the Week: On April 23 World Food Programme (WFP) Executive Director David Beasley warned that in addition to the threat posed by COVID-19, the world faces "multiple famines of biblical proportions" that could result in 300,000 deaths per day — a "hunger pandemic". Speaking at an online briefing broadcast by the UN, Beasley highlighted the fact that there are currently 821 million food-insecure people in the world. "If we don't prepare and act now, to secure access, avoid funding shortfalls and disruptions to trade," he said, the result could be a "humanitarian catastrophe … in a short few months." Beasley added: "Millions of civilians living in conflict-scarred nations, including many women and children, face being pushed to the brink of starvation, with the spectre of famine a very real and dangerous possibility." (WFP.org)



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Sunday, May 3	11:00 a.m.	Worship
Sunday, May 3	11:30p.m.	Coffee Hour
Sunday, May 3	12:30 p.m.	Buzz: Q&A
Tuesday, May 5	5:00 p.m.	Soul Care with Pastor Sarah
Wednesday, May 6	7:00 p.m.	Trustees
Friday, May 8	5:00 p.m.	Friday Fellowship
Sunday, May 10	9:30 a.m.	Sunday Adult Class
Sunday, May 10	11:00 a.m.	Worship – Bread for the World Sunday
Sunday, May 10	11:30 p.m.	Coffee Hour