



FIRST CONGREGATIONAL CHURCH

UNITED CHURCH OF CHRIST

THE PILGRIM COLONY

April 2021

Pastor's Reflections

We are an Easter people. I first heard this description of the Christian community while studying for ministry and it has stayed with me ever since. What does it mean to be an Easter people? I wonder what this means for you? For me, to be part of an Easter people means that we have hope.

We are not Good Friday people. We are not people who only know crucifixion. We are people who also know resurrection. To be an Easter people means that we know that God is with us through the suffering, humiliation, injustice, and pain of the cross. In the Christian story, God doesn't abandon us on the cross, or even leave us in the tomb. God is with us in all of our experiences of life after death, in new opportunities for growth after a period of despair and heartache.

This Easter season, I invite you to reflect on what it means that God has entered into our lives and invites each one of us to be Easter people. How will you open yourself to experience new life, growth, and change that creates healing and wholeness? What does a church filled with Easter people look and act like?

I give thanks to God for the power to choose to be part of positive change in the world. To be Easter people is to help transform the ways of death (greed, racism, xenophobia, sexism, homophobia, and transphobia) into new life (justice, peace, mercy, hope and love). I give thanks to God for the ways First Congregational is a community of Easter people.

Blessings,
Pastor Sarah

Pastoral Care and Support:
Contact Pastor Sarah at
pastorsarah@fcindy.org and
(386)478-9012.

Intern Reflections

Just Peace Intern (Preaching: Sunday, April 25th)

I have been encouraged in the past few weeks by the response to our efforts in outreach to our community. Not only has First Congregational continued their semi-frequent food drives to help the Indianapolis community but also the personal invitations given to attend our research action meeting with Senator Bray.

Leading others in our everyday lives is often difficult, if not only because we must trust in our own skills, motivations, and confidence in ourselves. Leading a community by relying on God's graces and omnipotence provides us all security in moments of indecision and fear. I pray that I can continue to channel God's will in this way during my time as Just Peace Intern, and that all of our Faith in Indiana committee leaders are inspired by the work we are doing. May God continue to bless and guide our work, which helps advocate for justice in our state.

- David Clark

daclark1@butler.edu



From Your Student Pastor



Church, this past month has caused me much reflection on the sense of family I feel at FC Indy. I've been so blessed by our moments of openness and vulnerability, sharing and caring. Thank you for continuing to step into the fullness of who you are as individuals and as a church—and thank you for continually making room for more of each other. As we enter in on my final full month as your Student Pastor, I think about what it means to have

gone through this process amid a pandemic! And in your graciousness and wisdom, I've been amazed how we've yielded to safety and the common good. Thank you. Thank you for being the church. Thank you for showing me week after week, month after month, what it really means to be the church. It is an honor to be your Student Pastor. Feel free to Join me in April for Monday morning prayer sits (10AM - 10:20AM). I will simply read a poem or blessing and we will then enter into silent prayer together.

Questions, thoughts, comments, concerns? You can always email me at studentpastor@fcindy.org

Senior Councilors Report

Larry Eckel, Lead Councilor

A well-worn adage, first attributed to Plato, states that “necessity is the mother of invention.” One can easily see the premise of this still useful maxim reflected in the shared leadership proposal which was presented and approved at our Congregational Meeting early last month. The driving force behind this new model of governance is the perennial challenge our church has experienced in filling the roles of Vice Moderator and Moderator: There are so many exciting initiatives and meaningful opportunities for leadership attracting members to

our various boards and teams that we decided to create a new model to lighten the load of Vice Moderator and Moderator. Following a great deal of thoughtful discussion and discernment, the concept of sharing these two positions among three or four “Senior Councilors” was born.

The Councilors work as a team and meet regularly with the Pastor. Each takes a turn as the “Lead” Councilor for one-third of the year before passing the mantle to another. Each has a voice on the Church Council, but only the Lead Councilor may cast a vote. All three share responsibilities for attending board and team meetings and are available to pinch hit for each other when necessary. There is much more to the model than space allows me to describe here. For further understanding, you may wish to review the letter sent to you in February by Wendy Baldwin (a key architect of the model) and the information provided in the March Colony.

