



FIRST CONGREGATIONAL CHURCH

UNITED CHURCH OF CHRIST

THE PILGRIM COLONY

October 2019

Pastor's Reflections

We are enriched by our relationships with one another. This is true for individuals and for institutions. First Congregational is blessed to be connected to excellent academic communities, such as Christian Theological Seminary and Butler University, that offer world-class educational opportunities for all of the life-long learners among us. You've probably picked up on the fact that I love to learn and I am always looking for ways to grow in my understanding. As your pastor, I am blessed to learn from members of this congregation every day. There is a depth of wisdom and life experience here in our congregation that enriches our life together. Thank you for all you've taught me so far and for all we will learn together.

I am excited to share with you that I have accepted an invitation for a two year continuing education experience that is the first program of its kind in the world. Princeton Theological Seminary and Smith College, in partnership with the Lilly Endowment, have created a two year executive leadership certificate program for women clergy. They are piloting this new program and invited me to be in the senior pastor/head of staff cohort along with seven other women from pulpits around the country and of various Christian denominations.



The program is called "Iron Sharpens Iron" and is designed to strengthen the leadership skills and encourage women's excellence in pastoral ministry. Thank you for gifting me with two weeks of continuing education time and funding that will support my participation as part of our call agreement. The expenses of the program (apart from transportation to Princeton twice a year) will all be covered by the grant from the Lilly Endowment.

As I begin the Iron Sharpens Iron program this month, I am excited about all that will be learned. I am excited to go back to my alma matter. I am excited to make new friends. Most of all, I am excited to be serving as your pastor and to be learning together. Thank you for your support on the journey.

Peace,
Pastor Sarah



Pastor Sarah with clergy leaders celebrating the Bread for the World Pastor's Protest Fast.

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: Bob Cook, Janet Selby, Clark Collier, susana-judith rae

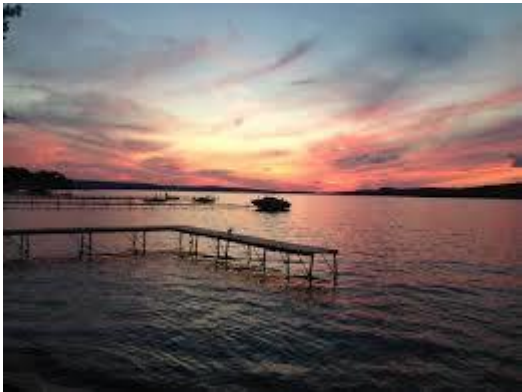
- Pastor Sarah

Moderator's Reflections

Chautauqua Grant

Have you heard about the Chautauqua Institute? A number of congregants, including Jackie and Rich Gibson, Dan and Judy Kaufman, Nancy Dickinson, Cindy Cox, and more, have attended one or more of its weeklong sessions. Some of us go every year. The church is the lucky and blessed recipient of a grant by an anonymous member who pays for one member of FCC to attend Chautauqua every year—or two every other year. The grant covers transportation, admission, accommodation, and food. If you're the lucky and blessed selectee(s), a member of the Board of Trustees will work with you to fund or reimburse your expenses. But what is Chautauqua, and why should you be excited about going there?

The Chautauqua Institute is a small, gated community on the shore of Lake Chautauqua, NY. It began as a summer camp for Methodist Sunday School teachers in 1874. It is filled with small houses, cottages, hotels and apartment houses, mostly of Victorian or early 1900's architecture. Practically every American religious denomination has a house there with an attached chapel. The community is centered on a village green, which is surrounded by a few cafes, stores, and an excellent book shop. If you're momentarily worn out by all the activities, the green makes an excellent spot to recharge your batteries with an ice cream cone. Plenty of benches in both sun and shade allow you to relax and enjoy the sight of bicyclers, or young families playing with children and dogs.



The Chautauqua season runs every summer for nine weeks. Each week has a different theme

with a different guest chaplain: This year, Richard Rohr served as chaplain for the week Nancy was there. The day can start with denominational services at each chapel at 7:30. If you'd rather sleep in, the day can kick off for real at 9:15, when the week's guest chaplain hosts an interfaith Christian service in the Amphitheater (seats 5000).

