





UNITED CHURCH OF CHRIST

Epistle for the Week of October 1, 2020



The building of First Congregational UCC is currently closed for group gatherings. Masks are required for gatherings occurring outside.

Dear First Congregational,

Today, the first day of October, we welcome the bright colors of the fall. Take time to notice the trees changing colors. Change that is visible in the leaves invites us to take time to pause.

Instead of rushing by, take time to observe the hues of orange, yellow, and red.

As I think about change, this prayer comes to mind. Take time to pause and to pray:

God, grant me the serenity
to accept the things I cannot change,
the courage to change the things I can,
and the wisdom to know the difference.
Living one day at a time,
enjoying one moment at a time;
accepting hardship as a pathway to peace;
taking, as Jesus did,
this sinful world as it is,
not as I would have it;
trusting that You will make all things right
if I surrender to Your will;
so that I may be reasonably happy in this life
and supremely happy with You forever in the next.
Amen.

Peace,

Pastor Sarah

Soul Care with Pastor Sarah - Join us on **Tuesdays from 5:00-6:00 p.m.** for a time to checkin and to pray together.

Here is the Zoom link:

https://us02web.zoom.us/j/494018938?pwd=a3BrdnNyWXEza0tFMUgwek1CVFpYQT09



Worship

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

October 4: We have been learning about racial justice issues since July, seeking to learn how to be anti-racist, and better allies to our Black and Brown siblings. Today we will pause and reflect together on this journey thus far. What have we learned? What has challenged us? How have we changed? How are we coping? Perhaps a scripture or a poem has helped to sustain you during this time of pandemic, protests and environmental disasters. Let's share and reflect together.

World Communion Sunday Worship, 11:00 a.m.

In-person worship this Sunday morning! Yes, that's right. This Sunday, October 4, World Communion Sunday, we'll be offering outdoor in-person worship for anyone who wishes to come with their own chairs and communion elements. Sadly, the weather forecast isn't the best – 50s and possible rain showers – but we expect there will be some brave souls who will dress for the weather, sporting their face masks and socially distancing on the church's patio. Due to the strong possibility of inclement weather, this service won't be live-streamed. For folks who remain at home, a World Communion Sunday video worship service, prepared by the Potomac Association of the Central Atlantic Conference of the UCC, will be on our

You I ube channel at 11:00 AM. So everyone has **two options for morning worship this Sunday – live on the church patio with Pastor Sarah and Sean, or YouTube (and by phone) with UCC sisters and brothers in Maryland**. Two great opportunities for celebrating World Communion Sunday!



Sermon: "Hope for the World" Scripture: Exodus 20: 1-20

Coffee Hour, 12:00 p.m. (via Zoom, immediately after worship)

All Sunday Zoom Gatherings use the following link unless otherwise specified:

Zoom

Link: https://us02web.zoom.us/j/9264494206?pwd=dmtWbWE5UXRBTk5pcHZIYIB0aEFVUT0
9

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

Outdoor Vespers Service – Tuesdays at 6:30-7:00 p.m.

Join us **on the patio** for a time of togetherness, Scripture, and sharing of joys and concerns. Bring a chair and face mask. We practice our love by keeping distant and wearing face coverings.

Note: If the weather is threatening, the event will be cancelled, since we cannot run into the building to take cover.

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Mental Health Helpline

Anyone feeling anxiety from the pandemic should is encouraged to call the **Substance Abuse** and **Mental Health Services Administration's Disaster Distress Helpline at 800-985-5990**, or **text "TalkWithUs" to 66746**. Users will be connected with trained crisis counselors.

TODAY! Men's Lunch - This lunch and discussion gathering for men of First Congregational meets every other Thursday at **1:00pm.** This month, they are meeting **October 1**st & **15**th. Please contact Randy Walker at (317) 796-2081 or <u>aa28977rwalker@gmail.com</u> for more information

TODAY! Spiritual Support Group for Mental Health Conditions, Challenges, and Wellness, Thursdays from 5:00 - 6:00 PM (Zoom) - This group openly invites anyone seeking spiritual care concerning their well being. We have covenanted with:

- care givers of loved ones who have mental illness, i.e. dementia and Alzheimer's
- chaplains seeking to renew their wellness
- burned out and overwhelmed medical folk
- fears of parents, grandparents, and teachers about school and college
- those with trauma, grief, up and down moods, disorders, stigma, emotional issues

All sessions are confidential and are 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. Dr. Pat: plainandfancy1963@att.net, or 317-625-6801. You do not have to be alone with your struggles or journey.

Wellness Wednesdays: 10:30AM

Yesterday's Wellness Wednesday cultivated a fruitful discussion of discernment around wellness in our lives and in the life of our community. If you have not yet watched the brief guided journaling video (click <u>HERE</u>), you are encouraged to do so, and discern for yourself

what wellness looks like in your life and in the life of your community (including your faith community here at FC). If you wish to share your reflections after completing your journaling exercise, you are free to do so by emailing shannon@fcindy.org. If you wish to keep your journaling reflections private, that is respected as well.

A quick reminder that the first Wednesday of the month, there is no live Zoom gathering. Rather, next Wednesday, **October 7th**, you are invited to choose a time in your day to sit back (or lie down) and relax, and listen to a pre-recorded guided relaxation meditation that will be provided for you through email, on the website, and on the FC facebook page. This is a particularly delightful way to end your day.

Just Peace: Voter Outreach

On **October 7th from 6:00 pm – 6:45 pm** Maddy Vaughn, the Just Peace Intern, will be hosting a virtual meeting (use FC's Zoom link listed above) to discuss the importance of voter registration; why it is imperative to make your voice heard; and to ensure other people in our community have access to the same right.