As you may be aware, the other two Councilors who have joined with me for the balance of this year are Alice Rutherford and Steve Coomer. I could not be more delighted and fortunate to have such able company with whom to work! The rotation for Lead Councilor is as follows: Larry – February through May; Steve – June through September; and Alice – October through January. At the end of the current year, the congregation will have the opportunity to review how well our “noble experiment” in shared leadership has progressed and whether it merits continuation in 2022. Meanwhile, please be assured that we welcome your questions and comments at any time, and that we will strive to do our best on behalf of you and the church we all love. We are grateful for the faith you have entrusted in us.

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, Gloria Boedeker, Clark Collier, susana-judith rae

This Month at FC*

SUNDAYS	9:30 a.m.	Sunday Adult Class (Zoom)
SUNDAYS	11:00 a.m.	Worship (YouTube, Facebook, Dial In)
SUNDAYS	12:00 p.m.	Coffee Hour (Zoom - immediately after worship)
MONDAYS	10:00 a.m.	Prayer Sits (Zoom)
TUESDAYS	7:00 p.m.	Vespers (at FC)
THURSDAYS	5:00 p.m.	Spiritual Support Group (Zoom)
Friday, April 2	12:00 p.m.	7 Last Words Good Friday Chapel (CTS FB)
Saturday, April 3	10:00 a.m.	Food Drive (at FC)
Sunday, April 4	11:00 a.m.	Easter Sunday Communion Worship (YouTube, Facebook, Dial In)
Wednesday, April 7	7:00 p.m.	Trustees (Zoom)
Thursday, April 1	1:00 p.m.	Men's Lunch (private Zoom)
Tuesday, April 13	9:30 a.m.	Care & Connections (Zoom)
Wednesday, April 14	7:00 p.m.	Church Council (Zoom)
Thursday, April 15	1:00 p.m.	Men's Lunch (private Zoom)
Tuesday, April 21	1:30 p.m.	Women's Book Circle (Zoom)
Thursday, April 22	11:30 a.m.	Women's Lunch Bunch (Zoom)
Saturday, April 17	11:00 a.m.	Neighborhood Walk (at FC)
Sunday, April 25	11:00 a.m.	Just Peace Intern, David Clark preaching
Sunday, April 25	12:30 p.m.	Buzz: Just Peace Intern Celebration & Talk Back + Discussion on Re-opening
Sunday, April 25	3:00 p.m.	SE Association Meeting (IKC Zoom)
Wednesday, April 28	5:00 p.m.	WISE Mental Health Team (Zoom)
Wednesday, April 28	6:30 p.m.	Calling Circle (IKC Zoom)

**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'.

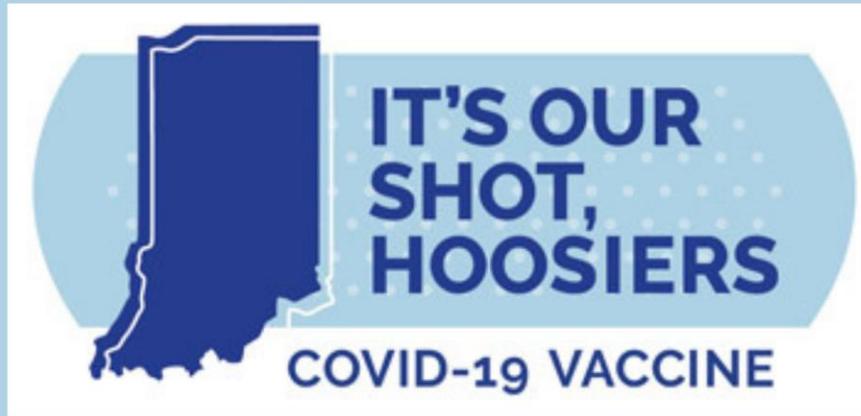
Church Council

Comeback Team: Current Building Policy

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

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

If you need to be in the building, please wash your hands in the kitchenette or use the sanitizer at the cleaning cart, sign in, and wear a face mask. We value the opportunity to be together, but are equally desirous to keep one another healthy by limiting ways to inadvertently shed virus!