The rest of each day is filled with talks, lectures, plays, shows and concerts. Cindy Cox, who was the grant recipient this year, had this to say about her experience:
I absolutely loved Chautauqua. The speakers were spectacular, I understand why the gate pass is expensive. My week's theme was "Shifting Global Power, The Power of Soft Power". It was a week of lectures of how we operate as a society which has become so divided and how do we become a unified society again. It was a week of reflection on conciliation and compromise. A week of reflection of all that is good in our society and how do we foster a sense of community and healing in this deeply divided society. I particularly enjoyed Bill Moyers and Robin Wright's lectures. I actually purchased the videos of both lectures, thinking they might be good for adult ed. On Monday after her lecture, Robin Wright actually sat next to me at the symphony that night. My best description of Chautauqua, "Disney for Nerds". I loved every minute of it and hope I can go back. I'm so appreciative of the anonymous donor's extravagant gift, without it there would have been no way I could have afforded such a wonderful week of spiritual renewal!

We all owe our anonymous friend a huge vote of thanks for making this opportunity more widely available. Please consider applying for the grant! An application form is below. If you're interested, please fill it out and give it to Shannon, our office administrator. We're setting a deadline of October 15, so hurry if you're interested! Please contact Rich Gibson, Nancy Dickinson, Worth Hartman, Chuck Kiphart, or Pastor Sarah if you have any questions.

God bless you all,
Rich Gibson

Intern Reflections

A Message from FC's Just Peace Intern

After spending my first couple weeks at First Congregational, I have felt so welcomed into the church family. I have enjoyed chatting during Adult Ed, participating in board meetings, and spending time with Pastor Sarah getting to know the heart of the church. I have been encouraged by the congregation's strong commitment to pursue peace and outreach in the community. I am looking forward to getting to know the congregation better and working alongside everyone to make First Congregational Just Peace program even better. Thank you for your warmth and hospitality!

- Grace Langford, Just Peace Intern



A Message from FC's Student Pastor



Hello from your student pastor! I have loved journeying alongside you over these past months and look forward to getting to know you more. Thank you for truly being a place of radical welcome and genuine inclusivity—I've felt right at home from the start! If you ever have any questions or would just like to connect to get to know each other more, please don't hesitate to find me at church or email me at studentpastor@fcindy.org
Thanks!
Cassidy Hall, Student Pastor

This Month at First Congregational UCC

All Sundays	9:45 a.m.	Sunday Adult Class
All Sundays	11:00 a.m.	Worship
All Thursdays	7:00 p.m.	Choir Rehearsal
Wednesday, Oct. 2	11:00 a.m.	Witness & Welcome
Wednesday, Oct. 2	4:30 p.m.	Just Peace Team
Wednesday, Oct. 2	7:00 p.m.	Trustees
Thursday, Oct. 3	1:00 p.m.	Men's Lunch
Thursday, Oct. 3	6:30 p.m.	In Harmony
Sunday, Oct. 6	12:15 p.m.	Worship & Faith
Sunday, Oct. 6	1:00 p.m.	Crop Walk
Tuesday, Oct. 8	1:00 p.m.	Worship Design
Wednesday, Oct. 9	5:00 p.m.	Mental Health Team
Wednesday, Oct. 9	7:00 p.m.	Church Council
Sunday, Oct. 13	1:00 p.m.	Spiritual Explorers Labyrinth Walk
Thursday, Oct. 17	1:00 p.m.	Men's Lunch
Thursday, Oct. 17	6:30 p.m.	In Harmony
Saturday, Oct. 19	10:30 a.m.	Bell Choir Rehearsal
Saturday, Oct. 19	1:00 p.m.	IKC Borderland Trip Planning Meeting
Sunday, Oct. 20	12:30 p.m.	Buzz: W.I.S.E. Mental Health Covenant
Wednesday, Oct. 23	6:30 p.m.	Calling Circle
Thursday, Oct. 24	11:45 a.m.	Women's Lunch
Saturday, Oct. 26	10:30 a.m.	Bell Choir Rehearsal
Thursday, Oct. 31	1:00 p.m.	Men's Lunch
Thursday, Oct. 31	6:30 p.m.	In Harmony

WORSHIP & FAITH

Elizabeth Price, Chair

Sunday Adult Class

All classes meet in the Library (room 212) at 9:45 a.m. All are welcome!

Curious about what being a W.I.S.E. church might mean for First Congregational? Come to the Adult Education hours on Sundays October 6th and 13th from 9:45 to 10:45 a.m. in the Adult Library on 2nd floor. The team will discuss our newly created draft covenant, our commitment to mental health and potential plans.

October 6th: We will discuss W - Welcoming and I - Inclusive.

October 13th: We will discuss S - Supportive and E - Engaging.
We seek your input about our current work and our future, if we become a W.I.S.E. church.

October 20th: Student Pastor Cassidy Hall will be leading and will discuss more about her experience in the intersection of filmmaking and spirituality, including sharing some of her work.

October 27th: Student Pastor Cassidy Hall will be leading and will continue to explore more on the topics of Black Theology and Womanist Theology, including some readings.