Book Buzz

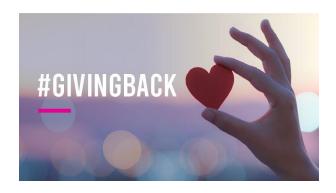
Four small groups of people had meaningful conversations last Sunday - and several of those folks were new that week. There is no book buzz this Sunday - the next one is **October 11**, focused on chapters 5 - 7. These chapters deal more with racial issues in the workplace and also with "white fragility" and "nice white people". These discussions are open to all. Looking forward to more discussions!



Church Check In Buzz - Sunday, Oct 18, 12:30pm

What's the buzz at FC? This time that question relates to when we might resume in-person gatherings at church, especially Sunday morning worship services. So let's gather for a **Zoom Buzz following worship on Sunday, October 18, at 12:30** to discuss the pros and cons that go into making this decision. Church Council has been diligently following the local coronavirus and covid-19 data and making decisions accordingly, but we feel the need for input from the whole congregation about taking this step safely and communally. Please join us on October 18 via Zoom to share your views. Comments and questions via email or phone are also welcome at any time.

Alice Rutherford, Moderator alice@caloosaspirit.net
317-691-0582



Continue Your Support of First Congregational UCC

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

Staying Connected

FC Facebook page (click here)

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Pastoral Care

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THIS WEEK AT FIRST CONGREGATIONAL

3 Ways to Connect for Worship

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Weekly Calendar

Thursday, Oct 1	1:00 p.m.	Men's Lunch
Thursday, Oct 1	5:00 p.m.	Spiritual Support Group
Sunday, Oct 4	9:30 a.m.	Sunday Adult Class
Sunday, Oct 4	11:00 a.m.	World Communion Sunday Worship (FC patio or YouTube)
Sunday, Oct 4	12:00 p.m.	Coffee Hour (immediately after worship)
Tuesday, Oct 6	5:00 p.m.	Soul Care with Pastor Sarah
Tuesday, Oct 6	6:30 p.m.	Outdoor Vespers Service
Wednesday, Oct 7		Wellness Wednesday (FB, fcindy.org)
Wednesday, Oct 7	6:00 p.m.	Just Peace: Voter Outreach Virtual Meeting
Wednesday, Oct 7	7:00 p.m.	Trustees
Thursday, Oct 8	5:00 p.m.	Spiritual Support Group
Saturday, Oct 10	10:00 a.m.	Outside Food Drive
Saturday, Oct 10	11:00 a.m.	CROP Walk (FC patio)
Sunday, Oct 11	9:30 a.m.	Sunday Adult Class
Sunday, Oct 11	11:00 a.m.	Worship (YouTube, Facebook, & Dial In)
Sunday, Oct 11	12:00 p.m.	Coffee Hour (immediately after worship)
Sunday, Oct 11	12:30 p.m.	Book Buzz

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UNITED CHURCH OF CHRIST

Epistle for the Week of October 8, 2020

Dear First Congregational,

Our experience of church, like most congregations throughout the country, has drastically changed since March. This is so obvious and yet needs to be named because of the impact this change has on us. While I am grateful for the ways we faithfully navigate these changes together, in discernment and considering best practices for the health and safety of all, these changes are also emotionally felt.

Naming our feelings is important when it comes to our experiences of ways to Be The Church during a global, deadly pandemic. I feel sad that we cannot yet safely worship together in the sanctuary as we did seven months ago. I feel sad for the people in our congregation who themselves and loved ones have tested positive with COVID19. Yes, beloved church members have gotten the virus and are recovering.

I feel compassion for everyone in our church who longs to be together in-person inside the sanctuary, who long for things to be like they were before the pandemic. I, too, miss our being together and feeling the love of our church family when we are able to gather in-person as a

large group inside the church.

So today make space for your feelings. I trust that God will be with us in all of our feelings. It is okay to grieve and to acknowledge how hard this is for everyone. Know that as your pastor, I am here for you. We are blessed by many caring congregation members who offer a listening ear and support.

To Be the Church is to care for one another. Know that I care for you and share with you God's love.

Peace.

Pastor Sarah

Soul Care with Pastor Sarah - Join us on **Tuesdays from 5:00-6:00 p.m.** for a time to checkin and to pray together.

Here is the Zoom link:

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

October 11: This Sunday we will take a look at the history of Voting Rights Suppression and how it continues today. We will read the UCC Sacred Conversations piece on Voting Rights at: http://uccfiles.com/pdf/SCOR-and-Voting-Rights-2012-Fall.pdf We will watch a 9 minute video about Stacey Abrams and her work on ending voter suppression: https://youtu.be/Pp_1kKrmlh0

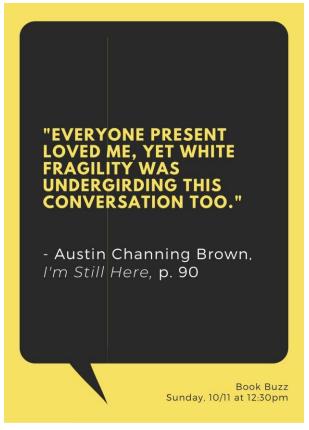
For a historical perspective, I recommend this article from National Geographic titled "Voter suppression has haunted America since it was founded" available at this link: https://www.nationalgeographic.com/history/reference/united-states-history/voter-suppression-haunted-united-states-since-founded/ or this one from the Guardian titled "Voter suppression carries slavery's three-fifths clause into the present" at https://www.theguardian.com/commentisfree/2019/jan/31/voter-suppression-african-american-james-madison-slavery. Finally, I recommend the movie "Suppressed 2020: The Fight to Vote," available on YouTube at: https://youtu.be/9rynnRBQwrU.

