



FIRST CONGREGATIONAL CHURCH

UNITED CHURCH OF CHRIST

THE PILGRIM COLONY

July 2021

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Pastor's Reflections

Good news! **We will be returning to in-person worship Sunday morning in the church sanctuary on August 1st.** . . "Lord willing and the creek don't rise," as my Missouri grandfather would say. My grandfather would also say, "help me Jesus" whenever he needed a little boost of energy or simply some help getting done what he wanted to get done. So in the spirit of all the saints who have loved us and loved the church, let's pray for our society to continue to heal and recover from the pandemic, pray for continued vaccinations, and pray for Jesus to help us so we can all safely gather together in-person Sunday mornings for worship.



We've learned a lot during the months of the pandemic. We've learned that church is **US**, the people, it's not a place. And we have also learned that church can happen anywhere "two or three are gathered." Church happens in-person and on-line. Going forward, we will explore what it means to be a **"Hybrid Church"** that offers options to Be The Church in-person or on-line or both. This is another adventure of learning, growth, and expanded mission that will call for all our support, dreaming, open mindedness, and help.

Thank you for being a church that continues to seek out faithful ways to fulfill our mission and ministries, no matter what, and no matter where we are on life's journey. I am grateful for the generous and faithful financial support of the church, for the hard work of our Senior Councilors, and all those who serve on Boards, Committees, and Teams, and for our gifted staff and dedicated lay leaders. We are truly blessed as a congregation. May God continue to guide and bless us in the days ahead, granting us all joy, courage, and strength for the journey.

Blessings,
Pastor Sarah

Pastoral Care and Support: Contact Pastor Sarah at pastorsarah@fcindy.org and (386)478-9012. While Pastor Sarah is away on vacation July 2 – 11, Pastor Carol may be reached for Pastoral Care needs at (317) 496-9732 or casowle@gmail.com.



Senior Councilor's Report

Steve Coomer, Lead Councilor

Are you as excited as I am??? We are looking forward to moving back into our beautiful sanctuary on or about **Sunday, August 1**. This is at least one of the moments we have been waiting for over these long months of not being able to worship together in person. Things may look a bit different in the sanctuary as we will be doing some live streaming for people who can't join us due to reasons including health or distance. This is as much anticipated for me as children look forward to Christmas. It will be so good to see the faces of those we have missed for such a long time.



We have all suffered in one way or another in this pandemic by losing someone we love, praying for one who had the virus, or just trying to stay away from the virus and remaining healthy ourselves. If you had the virus or know someone who did, we can be thankful to our Lord that we have come through all of the turmoil it has caused for everyone. We can't forget those we have lost or have suffered from the disease, but we can thank our

Lord that we are still here, pray for those souls we have lost, and wish for the continued health of those who have had the virus and survived. We should all be thankful and celebrate with our church friends that we are able to get back together.

I know for some of us it seems this day would never come, but please understand that our church leadership has been committed all along to getting back into the sanctuary for worship. The main challenge in bringing us back was the safety and comfort of all involved, and still is the guiding light in our future move toward church as we knew it. We may not be back exactly as we were due to live streaming; but, we are working toward the goal of getting things back on track. The guidelines from the CDC and the Marion County Health Department near August 1 will be directly proportional to what we can do at the time of our projected opening.

You might ask, "What can I do to move us in that direction?" There is only one answer to that question at this point, and that is to get ourselves fully vaccinated as soon as possible. Some of our children may not be able to do that and for those people we still have to be careful.

Let's look forward to what we can do on or about August 1 and move ahead, united in peace and harmony.

- Steve Coomer

Lead Senior Councilor June through September



Pastoral Congregation Relations Committee

The pastoral office and other positions of staff leadership exist to build up the congregation as part of the Body of Christ and to equip the saints for the mission of the church. The particular relationship between a pastor and congregants should be tended deliberately, so that the ministries of both pastor and congregation complement each other and further God's grace in the world. As with any relationship, it must be respected and nurtured to grow in healthy and projective ways. For this reason, a Pastoral Congregation Relations Committee (PCRC) exists in a congregation to advise, assist, and promote the growth of this vital relationship.

PCRC meet quarterly and are available throughout the year for support and conversation. We are blessed to have both Pastor Sarah and Pastor Carol serve our congregation. Currently, Pastor Carol's focus is on the following areas: pulpit supply, pastoral care visits, Adult Education and Worship Leader coordination.