**Are you ready to get back to
the people and activities you love?**

Your vaccination brings us one day closer
to controlling the pandemic and
reopening Church.

Get your vaccine ASAP!

Register at ourshot.in.gov or call 211.



Buzz: April 25th at 12:30 PM (Zoom)

This Buzz will cover two important areas of our church life. In the first half, we will engage in a celebration and “talk back” session with our Just Peace Intern, David Clark, on his last Sunday with us. During the second half, we will discuss when and how to safely begin to re-open the Church building for worship and gatherings.

WORSHIP & FAITH

Aurelia Glennan-March, Chair

Dear Church,

As the world begins to open back up, we too are looking with hope at that prospect. The Worship and Faith Board is exploring ways to bring us back together safely in person or with a hybrid service model while still staying true to our belief in making everyone feel welcome. In the spirit of inclusivity, in-person services will not be held until at least Pentecost on May 23rd, for which we hope to be able to hold an outdoor, in-person worship service. Before then, there will be outdoor (weather permitting) in-person Vespers services at the church, including the Tuesday of Holy Week on March 30th.

The prospect of being able to see one another in regular worship face to face is thrilling, and I for one am looking forward to that day.

- Aurelia

Sunday Adult Class, 9:30-10:30 am

Adult Education will continue to meet [via Zoom](#).

In April we will celebrate resurrection, new directions for building a beloved community and new beginnings. Join in!

April 4 - Nancy Dickinson presents on the Resurrection

April 11 - David Clark presents on his work with us as we seek to live into our Just Peace covenant

April 18 - Wendy Baldwin presents on "Beloved, Love."

April 28 - Cassidy Hall presents; topic TBA

Hope to see you there!

Pastor Carol

3 Ways to Connect for Worship- Sundays at 11AM



FACE BOOK

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.

Prayer Sits, Mondays in April

Join Student Pastor, Cassidy Hall, for 20 minute prayer sits on the Church's zoom account to begin the week. We will meet on Monday

April 5th, Monday **April 12th**,

Monday **April 19th**, and Monday

April 26th from **10:00AM until 10:20**.

During these prayers, Cassidy will have a brief

reading/reflection/blessing as an opening and the room will be encouraged to take a word or phrase into their prayer. The prayer will simply be silently sitting together (you are invited to leave your camera on or off and sound on or off).



No experience or requirements necessary, come as you are. Questions? Email Cassidy at studentpastor@fcindy.org

OUTREACH & SERVICE

Alice Rutherford, Chair

April is our last month for supporting our Just Peace Covenant through our Covenant Outreach, so if you haven't yet made your contribution to Covenant Outreach to support Faith In Indiana, Family Promise, Exodus, and Peace Learning Center, please do so this month. Beginning in May we'll shift our Covenant Outreach to ministries and missions that support our W.I.S.E. Covenant for Mental Health, and you'll hear more about those in May.

April also brings our last month with our dedicated Just Peace Intern, David Clark, as he closes out his internship as our guest preacher on April 25. We have all benefited greatly from David's presence in our midst, and from his work with Faith In Indiana on our behalf. I hope those who have participated in our efforts with Faith In Indiana so far this year have enjoyed the involvement, and we thank David for his leadership in those efforts. Faith In Indiana is an excellent avenue for our intentional advocacy in walking with God to help build a Just Peace world. Watch for further information about how we can continue to support these neighbors and friends in Christ.

The Outreach & Service Board greatly appreciates First Congregational's generosity of spirit, time, and treasure. We thank everyone for your support of our ministries and missions beyond our church community.

Feeding the Hungry - opportunity for advocacy on April 20

Senator Braun has agreed to meet with hunger experts and Bread For the World advocates to discuss food insecurity. Let's show him strength in numbers of people who feel strongly about this. This is a free zoom event, please see more info and register at the link here: <https://www.eventbrite.com/e/feeding-our-economy-tickets-141487076655>

feedingoureconomy

FOOD SECURITY. GOOD FOR GROWTH.