Sunday Worship, 11:00 a.m.

Scripture: Philippians 4:1-9 Sermon: The Accessible God

Coffee Hour, 12:00 p.m. (via Zoom, immediately after worship)

Book Buzz THIS SUNDAY - Join us at 12:30 p.m. (via Zoom)



Grab your lunch and join in the conversation on **Sunday, October 11**, focusing on chapters 5 through 7 of "I'm Still Here" and Austin Channing Brown's experiences as a black woman at work. There is a lot to think about listening to the impacts she felt and how she dealt with them. A lot to consider around how all of us deal with situations where 'race' is a factor - whether subtle or overt. These informal discussions are open to all, so drop in on any session that might interest you, whether you have read the book or not.

If you have any questions please contact Karen Walker at karen.e.d.walker@gmail.com or 317-319-8950 or anyone on the team.

Thanks! From Pastor Sarah, Carol, Alice, Cassidy, and Karen

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Church Check In Buzz: Sunday, October 18, 12:30PM

The cold temps and threat of rain didn't deter a small but mighty group from gathering this past Sunday for an abbreviated worship service on the patio with Pastor Sarah and Sean. As we move into the increasingly colder temps of the fall and winter, outdoor worship will become less appealing or feasible. So please be part of the **Buzz conversation via Zoom on Sunday**, **October 18, at 12:30** as we consider the pros and cons of gathering in our sanctuary for Sunday morning worship services. Church Council has been diligently following the local coronavirus and covid-19 data and making decisions accordingly, but we feel the need for input from the whole congregation about taking this step safely and communally. Please join us on October 18 via Zoom to share your views. Comments and questions via email or phone are also welcome at any time.

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A Special Note from our Just Peace Intern: Voting Resources

Click **HERE** for information on voting resources.

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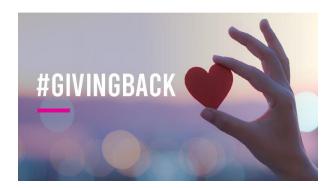
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Wellness Wednesdays: 10:30AM (Zoom)

Wednesday, October 14th - Nurturing Mental & Emotional Wellness through prayer, meditation, and mindful movement. This Zoom session will be recorded and posted to the FC website and Facebook page. Feel free to join us with your camera on or off based on your comfort level.



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Saturday, October 10		Outside Food Drive (FC patio)	
· /			
Saturday, October 10		CROP Walk (FC patio)	
Sunday, October 11	9:30 a.m.	Sunday Adult Class	
Sunday, October 11	11:00 a.m.	Sunday Worship (YouTube, Facebook, & Dial In)	
Sunday, October 11	12:00 p.m.	Coffee Hour (immediately after worship)	
Sunday, October 11	12:30 p.m.	Book Buzz	
Tuesday, October 13	5:00 p.m.	Soul Care with Pastor Sarah	
Tuesday, October 13	6:30 p.m.	Outdoor Vespers Service	
Wednesday, October 14	10:30 a.m.	Wellness Wednesday	
Wednesday, October 14	5:00 p.m.	WISE Mental Health Team	
Thursday, October 15	1:00 p.m.	Men's Lunch	
Thursday, October 15	5:00 p.m.	Spiritual Support Group	
Sunday, October 18	9:30 a.m.	Sunday Adult Class	
Sunday, October 18	HIIIII a m	Just Peace Sunday Worship (YouTube,	
		Facebook, & Dial In)	
Sunday, October 18	12:00 p.m.	Coffee Hour (immediately after worship)	
Sunday, October 18	12:30 p.m.	Church Check In Buzz	

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UNITED CHURCH OF CHRIST

Epistle for the Week of October 15, 2020

Dear First Congregational,

What are your thoughts and feelings about the ways God is calling us to Be The Church during a global pandemic of COVID19, the pandemic of racism, and the pandemic of climate crisis? How can we best minister to one another, our community, and our world? What does it mean to love ourselves, our neighbors and our God? As your pastor, I ask myself these questions every day. It's part of my spiritual practice to discern how God is calling me to lead and how God is calling us to be the Body of Christ.

This Sunday everyone is invited to join in a Church Buzz to check-in and share how you are feeling. We want to hear from you and to include everyone's voice in the conversation about what it means to Be The Church. At the Buzz, we will share the results from September's church survey and you will learn how people are finding connection and building Beloved Community in new ways. Join us at 12:30pm on the church zoom account to listen, to share, and to explore together God's invitation for us to Be The Church in these challenging times.

I trust that God's Spirit of Love will guide us. Thank you all for your love, your prayers, and your commitment to Be The Church today and always.

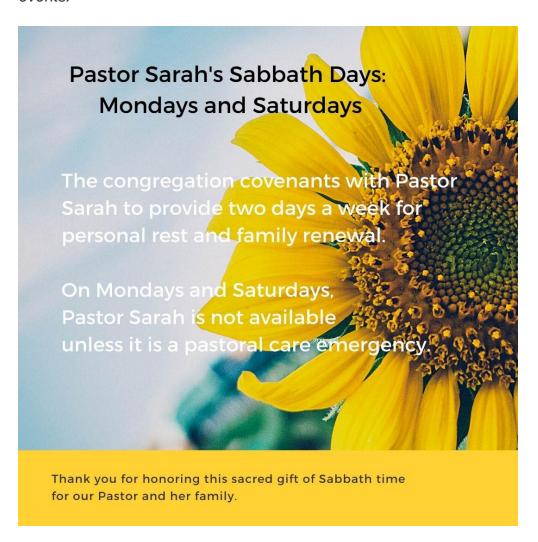
Blessings, Pastor Sarah

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Worship

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

October 18: Wendy Baldwin presents "Devoted to Generosity"

Just Peace Sunday Worship, 11:00 a.m.