PCRC for Pastor Sarah: Randy Walker, Lianna Campos, Nancy Dickinson, Chuck Kiphart

PCRC for Pastor Carol: Gloria Boedeker, Nathan Howard, Betty Schnur, Bill Gillette

Have you heard?

We now have an **E**xternal **C**ommunications **M**anager. What? Who? Why? Our world is rapidly becoming electronic and to optimize our digital presence, we've hired Cassidy (yes, our Cassidy) to be our **E**CM.

But we also need a few good souls to serve as advisors for this position. NOT a huge time commitment. It would be helpful if you have some sense of communicating electronically --- not just with the telephone ;) but also

Facebook, Twitter, Instagram, TikTok, YouTube, Snapchat, etc. Our goal is to link FCC to the vast river of binary data: to promote our church and our website while also linking to/with organizations we support.

Interested in serving on the ECM Advisory Committee? Send your name in to the office, via Shannon Abbott shannon@fcindy.org. Use the email header **Re: ECM Advisory Committee**. Questions? Call me (my email box is bloated): 317-752-5560.

- Judy Brown Fletcher



NEW Staff Position: External Communications Manager
Please welcome Cassidy Hall as she takes on our newest staff position at FC as External Communications Manager. (See article directly above for more information about this role.) Cassidy previously served as our Student Pastor. In taking this new role, she now has a new email address as well. You can reach Cassidy at cassidy@fcindy.org.

This Month at FC*

SUNDAYS	9:30 a.m.	Patio Psalms and Prayers
SUNDAYS	11:00 a.m.	Worship (YouTube, Facebook, Dial In)
SUNDAYS	12:00 p.m.	Coffee Hour (Zoom - immediately after worship)
THURSDAYS	5:00 p.m.	Spiritual Support Group (Zoom)
July 2-11	-----	Pastor Sarah Vacation
Thursday, July 3	10:00 a.m.	Food Drive (outside FC)
Wednesday, July 7	7:00 p.m.	Trustees
Thursday, July 8	1:00 p.m.	Men’s Lunch
Wednesday, July 14	7:00 p.m.	Church Council
Thursday, July 15	9:00 a.m.	August Colony Deadline
July 19-26	-----	Office Administrator Vacation
Thursday, July 22	1:00 p.m.	Men’s Lunch
Tuesday, July 27	10:00 a.m.	Care & Connections
Wednesday, July 28	5:00 p.m.	WISE Mental Health Team
Wednesday, July 28	6:30 p.m.	Calling Circle

**All activities are through the use of Zoom, Facebook, YouTube, or phone call-in unless otherwise stated.*

To join Zoom meetings, click this link:
<https://us02web.zoom.us/j/9264494206?pwd=dmtWbWE5UXRBTk5pcHZlYlB0aEFVUT09> Meeting ID: 926 449 4206 Password: 7171

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, and the Password 7171, followed by the # sign. You can call in and participant as a ‘conference call’.

Church Council

Hybrid Worship Team

Last month Church Council established an ad hoc team (composed of the Worship Design Team, Pastor Sarah, Wendy Baldwin as building manager, and Randy Walker representing Trustees) to discern the best ways for First Congregational to engage in hybrid worship. “What does that mean?” you may ask. We’ll try to answer that question as clearly (but briefly) as possible.

Over the last year of virtual worship we have learned a variety of new lessons – how to live-stream, how to try new things, how to fail and move on, how to try more new things, and eventually how to develop inspired and inclusive video worship. That last part about being inspired and inclusive is what we most want to hold onto as we return to in-person worship in our sanctuary. We hope to continue to provide inspirational worship experiences for both in-person worshippers and remote worshippers simultaneously.

In considering the “how” of hybrid worship, we first asked ourselves the “why” of what makes this endeavor important. These are some of our answers:

- To live out our Stated Mission of welcoming and including all who seek to hear God’s voice in our world. Some of our current congregants may wish/need to worship remotely due to illness, weather conditions, or travel. We also wish to welcome and include folks who may not live in our geographical area.
- Access to remote preachers, participants, and other video presentations, such as music, children’s stories, and IKC and UCC video offerings.
- Inclusion of remote liturgists and worshippers via Zoom.
- Projection of texts, songs, etc. to benefit differently-abled and remote worshippers.
- Integration of visual and musical art forms to promote deeper spirituality.