Sen. Mike Braun Committee on Agriculture, Nutrition and Forestry
Dr. Heather Eicher-Miller Purdue University Department of Nutrition Science
Eric Halvorson Kroger Corporation
Michelle Hummel Organizational Effectiveness Consultant, former WIC staff

Bread for the World - Indiana hosts a one-hour conversation on why investing in accessible, equitable and nutritious food systems fuels human *and* economic growth.

Tuesday • April 20, 2021 • 4:30 p.m. EST

Tickets are free. [Eventbrite Reservations required.](#)



WISE Mental Health Team (Next Zoom meeting: April 28, 5:00PM)



The FC WISE Mental Health Team seeks new members interested in promoting mental health, removing stigma of mental illness and working for justice for those affected by mental illness. We meet monthly (currently [via Zoom](#)) the fourth Wednesday of each month from 5 p.m. to 6:15 p.m. Come join our active and caring team trying to live out God's call to love one another through our commitment to those experiencing mental health challenges, their families and friends.

For more information contact co-chairs, Sandy Wood, 317-225-6206-csjlwood@att.net and Pat Larracey, 317-625-6801-plainandfancy1963@att.net.

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.

Mental Health First Aid Training – May 15th

A year ago the WISE Mental Health Team received a grant to provide a one day workshop for lay persons on Adult Mental Health First Aid (MHFA) for members of our congregation but could not do the training due to the pandemic. What does this training include? It is a nationally recognized early intervention public education program. It teaches adults how to recognize signs/symptoms of potential mental health challenges, how to listen nonjudgmentally, to give reassurance to someone who may be experiencing a mental health challenge and to refer that person to appropriate professional services.

The Adult MHFA course is currently virtual. Participants will complete a 2 hour self-paced online exercise prior to May 15th through a link sent after online registration. On May 15th registrants will participate in a Zoom class from 9 a. m. to 4 p.m. with breaks in midmorning, midafternoon and lunch. After the class, participants will receive a link to an online quiz which, when successfully completed, will certify them in Mental Health First Aid.



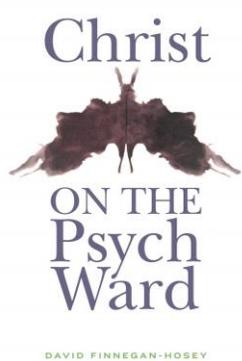
Thanks to the grant, the cost of the training has been reduced from \$50 to \$25 per person. In addition, several scholarships are available. When mailing your registration to the church, please put Mental Health First Aid in the memo line of your check. If you wish to pay online through the church website, you will need to send an email to Cheryl Dillenback, Financial Secretary, at dillenback@sbcglobal.net to tell her your online payment is for Mental Health First Aid training.

If you are interested in this training, contact Sandy Wood and also indicate if you wish to have a scholarship. **Ten participants are required for the workshop not to be cancelled, so please notify me as soon as possible if you are interested. The deadline for registration is May 7th.** Once you notify me, I will send you the link to register and the trainers- Linda Williams and Brook Haynes will contact you with necessary links to the course. This is an exciting learning opportunity for our congregation and I hope to “see” several of you at this virtual workshop.

- Sandy Wood (csjlwood@att.net or 317-225-6206- call or text)

May 16th- Mental Health Sunday Buzz sponsored by the WISE Mental Health Team

We are fortunate to have a guest preacher at our virtual Mental Health Sunday this year who has also agreed to do a Buzz after Worship. David Finnegan-Hosey is a chaplain-in-residence at Georgetown University. He holds a Master's Degree in Divinity from Wesley Theological Seminary and is certified in Mental Health First Aid to provide initial help to people experiencing challenges with depression and anxiety. He was diagnosed with bipolar disorder after a series of psychiatric hospitalizations. Currently he speaks and writes about the connections of mental illness, mental health and faith.