Scripture: Deuteronomy 16:18-26

Sermon: Rev. Worth Hartman will preach on "Just Peace for US Democracy 2020"

Coffee Hour, 12:00 p.m. (via Zoom, immediately after worship)

Don't forget the Buzz this Sunday at 12:30! (via Zoom)

Grab your lunch and join in some conversation around how much we all miss being physically together, as we consider the time when we'll once again gather together in our sanctuary. We'll review Council's current policy on indoor gatherings, along with public health guidelines that undergird the decisions involved in that policymaking. (Use this link to view the data we're following: www.coronavirus.in.gov. Click on "Indiana Covid-19 Dashboard and Map" at the top of the home page.) We'll also share responses from last month's survey. There will be ample opportunity for all to share feelings and desires to provide input to Council's ongoing discussions of how best to meet our members' needs.

Between now and Sunday I encourage all to view this video: <u>Dr. Cole Beeler 8-20-20</u>. Dr. Beeler is an epidemiologist with IU Methodist Hospital. He participated in this forum with Methodist chaplains back in August. While some of his information is now a bit dated, much of it is still pertinent and instructive.

I look forward to seeing many faces on Zoom at 12:30 this Sunday. Comments and questions via email or phone are also welcome at any time, especially for anyone not able to join in on Zoom.

Alice Rutherford, Moderator alice@caloosaspirit.net 317-691-0582

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The Southeast Association of the Indiana-Kentucky Conference and Metanoia Church of Transformation, UCC is inviting you to the Ordination & Installation of Terry Daniel

Oct 18, 2020 at 2:00 PM

Join Zoom Meeting

https://us02web.zoom.us/j/89857839857?pwd=YzArdDdQUHlzNHR4Z3BkaTl4elpldz09

Meeting ID: 898 5783 9857 Passcode: 354267

Click HERE for the bulletin.

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CROP Walk & FC Indy

This is the 51st year for the CROP Walk in Indianapolis, and FC Indy has participated in each one. The CROP Walk works to raise money to "end hunger one step at a time", and we held a symbolic walk at the church on 10/10. Now our goal is to raise money to help those with food insecurity, and the challenge has increased this year with the effects of the pandemic. This year, Second Helpings will receive 25% of all Walk funds raised, while the remaining funds provide aid to our brothers and sisters in other areas of the US as well as worldwide. Thanks to generous donations, we have raised over \$2000, as of mid-October. Can you help us in this important mission? Send a check made out to the church and designated for CROP, or go online

to https://www.crophungerwalk.org/indianapolisin/Team/View/139286/First-Congregational-UCC. Questions? Contact George Meier.

Mental Health First Aid Training - CANCELED

The virtual Mental Health First Aid scheduled for Oct 24th is cancelled, but will be rescheduled for a later date, likely in 2021. For more information, contact Sandy Wood at csjlwood@att.net or Pat Larracey at plaintain.net or plaintain.

Book Circle (Zoom) - Tuesday, October 20 at 1:30 p.m.

we continue our discussion of *Their Eyes were watching God* by Zora Neale Hurston. For the meeting on October 20th, read through chapter 10. For more information please contact Karen Walker at 317-319-8950 or karen.e.d.walker@gmail.com

Wellness Wednesdays: 10:30AM (Zoom)

Wednesday, October 21st - Nurturing Physical Wellness through mindful movement meditations and body prayer. This Zoom session will be recorded and posted to the FC website and Facebook page. Feel free to join us with your camera on or off based on your comfort level.

Book Buzz - next on October 25

We had another impactful discussion this Sunday including information on voting support opportunities shared by Maddy. There is no book buzz this Sunday - the next one is October 25, focused on chapters 8 - 11 of I'm Still Here by Austin Channing Brown. These chapters touch more on our history as well as current systems - such as the criminal justice system as seen through Austin's experience with her cousin Dalin and others. All are welcome to participate in these discussions. Only 3 sessions left!

While we might often sing "We Shall Overcome" as a form of protest, we don't often sit with the impact of another protest song "Strange Fruit" - sung by Billie Holiday starting in 1939 and named the Time Magazine Song of the Century in 1999.

Here is a link to one of those performances - she closed her shows out with this song (4 minutes):

https://www.bing.com/videos/search?q=song+strange+fruit&view=detail&mid=45A BB236397F1A7B34CB45ABB236397F1A7B34CB&FORM=VIRE0&ru=%2fsearch %3fq%3dsong%2bstrange%2bfruit%26cvid%3d22b53fafefa2430b8121d421c285fc bb%26pglt%3d547%26FORM%3dANNTA1%26PC%3dU531

Christian Theological Seminary (with Pastor Sarah on the team at the time!) took that poem and reimagined it for this century - asking - how far have we come? Here is a link to that powerful 11 minute video: https://vimeo.com/85272088

Thanks! From the racial justice task force: Pastor Sarah, Carol, Alice, Cassidy, Karen



Continue Your Support of First Congregational UCC

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Staying Connected

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Pastoral Care

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Office Administrator, Shannon (shannon@fcindy.org)

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Vice Moderator, Larry Eckel (lspeckel@comcast.net)

The building of First Congregational UCC is currently closed for group gatherings. Masks are required for gatherings occurring outside.