In order to achieve our goals we anticipate making some additions to our sanctuary. We’re still working out the specifics, but generally we expect to add:

- a screen at the front of the church (above the pulpit) to include some of the visual aspects mentioned above;
- a projector capable of providing video content that can be easily viewed from the back of the sanctuary, as well as during bright daylight;
- a live-stream camera to share our worship service to our YouTube channel as it is happening; and
- a paid part-time staffer to operate the live-stream camera, download video content, and monitor the sound system during each Sunday service. (This station may be in the narthex.)

Much as we developed and refined the flow and content of our virtual worship services over time, we expect to experience a similar process regarding the video elements of our hybrid worship service. We’re excited by the possibilities for reaching beyond our church’s walls to share our message of belonging, healing, and love! We ask for grace and support from the whole congregation as we navigate this new way of being faithful to how God is calling us to “Be The Church”.

- Alice Rutherford



Comeback Team: Current Building Policy

The Council recently approved the following policy:

As of June 1, the building is open for in-person gatherings. Recommended areas to use are the Parlor, the Library, and the Mayflower Room. Protocols to be followed: Sign-in sheet, social distancing and wearing of masks.

The target date for in-person worship in the sanctuary is August 1, contingent upon directives or changes in health and safety guidelines stipulated by Marion County or the State. Protocols to be observed will be determined closer to August 1.

WORSHIP & FAITH

Aurelia Glennan-March, Chair

Adult Ed for June

Adult Ed for July will continue the series "**Patio Psalms and Prayers.**"

We will begin at 9:30AM with an opening prayer, then read the Psalm (or parts of the Psalm), followed by a time of reflection, then a sharing of joys and concerns, ending with prayer and blessing at 10:15AM.

Come a little early to get set up and settled. Bring your lawn chair, but if you forget, don't worry. We will find a chair for you. Bring your own coffee and/or water. Restrooms will be available. If the weather is inclement, we will move inside to the parlor.

Masks are optional outdoors, but bring one in case we move into the parlor. Social distancing will still be observed. Come and enjoy this time of connection!

July 4 - Psalm 5 - Nancy Dickinson
July 11 - Psalm 6 - Worth Hartman
July 18 - Psalm 7 - Carol Sowle
July 25 - Psalm 8 - Wendy Baldwin

3 Ways to Connect for Worship- Sundays at 11AM



FACE BOOK

[https://www.facebook.com/pg/FirstCongregationalUCCIndy/posts/?ref=page i
nternal](https://www.facebook.com/pg/FirstCongregationalUCCIndy/posts/?ref=page_internal)



YOUTUBE

<https://www.youtube.com/channel/UCWV9wqAvPiUKSkEbjav6Zpw>

- YouTube Live broadcasts at 10:45am with 15 minutes of gathering music. The service begins at 11am.



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.

July Preachers

- **July 4** - Pastor Carol Sowle
- **July 11** - Lianna Campos
- **July 18** - Rev. Dr. Sarah Lund
- **July 25** - Rev. Dr. Sarah Lund

OUTREACH & SERVICE

Alice Rutherford, Chair

Through August, Covenant Outreach continues to support organizations and ministries aligned with our W.I.S.E. for Mental Health covenant. The Julian Center (for victims of domestic violence) and the Trevor Project (mental and emotional health assistance to LGBTQ+ youth and young adults) have been highlighted in May and June Colonies. During this time we are also supporting the UCC Mental Health Network. From the UCC website:

The United Church of Christ Mental Health Network works to reduce stigma and promote the inclusion of people with mental illnesses/brain disorders and their families in the life, leadership, and work of congregations. We envision a future in which people with mental illnesses feel welcomed, supported, valued, and included in their congregations.

Please be generous in support of these vital ministries, either online or with a check to the church designated "Covenant Outreach". At the end of August all donated monies will be equally divided among these organizations (unless otherwise specified in individual donations).

In past years during July we have promoted the Underneath It All ministry to provide school clothing to underserved students. However, with our church highly focused on returning to in-person gatherings this summer, we have chosen to put this ministry on hiatus this year.

Also, on permanent hiatus is collection of stamps. The focus of this collection has diverted from alignment with our church's mission, and this hiatus is consistent with O & S's goal of streamlining our ministry support. Collection of bottle caps is now being handled by Wendy Baldwin. More information about the future of that collection will be forthcoming.

We are pleased to promote Pastor Sarah's most recent book, *Blessed Union*, and copies are available at the church. We are fortunate that the grant procured by our Mental Health Team last year is covering the cost of the books, so feel free to pick up a copy at your convenience. Opportunities for discussion of the book will be offered on August 8 and August 22.