During our Buzz he will be discussing his 2018 book “Christ on the Psych Ward” published by Church Publishing. Though you do not have to have read this book to attend and benefit from his talk, the WISE Mental Health Team has purchased a small number of books to loan to the first people requesting them. From March 29 on there will be a cart containing the books and a sign-up for pick-up in the hallway by the garden door. Books may still be available on April 3rd at the monthly food drive if you are coming to the church for that event. If you wish

to have a book delivered to you, and there are books available, please let Sandy Wood know- see below for contact information. If anyone finishes reading the book and wants to return it to the cart and cross their name off, that will allow for more members to read the book before the Buzz.

You can also order his book- a paperback costing \$14.95- from Amazon or Barnes and Noble- see above for details. Unfortunately, it is not yet online in the Indpls Marion County Public Library, though it may be possible to request that it be added to their collection.

For questions please contact Sandy Wood csjlwood@att.net- 317-225-6206

CARE & CONNECTIONS

Wendy Baldwin, Chair

April Birthdays

Katie Booth
Lianna Campos
Cheryl Dillenback

Bill Hummel
Sara Lootens
Mary Lou Rothe



If you're having a birthday in April, 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 – April 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 over 600 lbs of food and supplies! And our greatest gift – the ability to spend a few minutes of in-person fellowship with those that are there, while maintaining safe virus protocols. Since this is the day before Easter, we will also have some

Easter goodies on hand.

Vesper Gatherings – Tuesdays, 7-7:30 pm, outdoors & on Zoom

Join us for a time of togetherness, Scripture, and sharing of joys and concerns. When weather conditions allow, Vespers will be outdoors at the church at 7 pm. Please bring a lawn chair and wear a mask. We will also try to connect to Zoom for those unable to attend in person. We will NOT meet outdoors if the temperature is below 50 degrees, it's raining, or winds are greater than 20 mph; you can join us on Zoom.

Monthly Walks – 3rd Saturday of the month, April 17, 11 am

Join us each month for a half hour walk in the beautiful neighborhood around the church. We'll meet at 11 am in the church parking lot, and head off for a walk and a time to catch up with one another. Please wear a mask, and dress appropriately for the weather.

Fourth Friday Fun at First! – April 23, 6-8 pm

Looking for some in-person fun and community? We will gather outdoors at our church building to play various games and have some pizza, while observing safety protocols of distancing and mask wearing. All ages welcome, and bring a friend! Questions, or have an idea for a game? Contact Wendy Baldwin.

Need Some Coffee?



A year ago, the church bought Equal Exchange coffee to last us several months for our coffee times together. During the shutdown, this coffee has been stored in the fridge or freezer. Since it will be some time before the church can use it, it is available to you for a \$5 donation per pack – both regular and decaf. You can pick it up inside the patio door entrance, or if you would like some and can't come to the building, please contact Wendy Baldwin.

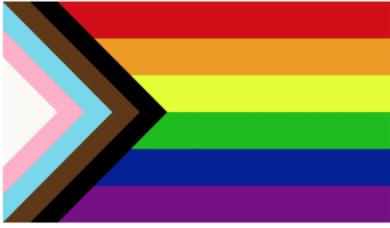
Updated Address Directory

The address directory has been updated for 2021. Printed copies are available at the church, as well as an electronic file. If you would like an electronic file, please contact Shannon Abbott; if you would like a printed version, please contact Wendy Baldwin.



WITNESS & WELCOME

Clark Collier, Chair



Indy PRIDE will be here before we know it! Traditional May/June Pride events are being planned virtually from May through October. A virtual festival is planned for June 12th and on October 2nd there will be a parade or caravan, depending on the current public health guidelines. Stay tuned for more information and ways to get involved!

TRUSTEES

Financial Update

When We Give, We Reach Out With Helping Hands

Here are the financial results through February 28, 2021.