THIS WEEK AT FIRST CONGREGATIONAL

3 Ways to Connect for Worship

YOUTUBE

https://www.youtube.com/channel/UCWV9wgAvPiUKSkEbjaV6Zpw

- YouTube Live Premiere will broadcast at 11am Sunday morning. There will be a countdown before. We highly recommend using the mobile app for more convenience as it will refresh.
- Use this option for live interacting and messaging. You must have or create a user account and be logged in to message live.
- If using a laptop, you will need to refresh your browser after 11am to click to watch live.

FACE BOOK

https://www.facebook.com/pg/FirstCongregationalUCCIndy/posts/?ref=page_internal

- The video will be posted at 11am.
- This is for viewing only. For live interacting and commenting, please use the YouTube option.

DIAL-IN

- Dial **317-204-3862**
- Landline is preferred for clarity.
- If calling with a smart phone, setting your cellular setting to Wi-Fi calling will be clearer.

How to Access our Zoom Gatherings

 $\underline{https://uso4web.zoom.us/j/9264494206?pwd=dmtWbWE5UXRBTk5pcHZlYlBoaEFVUT09}$

Meeting ID: 926 449 4206

Password: 7171

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

Weekly Calendar

Thursday, October 15	1:00 p.m.	Men's Lunch
Thursday, October 15	5:00 p.m.	Spiritual Support Group
Sunday, October 18	9:30 a.m.	Sunday Adult Class
Sunday, October 18	11:00 a.m.	Just Peace Sunday Worship (YouTube,

		Facebook, & Dial In)
Sunday, October 18	12:00 p.m.	Coffee Hour (immediately after worship)
Sunday, October 18	12:30 p.m.	Church Check In
Sunday, October 18	7:00 n m	SE Association Ordination & Installation of
Sunday, October 18		Terry Daniels
Tuesday, October 20	1:30 p.m.	Book Circle
Tuesday, October 20	5:00 p.m.	Soul Care with Pastor Sarah
Tuesday, October 20	6:30 p.m.	Outdoor Vespers Service
Wednesday, October 21	10:30 a.m.	Wellness Wednesday
Wednesday, October 21	7:00 p.m.	Church Council
Thursday, October 22	11:45 a.m.	Women's Lunch Bunch
Thursday, October 22	5:00 p.m.	Spiritual Support Group
Saturday, October 24	9:00 a.m.	Mental Health First Aid
Sunday, October 25	9:30 a.m.	Sunday Adult Class
Sunday, October 25	THE CHILL SET	Just Peace Sunday Worship (YouTube,
		Facebook, & Dial In)
Sunday, October 25	12:00 p.m.	Coffee Hour (immediately after worship)
Sunday, October 25	12:30 p.m.	Book Buzz

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SI CONGREGATIONAL CHORC

UNITED CHURCH OF CHRIST

Epistle for the Week of October 22, 2020

Dear First Congregational,

Thank you all for coming together in creative ways to Be The Church. We are finding ways to stay connected during these challenging times. I've heard how you are making phone calls, writing letters by hand, sending texts and emails. You are zooming into fellowship and adult education. You are wearing masks and physically distancing for outdoor vespers, men's lunches, and food collection days. You are worshipping with us online, on the phone, and in-person outside.

Last Sunday, we held a Buzz to hear from you about what's working and how we can stay connected. Thank you all for your sacrifices so that we can do our best to keep everyone safe and healthy. One day when it is safe, we will all be back inside the sanctuary together in person. Oh, how we miss being together like we used to be before the pandemic.

When it is safe and healthy to be back inside the sanctuary, it will be glorious! Until then, let's be patient, compassionate, and curious... seeing how God shows up in

this new and different way to be the Unurch. I am grateful for each one of you, your support, and your love for one another.

For now, wear your masks, stay safe, and vote.

Blessings,

Pastor Sarah

Soul Care with Pastor Sarah - Join us on **Tuesdays from 5:00-6:00 p.m.** for a time to check-in and to pray together.

Here is the Zoom link:

https://us02web.zoom.us/j/494018938?pwd=a3BrdnNyWXEza0tFMUgwek1CVFpYQT09

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



Worship

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

October 25: This week we will look at the intersection of racial and environmental justice. We will read and reflect on the UCC Sacred Conversations piece on the environment found at: http://uccfiles.com/pdf/SCOR-and-the-Environment-2012-Fall.pdf.

We will also watch a 15 minute Ted Talk titled "Climate Change is a Social Justice Issue," by Adriana Laurent from the University of British Columbia. Her focus is not just on Canada but globally, beginning with her hometown in Honduras. https://youtu.be/NRmHp0VC4K4.

i o learn more about the intersection between racial and environmental justice, read about the "father of environmental justice" in "Robert Bullard: 'Environmental justice isn't just slang, it's real'" at https://www.theguardian.com/commentisfree/2018/dec/20/robert-bullard-interview-environmental-justice-civil-rights-movement.

Sunday Worship, 11:00 a.m.

Scripture: Matthew 22:34-46

Sermon: "The Heart of the Matter"

Coffee Hour, 12:00 p.m. (via Zoom, immediately after worship) followed by Book Buzz at 12:30 p.m.