Our Mental Health Team has also been hard at work developing a survey for our boards and teams. They are seeking ways to be most helpful to our church in promoting mental health and wellness. The O & S Board encourages all boards and teams to dedicate some time to completing the survey by mid-August.

- Alice Rutherford, Outreach & Service Board Chair

Mental Health Team

The Mental Health Team is seeking new members who want to become part of the team. If interested or have questions, contact Sandy Wood@csjlwood@att.net or 317-225-6206. Thanks.

- **Need a Lift in Your Spirit? Join us every Thursdays for Spiritual Support Group for Mental Health at 5:00-6:00PM [on Zoom](#)**

This gathering is open to everyone and is an informal time to check-in about how you are doing, get emotional support from church family, and offer prayer for one another as we navigate nurturing positive mental health in these difficult days.

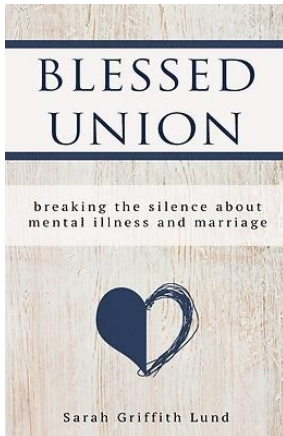
We are an open group with confidentiality guidelines. Sessions are on Zoom and led by Pastor Rev. Dr. Sarah Lund and Rev. Dr. Patrick Larracey, co-chair of the church's WISE Team. Please feel free to call or email either of us if you have questions: Pastor Sarah: pastorsarah@fcindy.org, or 386-478-9012.

- **WISE Mental Health Team August Book Buzz**

We are helping to sponsor the Book Buzzes for **August 8 and 22** with Pastor Sarah and her new book: BLESSED UNION, breaking the silence about mental illness and marriage. Books will be free as a part of our grant from the Center for Congregations.

If you would like a book, here are some opportunities for you to receive your copy:

- You can pick up a book at the next Food Drive July 3rd from 10-noon. Sandy Wood will be there passing out books.
- Come to the church at another time and pick up a book.
- If you cannot come to the church, you can request a book from Sandy csjlwood@att.net or 317-225-6206 and she will make sure you get a book.



When you pick up your book from the lectern at the garden entrance please sign your name on the yellow pad beside the books. It isn't required, but the WISE Mental Health Team are curious who is interested in the book and will likely participate in one or both of the after worship Buzzes Aug 8 and Aug 22 at 12:30 p.m. EDT. You don't have to have read the book to participate in the Buzzes.

CARE & CONNECTIONS

Wendy Baldwin, Chair

Happy Birthday in July!

Carol Beck	Yvonne Dittmer
Beverly Blose	Judy Fletcher
Rick Blose	Ann Leatherman
Jane Ann Buchanan	Jessica Leatherman
Bob Cook	Linda Lupton
susanna-judith rae	



If you're having a birthday in July, and you are not on this list, please contact Wendy Baldwin, so we can add you to our master list for the future!



Food Drive & Fellowship! 1st Saturday of the Month – July 3, 10-noon

Our food donations to the Northside Pantry are helping to fight hunger needs, and the Pantry is very grateful that we are doing this – in 2021 we have already contributed almost 2000 lbs of food and supplies! Since we anticipate that in-person worship will start again in August, this will probably be our last food drive event. Thank you to all who have been participating!

TRUSTEES

Steve Coomer, Chair

Financial Update

When We Give, We Reach Out With Helping Hands

Here are the financial results through May 31, 2021.

1. Current Year Actual vs Budget Summary

1/1/2021 through 5/31/2021 Using 2021 Budget

Category	1/1/2021 Actual	- Budget	5/31/2021 Difference
INCOME	91,709	97,567	-5,857
M. Unrestricted Contributions	91,709	97,567	-5,857
M.01 Pledged Offerings	76,408	80,186	-3,778
M.02 UnPledged Offerings	2,135	4,215	-2,080
M.03 Rollover Prior Year Surplus_D...	-21,284	-21,284	0
M.04 Foundation - Endowment Fund...	0	0	0
M.05 Foundation - Minister Fund Draw	0	0	0
M.06 Foundation - Trad. Music Fund...	0	0	0
M.07. Transfer from Youth Fund	0	0	0
M.08 Other Transfers from Restr Ac...	0	0	0
M.09 PPP Loan Forgiveness	34,450	34,450	0
EXPENSES	105,020	108,787	3,767
A. Pastoral Leadership	51,605	52,104	499
B. Worship & Faith	13,883	13,539	-344
C. Care & Connections	49	56	7
D. Witness & Welcome	0	204	204
E. Outreach & Service	7,125	7,111	-14
F. Trustees	0	52	52
G. Administration & Operations	8,768	10,052	1,284
H. House & Grounds	21,050	22,190	1,140
I. Miscellaneous	2,540	3,478	938
Net Difference:	-13,311	-11,220	-2,090