1. Current Year Actual vs Budget Summary

1/1/2021 through 2/28/2021 Using 2021 Budget

21

Category	1/1/2021 Actual	- Budget	2/28/2021 Difference
INCOME	5,491	16,328	-10,836
M. Unrestricted Contributions	5,491	16,328	-10,836
M.01 Pledged Offerings	25,539	35,926	-10,386
M.02 UnPledged Offerings	1,236	1,686	-450
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	0	0	0
EXPENSES	42,353	43,683	1,329
A. Pastoral Leadership	20,308	20,689	381
B. Worship & Faith	5,582	5,314	-268
C. Care & Connections	18	15	-3
D. Witness & Welcome	0	82	82
E. Outreach & Service	3,000	2,759	-241
F. Trustees	0	13	13
G. Administration & Operations	3,210	3,511	301
H. House & Grounds	9,311	10,066	755
I. Miscellaneous	924	1,234	310
Net Difference:	-36,862	-27,355	-9,507

Highlights:

- **Income** for the two months was \$26,800 (after adjusting for the carry-forward of the 2020 year-end deficit). This was \$10,800 below our 2021 budget and \$5,300 below the same period last year. It's still early, but it's a potential concern.

- **Expenses** of \$42,400 were slightly below budget, with all areas running close to their budgeted expenses.

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

Jim Lootens, Treasurer

lootens.jb@gmail.com

COMMUNITY

Stakeout 24-7

I lift my eyes to the mountain—from where will my help come?

My help comes from YHWH, who made heaven and earth!

YHWH won't let our footsteps slip: our Guardian never sleeps. [...]

YHWH guards over our leaving and our coming back,

now and forever (Psalm 121:1-3, 8 The Inclusive Bible).

In the 1987 comedy *Stakeout*, starring Richard Dreyfuss and Emilio Estevez, law enforcement officers maintain round-the-clock surveillance on the home of an escaped prisoner's ex-girlfriend. In one early morning scene a detective, with binoculars in one hand and a pen in the other, records in the stakeout log the exact time when one of the inhabitants heads for the bathroom.

Always an early riser, i laughed at myself one morning about fifteen years ago as i visualized a *Stakeout* detective taking notes on some of my unusual exercise activities back when i had far more energy, strength, and stamina than i do now:

"4:17 AM—wife ran up and down indoor stairs five times."

"4:26 AM—wife jumped rope outside on driveway. Not super coordinated. Had trouble with crisscross jumps."

These ideas caused me to think: what if someone took notes on all the routine, as well as zany, activities we human beings engage in? Then it hit me: someone does. God does. Rather than suspiciously staking us out, though, God lovingly observes and watches over us day and night. Because God is omnipresent and omniscient, God needs no log or diary for recording our numerous behaviors. We can be comforted in knowing that God uses these observations for our spiritual growth and wellbeing.

Loving God who watches over us, thank You that you never sleep. Thank You for Your constant care. May we become all that You, O God, intend for us to become. Amen.

- susanna-judith rae

“Seven Last Words” Good Friday Chapel Service Friday, April 2 at 12PM



Join us on Facebook Live (<https://www.facebook.com/ctsindy>) for a special Seven Last Words chapel service featuring DMin and PhD students Rev. Eric Jackson, Rev. Moya Harris, Rev. Chad R. Abbott, Rev. Dr. Dominique A. Robinson, Rev. William H. Lamar IV, Rev. Dr. Lisa Goods, and Rev. April G. Johnson.

The Faith & Action Project’s Push Back Poverty Spring Conference featuring Nisha Patel

Thu, April 15, 2021 from 1:00 PM – 2:30 PM EDT



Efforts to turn back poverty in our community will only succeed if we engage in a concerted, collaborative effort to listen, share, innovate and connect with experts and those who are walking the pathway out of poverty.

Join us to be a part of that effort, as faith communities, nonprofit organizations, concerned individuals and people living in poverty gather to discuss, learn about and shape solutions that increase opportunities for residents throughout the city.

Register here: <https://www.eventbrite.com/e/faith-action-online-spring-conference-tickets-140072583869>

SE Association Annual Meeting on Sunday, April 25th at 3:00pm (IKC Zoom)

We will be electing officers and hear from the Rev. Dr. Karen Georgia Thompson who is the Associate General Minister and Administrator of General Synod.



The Rev. Dr. Karen Georgia A. Thompson is the Associate General Minister (AGM) for Wider Church Ministries (WCM) and Operations in the United Church of Christ and Co-Executive for Global Ministries with the United Church of Christ and the Christian Church (Disciples of Christ). She is an inspiring preacher and theologian, who shares her skills and gifts in a variety of settings nationally and internationally, often using her poetry as a part of her ministry.