"I LEARNED IN CHURCH THAT JESUS UNDERSTOOD THE POOR. BECAUSE OF [MY COUSIN] DALIN, I REALIZED THAT JESUS UNDERSTOOD THE ACCUSED, THE INCARCERATED, THE CRIMINALS. JESUS WAS ACCUSED, JESUS WAS ACCUSED, JESUS WAS ACCUSED, JESUS WAS INCARCERATED. JESUS HUNG ON A OSS WITH HIS CRIMES LISTED.... IT TO ME THAT GOD KNOWS WHAT DALIN'S BODY ENDURED. SUDDENLY JUSTICE AND RECONCILIATION ...
BECAME A LIVING FRAMEWORK FOR UNDERSTANDING GOD'S WORK IN THE WORLD." - Austin Channing Brown, I'm Still Here **Book Buzz** Sunday, 10/25 at 12:30pm

Please join us for a discussion focused on chapters 8 - 11 of "I'm Still Here" by Austin Channing Brown. These chapters touch more on our history as well as current systems - such as the criminal justice system as seen through Austin's experience with her cousin Dalin and others. All are welcome to participate in these discussions. Only 3 sessions left!

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Zoom

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

Outdoor Vespers Service – Tuesdays at 6:30-7:00 p.m.

Join us **on the patio** for a time of togetherness, Scripture, and sharing of joys and concerns. Bring a chair and face mask. We practice our love by keeping distant and wearing face coverings.

Note: If the weather is threatening, the event will be cancelled, since we cannot run into the building to take cover.

What's Happening at FC

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Women's Lunch Bunch will **not** meet on Thursday, Oct. 22 but **will** meet by Zoom on Thursday, **Oct. 29** at 11:30 a.m.

Mental Health Helpline

Anyone feeling anxiety from the pandemic should is encouraged to call the **Substance Abuse and Mental Health Services Administration's Disaster Distress Helpline at 800-985-5990**, or **text "TalkWithUs" to 66746**. Users will be connected with trained crisis counselors.

TODAY! Spiritual Support Group for Mental Health Conditions, Challenges, and Wellness, Thursdays from 5:00 - 6:00 PM (Zoom) - This group openly invites anyone seeking spiritual care concerning their well being. We have covenanted with:

- care givers of loved ones who have mental illness, i.e. dementia and Alzheimer's
- chaplains seeking to renew their wellness
- burned out and overwhelmed medical folk
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All sessions are confidential and are 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. Dr. Pat: plainandfancy1963@att.net, or 317-625-6801. You do not have to be alone with your struggles or journey.

Wellness Wednesdays: 10:30AM (Zoom)

Wednesday, October 28th - Nurturing Spiritual Wellness through mindful and embodied morning prayers. This Zoom session will be recorded and posted to the FC website and Facebook page. Feel free to join us with your camera on or off based on your comfort level.



The Mission of the Month for October: Neighbors In Need

Neighbors in Need (NIN) is a special mission offering of the United Church of Christ that supports ministries of justice and compassion throughout the United States. One-third of NIN funds support the Council for American Indian
Ministry (CAIM). Two-thirds of this offering is used by the UCC's Justice and Witness Ministries (JWM) to support a variety of justice initiatives, advocacy efforts, and direct service projects through grants. Neighbors in Need grants are awarded to UCC churches and organizations doing justice work in their communities. These grants fund projects whose work ranges from direct service to community organizing and advocacy to address systemic injustice. This year, special consideration will be given to projects focusing on serving our immigrant neighbors and communities. Contributions can be mailed to the church or donated online. Please give generously to this important ministry.

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Effective immediately, the church building is closed to in-person church gatherings <u>until the following parameters are reached, based on guidance from Dr Virginia Cane, Marion County Public Health Director:</u>

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

At that time, the Council will decide reopening measures.

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3 Ways to Connect for Worship

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

Weekly Calendar

Thursday, October 22	5:00 p.m.	Spiritual Support Group
Sunday, October 25	9:30 a.m.	Sunday Adult Class
Sunday, October 25	11:00 a.m.	Sunday Worship (YouTube Live)
Sunday, October 25	12:00 p.m.	Coffee Hour (immediately after worship)
Sunday, October 25	12:30 p.m.	Book Buzz
Tuesday, October 27	5:00 p.m.	Soul Care with Pastor Sarah
Tuesday, October 27	6:30 p.m.	Outdoor Vespers Service
Wednesday, October 28	10:30 a.m.	Wellness Wednesday
Thursday, October 29	11:45 a.m.	Women's Lunch Bunch
Thursday, October 29	1:00 p.m.	Men's Lunch
Thursday, October 29	5:00 p.m.	Spiritual Support Group

Sunday, November 1	9:30 a.m.	Sunday Adult Class
Sunday, November 1	11:00 a.m.	Communion Sunday Worship outdoors in person
Sunday, November 1	12:00 p.m.	Coffee Hour (immediately after worship)

^{*}All events are on Zoom unless indicated otherwise.







UNITED CHURCH OF CHRIST

Epistle for the Week of October 29, 2020

Dear First Congregational,

This week I celebrate the 18th anniversary of my ordination into Christian ministry. What a journey of God's grace, mercy, and love. I feel deep gratitude for the communities of faith that nurtured me since my birth. The Evangelical Lutheran Church of American through my baptism at Shepherd of the Hills Lutheran Church in Whittier, California. The Christian Church (Disciples of Christ) through my elementary, middle school, and high school years attending Broadway Christian Church in Columbia, Missouri. At Broadway I was confirmed, ordained, and married. For me the church has always been a place of God's love.