Hope to see you there!



October Worship Theme: “Care for the Poor”

In continuing our “Be the Church” focus in worship over the next few months, in the month of October we will engage in what it means as the church to “care for the poor.”

October Worship Leaders

Oct 6	Marion Harcourt
Oct 13	Nancy Dickinson
Oct 20	Elizabeth Price
Oct 27	Wendy Baldwin

Prayground Team Update

It truly is a blessing to be a part of a congregation that took on the Prayground experiment in the December of 2018. In June, we distributed a survey and held a Buzz around this experiment to review the past sixth months and to dream of the future of the Prayground. Thank you all for your support and for your prayerful discernment. Both the Buzz and congregational/parent surveys were overwhelmingly positive. The space is definitely a learning curve, and the Prayground team continues to welcome feedback of all sorts. Thank you for your blessing to continue this ministry!

The team met on the first of September, and the conversation was so exciting. We sought to answer the question “so what now?” What now that we’re almost a year into our Prayground experiment? What now that we have many children of varying ages regularly attending worship? What now that we have parents and families with many different worshipping needs?



Three ideas gained a lot of traction throughout the meeting. There was interest expressed in expanding our offerings for children with a children's choir, and conversations are in the works with the preschool about this possibility. There is also a pressing need to offer nursery care. This desire was approved at the September Council meeting, and there is funding within the Worship and Faith budget to support a paid position for the remainder of the calendar year. As the search begins for a CPR and First Aid certified nursery worker,

please prayerfully consider being a volunteer when needed to fulfill our Safe Church policy. These two ideas really lead to our third: that our experiment with the Prayground has grown into a budding Children's Ministry! What a blessing!

If you're interested in learning more about our growing Children's Ministry, or if you're interested in being a part of this (such as becoming a Nursery on-call volunteer), please contact anyone on the current Prayground team: Sally Coombs, Chuck Kiphart, Aurelia Hoft-March, Aniseh Ebbini, and Lianna Campos.

Thank you all for your continued prayers, guidance, support, and love.

In Peace,
Lianna Campos (317-954-1601, lcampos33@gmail.com)

FC's 2019 Labyrinth Walks Continue

FC's third 2019 labyrinth-walking experience is at **1 PM** on **October 13** at St. Luke's United Methodist Church, 100 W 86th St, Indianapolis, IN 46260. The labyrinth is near Luke's Lodge, in St. Luke's NE corner of their back parking lot. Walk around the back of Luke's Lodge, down the steps and north into the neighborhood behind the church property. According to St. Luke's Spiritual Director, Betty Brandt, you can't miss it! (In case of rain, you might want to take an umbrella.) **After** we have all walked the labyrinth, we can go inside St. Luke's door #7, far North, turn left down hallway, 3rd door on the left, room 103-104, where we can discuss our experience as we sit on chairs and where we can bring in food and drinks if we want.



Please mark your calendars, also, for walking a portable labyrinth following the **November 24** FC meal in FC's Mayflower room.

All FC members and visitors are invited to walk the remaining two 2019 labyrinth walks. Each occasion is an excellent time to invite family members, friends, and neighbors to FC's Sunday 9:45 AM Adult Class, 11:00 AM worship service, followed by walking a labyrinth.

- susanna-judith rae

OUTREACH & SERVICE

Sue Chapman, Chair

October Mission of the Month: Neighbors in Need (NIN)

Our Neighbors in Need offering for October gives us as members of UCC the opportunity to have a greater outreach. As a new member of your outreach and services board that

gives me joy. One third of UCC collection for NIN in October goes toward its work with our Native American sisters and brothers through its support of the Council of Native American Ministries (CAIM). Historically Founders of UCC worked with many different tribes and today there are 20 UCC congregations on reservations. We are not only connected through our baptism to the people in these communities but through a shared belief in the values we hold in communion as UCC members. These churches and their pastors are supported by CAIM, as are more than 1000 individuals from dozens of other tribes.



Two thirds of the Collection in October goes to the support the Justice and Witness ministries of the church, not just here but throughout our nation. Working with a wide variety of justice issues, grants are available to assist local churches on their quest for justice in their given communities. These grants are given to help with concerns regarding things like the federal budget, voting rights, immigration, health care, hate crimes, civil liberties and environmental concerns. This year preference will be given for the support of our immigrant neighbors and communities. Please give generously as the need is great. Thank You. (source: UCC.ORG)

- Paul Terheide, O&S member

Pantry Items of the Month

During October, we are collecting the following items: pudding and Jello mix, rice and beans, canned soup, paper towels.

