

 [FirstCongregationalUCCIndy](#)

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FIRST CONGREGATIONAL CHURCH

UNITED CHURCH OF CHRIST

Epistle for the Week of August 5, 2021

Dear First Congregational,

I invite you to join me and the church Mental Health Team this Sunday afternoon from 1:30pm—2:30pm on Zoom for conversations about mental health and intimate partnerships based on my new book, *Blessed Union: Breaking the Silence About Mental Illness and Marriage*. Free copies of the book are available to you and can be picked up at the church. If you'd like a book dropped off or mailed to you, let us know. We will have part two of our conversation on Sunday, August 22 in the afternoon from 1:30pm—2:30pm on zoom.

Thank you for your faithful support of the WISE (Welcoming, Inclusive, Supportive, and Engaged) mental health ministries of our church!

Blessings,
Pastor Sarah

FC COVID PROTOCOLS:

The building of First Congregational UCC is open for use, including worship in the sanctuary. Mask Wearing will be based on the current standings of Marion County on <https://www.coronavirus.in.gov/2393.htm>.

**Marion County
“color”**

**Blue, positivity is
decreasing**

**Blue, positivity is
increasing**

Yellow

Orange or Red

Indoors

Masks are optional for vaccinated people, and required for unvaccinated

Masks are encouraged for vaccinated people, and required for unvaccinated

Masks are required for all

Use of the building will be revisited

Outdoors

Masks are not required

Masks are not required

Masks are encouraged for vaccinated people, and required for unvaccinated

Masks are required for all

Current “color status” will be posted on the patio door, as well as communicated in the weekly e-pistle. Mask wearing is based on the honor system; we will not be checking vaccination status. We ask that people prayerfully consider using practices that keep themselves safe as well as others.

Current Marion County “color status”: **Yellow**



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.

THIS SUNDAY

Sunday Adult Education, 10:00 a.m.

Patio Psalms and Prayers – In August, let's meet on the patio from 10:00 to 10:45 for "Patio Psalms and Prayers." August is an exciting time of transitioning back to in person worship in our sanctuary. Let our time on the patio help prepare us for this next chapter.

August 8: Psalm 10

Sunday Worship, 11AM (Sanctuary, YouTube, FaceBook, 1PM Dial In)

Scripture: 1 Kings 19:4-8

Sermon: "When the Journey Is Too Much"

WISE Mental Health August Virtual Book Buzz at 1:30 p.m. (on Zoom) - We hope you can join us in discussion with Pastor Sarah on her new book: *BLESSED UNION: breaking the silence about mental illness and marriage*. This book is about mental health and relationships, so whether you're single or married, there is value in this discussion for everyone.

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/>

THIS WEEK AT FC

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.

TODAY!

- **Men's Lunch at 1:00 p.m.** - For more information contact Randy Walker at 317-796-2081.
- **Spiritual Support Group at 5:00 p.m. (Zoom)** - This group openly invites anyone seeking spiritual care concerning well being. Contact Pastor Sarah at pastorsarah@fcindy.org, or 386-478-9012.

The Outreach & Service - Thanks to all who continue to bring canned and packaged foods, paper products, and personal hygiene items for the **Northside Pantry**. The baskets in the narthex are filling up!

August is the last month of our four-month **Covenant Outreach** dedicated to our W.I.S.E. for Mental Health covenant, supporting the UCC Mental Health Network, The Trevor Project, and The Julian Center. If you haven't already made a contribution to Covenant Outreach since April, now is the time!

And don't forget to attend the **Book Buzz on Zoom this Sunday, August 8, at 1:30 PM** to discuss Pastor Sarah's recently published *Blessed Union*. The conversation will be inspiring and enriching, whether or not you have read the book.

The Mental Health Team is seeking new members who want to become part of the team. **There will be no WISE meeting in August. The next meeting is September 22nd at 5PM.** If interested or have questions, contact Sandy Wood@ csjlwood@att.net or 317-225-6206.

COMING SOON

Please click [HERE](#) to view the August Colony with more information and events happening this month!

CONNECTION & SUPPORT

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

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

Pastoral Care

Pastor Sarah may be reached at (386) 478-9012 or pastorsarah@fcindy.

Pastor Sarah's Sabbath Days: 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: Shannon (shannon@fcindy.org)

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

Lead Councilor: Steve Coomer (s.coomer@sbcglobal.net)

(Senior Councilors: Steve Coomer, Larry Eckel, Alice Rutherford)

Mental Health Support:

- **Substance Abuse and Mental Health Services Administration's Disaster Distress Helpline:** 1-800-985-5990, or text “TalkWithUs” to 66746.
- **National Suicide Prevention Hotline:** 1-800-273-TALK (8255) (press 1 for veterans, 2 for Spanish)
- **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

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.

THIS WEEK AT FIRST CONGREGATIONAL

4 Ways to Connect for Worship

IN PERSON

We are back in the sanctuary in person on Sunday mornings. Masks are required.

YOUTUBE

<https://www.youtube.com/channel/UCWV9wqAvPiUKSkEbjAV6Zpw>

- 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.

DIAL-IN (available after 1PM)

- 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://us04web.zoom.us/j/9264494206?pwd=dmtWbWE5UXRBTk5pcHZlYlBoaEFVUT09>

Meeting ID: 926 449 4206

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

Password: 7171

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

Weekly Calendar

Thursday, August 5	1:00 p.m.	Men's Lunch
Thursday, August 5	5:00 p.m.	Spiritual Support Group (Zoom)
Sunday, August 8	10:00 a.m.	Patio Psalms & Prayers (FC patio)
Sunday, August 8	11:00 a.m.	Sunday Worship (in sanctuary, YouTube, FB, Dial In)
Sunday, August 8	1:30 p.m.	Blessed Union Book Buzz (Zoom)
Wednesday, August 11	7:00 p.m.	Church Council
Thursday, August 12	5:00 p.m.	Spiritual Support Group (Zoom)
Sunday, August 15	10:00 a.m.	Patio Psalms & Prayers (FC patio)
Sunday, August 15	11:00 a.m.	Sunday Worship (in sanctuary & on FB, YouTube, Dial In)