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FIRST CONGREGATIONAL CHURCH

UNITED CHURCH OF CHRIST

Epistle for the Week of October 13

THIS SUNDAY, OCTOBER 16th:
Rev. Dr. Sarah Griffith Lund is back!

A Reflection From enfleshed:

This world is a lot. Perhaps too much.
And in that much-ness I lose my way.
Often
I have lost count.
The loss is sometimes gradual
A growing numbness,
And hardness that develops from the hours and years
Spent pulling myself up “by the bootstraps”
And being labeled “the Responsible One.”

Well. God. Release the play.
Release the joy.
The joy this world definitely cannot confer to me.
Spaces to lie down,
And move around.
Places of refuge that are marked by smiles and fun.
Where I can co-create

-Robert Monson

[You can learn more about Robert here](#)

CURRENT PASTORAL CARE COVERAGE:

10/1-10/14 Rev. Elizabeth Price. Her email is eprice235@gmail.com and her cell phone is (317) 727-0940.

Beginning this Sunday pastoral care needs can again be addressed to Pastor Sarah who may be reached at (386) 478-9012 or pastorsarah@fcindy.

A PASTORAL UPDATE FOR AUGUST 25-OCTOBER 14TH:

Pastor Sarah is on Medical Leave from August 25–October 14. Please join with us in prayer for Pastor Sarah and her family during this time.

Per best practice guidelines, Pastor Sarah will be honoring healthy boundaries to ensure the greatest level of rest and recovery. Communication and contact will be limited to the designated representative of the congregation which is the chair of the personnel committee, Karen Walker. Karen can be reached at email: karen.e.d.walker@gmail.com or cell (317) 319-8950.

While on medical leave August 25–October 14, Pastor Sarah will not be leading, attending, participating, facilitating, or contributing to any activities, meetings, events, or gatherings of the church or on behalf of the church. The medical leave is a doctor prescribed designated time away for Pastor Sarah from church duties, responsibilities, and obligations.

Please do not send emails to Pastor Sarah during this time as she will not be monitoring that account - personal notes of encouragement and good wishes are encouraged to be mailed to Pastor Sarah's Home (Address in Directory). Please watch for other opportunities to provide support or contact Karen Walker.

We celebrate our talented community and church and look forward to hearing from the following during worship services:

Sunday 10/16 - *Pastor Sarah is back!*

During this time you can reach out to the following for pastoral care needs:

10/1-10/14 Rev. Elizabeth Price. Her email is eprice235@gmail.com and her cell phone is (317) 727-0940.

THIS SUNDAY

conversation, community, and curiosity. Note, Adult Ed is no longer hybrid and will now be in-person only!

Hybrid Worship: In-Person, Online, and Dial-In Sunday Worship, 11AM (YouTube, Facebook)

Sunday 10/16: Please plan to stay after church on Sunday 10/16 to celebrate Pastor Sarah's return. We will have cake and ice cream in the Parlor, and hope to share lots of community together. Please note that this is a change from the pitch-in lunch noted in the Colony. Hope to see you there!

Thank You for Your Support of First Congregational UCC: Please continue supporting the mission and ministries of your local church by mailing a check to the church or through online donations at <http://www.fcindy.org/online-giving/> **Note:** Cash donations of \$1.00 or less are counted as donations to the current Covenant Outreach. Cash of \$5.00 or more should be put in pew envelopes with a designation of Pledge/Contribution, Covenant Outreach, or the specific charity. Unless designated, cash over \$5.00 will go to the church budget.

MORE AT FC

Remembering Bill Gillette. You can read his Obituary here. A memorial service will be held at First Congregational United Church of Christ, 7171 N. Pennsylvania St, Indianapolis, Ind., 46240, on Friday, October 28, at 1:00 pm.

Date Correction, Church Council Meeting: This month's council meeting will be held on Wednesday, October 19 at 7:00 PM

The Upcoming Buzz (on Zoom) with the WISE Mental Health Team: Helen and Janet Lynn extend a 'Heart-Felt' and 'Extravagant' "Welcome Back" to Pastor Sarah...YAY!! :)

We are looking forward to meeting you at the Zoom presentation of the 'Intersection of Mental Health and Spirituality'. Please join us on October 30, 2022 @ 1:00 pm as we will be utilizing "Diversely Inclusive" facilitation. Stay tuned next week for more details on what that actually means...ooooohhhh??? Thank You for your hospitality to Janet Lynn as she continues to join you for Sunday worship this month. Each service and Interim Clergy were "Awesome" and offered a special 'Spiritual Gift' for her each week...Amen!! :)

CROP WALK: This is the 53rd year for the CROP Walk in Indianapolis, and FC Indy has participated in each one. The CROP Walk works to raise money to "end

for our church:

-On Sunday, 10/23, we will have a symbolic CROP walk around the church's neighborhood. It will begin following worship, and last about a half hour. Please join us for this symbolic walk.

-You can contribute by making out a check to the church and designating it for CROP, or you can make online donations directly to our CROP "team" at <https://events.crophungerwalk.org/2022/team/first-congregational-ucc-3>

-If you would like to participate in the walk, register at this site or sign up in the Narthex.

We're asking you to join us - with your steps and your donations - to provide more meals for the growing number of people in our community who need them, and help improve food insecurity in communities around the world. Questions? Contact Wendy Baldwin.