- Betty Schnur



Support for the Northside Food Pantry

First Congregational continues to make significant food donations to the Northside Food Pantry, contributing 155 pounds of nutritious food in August. We also donated several pounds of essential, nonfood items. While most of us do not experience

episodes of lack of food, there are neighbors, both adults and children, who struggle with hunger regularly and need our help. Please continue to contribute. Thank you!

- Bill Gillette

Crop Walk is Sunday, October 6th

Give me a "C" for Communities! Give me a "R" for Responding! Give me an "O" to Overcome! Give me a "P" for Poverty! What does that spell? CROP! Yeah! CROP WALK IS 50 YEARS YOUNG! Please HELP END HUNGER ONE STEP AT A TIME by being a walker, sponsor a walker, donate through church at www.crophunger.org/walk.org/Indianapolis/FCindy or by check payable to CWS/CROP. For more information visit the CROP WALK table in the narthex, see Sally Coombs, email at sallysews73@gmail.com or call 317-446-2853.



October Buzz &

Luncheon: W.I.S.E.

Mental Health - Sunday, October 20th

Join the Mental Health Team for a Luncheon and short Buzz after worship on Sunday October 20th. We will present the W.I.S.E. (Welcoming, Inclusive, Supportive, and Engaged) covenant (see below) the team has been working on and ask for your input. We will also discuss how becoming a W.I.S.E. congregation might affect our church and its activities. Come join us for food, fellowship and discussion.

- Sandy Wood, Mental Health Team

W.I.S.E. Mental Health Covenant Draft

The Mental Health Team welcomes comments on this draft to be sent to Rev Dr. Pat Larracey at plainandfancy1963@att.net or to Sandy Wood at csjlwood@att.net. Thanks.

We, the people of First Congregational United Church of Christ in Indianapolis, IN affirm our commitment to be a welcoming congregation so that "no matter who you are or where you are on your life's journey, you are welcome here in this progressive, inclusive, spiritually alive, servant congregation of Jesus Christ." We pledge to work to de-stigmatize mental illness through education within our church, our community and beyond. We welcome any who are marginalized to share and be honored for their experiences and stories regarding living with mental health challenges.

We will do this by being W.I.S.E. (Welcoming, Inclusive, Supportive, and Engaged).

Welcoming: We will actively welcome those experiencing mental health challenges into our faith community and provide a safe environment in which people can worship, serve, and share their journeys. We will create safe boundaries in our church and offer a radical welcome to everyone, including individuals with mental health and brain disorder challenges.

Inclusive: Our language in church events and worship services will be inclusive of all people, including those experiencing mental health challenges. It is through the inclusivity of people and the awareness of intersectionality, we can affirm the differences among us.

Supportive: We commit our continuing support to all facing mental health challenges by offering spiritual support and connection to mental health resources available in our community. We also promise our support to the loved ones of those living with mental health challenges.

Engaged: We shall find opportunities to be in shared mission, ministry, fellowship and advocacy with others, including the United Church of Christ Mental Health Network and the United Church of Christ Disabilities Ministries. Covenant and justice go hand-in-hand, so we will promote and reach out to those living with mental illness and brain disorders. This covenant was created by the people of this church, including those living with mental health challenges.

CHURCH COUNCIL

Regular checkups are key to good health!

One of the duties required in our constitution is regular reviews - not only of our minister and staff positions, but of our overall ministries. It is important to know how well we are meeting our own goals and the needs of our congregation and to get meaningful feedback - from everyone - to help us move forward most effectively. The Personnel Committee, The PCRCs (Pastor Congregation Relationship Committee), and Pastor Sarah as supervisor will manage some aspects of assessment, but the overall look at our ministries is much bigger. The council is launching a committee to design and launch that overall process. If you are interested in helping drive that process, please contact Rich Gibson. You will be hearing more about it in the coming weeks, as we can only learn and grow effectively with input from everyone!

- Karen Walker

CARE & CONNECTIONS

Wendy Baldwin, Chair

Fellowship and fun!

Check the bulletin board at the patio door entrance to see what's coming up, and ways to connect and share fellowship!



Friday Night at the Movies, 10/18, 6:30ish: Join us on the third Friday of each month at 6:30ish at Keystone Art Cinema in the Fashion Mall at Keystone. We'll decide which film(s) to see, get refreshments, and socialize. Then, after the movie, hang out at the Indie Lounge for more fellowship. Questions? Contact Wendy Baldwin

"FC's Got Talent" – Postponed for the time being!

WITNESS & WELCOME

Bob Cook, Chair

"Love One Another."