In my training at Princeton Theological Seminary I learned about the United Church of Christ (UCC) and the Unitarian Universalist Association (UUA). My student ministry took place at All Souls, a house church in Brooklyn that combined three congregations: Disciples, UCC, and UUA. I was ordained on October 27, 2002, at Broadway. I answered my first call as Minister for Outreach at Plymouth Congregational Church in Minneapolis, MN. Plymouth stood as one of the

the independent congregational tradition. It was then that I became more familiar with the UCC, taking the UCC History and Polity course at United Theological Seminary of the Twin Cities. From Plymouth, I was called as pastor in 2005 to the United Church of Christ of New Smyrna Beach, a congregation that was jointly affiliated with both UCC and Disciples because of a merger in the 1970s of the two local congregations.

Since 2013, I've served on the Conference staff as Regional Minister for the UCC in Florida, on the President's leadership team at Christian Theological Seminary as Vice President for Advancement, and now happily as senior pastor of First Congregational UCC. I also serve the national setting of the UCC as Minister for Disabilities and Mental Health Justice and I serve as the President of the Southeast Association of the Indiana-Kentucky Conference. As you can see, the goodness of God's people and the grace of God have carried me this far in the journey. Now, 18 years after my ordination my daily prayer is for me to continue to lean into God's grace and purpose for my life.

Thank you all for your prayers, partnership, and support. This Pastor's Appreciation month has been special and it brings me joy to hear from you all in the letters, cards, and small gifts that are tangible reminders to me of your love and God's love that holds us together. Now, more than ever, we need to be held in God's love. I thank God for this calling. Thank you all for the gift of serving as your pastor.

Blessings, Pastor Sarah

Soul Care with Pastor Sarah - Join us on **Tuesdays from 5:00-6:00 p.m.** for a time to check-in and to pray together.

Here is the Zoom link:

https://us02web.zoom.us/j/494018938?pwd=a3BrdnNyWXEza0tFMUgwek1CVFpYQT09

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Worship

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

November 1: This Sunday we will turn our attention to the Wampanoag Nation of native peoples, one of several native peoples who lived in what is now known as S. E. Massachusetts, where the Pilgrims and Puritans first settled. We will watch an 8 minute video titled "We Are Still Here: 400 years of Wampanoag History," available on YouTube at https://youtu.be/Yzmp383dwjo. In addition, if time permits, we will reflect on the first 3 pages of this educational resource titled "American Indian Perspectives on Thanksgiving," from the National Museum of the American Indian. Note that this resource resides on the UCC Here is the link: https://www.uccfiles.com/pdf/Native American Perspectives on Thanksgiving.pdf

We will also watch a 15 minute Ted Talk titled "Climate Change is a Social Justice Issue," by Adriana Laurent from the University of British Columbia. Her focus is not just on Canada but globally, beginning with her hometown in Honduras. https://youtu.be/NRmHp0VC4K4.

To learn more about the intersection between racial and environmental justice, read about the "father of environmental justice" in "Robert Bullard: 'Environmental justice isn't just slang, it's real'" at https://www.theguardian.com/commentisfree/2018/dec/20/robert-bullard-interview-environmental-justice-civil-rights-movement.

Communion AND All Saints Sunday Worship

We will worship outside at the church patio at **11am**. The service will be livestreamed onto our YouTube channel. Please bring your own communion elements.

Scripture: Matthew 5:1-12 Sermon: "Blessed Are You"

Coffee Hour, 12:00 p.m. (via Zoom, immediately after worship)

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Zoom

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

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NEW! TWO Weekly Vespers Services Outdoor Vespers on Sundays from 4:30 - 5:00 p.m. Zoom Vespers on

Tuesdays from 7:00 - 7:30 p.m.

Join us for a time of togetherness, Scripture, and sharing of joys and concerns. For Sunday Outdoor Vespers, bring a chair and face mask. We practice our love by keeping distant and wearing face coverings. *Note: If the weather is threatening, the event will be cancelled, since we cannot run into the building to take cover.*

What's Happening at FC

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

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TODAY! Lunch Gatherings

- Women's Lunch Bunch will meet today by Zoom at 11:30 a.m.
- Men's Lunch will meet today at 1:00 p.m.

Mental Health Helpline

Anyone feeling anxiety from the pandemic should is encouraged to call the **Substance Abuse and Mental Health Services Administration's Disaster Distress Helpline at 800-985-5990**, or **text "TalkWithUs" to 66746**. Users will be connected with trained crisis counselors.

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

This group openly invites anyone seeking spiritual care concerning their well being. We have covenanted with:

- care givers of loved ones who have mental illness, i.e. dementia and Alzheimer's
- chaplains seeking to renew their wellness
- burned out and overwhelmed medical folk
- fears of parents, grandparents, and teachers about school and college
- those with trauma, grief, up and down moods, disorders, stigma, emotional issues

All sessions are confidential and are 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. Dr. Pat: plainandfancy1963@att.net, or 317-625-6801. You do not have to be alone with your struggles or journey.

Our Faith, Our Vote

We are counting down, praying, and sharing steps you can take to get to Election Day. What can you do today?

Join us in Prayer:

Loving God, we go with your love to exercise the responsibility each of us carries in this democracy to vote. We pray for all people who join with us to cast their ballots even as we pray for hope, equality, wholeness, and health for all people created in your image and for your glorious creation: earth. May your love sustain us. Amen.

Protect the Election:

Share <u>election protection</u> resources in your community and know your rights at the polls. <u>Check out these tools</u> in advance.

Save the Election Protection Hotline in your phone, so that if you encounter problems with voting, you are ready.