Highlights:

- **Income** for the first five months was \$91,700, which was \$5,900 below our 2021 budget. Both pledges and non-pledge income were less than budgeted.
- **Expenses** of \$105,000 were \$3,800 below budget, due in part to our not having hired a communications manager through the end of May.
- **Cash** was very strong at over \$73,000. This reflects \$34,700 of new funding from the Payroll Protection Program. These funds will allow us to continue to pay our employees and musicians throughout 2021 as if we were operating fully in person. The funds will also reduce the amount of funds we will need to draw on the FCC Foundation to balance the 2021 budget.

If you have any questions, please don't hesitate to contact me.

Jim Lootens, Treasurer
lootens.jb@gmail.com

Green Team Musings

Air pollution in Indianapolis has been in the news lately, continuing an unfortunate pattern. We're having an Knozone Action Day as this is being written. Bad air is a threat to our health as well as to the environment. We can't solve the problem by ourselves, but we can all contribute to its solution by conserving energy, driving as little as possible and taking advantage of new technologies such as solar panels and electric cars. We can elect to buy replacement appliances that are highly rated as kind to the environment. Let's do what we can – the planet needs us and we need it!

- Bill Gillette for the Green Team



Photo of First Congregational UCC with solar panels

COMMUNITY

Growing Older

"God ... will take care of you until you are old and your hair is gray" (Isaiah 46: 4 GNB).

20 years ago, as July, 2001 approached, i told my husband Earl that to celebrate my 55th birthday, i wanted to view a film playing at an Indianapolis movie theater where 55 was the minimum age for senior discounts. At other theaters we frequented, the reduced price started for folks aged 60 or 62. As we approached the box office, i was surprised to learn that as an Indiana University student, i could get in as a *student* for the same price as a *senior*. Which ticket would i request? "Two seniors," i announced enthusiastically, happy to reach age 55 and start right away claiming its benefits.

On Saturday, July 24 this year, i will celebrate my 75th birthday at our favorite Broad Ripple eatery with my sons, their wives, children (all from the Chicago area), and their Papa Earl. As the event approaches, my thoughts are on topics other than going to a movie, probably because both Earl and i enjoy viewing films on Indianapolis Public Library's many DVDs. Still frugal as age 75 nears, like i've been throughout my life, i appreciate that the DVDs are free,

convenient, and ever so easy to request online and then quickly check out at my favorite library branch.

Rather than focus on movies again this year, i've been thinking about how very much i enjoy reading obituaries, a habit i started about 25 years ago after i inadvertently missed hearing about a couple of memorial services for friends who had died. i want that never to happen again. i prefer to tell friends and other loved ones "good-bye." Moreover, reading obituaries is intriguing, sometimes entertaining, often food for thought, and an outstanding way to see the richness of people's lives. To read an entertaining obit, click on the hyperlink <https://www.bakerfuneralservice.com/obituary/Jeanne-Shackelford> which I featured in the last paragraph of my "Saying Good-Bye" piece in FC's January 2021 *Pilgrim Colony*.

Obituaries often contain surprises. For example, on June 16, i read in the *Indianapolis Star* that a friend i had not seen in many years had died. As i read her name and recognized her lovely photo, i said to myself, "I didn't realize she was **that** old." Then, i re-read the brief write-up. This time i fully took in her age, 78. "Hmm," i said to myself, "78 will also be my age in only three years. How did that happen? Where did the years go?"

Throughout my life, i have heard numerous individuals condemn growing old, mourn the appearance of wrinkles and gray hair, and catastrophize the approach of our final years of worldly existence. In contrast, i want always to enjoy the advantages of aging, celebrate strengths that can accompany multi-faceted experiences throughout many years, and joyfully appreciate that God continually watches over us. No matter what our age, we can use the spiritual gift of prayer; trust God with whatever concerns, troubles, and challenges we shoulder; and rely on our Maker to take care of us until the day God calls us home.

Dear God of Countless Centuries, please help us always have grateful hearts and focus on the numerous positives of growing older. Amen.
- susanna-judith rae

IKC UCC Southeast Association Eviction Ministry Update

Recently we've been faced with the question of whether we might need to expand our ministry to offer support for various types of housing needs beyond offering rental support, things like basic utility support (electric, water, gas). There are some limited resources in Indiana to help with basic utilities, but they help one time only, so once someone has used that resource, they cannot receive support again at a later date.