By the first week of October, this message will be on bright yellow yard signs that the Board of Witness and Welcome encourages you to take home and place in your yard. During this season of elections and bantering of opinions, First Congregational wants to remind all that love is Biblical not political.



There will also be a matching larger banner in the yard facing Pennsylvania Street in front of our church. This way a visitor or those that pass by might associate our church with the Love yard signs around the area.

The yard signs will also contain the name First Congregational and our website. Signs are free to anyone wishing to display one at their home;

however, donations will be accepted to offset the cost. We ask that signs be visible through the election season then you can return them to church or store for safekeeping. Our plan is to run this campaign again during the Indiana primary and 2020 fall elections. Contact Bob Cook with any questions. Thanks.

TRUSTEES

Randy Walker, Chair

New Carpet for Rooms on the Top Floor

The Trustees approved replacing the carpet in 3 rooms on the top floor – the Office, the Library, and the room used by Meagan Johnson. The work to pull up the old carpet and install the new carpet will be done by Jack Laurie Group, a highly respected flooring company, on Sept 30-Oct 1. Beforehand, furniture from these 3 rooms needs to be moved to other spaces, and then moved back when the work is completed. We appreciate the help in moving things around, and people's patience during this time. The new carpet is expected to be more versatile, easier to maintain, and have great durability. Thanks for all involved in this project!

- Wendy Baldwin, Building Manager

Financial Update

When We Give, We Reach Out With Helping Hands

Here are the financial results through August 31, 2019.

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1. Current Year Actual vs Budget Summary			
1/1/2019 through 8/31/2019 Using Budget 1			
Category	1/1/2019 Actual	- Budget	8/31/2019 Difference
INCOME	153,686	159,095	-5,409
M. Unrestricted Contributions	153,686	159,095	-5,409
M.01 Pledged Offerings	119,771	120,907	-1,136
M.02 UnPledged Offerings	12,526	16,799	-4,273
M.03 Rollover Prior Year Surplus_D...	4,766	4,766	0
M.04 Foundation - Endowment Fund...	0	0	0
M.05 Foundation - Minister Fund Draw	15,000	15,000	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...	1,623	1,623	0
EXPENSES	167,121	173,874	6,752
A. Pastoral Leadership	81,658	82,635	977
B. Worship & Faith	25,563	28,115	2,552
C. Care & Connections	298	350	52
D. Witness & Welcome	174	466	292
E. Outreach & Service	11,514	11,427	-87
F. Trustees	232	0	-232
G. Administration & Operations	12,802	14,438	1,636
H. House & Grounds	30,890	31,896	1,005
I. Miscellaneous	3,988	4,547	559
Net Difference:	-13,435	-14,779	1,344

Highlights:

Our overall financial results through August are slightly better than budget. The picture is the same as in previous months – undesignated contributions continue to fall short of expectations but expenses are being managed well.

- **Income of \$153,700** was \$5,400 below budget. The biggest shortfalls are non-pledge contributions (\$3,900 below budget and \$1,500 below last year) and pledges (\$1,100 below budget and \$10,700 below last year).
- **Expenses were \$167,100**, \$6,700 below budget. Savings were achieved in essentially all areas.
- Our **cash position** at August 31 was solid, with \$20,000 in the checking account and \$25,000 in our Fidelity money market fund.

- Our August 31 **net position** (cash + investments – restricted funds and other committed obligations) was \$18,400 negative.

Mission of the Month in 2019

The congregation continues its strong support of Mission of the Month – over **\$7,250** to date!

- January – Indiana Youth Group: \$464
- February – Peace Learning Center: \$531
- March – One Great Hour of Sharing: \$2,262
- April – Exodus Refugee Assistance: \$633
- May – UCC Mental Health Initiative: \$619
- June – Damien Center: \$687
- July – Underneath it All: \$1,295
- August – CEPAD Nicaragua \$805

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

- Jim Lootens, Treasurer - lootens.jb@gmail.com

Notes from our Green Lunch—Advice, Clues and Hints

The first settlers of Indiana had to clear forests, plant crops, and hunt. Technically, it wasn't far removed from our hunter-gatherer ancestors. Whichever we talk about, their tasks were to find or grow food, and to be careful in its identification, gathering, tending, caring, preparing and consuming. With modernity, we have been able to discard many of these tools that used to be life-or-death.

Today, with our planet beginning to show very plainly the distress we've put it to, it's time to pick up those old tools, dust them off, and begin using them again. We need to take care in selecting, preserving, preparing and consuming our food. The threat of not using these tools is not so much to us, but to our children and grandchildren. Keep in mind: production, transport and preservation of our food is a full 20% of all the greenhouse gases we emit.

