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FIRST CONGREGATIONAL CHURCH

UNITED CHURCH OF CHRIST

Epistle for the Week of September 22

**THIS SUNDAY, SEPTEMBER 25TH:
Pastor Carol Sowle Preaches!**

On Gratitude, from enfleshed

To pause and give thanks
is to pay attention to the parts of living
that bring delight,
turn us from what destroys
and make life rich –
whatever else may also be.

This practice of intentional remembering
helps realign our perspective
with the whole truth of our lives.

When bitterness,
or fear,
or grief,
become the whole view,
gratitude points us to
the beauty-also
and the love-anyway

We honor the Sacred,
we honor each other,
we honor the earth and our creaturely companions
when we remember this web of life that holds us.
All its terrors.
All its gifts.

Gratitude paired with denial
about all that calls for mending and repair
will not satisfy for long.

But gratitude that is alive to all that is,
a sibling of sorrow, cousin of rage,
so aware of the ache and the loss and injustice –
but still seeing cause to pray:
“thank you, thank you, thank you”
is to feast on the nourishment of God.

CURRENT PASTORAL CARE COVERAGE:

9/18-9/23 Rev. Worth Hartman. His email is
worthgrover@sbcglobal.net and his cell is (317) 417-0806.

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

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

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

Sunday 9/25 – Pastor Carol Sowle

Sunday 10/2 – Rev. Elizabeth Price

Sunday 10/9 – Preacher Rev. Peter Frye with Worship Leader Rev. Lance Mullins

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

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

9/18-9/23 Rev. Worth Hartman. His email is worthgrover@sbcglobal.net and his cell is (317) 417-0806.

9/23-9/25 Rev. Dr. Pat Larracey. His email is plainandfancy1963@att.net and his cell is 317-625-6801.

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.

THIS SUNDAY

ADULT ED AT 10AM! Join us at church this Sunday at 10am for a time of 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)

The Library Team Invites you to an Open House! Join us on Sunday September 25th after worship in the Adult Library on the second floor at the south end of the building. Refreshments will be provided. We are excited to introduce you to the many new books we have, including over 20 new mental health books donated by the WISE Mental Health Team. We have reference books, books about faith and religion, books about justice issues, biographies and some non religious fiction books. It is easy to take books out- just fill out the card with your name and date then leave it in the green metal box. There's no time limit for keeping the books, though we'd like to get them back eventually. Also, there's no late fees. What a deal! Hope to see you in the library on **Sunday September 25th after the worship service.**

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

Women's Lunch: Sept. 29 at 11:45 a.m.

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

If you are worshiping 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, September 22nd, 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 Password.

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

Church Leadership and Contact Info:

Senior Councilors: Judy Fletcher jkbff@aol.com (Lead), Steve

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:

9/18-9/23 Rev. Worth Hartman. His email is worthgrover@sbcglobal.net and his cell is (317) 417-0806.

9/23-9/25 Rev. Dr. Pat Larracey. His email is plainandfancy1963@att.net and his cell is 317-625-6801.

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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,

Mental Health Support:

- **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>

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