- 866-OUR-VOTE ((866) 687-8683)
- State by State Election Protection Contacts: https://866ourvote.org/states/

Remember to Vote on or before November 3rd! And while you're at it, remind others to do the same!

For more resources go to: https://www.ucc.org/ourfaithourvote

Wellness Wednesdays: 10:30AM (Zoom)

Wednesday, November 4th there will be no live Zoom. On the first Wednesday of the month, a short, pre-recorded mindfulness practice is posted to the FC website and Facebook page. You are encouraged to take time out of your day to pause.

Book Buzz - next Sunday on November 8 - (yes November!)

We had another impactful discussion this Sunday - about our history and productive anger - and including more information on voting support opportunities shared by Maddy. There is no book buzz this Sunday - the next one is November 8, following the remaining **chapters 12-14** of *I'm Still Here* by Austin Channing Brown. These chapters focus on her perception that not enough has really changed, and how she continues the fight for progress, with a 'shadow of

nope. There are \angle sessions left, the last one on inovember \angle - rocusing on what we do next - what action can we take from here. Working towards that, she challenges us to consider what true reconciliation would look like, beyond just 'getting along':

"RECONCILIATION ...IT'S ABOUT DIVERTING POWER AND ATTENTION TO THE OPPRESSED, TOWARD THE POWERLESS. IT'S NOT ENOUGH TO DABBLE AT DIVERSITY AND INCLUSION WHILE LEAVING THE EXISTING AUTHORITY STRUCTURE IN PLACE. RECONCILIATION DEMANDS MORE. "RECONCILIATION IS THE PURSUIT OF THE IMPOSSIBLE - AN UPSIDE DOWN WORLD WHERE THOSE WHO ARE POWERFUL HAVE RELINQUISHED THAT POWER TO THE MARGINS. IT'S REIMAGINING AN ENTIRELY DIFFERENT WAY OF BEING WITH ONE ANOTHER.

"RECONCILIATION IS WHAT JESUS DOES. WHEN SIN AND BROKENNESS AND EVIL TORE US FROM GOD, IT WAS JESUS WHO RECONCILED US, WHOSE BODY IMAGINED A DIFFERENT RELATIONSHIP, WHO TOOK UPON HIMSELF THE CROSS AND BECAME PEACE."

- Austin Channing Brown

All are welcome to the discussions Thanks! From the racial justice task force: Pastor Sarah, Carol, Alice, Cassidy, Karen

Giving Back

"Mitten Tree" Combines with Food Drives

This year our "Mitten Tree" collection will continue but will combine with the monthly Food Pantry Drives. We will collect winter hats, mittens, gloves, and scarves for both children and adults for Exodus Refugee. Bring your winter items to the Food Drives (Nov. 14 and Dec. 12) or drop them off at church during the

week and deposit them in the specially designated containers. Exodus has greatly appreciated our support in this way in the past and looks forward to our help this year. The deadline will be December 13.

The Mission of the Month for October: Neighbors In Need

Neighbors in Need (NIN) is a special mission offering of the United Church of Christ that supports ministries of justice and compassion throughout the United States. One-third of NIN funds support the Council for American Indian
Ministry (CAIM). Two-thirds of this offering is used by the UCC's Justice and Witness Ministries (JWM) to support a variety of justice initiatives, advocacy efforts, and direct service projects through grants. Neighbors in Need grants are awarded to UCC churches and organizations doing justice work in their communities. These grants fund projects whose work ranges from direct service to community organizing and advocacy to address systemic injustice. This year, special consideration will be given to projects focusing on serving our immigrant neighbors and communities. Contributions can be mailed to the church or donated online. Please give generously to this important ministry.

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- Dial **317-204-3862**
- Landline is preferred for clarity.
- If calling with a smart phone, setting your cellular setting to Wi-Fi calling will be clearer.

How to Access our Zoom Gatherings

https://uso4web.zoom.us/j/9264494206?pwd=dmtWbWE5UXRBTk5pcHZlYlBoaEFVUTo9

Meeting ID: 926 449 4206

Password: 7171

If you click on the URL, you should not need to enter in the Meeting ID and Password.

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

Weekly Calendar

Thursday, Oct 29	11:30 a.m.	Women's Lunch Bunch
Thursday, Oct 29	1:00 p.m.	Men's Lunch
Thursday, Oct 29	5:00 p.m.	Spiritual Support Group
Sunday, Nov 1	9:30 a.m.	Sunday Adult Class
Sunday, Nov 1	11:00 a.m.	Communion Sunday - outside and in person at FC
Sunday, Nov 1	12:00 p.m.	Coffee Hour
Sunday, Nov 1	4:30 p.m.	Outdoor Vespers at FC
Tuesday, Nov 3	5:00 p.m.	Soul Care w/ Pastor Sarah
Tuesday, Nov 3	7:00 p.m.	Zoom Vespers
Wednesday, Nov 4		Wellness Wednesday
Wednesday, Nov 4	7:00 p.m.	Trustees
Wednesday, Nov 5	5:00 p.m.	Spiritual Support Group
Sunday, Nov 8	9:30 a.m.	Sunday Adult Ed
Sunday, Nov 8	11:00 a.m.	Sunday Worship (YouTube, Dial In, & FB)
Sunday, Nov 8	12:00 p.m.	Zoom Coffee Hour
Sunday, Nov 8	12:30 p.m.	Book Buzz
Sunday, Nov 8	4:30 p.m.	Outdoor Vespers

^{*}All events are on Zoom unless indicated otherwise.