Tips for sustainable eating

1. Prioritize plants

Fill half your plate with vegetables and fruits as part of an optimal diet. Planning your meals around produce helps the planet as well. Shifting to a more plant-based way of eating reduces freshwater withdrawals and deforestation—a win-win for both our personal health and the environment.



2. Minimize meat

Reduce red meat. Meat production is a substantial [contributor to greenhouse gas emissions](#) – beef especially. Raising and transporting livestock also requires more food, water, land, and energy than plants. Consider non-meat proteins such as nuts and legumes. If you must have beef, go grass-fed: it's only 40% of the greenhouse gas emissions of factory farm beef.

3. Select new seafood

Fish can be a healthy choice, but some species are at risk of being overfished, or produced in ways that harm the marine environment. If your go-to variety of fish is on the ["avoid" list](#), consider trying some new seafood. Again, care is required: some fish species are perfectly fine, but the methods that some producers use to catch them and get them to your grocery can hurt the habitat. Monterey Bay Aquarium's Seafood Watch (seafoodwatch.org) has an exhaustive list of fish to choose, and those to avoid.

4. Look local and in season

Farmers markets help you find fresh produce grown locally. Equally important, you meet the people who produce your food. You can learn so much: how your food was grown, when it was harvested, and even [how to prepare it](#). Also, eat fruit and vegetables in their season: yes, you can find blueberries year-round, but if they're out of season where you are, the ones you find were shipped from the other side of the equator, greatly increasing their carbon footprint.

5. Eat and shop mindfully

Pay attention to what you're eating. Try smaller portions, and see if it satisfies you. Consider two basic body symptoms of hunger: a rumbling stomach, and a lack of energy to complete your daily activities. The rumbling tummy is just a sign of your body getting less food than it's used to. The lack of energy is a serious sign that you need more calories. Welcome the rumbling tummy—it's your friend telling you you're on a good track! You can always have a healthy snack like an apple or a few cashews if you think you're desperate.

Also, shop mindfully. Try to buy what you'll actually eat, and then eat what you take.

Reduce the amount of wasted food that goes from grocery to refrigerator to trash. Try to compost as much as you can to further reduce waste.

Other Things to Do or Avoid

1. Buy a water bottle and a filter system

The flavoring in sodas and waters is bad for your teeth. The cost to transport carbonated beverages must include refrigeration, as warming lets the carbon dioxide escape. This jacks up the carbon footprint. And forget about plastic water bottles! PUR and Brita are among many providers of cheap and easy filter systems. If you must have carbonation, do your own!

2. Buy bulk foods and avoid individual packaging

Anything you buy in bulk cuts way down on the carbon footprint by eliminating the packaging. Conversely, anything that comes in individually wrapped servings (bad!) is almost certainly a super-processed food, and bad for you anyway. Beans are among the most versatile foods available. Include them in soups, salads, casserole, and dips. They add protein and fiber to any dish.

Potatoes are cheap, have a long season, and come in many varieties.

Rolled oats satiate your hunger for a long time, and are versatile. Make your own granola for breakfast, or granola bars for an anytime snack.

3. Homemade Bread

Making your own bread is easy with a breadmaking machine. It costs about \$1 a loaf without any packaging. And it tastes better and smells wonderful.

4. Think hard about a vegetarian or vegan (v/v) diet.

As meat and dairy products are among the highest producers of greenhouse gases, you can make big reductions by going v/v. Still, avoiding them requires you to take care that you're getting all the necessary nutrition. The American Dietetic Association recognizes that well- and carefully planned v/v diets are fine for infants, children and adults. Studies show higher frequencies of non-anemic iron deficiency among vegetarians versus omnivores; lower zinc status of vegetarian children; and the need for vitamin B12 supplements with vegan diets. Statistically, a higher risk of dietary deficiency has been reported with vegan diets. Also, some studies indicate higher frequency of hypospadias among children of vegetarian mothers. Vegan or vegetarian diets are good for the planet, but you need to be smart and careful to ensure they're also good for you! Daily multi-vitamins may address much of this.



Notes on the foods served at the Green Lunch

Salad—100% fresh vegetables bought at the Broad Ripple Farmers Market: lettuce, tomatoes, bell peppers and cucumbers. Chop, slice, dice, mix, done. Salad dressings are a challenge, though...

Soup—Dried peas bought in bulk, water and salt

Lasagna—No meat! Protein from tofu and cheese.