Happening Soon:

Bell Choir Rehearsal: Saturday, October 15th 9:30 AM

Providing Care and Connection with Our Church Family – Cards in the Narthex

If you are worshipping in person, please look for cards to sign in the Narthex. These will be a variety of birthday wishes, get well, or thinking-of-you cards, which we will then send to folks. This is a way to show our love and support for those in our church family. Questions? Contact Wendy Baldwin

Exterior Doors Task Force – An Open and Shut job. Do you use a door to enter the church? Ah! It is time to find ways to update our doors to provide increased visibility, function for ADA parameters, improved security, and function (as in, improve the ability of each door to open and close and lock). Interested in being part of this dynamic group? Time commitment is limited and field trips to visit other doors will be part of the responsibilities. Contact Judy Brown Fletcher at JKBF@AOL.COM

Tonight, Thursday, October 13, 5:00 PM (Zoom): Spiritual Support Group.

The Church Blog! There have been a couple new blog posts you can read on [our church blog here](#). Remember to submit your writing to me anytime! cassidy@fcindy.org.

How to Access our Zoom Gatherings

<https://us04web.zoom.us/j/9264494206?pwd=dmtWbWE5UXRBtk5pcHZlYlB0aEFVUT09>

Meeting ID: 926 449 4206 Password: 7171

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

Church Leadership and Contact Info:

Senior Councilors: Steve Coomer s.coomer@sbcglobal.net (Lead), Judy Fletcher jkbfaol@aol.com, and Larry Eckel lspeckel@comcast.net

Care and Connections: Wendy Baldwin, wendy.baldwin@travelandleisure.com, Karen Walker, Sue Chapman, and Carol Sowle

Outreach and Service: Nancy Dickinson, dickinson.nls@gmail.com, Worth Hartman, and Steve Leatherman

Trustees: Steve Coomer s.coomer@sbcglobal.net, Wendy Baldwin, Bill Gillette, and Judy Fletcher

Worship and Faith: Aurelia Glennan-March, ahoftmarch@gmail.com, Cristy James, and Alice Rutherford

Clerk: Janet Selby, janet.selby@gmail.com

Financial Secretary: Sue Chapman, carolsuech59@gmail.com

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

Member-at-large: Sandy Wood csjlwood@att.net

CONNECTION & SUPPORT

FC Facebook page (click [here](#))

“**First Congregational Indy Fellowship**” group on Facebook (click [here](#)).

Pastoral Care

For pastoral care needs while Pastor Sarah is on Medical Leave (August 25-October 15), please take note of the dates above or here:

9/25-9/30 Pastor Carol Sowle. Her email is casowle@gmail.com and her cell phone is (317) 496-9732.

10/1-10/14 Rev. Elizabeth Price. Her email is eprice235@gmail.com and her cell phone is (317) 727-0940.

When Pastor Sarah is not on medical leave, her Sabbath Days are Mondays & Saturdays:

The congregation covenant with Pastor Sarah to provide 2 days per week for personal rest and family renewal. On Mondays and Saturdays, Pastor Sarah is not available unless it is a pastoral emergency. Thank you for honoring this sacred gift of Sabbath time for our Pastor and her family.

Additional Church Support Contacts

Pastoral Care Associate: Pastor Carol (casowle@gmail.com)

Office Administrator & External Communications Manager: Cassidy Hall (cassidy@fcindy.org)

Councilors: Steve Coomer (Lead), s.coomer@sbcglobal.net, Judy Fletcher, jkbfaol@aol.com Larry Eckel, lspeckel@comcast.net

- **Substance Abuse and Mental Health Services Administration's Disaster Distress Helpline:** 1-800-985-5990, or text "TalkWithUs" to 66746.
- **The 988 Lifeline:** 988 is now active across the United States. This new, shorter phone number will make it easier for people to remember and access mental health crisis services. (Please note, the previous 1-800-273-TALK (8255) number will continue to function indefinitely.) Click below to learn more about 988.
- **National Alliance on Mental Illness (NAMI) Information HelpLine** provides information and referral services. 1-800-950-NAMI (6264) and www.nami.org.
- **The Trevor Project hotline** offers support for LGBTQIA+ youth and families struggling with mental health challenges at 1-866-4-U-TREVOR (488-7386) and www.theTrevorProject.org

Acts of Kindness Fund - Members can make requests for use of this fund to assist themselves or others in our church family who might not ask for help. These gifts can help support financial needs, as well as help with ride-share transportation, shovel or plow snow, pay an unexpected expense, etc. Honoring the dignity of the recipient, all requests for use of this fund will be confidential, and privacy will be respected. To request funds or gifts, please contact Pastor Sarah by email pastorsarah@fcindy.org or cell (386) 478-9012.

A Note on our Current Covenant Outreach Giving

Our Current Covenant Outreach focus is related to our Open and Affirming Covenant (September – December) Our current outreach recipients are Indiana Youth Group, Trinity Haven, and the Damien Center.



Messages from Church Council Regarding Covid: CAUTION: Marion County COVID-19 rates are increasing. **Masking encouraged.** (Church Council, 5/11/22)

First Congregational urges vaccinations, encourages masking for those unvaccinated or those at risk, and staying home if feeling unwell. (Based on CDC guidelines and approved by Church Council, April 13, 2022)

IN-PERSON!

YOUTUBE

<https://www.youtube.com/playlist?list=PL6jXD7FGtLYodcjF3uVgK4PMTZJUv3sa3>

- YouTube Live broadcasts at 11am..
- Use this option for live interacting and messaging. You must have or create a user account and be logged in to message 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.

How to Access our Zoom Gatherings

<https://us04web.zoom.us/j/9264494206?pwd=dmtWbWE5UXRBTK5pcHZlYlBoaEFVUT09>

Meeting ID: 926 449 4206

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.

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