As AGM for Wider Church Ministries and Operations, Rev. Dr. Thompson provides strategic visioning and leadership for the programmatic ministries of Global Ministries, Global H.O.P.E (formerly Humanitarian Aid and Development), Ecumenical and Interfaith Relations, Events and Scholarships Management and Archives. In collaboration with the other two elected officers, they work together to fulfill the mandates of the General Synod and the United Church of Christ Board.

Join Zoom Meeting

<https://us02web.zoom.us/j/83860964631?pwd=Y3kvU0lrVFY4aW5DM2RPbDBKSmNSdz09>

Meeting ID: 838 6096 4631

Passcode: 305974

One tap mobile

+13017158592,,83860964631#,,, *305974# US (Washington DC)

+13126266799,,83860964631#,,, *305974# US (Chicago)

Find your local number: <https://us02web.zoom.us/j/83860964631?pwd=Y3kvU0lrVFY4aW5DM2RPbDBKSmNSdz09>

IKC UCC Southeast Association Eviction Ministry

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



- Rev. Shannon Abbott (shannon@fcindy.org), Pastor Sarah Frische-Mouri Hannigan (pastorsarahzucc@gmail.com), Walter Ziebell (wziebell@gmail.com)

ANNOUNCEMENTS

April Colony Submission Deadline: Please email your submissions to Shannon at shannon@fcindy.org no later than **Monday, April 19th**.

Women's Lunch Bunch: All women of the church are invited to get together once a month at **11:30am**. via Zoom for lunch, friendship and fellowship. This month, they meet on **April 22nd**. For questions or more information please contact Sue Chapman at (317) 259-1806 or carolsuech59@gmail.com.

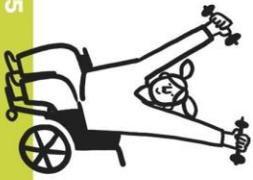
Men's Lunch: This lunch and discussion gathering for men of First Congregational meets every other Thursday at **1:00pm**. In April, they are meeting on **April 1st** and **15th**. For more information, please contact Dick Clough at (317) 872-3910.

Women's Book Circle: We meet on the **third Tuesday** of each month at **1:30** on the church **zoom** account. Join us! 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.

Active April 2021

MONDAY



5 Eat healthy and natural food today and drink lots of water

TUESDAY



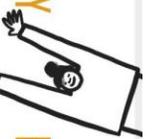
6 Turn a regular activity into a playful game today

WEDNESDAY



7 Do a body-scan meditation and really notice how your body feels

THURSDAY



1 Commit to being more active this month, starting today

FRIDAY

2 Listen to your body and be grateful for what it can do

SATURDAY

3 Spend as much time as possible outdoors today

SUNDAY

4 Have a day free from TV or screens and get moving instead



11 Be active outside. Dig up weeds or plant some seeds

12 Set yourself an exercise goal or sign up to an activity challenge

13 Move as much as possible, even if you're stuck inside

14 Make sleep a priority and go to bed in good time

15 Relax your body & mind with yoga, tai chi or meditation

16 Get active by singing today (even if you think you can't sing!)

17 Go exploring around your local area and notice new things

18 Make time to run, swim, dance, cycle or stretch today

19 Have a 'no screens' night and take time to recharge yourself

20 Spend less time sitting today. Get up and move more often

21 Focus on 'eating a rainbow' of multi-coloured vegetables today

22 Regularly pause to stretch and breathe during the day

23 Enjoy moving to your favourite music. Really go for it

24 Go out and do an errand for a loved one or neighbour

25 Get active in nature. Feed the birds or go wildlife-spotting

26 Try a new online exercise, activity or dance class

27 Take an extra break in your day and walk outside for 15 minutes

28 Find a fun exercise to do while waiting for the kettle to boil

29 Meet a friend outside for a walk and a chat

30 Become an activist for a cause you really believe in



ACTION FOR HAPPINESS

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