Chicken and rice—The meat is chicken: getting it to your table takes much less greenhouse gases than beef. This chicken was locally grown and bought at a farmers market

Zucchini bread—all local and organic ingredients; zukes grown in a garden eight minutes away from First Congregational

Melon—in season, locally grown

- Rich Gibson, Green Team

Green Team Tip: Preparing for Fall and Cold Weather

Fall often arrives gradually, never warning us that it's time to prepare for winter. But then winter is here and we have not prepared for it when we could have done so in pleasant temperatures. So let's consider what we need to do now.



Preparing the house for cold weather is easier than when I was a kid. Few of us now need to carry storm windows from their summer storage areas to be hung on outside brackets. The more common methods of preventing lots of heat loss through windows now are the use of sliding storm windows that are part of the window unit and double or triple pane windows that work for us 24/7/365. Window insulating kits that use sheets of plastic are effective sealing off air leakage.

Check for leakage of air around window frames, doors and electrical outlets. Block leaky areas with tape, weather stripping or insulation.

Nowadays houses are built with much more insulation than was installed in older homes. If your home has less insulation than is ideal, consider adding some more now. The expense will be recovered eventually by your savings in heating and cooling bills and the less your furnace runs the better it is for the environment.

Have the car serviced and prepared for winter. Oil should usually be changed to a winter grade and the air pressure in tires checked on a cold day. It's likely that a few pounds of air should be added after the outside temperature drops. Check to be sure that the tire tread is adequate for adequate traction in snow and ice.

If finances permit, having the furnace checked in preparation for winter is wise. Having it quit on a cold weekend due to a broken drive belt or clogged air filter is expensive.

And get a flu shot. Why gamble that you'll dodge the flu bullet when getting an immunizing shot is so easy, and free or cheap? The shots are not 100% effective but effective enough that skipping them is like rolling the dice – you're gambling against the odds. Check with your doctor to see if the whole family should be immunized.

- Bill Gillette, Green Team

COMMUNITY

Fasting in Nicaragua

By susanna-judith rae

"Yet, even now, says the Lord, return to me with all your heart, with fasting, with weeping, and with mourning" (Joel 2:12 NRSV).

Sun, Aug 25 was eventful in three ways at Indianapolis's First Congregational (FC) United Church of Christ. First, Paul Terheide and Rita Hummel, along with Global Ministries mission co-worker Jeanette Salley, made a presentation during the 9:45 Adult Class about their participation in the 2019 CEPAD (Protestant Churches of Nicaragua) International Partnership Encounter in Managua, Nicaragua.

Second, during the worship service, Pastor Sarah preached on "Pastor's Protest Fast," based on Isaiah 58:9-14 and on her experience of fasting from the previous Mon to Thurs, as various ministers fasted on behalf of Indiana's hungry children, to witness for [Bread for the World](#).

Third, a "Nicaragua Day Buzz & Pitch-in" followed, with Ms. Salley speaking about her missionary work as a Christian educator in rural Nicaragua. Throughout the day, especially as Pastor Sarah preached, I pondered times I've fasted, such as in 1999 when other activists and I marched around Indiana Gov. O'Bannon's mansion, hours before the execution of D. H. Fleenor, who reportedly had an IQ of 78. Sadly, our protests were to no avail. Likewise, my mind was on Nicaragua much of Sunday.

On Mon, i prayerfully concluded that my Maker intended me to write—in the October 2019 Colony—about my April, 2000 experience of fasting when 16 FC members were in Wiwili, Nicaragua. Ours was FC's first mission trip there, where we helped re-build after the devastation of 1998's Hurricane Mitch. Before the trip, i had routinely practiced the spiritual discipline of fasting for 36 hours a week, consuming only water, starting one evening about 7 PM and ending about 7AM a day and a half later. When in Nicaragua, i assumed God would not expect me to fast while doing house-building construction work in the hot sun; so i had been eating meals. God dramatically informed me that i was wrong! My Maker did, indeed, expect me to fast, as usual, under those conditions!

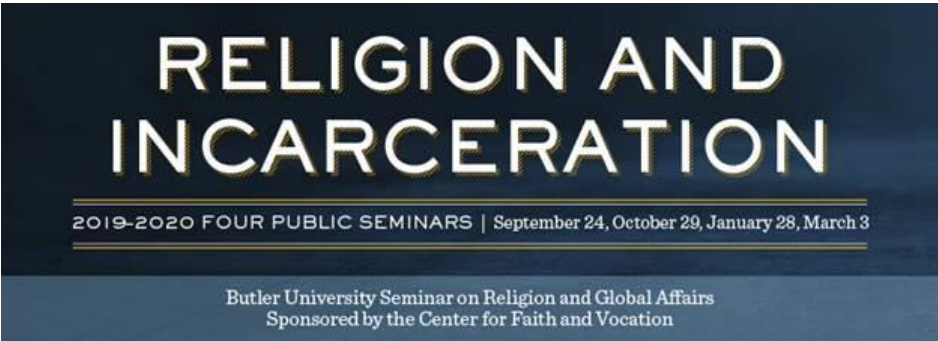
One morning, i awoke to see Nancy Dickinson, who slept in a sleeping bag next to mine, wearing a t-shirt with the letters "FAST." (i think Nancy said the word referred to a race, not to fasting). Then Nancy picked up something and asked, "Whose cross is this?" It was my olive-wood cross from the Holy Land that i always wear. Surprised that it had been on the floor, i prayed, put on the cross, and took in God's message: i was to fast in Nicaragua, as i did in Indiana.