The reality is that sometimes families need support more than once; not necessarily on-going support, but at times it can take a couple of months to get back on their feet. When a family is faced with difficulty paying utilities for a month or two, they may dip into the money they would normally use to pay rent, literally "to keep the lights on" (or the AC/heat).



We are still deciding to what extent we can afford to make this a regular part of our ministry or what the limits or qualifications will be for such an addition. However, we do clearly see how utility support is linked with eviction support. Stable housing is the goal.

How can YOUR CHURCH help?

One option for incorporating this need into a ministry of the SE Association is to create a network of churches who commit to including in their annual budget a set amount each year to help with emergency utility needs. Some of this cost can be offset by donations from church members toward that specific fund.

- Does your church have funds set aside to help with emergency utility needs in your community? If you do, we are gathering a resource list, so we will have churches to contact when we receive calls for utility assistance.
- If your church does not currently have such a fund, will you consider creating an emergency utility fund, so you can be a part of a network of churches we can call on to help support families in our communities?

How can YOU help?

- Join our Team - We welcome new members who want to join our team.
- Legal resources - If you have legal experience with the eviction process, we would love to talk with you to gain better insight into the legal process.
- 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 support,

- Rev. Shannon Abbott (shannon@fcindy.org), Pastor Sarah Frische-Mouri

Hannigan (pastorsarahzucc@gmail.com), Walter Ziebell (wziebell@gmail.com)



UCC General Synod: July 11-18

Register today and join us for General Synod 33 – a fully virtual event.

Registration provides you access to all aspects of General Synod, including worship, optional events, business, 50 workshops, exhibit hall, keynote speakers and much more.

General Synod events will occur in the later half of the day to afford all an increased ability to engage. **Registration is more affordable this year than it's ever been!**
Register Here:
https://meet.ucc.org/?inf_contact_key=067e92b0224b06ab04f75b46b5a49227d18a532c4142cb79caf2b269de1401fa#/

ANNOUNCEMENTS

August Colony Submission Deadline: Please email your submissions to Shannon at shannon@fcindy.org no later than **Thursday, July 15th**. Shannon will be on vacation the following week, so please get all submissions to her by the 15th (or earlier if possible).

Women's Lunch Bunch: We'll take July and August off and resume in person in September. For questions or more information please contact Sue Chapman at (317) 259-1806 or carolsuech59@gmail.com.

Men's Lunch: This lunch and discussion gathering for men of First Congregational meets every other Thursday at **1:00pm**. This month, they meet on **July 8th & 22nd**. For more information, please contact Randy Walker at (317) 796-2081.

Women's Book Circle is taking a break for the summer. For more information please contact Karen Walker at 317-319-8950 or karen.e.d.walker@gmail.com

Members In Need Fund - The Members In Need Fund is available to support financial needs for any of our church family who find themselves in need. To request funds for you or your family, please contact Pastor Sarah by email pastorsarah@fcindy.org or cell (386) 478-9012.



Jump Back Up July 2021

MONDAY



5

Get the basics right: eat well, exercise and go to bed on time

TUESDAY



6

Pause, breathe and feel your feet firmly on the ground

WEDNESDAY



7

Shift your mood by doing something you really enjoy

THURSDAY



1

Take a small step to help overcome a problem or worry

FRIDAY

2

Adopt a growth mindset. Change "I can't" into "I can't...yet"

SATURDAY

3

Be willing to ask for help when you need it

SUNDAY

4

Find something to look forward to today

11

Look for something positive in a difficult situation

18

Let go of the small stuff and focus on the things that matter

25

Notice when you are feeling judgmental and be kind instead

24

Choose to see something good about what has gone wrong

23

Remember that all feelings and situations pass in time

22

Find 3 things you feel hopeful about and write them down

21

Identify what helped you get through a tough time in your life

20

When things go wrong, pause and be kind to yourself

19

If you can't change it, change the way you think about it

26

Catch yourself over-reacting and take a deep breath

27

Write down 3 things you're grateful for (even if today was hard)

28

Think about what you can learn from a recent problem

29

Be a realistic optimist. Focus on what could go right

30

Reach out to a friend, family member or colleague for support

31

Remember we all struggle at times - it's part of being human

ACTION FOR HAPPINESS

Happier · Kinder · Together