Soon, i told our minister, Rev. Clough, that i would fast after all. He was supportive, agreeing my fast could be a ritual of repentance on behalf of our nation, that had treated Nicaragua poorly in the past. The next 36 hours, i prayed prayers of repentance for the U.S. and asked God to forgive us our sins of omission and sins of commission in relation to Nicaragua. Easily, with prayers for strength, energy, and stamina, i survived fasting in Nicaragua without fainting in the hot sun! i thanked God for the privilege of being in Nicaragua and of fasting there. The only challenge was when a fellow church member noticed my not eating and expressed concern. However, i have had much practice listening calmly to others' telling me i should not fast; thus, i quietly listened to his opinion and continued to do what i knew i needed, and wanted, to do: be obedient to God.

Faith In Action Project: October 1, 7:00 p.m.

Free tickets are still available for the Oct. 1 Faith & Action Project event, "Uncomfortable Truths, Healing Impact." Listen in as TV commentator and author Van Jones discusses poverty and solutions with Pastor Jeffrey A. Johnson, Sr. of Eastern Star Church, Center for Leadership Development President Dennis E. Bland and Goodwill of Central and Southern Indiana Vice President of Mission and Education Initiatives Betsy Delgado. The 7 PM. Clowes Memorial Hall event is free, but tickets are required. For more information or to reserve your free tickets, click [here](#) or visit the Clowes Box Office.

- Pastor Sarah



The Butler University Center for Faith and Vocation would like to invite you to a four-part series of free and public lectures that are part of the Butler Seminar on Religion and Global Affairs, this year focusing on the theme **"Religion and Incarceration"** Attached is a full brochure that shows the specifics of each event, including brief bios of keynote speakers and respondents. All of this information can also be found on our website [here](#).

The Most Merciful: Muslim Work with Ex-Offenders

Tuesday, October 29, 2019 - 7:00 pm in the Shelton Auditorium on South Campus, Butler University. *Many of America's prisoners have embraced Islam while incarcerated, and Muslims have also been active in caring for the social and religious needs of ex-offenders. In*

this session, we explore what Islam has to say and what Muslims are doing about incarceration in America. (With support from the Muslim Studies Endowment).

Please take a look at the details at the website above and if you have any questions, feel free to reach out to Daniel Meyers, the Director of Butler's Center for Faith and Vocation, at dgmeyers@butler.edu. We hope you will be able to attend and be enriched by the academic and public discourse the Butler Seminar on Religion and Global Affairs has strived to foster in our community for over 20 years.

ANNOUNCEMENTS

Men's Lunch: This lunch and discussion gathering for men of First Congregational meets at various restaurants in the greater Indianapolis area. They meet every other Thursday at 1 p.m. This month they will meet on **October 3rd & 17th**. Please contact Randy Walker at (317) 796-2081 or aa28977rwalker@gmail.com for information.

Circle IV Book Discussion: Circle IV will be meeting at the home of Nancy Dickinson on Tuesday, **October 15th** at 1:30 pm. We will discuss the second section of *Jayber Crow* by Wendell Berry. All are welcome to join us. Feel free to carpool. For further information, contact Sandy Wood at (317) 863-8238 or csjlwood@att.net

November Colony Submission Deadline: Please have your submissions sent to Shannon by **November 15th**.

Women's Lunch Bunch: All women of the church are invited to get together once a month for lunch, friendship and fellowship. This month we will meet on Thursday, **October 24th** at 11:45 a.m. For any questions or more information please contact Sue Chapman at 317-259-1806 or carolsuech59@gmail.com.

Flower Calendar: The 2019 Flower Calendar is on the bulletin board by the garden doors. Flowers can be for any occasion, and can come from the store, florist, or from your garden. The cost is \$25.00 from our florist. Any questions, please email Sally Coombs at sallysews73@gmail.com or call 317-446-2853. You can also let Shannon Abbott know the occasion at shannon@fcindy.org or call the church office at 317-257-5397.